

Bambakuri Academy Cookbook

African
Dishes

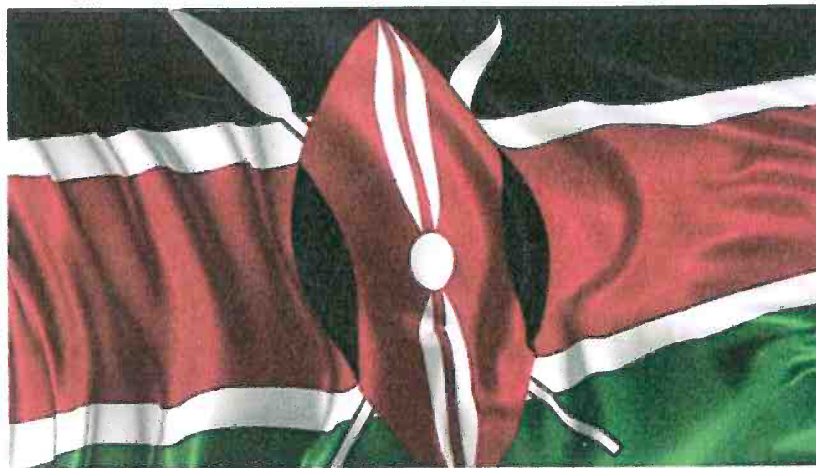


Dear Camignolo friends,

How are you all?

We really enjoyed the Switzerland foods from your recipes. We have come up with African recipes so that you could also share in our diverse culture. We hope you would enjoy reading and maybe cook one or two dishes following our recipes.

Ciao



Class 8

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Cassava is a root tuber and can be either sweet or bitter. It is a drought-resistant plant. Most preferred by people from the Coast. It can be taken for breakfast, lunch and also supper.

RECIPE ON CASSAVA AND COCONUT MILK

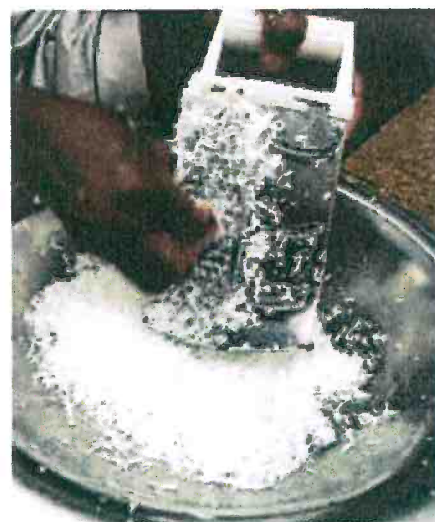
Ingredients

- ✚ 1 medium sized cassava
- ✚ 4 cups shredded coconut
- ✚ ½ cup (thick) coconut milk
- ✚ 1 ½ cup (light) coconut milk
- ✚ A pinch of salt



Method

1. Remove cassava skin
2. Cut the cassava into chunks
3. Remove the spine
4. Wash the cassava well
5. Put the cleaned cassava on a sufuria with a pinch of salt to taste
6. Place the sufuria on heat for 15 minutes
7. Drain all excess water
8. Add (light) coconut milk to the boiled cassava
9. Place the sufuria on heat and allow to cook for 5 minutes.
10. Add (thick) coconut milk to the sufuria and cook for 5 minutes.
11. Add salt to taste
12. When ready, allow to cool



Serving suggestion

Best served with tea for breakfast

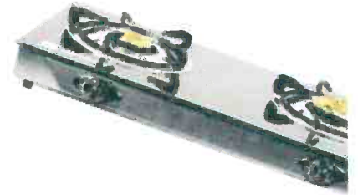


Enjoy your meal

RECIPE ON HOW TO COOK PORRIDGE USING MAIZE FLOUR AND COCONUT MILK

Procedure

1. Identify the number of people (5)
2. Clean a medium sized sufuria
3. If cooking using a jiko, light the jiko first
4. Put 2 litres of water into the sufuria and let it boil either on a burning jiko or cooker.
5. As you wait for the water to boil, grate the coconut (white part inside).



6. Add 500ml of water into the grated coconut and squeeze with your hands to make a thick juice. Sieve the juice and repeat the process with another 500ml of water to make less thick juice. Put the two different juices into two different containers.



7. Into the boiling water, put two handfuls of plain maize flour and then stir thoroughly to avoid lumps in the solution.

8. Leave the mixture to boil for about 10 minutes then add the less thick coconut juice and stir. After about 5-8 minutes add the thick juice and stir until it mixes



Thick coconut milk



Less thick coconut milk

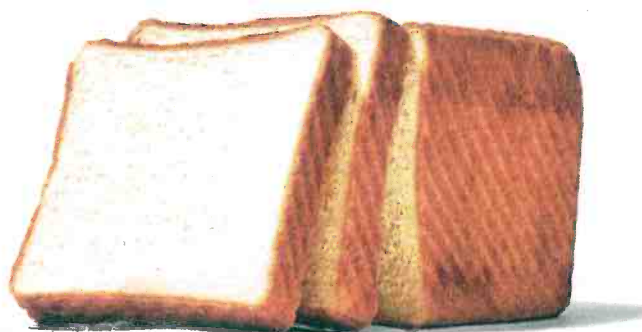
9. Add 2 tablespoons of salt and stir then leave it to continue boiling for about twenty five minutes. You can now remove it from the cooker/jiko and allow it to cool before you serve it. It can be served with mandazi, bread or taken plain as breakfast.



Cooked porridge



mandazi



bread

MAHAMRI

Background information

Mahamri are traditional Swahili doughnuts especially popular in the Coastal regions of Kenya, Tanzania and Uganda. Puffy and triangular doughnuts are made with coconut milk and spiced with cardamom. Often eaten alongside pigeon peas.

Mahamri are great treats to make for family gatherings or to enjoy at breakfast along with a cup of tea or coffee.

Ingredients

250 grams wheat flour

½ glass of sugar

½ cup of coconut milk

1 tea spoon of cardamom powder

1 tea spoon of instant yeast

½ litre of cooking oil

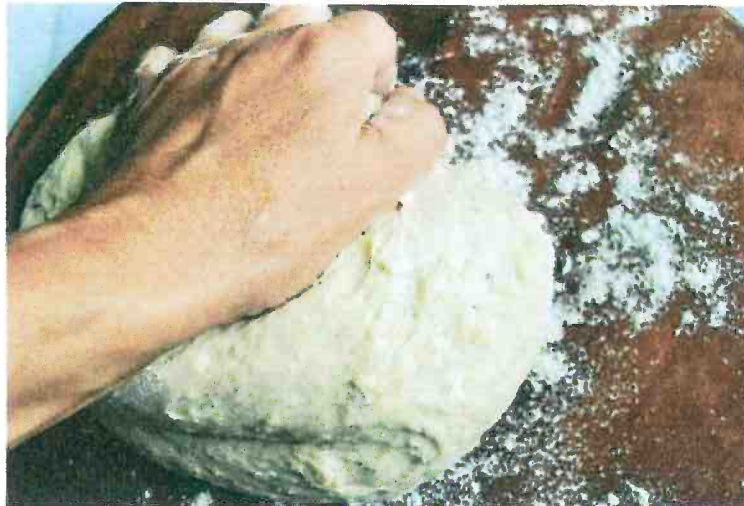
Procedure

In a medium sized bowl, measure in the yeast and mix in a ½ glass of sugar, a ½ kg of wheat flour and ½ cup of coconut milk. Leave the yeast in the bowl to rise for about 10 minutes

- ✎ The sugar and the flour help the yeast to rise
- ✎ When the yeast rises, it will expand and have a formy texture



Knead the dough with your hands on a clean counter or cutting board. Knead gently for a minimum of 15-20 minutes until all the ingredients are incorporated and the dough is soft and smooth.



After kneading the dough, place it back inside the large bowl and cover it with a clean cloth. Leave the dough to rise in a warm place for around 6-8 hours or overnight. This gives the dough enough time to rise.

- ✚ When the dough is double its original size, it means that it has finished rising.
- ✚ If you live in a warm or tropical area, the dough may only need 1-2 hours to rise. Keep checking on the size of the dough if you are unsure how long you should leave it.



After the dough has finished rising completely, divide it into five equally sized balls (depending on the size of the Mahamri you want). Treat the dough with a light hand and do your best not to squash or over handle it.

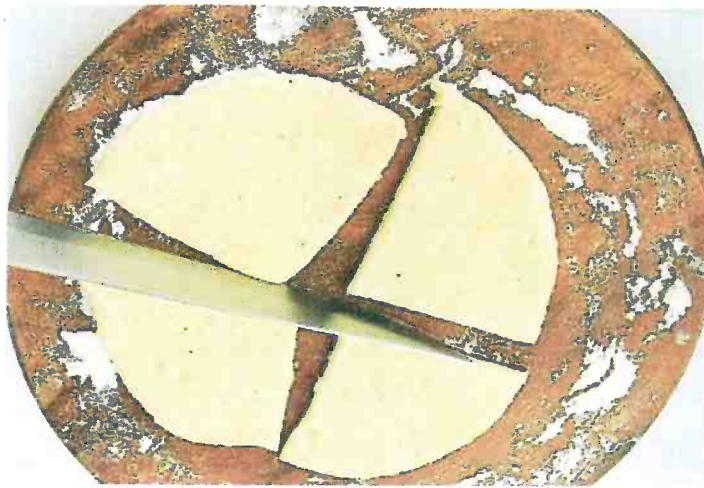


After you have made your five balls of dough sprinkle flour on the counter or cutting board and gently roll the balls in the flour to coat them. Then cover the ball with a clean cloth and let the dough rise for 15 minutes.



Sprinkle more flour onto the cutting board then use a rolling pin to roll each ball until flat. The flattened balls should now roughly look like circles.

Use a sharp knife to cut each circle into quarters. You will have 20 triangular pieces of dough, which you will now fry up and make into your Mahamri



Frying the Mahamri

- Once the dough is prepared, pour the cooking oil into a deep frying pan at least there inches of oil into the pan.
- When the oil is hot enough, drop in four dough triangles into the pan, making sure they don't overlap. Use a spoon to splash oil over the top of the Mahamri a few time while they are frying.



- After you notice that your Mahamri are starting to turn golden brown on the bottom, flip them with a spatula. Cook them until both sides turn golden brown.
- Use a slotted spoon to scoop up the Mahamri after they have finished frying. Place them on a large plate lined with paper towels, which will help soak up the excess oil



- Repeat the same process for the other sixteen Mahamri on the platter lined with paper towels.



- Leave the Mahamri to cool for a few minutes, and then serve them while warm. Eat them alongside the traditional pigeon peas cooked in coconut milk, or just enjoy them with a steaming mug of coffee or tea.



MILK TEA

Information

Milk tea is just tea with milk

Serving 1 cup

Ingredients

1 tablespoon of sugar

1 teaspoon of tea leaves

½ cup of water

½ cup of milk

Tools

Cooking pot

Spoons

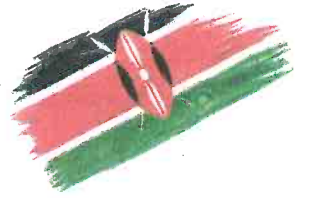
Sieve

Procedure

1. Boil water
2. Add tea leaves into the boiling water
3. Add milk into the boiling tea
4. Add sugar into the tea
5. Leave it to boil for 1 minute
6. Strain the tea leaves and pour hot tea into a tea cup

Enjoy your tea





Bambakofi Academy

lunch/Supper recipe



Where is it from

Coconut beans meal is most popular among Kenyan in the Coastal part of Kenya. This is because coconuts are most common in these areas.

Where can you taste it?

In a restaurant or at home

BEANS IN COCONUT MILK (MAHARAGWE YA NAZI)

There is a lot you can do with cooked beans from simply frying them or mashing them among other ways. It is not a hard thing to improve the taste of boiled beans because there are a lot of available ingredients and seasonings. Well, maharagwe ya nazi (beans in coconut milk) is so darn good that you won't even notice there is no meat in it. This recipe is full of flavor and good things in life, beans, coconut milk and seasoning.

Ingredients

- | | |
|---------------------------|------------------------------------|
| + 2 cups of beans | + 1 bunch of coriander leaves |
| + 1 teaspoon salt | + 1 fresh ginger grated |
| + 3 ripe tomatoes grated | + ½ teaspoonful of cardamom powder |
| + 1 onion chopped | + 2 Royco cubes |
| + 1 teaspoon black pepper | + Cooking oil |
| + 1 cup coconut milk | |



Tools

Sufuria, knife, cutting board, spoons, cooking stick, plates and sauce pan



Procedures/step of preparing coconut beans

1. Boil beans in water until cooked
2. Place a sufuria or saucepan with onion and cooking oil on medium heat
3. Let the onions turn brown, add garlic and stir for two minutes
4. Add tomatoes and continue stirring for another two minutes
5. Pour in the beans and stir carefully before sprinkling salt, Royco cube and cardamom powder.
6. Pour in the coconut milk slowly while stirring.



7. The milk should slightly cover the beans.
Cover and let simmer for 15 minutes. Remove from heat.
8. Add coriander, stir and cover for 3 minutes.
Serve while hot.

Conclusion

Coconut beans can be served with ugali, rice and chapati



RECIPE FOR BEEF PILAU

Pilau is a Kenyan food which originated from Coastal Kenya because of their love for spices. Pilau can either be prepared from beef and rice or chicken and rice or just rice alone.

Ingredients (5 servings)

- 250g beef
- 400g pishori rice washed and soaked for 15 minutes
- 2 chopped onions
- ½ teaspoon turmeric powder
- ½ coriander powder
- Vegetable cooking oil
- ½ tablespoon garlic paste
- Chopped coriander

Whole spices

- + 1 teaspoon cumin
- + ½ teaspoon whole pepper
- + 2 cinnamon sticks
- + 2 cloves 2 cardamom

How to cook

1. Cut the meat into small pieces and wash, then boil with some water, 1 tsp each of ginger and garlic and garlic paste, 1 tsp of salt, tsp of black pepper, 1 grated tomato and 1 grated onion
2. When the meat is tender, drain it and set aside. Keep the soup for cooking rice.
3. Heat the sufuria on the medium heat and add oil. Then add the whole spices that is cumin, cinnamon and cloves. Once they sputter in the oil add chopped onions.
4. Fry them until translucent while stirring them with a spoon. If you want darker pilau, fry the onions until they are dark. Then add turmeric and coriander powder.

- Let them fry for a few minutes then add the garlic paste and a pit of chopped coriander.
5. Now you can add the boiled meat then stir together for 2 minutes.
 - Then add soup and some salt
 - Let the soup simmer and taste for the salt
 - Make sure you put enough salt because of rice
 6. When the soup starts boiling, drain the rice to the soup. Sprinkle a bit of coriander on it and stir it a little
 - Let it cook on high heat for 3 minutes then reduce heat to medium heat and then cooking while covered until water finishes
 7. Make sure you stir every now and then to make sure all the rice is cooked evenly and perfectly. Then you can reduce the heat to a very low heat and leave it for 5 minutes Switch off the heat and serve with kachumbari or a soft drink



HOW TO PREPARE KENYAN CHAPATI

Ingredients

- 6 medium cups of wheat flour
 - 1 medium cup of cooking oil
 - 1 Teaspoon sugar
 - 1 Teaspoon salt
 - 1 cup hot water
- + The hot water should cool a bit so that it is not too hot to burn your fingers

Steps

1. Pour the flour into a basin and add the salt and sugar to the flour. Now add 3 tablespoon of cooking oil. Mix the ingredients and flour well.
2. Now add the water to the flour and start kneading until all water has been absorbed and the mixture is tough but not sticky.
 - It should also not flow and be watery. If it is add a bit of flour so that when rolling it doesn't become sticky but if it has extra flour add small amounts of water until all the powder absorbs water
- Allow it to rest for 20minutes
3. Roll the kneaded flour on a smooth surface the roll it out using a rolling pin.
 - After completely stretching it out divide it into several 8 straight pieces.
 - Use a sharp knife to cut the kneaded flour horizontal into several different pieces
 - For each piece toll the piece clockwise and then firmly press the rolled piece together to form a ball
4. Start to roll out each ball into round flat pieces using the rolling pin (don't worry if it is not very round the first time)
5. Start by warming a flat pan on your oven. After it is warm, place one of the pieces of chapati on the pan and apply oil on both sides until it turns brown.
 - Then place the other side and apply oil on the other side that oil goes down to the side that is not brown yet.
 - Do this as you turn it until it is well cooked





Bambakofi Academy

lunch/Supper recipe

UGALI/AFRICAN CORNMEAL MUSH

Introduction

African cornmeal mush is commonly known as Ugali in Kenya and Tanzania. Ugali is a very common lunch or dinner dish in most Coastal homes

Recipe for Ugali for two (2) people

Ingredients

+ 2 cups of water

+ 250g of cooking flour

Cooking materials

- Wooden spoon / cooking stick
- Sufuria/Cooking pot
- Plate

Steps/Procedures

1. Boil water in a sufuria until you see some bubbles. The water should be hot to ensure the ugali will cook perfectly.
2. Add 62.5g of cooking flour into the water in a sufuria. Stir using a wooden spoon until well mixed. Let it cook a few seconds.
3. Use a wooden spoon to quickly start mixing the flour and water.
4. Add a handful of flour and continue to stir, it will start to come together.
5. Reduce the heat to medium and keep turning the ugali as it continues to stick together.
6. Gather the ugali and press it onto the side of the sufuria.
7. Place the wooden spoon under the ugali and form into a ball in the middle of the sufuria. Repeating, pressing the ugali on the side of the sufuria and turning it to the middle.
8. Once the food has become firm, turn it once more and smoothen it into a round shape. You will know your ugali is ready once you start to smell aroma clearly.
9. Turn the ugali over onto a plate and use the wooden spoon to smoothen the ugali into a round ball on the plate.
10. Serve the ugali whole or lice. Enjoy with your favorite stew, meat, veggies or fish.

How to eat

- ✔ To eat ugali pull off a small ball of mush/ugali with your thumb and use it to scoop up accompanying stews and other dishes. You can form larger balls with your hands or ice cream scoop, place them in individual serving bowls stew around them.



MCHICHA/PIGWEED

Mchicha is a green leafy vegetable mostly found in the Coastal region of Kenya. The scientific name for mchicha is *Amarantus*.

Tools

- Sufuria
- Cooking spoon
- Knife
- Plate

Ingredients

- + 1kg of mchicha (pig weed)
- + 1 onion
- + 2 tomatoes
- + ¼ table salt

Procedure/steps

1. Wash the mchicha and cut into thin shreds and put aside
2. Chop the onions into small pieces and put in the sufuria mean while cut the tomatoes and put in a plate.
3. Heat oil in a cooking pot or sufuria at low or medium heat and fry the onions and cook to a golden brown colour.
4. Add in the tomatoes and fry until they form a thick paste
5. Take your chopped mchicha and add to the cooking tomato sauce then add salt to your flavor.
6. Cover the pot and simmer the mchicha for 5 minutes.
7. After it is ready, it can be served together with ugali and fish, meat or eggs.

Where is it from

Coconut beans meal is most popular among Kenyan in the Coastal part of Kenya.

This is because coconuts are most common in these areas.



COCOCUT FISH STEW

Ingredients

- | | |
|--|---------------------|
| + Fish fillet | + Green chillies |
| + Coconut milk | + Dhania |
| + Red onion | + All-purpose flour |
| + Garlic | + Salt |
| + Tomatoes | + Cooking oil |
| + Semi ripe mango (more raw than ripe) | + Dry spices |
| + Carrots | + Black pepper |
| + Hoho (green peppers) | + Garam masala |
| | + Turmeric powder |

Tools

Pan, Knife, Coconut shaves, sieve, spoons, sufuria, plates, oven

Preparation

- ✂ Chop all the vegetable
- ✂ Peel and cut the mango to pieces

Procedure

1. Cut the fish fillets into two inch cubes
2. Sprinkle salt and black pepper, then mix to evenly distribute the seasoning
3. Now add the all-purpose flour and make sure the pieces are well coated.
4. Shake each piece to remove any excess flour
5. Heat a pan with very little oil on medium heat. Once heated add in the coated fish pieces in batches.
6. Don't overcrowd the pan. One side has lightly browned, turn and let the other side brown too.
7. Remove from the pan and place on a plate. Keep aside.

8. Add a few table spoons of cooking oil on the same pan and add the onions and garlic. Cook till golden brown
9. Add in all the spices and salt, cook for a minute then add in the tomatoes and chilies (Pilipili) cook this until soft enough to mash into a paste.
10. Once you have crushed the tomatoes in a paste, add in the carrots, bell peppers and mix.
11. Immediately add in the mango piece and the coconut.
12. Let this cook on medium low heat for about 10minutes.
13. Taste and adjust the seasoning.
14. Now add in the fish pieces and mix. Let this cook for about 3minutes.
15. Add Shania, mix then serve

Conclusion

Coconut fish can be served with ugali, rice, chapati

