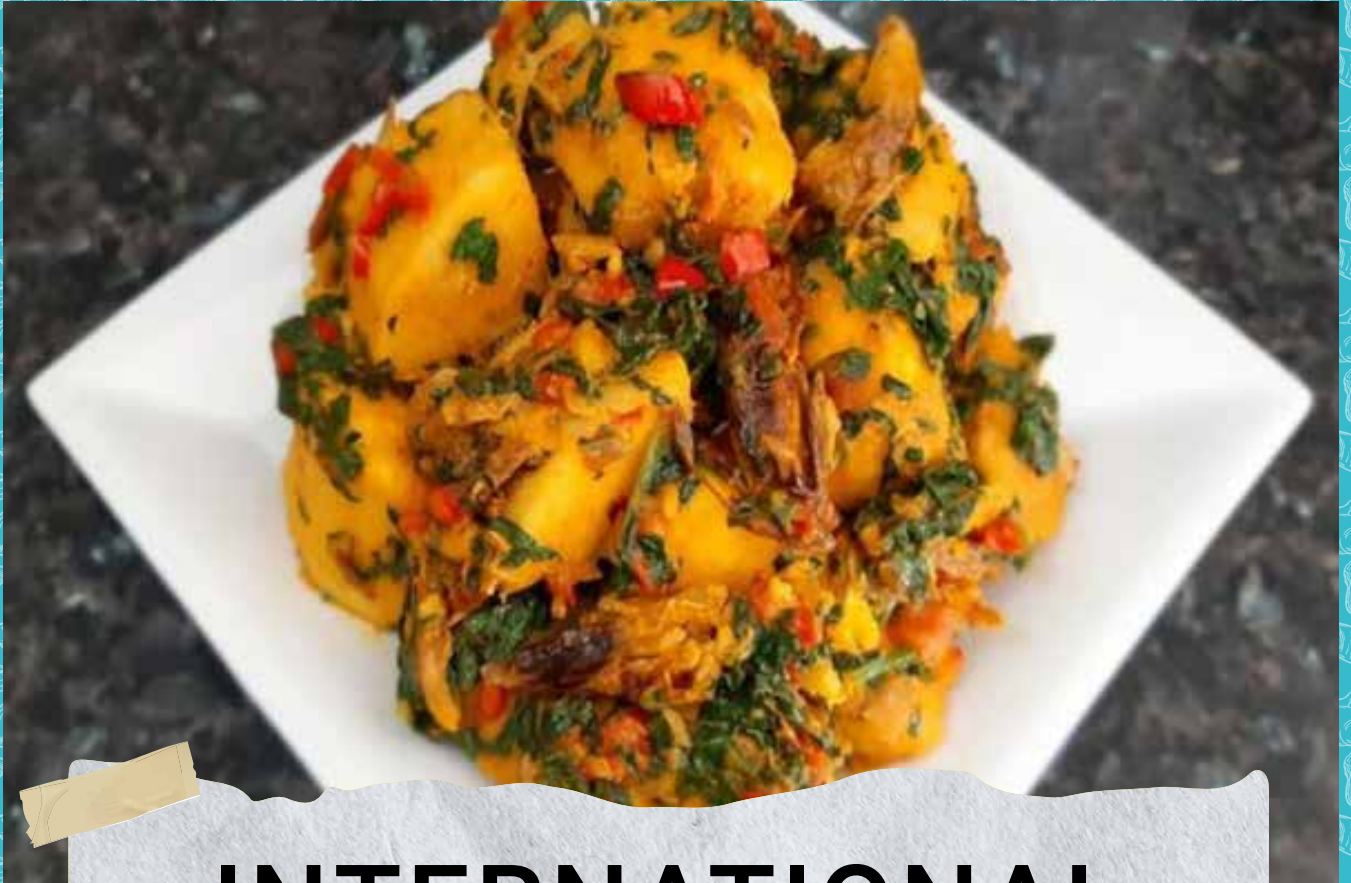


Chapter 10



INTERNATIONAL COLLABORATIONS

Nigerian Jollof rice and DOD (fried plantain)



DEBORAH ALI

INTRODUCTION

Rice botanical name (*Oryza sativa*) is a common food crop in the Globe. Jollof rice, which is a West African dish made from rice, commonly served during special occasions and ceremonies. However, individual can cook jollof rice in the comfort of their homes just to enjoy the moment.

Plantain is in the same genus 'Musa' as Banana. Usually grown in the tropics, it serves as a staple food for countries that lies within the zone. This can be prepared into several dish type but in this case, it fried. This is what Nigerians call Dodo. Plantain has more starch than the usual Banana. It is sweet when ripe. However, it is usually not eaten raw. To make dodo the plantain has to be ripened.

THEORETICAL BACKGROUND

This is underpinned by boiling and frying methodologies, which are part of the methodologies used in culinary exploits.

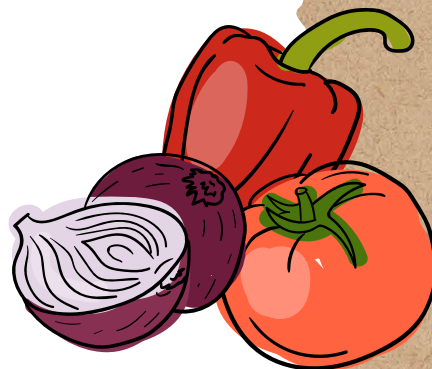
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INGREDIENTS

1/3 cup oil (Sunflower/canola/coconut, not olive oil)
6 medium-sized fresh tomatoes, chopped
4 large fresh, red peppers (remove and discard the seed)
2 medium-sized red onions (1 sliced thinly, 2 roughly chopped), divided
1/2 to 1 hot pepper, or to taste (yellow Scotch bonnets)
3 tablespoons tomato paste
1 teaspoons curry powder
1 teaspoon dried thyme
2 dried bay leaves
5 to 6 cups stock (vegetable, chicken, or beef) or water, divided
2 teaspoons unsalted butter (optional), divided
4 cups uncooked long-grain rice
Salt, to taste
Black and white pepper, to taste
Extra: sliced onions, tomatoes

2ND INGREDIENTS

2 Ripe plantains
1 cup oil (Sunflower/canola/
coconut, not olive oil)





METHODS I- BOILING

Blend the fresh tomatoes, red pepper, onions, and the hot pepper in a blender to puree.
Heat on a low stove to cook and get the water dried to form puree
Put another pot on the lit stove
Pour oil in a pot and let it get hot
Add sliced onion and fry (Sauté)
Add the puree and stir
Add the 3 tablespoons of tomato paste
Add all the Spices, salt and stock cube (I prefer the chicken knorrox cube)
Stir all the ingredients in the pot together and let it thicken up
Pour water (4 to 6 cups)
Let it boil
Rinse the rice and pour into the boiling
Allow to cook on a low heat stove
Check occasionally if there is need for water and the tenderness of the rice
When the water is dried and the rice is tender, then stir and cover for 5 minutes to allow it to simmer.
Jollof rice is ready. You can serve with fired chicken and plantain

METHOD II FRYING

Peel the Plantains
Slice the plantains (finger-thick slices)
Add pinch of salt to taste
Put the frying pan on the stove and add oil
Let it heat up a little, then add the sliced plantain and fry until golden yellow colour emerges

RESULT

Jollof rice garnished with dodo and meat



CONCLUSION

Since Jollof rice and dodo is a starchy food and consist of high calorie. In my opinion it is best eaten as lunch to give room for digestion before the bedtime
Deborah Ali



Dundun oni yeri

(Fried Yam)

DEBORAH ALI



INTRODUCTION

The origin of yam is not widely agreed upon by agricultural Historians. However, it is worth noting that it can be found in the Caribbean, West African and Asian soils. Dioscorea family (yam) has different varieties (IITA, n.d). The water yam, yellow yam and white yam among others. In the making of dundun oni yeri, white yam is the best. Water yam is too watery and the yellow yam has a slight bitter taste.

THEORETICAL BACKGROUND

This dish is made by frying culinary method. Frying activates the maillard reaction which occurs between protein and sugar to give a golden-brown colouration.

INGREDIENTS RECIPE

Curry powder
Black pepper
Stock cube
Oil water
2 eggs
Salt
1 tuber of yam

Slice the tuber of yam and peeled the back off using a knife - cut into thick strip (like wedges in potatoes chip making)
Rinse and put in a pot
Boil for 6 minutes in a medium heat (Do not allow it to be very soft)
Take the boiled yam out of the pot and pour out the excess water left in the pot
Pour a cup of flour in the bowl and add a pinch of salt (dry ingredient)
Crack eggs, add black pepper, curry powder stock cube and whisk together
Dip the yam into the whisked mixture and coat it with the dry ingredient
Fry in a deep hot oil until it is golden brown.

<https://www.iita.org/cropsnew/dioscoria/>

Tawanda's Chunk loaf

(Zimbabwe)

TAWANDA CHINENGUNDU

This is a vegetarian recipe

INGREDIENTS

1 cup of soaked soya mince
1 cup of cooked rice
1 cup of onion
3 to 4 eggs
½ or ¼ cup of cooking oil
15 g of Italian seasoning
¼ cup of flour
½ cup of milk
½ packet of mushroom soup

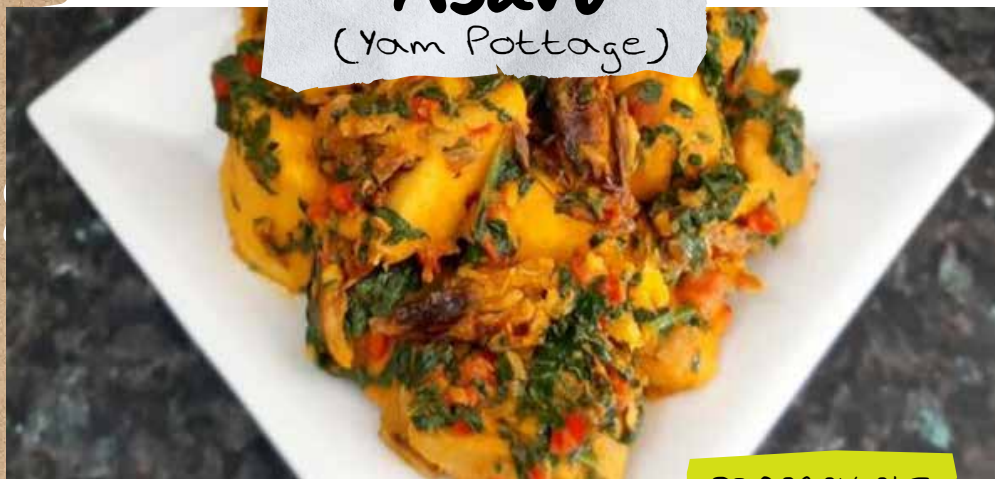
RECIPE

Mix all the ingredients and bake for an hour at 160°C



Asaro

(Yam Pottage)



DEBORAH ALI

INTRODUCTION

Yam is common food in West Africa. Yam stores its reserves in its tuber. Yam has varieties. To prepare 'Asaro' which is Yam pottage, the white yam called *Discorea rotundata* is the preferred.

INGREDIENTS

Curry powder	2-3 leaves of spinach
Stock cube	Red (Palm) oil
Crayfish (blended)	Water
2 medium sized red pepper	Salt
1 medium sized Onion	1 tuber of yam
1-2 Hot pepper	



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RECIPE

Blend red pepper, the hot pepper and half of the onion in a blender to puree.
 Slice the tuber of yam and peeled the back off using a knife
 Cut into cubes
 Rinse and put in a pot
 Add 2 cups of water
 Add 1 cup of red oil,
 Add stock cube, and salt to taste
 Chop the remaining half onion and add to the ingredients in the pot
 Then boil for 10-15 minutes on a stove but not soft
 Add the blended puree
 Add crayfish, dried fish and curry powder
 Rinse the spinach, chop it finely and add
 Then heat for 5 minutes until it is very soft
 Mash the cooked pottage
 Then it is ready for serving

Serving

You can serve it with fried chicken



Fasole

Romanian for bean sandwich spread



MARYKE MIHAI

INGREDIENTS

Packet of white beans
Salt (about two small spoons)
Oil
Mixed herbs (about two small spoons)
Garlic (about 1 tablespoon)
3 Onions

RECIPE

Cook beans properly so that you can easily cut it with knife, if you have small beans it is easier. If you leave beans overnight in water, it is also easier.

Mix beans small in mixer, the smaller the better. Add the oil (you have to test as you go, so not too much in beginning), herbs, salt and garlic.

Mix everything together and taste. Add more salt, oil (it must be able to spread easily), herbs, garlic if needed.

Cut three onions, mix in mixer and add to pan with oil and let onions brown.

Put the bean mix in shallow bowls and cover with onions: ready to put on bread or eat as is with meat.

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Spanish tomato toast

RECIPE

As per our departmental visit to Barcelona, where you actually rub a raw garlic clove and then tomato onto the toast. Or the Arvanite version, as in the photo. The picture tells it all.

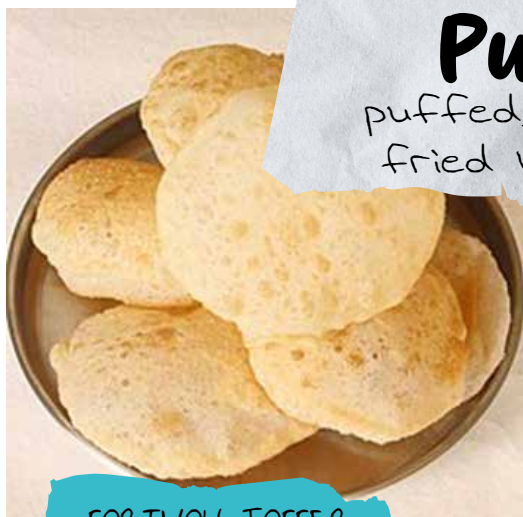


SONJA VAN PUTTEN

(Thanks, Pluto)

Puri

puffed, deep-fried bread



FARIHAH JAFFER

Puri

1 cup flour
1 level t baking powder
½ t sugar
¼ t salt
1 T butter
¼ cup water
¼ cup milk

Method

1. Mix all ingredients together and make a soft dough with warm water and milk.

Variation

For masala puri, add dhania chutney to ingredients.

2. Roll out 3 mm thick, cut into rounds and deep fry in hot oil until light brown.



Norwegian Salt Cured Leg of Lamb

(Speket lammelår)

JOHANN ENGELBRECHT



INGREDIENTS

1.4kg salt
1 tbsp sugar
4 3.7l water (less if the leg is smaller)
3.6kg leg of lamb

RECIPE

Dissolve the salt in the water to make a brine. Add the sugar. Put the leg of lamb in a large crock and pour enough brine over it to cover it completely. Put a weight on top to keep it underwater. Leave to absorb the salt in a cool place (not the fridge!) for 2 weeks for a leg weighing 3.6kg (roughly 2 days per 500g of meat.)

Take the leg out after the allotted time and rinse thoroughly. Hang it out to dry in a well-aired cool place, wrapped in a loose bag of cheesecloth or muslin to protect it from flies. It will be dry, delicious, and ready to eat in 2 to 3 months.

Serve, sliced very thin with a sharp knife, as part of an indoor picnic meal, with Sweet butter, fresh hard-boiled eggs, a sliver of 'geitost' (the Norwegian Sweet brown cheese), and flat Bread or Potato pancakes to wrap around each morsel. A bowl of sour cream and some fresh raspberries can follow as a replacement for Norwegian cloudberry.

From: "The Old World Kitchen - The Rich Tradition of European Peasant Cooking" by Elisabeth Luard, ISBN 0-553-05219-5 Posted by: Karin Brewer, Cooking Echo, 7/92

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Southwestern (Australian) Leg of Lamb

JOHANN ENGELBRECHT

INGREDIENTS

Leg of lamb, boneless 2 Tbsp.
Ground cumin 1 Tbsp.
Ground coriander 1 Tbsp.
Chili powder 1 Tbsp.
Garlic powder 1/2 tsp.
Cayenne pepper 1 Tbsp.
Kosher salt 16 slices
Bacon 4 cups
Frozen corn, thawed 2 cups
Onion, finely chopped 1/4 cup
Garlic, finely chopped 1/4 cup
Lime juice

RECIPE

Combine the cumin, coriander, chili powder, garlic powder, cayenne and salt. Rub 4 Tbsp. of spice mixture over leg. Reserve the remaining spice mixture. Tie leg with butcher's string. Place leg on a rack in a preheated 200°C oven for about 1.25 hours or to an internal temperature of 60°C. Lamb can be rubbed up to 1 day in advance.

To make the bacon-corn relish, cook bacon until crispy, reserve the fat. When cool, crumble bacon. Sauté 1 Tbsp. bacon fat and add corn, onion, garlic and remaining spice mixture to taste. Cook for about 7 minutes until corn, onion and garlic are cooked and corn is starting to brown. Stir in crumbled bacon. Just before serving stir in lime juice.

Serve the lamb sliced, and covered with relish.
Served with bacon-corn relish
Yield: 6-8 servings



Egusi Pudding



FRU VITALIS AKUMA

INTRODUCTION

Egusi is a melon-like crop grown for its white seeds, which are a component of many meals in West Africa (National Academy of Sciences, 2006) and in Cameroon. Ground up coarsely, the seeds thicken stews and contribute to a widely enjoyed steamed dumpling. Nkeih (2017) describes the dumpling known as egusi pudding, as “insanely delicious”, while noting that it is usually a hit at Cameroonian parties, where there is never enough to satisfy the appetite of everyone. The following picture shows a serving of egusi pudding with boiled ripe plantains (Nkeih).

INGREDIENTS

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(Che, 2020; Nkeih, 2017):

3 cups of egusi seeds*	1 cup deboned smoked fish or meat of choice (options include beef, boiled shredded chicken or smoked turkey)
2 cups of water	1 teaspoon salt
1 ground hot pepper or chili	Ginger and garlic (optional)
1/2 cup ground crayfish**	1 egg (optional)
1/2 large crayfish seasoning cube	
Banana leaves or aluminium foil	

RECIPE

1. Put the seeds into a blender, preferably the smaller compartment, and grind dry until evenly coarse.
2. Pour the ground egusi into a bowl and use a wooden spoon to break down chunks, if any.
3. Add in ground crayfish, pepper and seasoning (salt and Maggi), and if desired, blend garlic and ginger.
4. Add water a little at a time and stir into a smooth mixture.
5. Add the egg and mix well.
6. Add in your meat, fish, chicken, or turkey, then stir to incorporate.
7. Create a base for steaming in a pot, with two cups of water and place on medium heat.
8. Place an aluminium foil or one banana leaf crossed over another, into a deep bowl and push the middle of the foil or leaves down into the bowl.
9. Pour two scoops (about 2 large ice cream scoops) of the mixture on the foil or leaves in the bowl.
10. Gather the foil or the leaves together carefully, to create a bundle while ensuring that the mixture stays in, then tie the bundle with a rubber band or some other tie. In the case of aluminium foil, just gather the ends of the foil and press to secure the wrapped mixture.
11. Place the bundle in the prepared pot.
12. Repeat steps 8 to 11 with the rest of the mixture.
13. When done wrapping the mixture, steam for about 60 minutes, while checking to add water to avoid burning. Be careful not to add a lot of water as the pudding cooks by steaming and not boiling.
14. Remove, unwrap, and enjoy with a boiled starchy side of your choice, such as boiled ripe plantains, yams, and cassava.



**LIMITATIONS**

- 1.* You may find egusi seeds or ground egusi in some stores only. However, most (west) African food stores have this product.
- 2.** Some people don't eat crayfish, which is one of the ingredients.

COMPILATION

The recipe is introduced and compiled by Fru Vitalis Akuma with information from selected cited sources. To an extent, Fru drew from his experience cooking egusi pudding alongside his mum, when compiling the recipe.

REFERENCES

Che, E. (2020). Let's make egusi pudding. Retrieved 14/09/2022 from <https://reglo.org/posts/let-s-make-eguisi-pudding-6472>
 National Academy of Sciences. (2006). Lost crops of Africa: Volume II Vegetables. Washington, DC: Author
 Nkeih, P.M. (2017). How to make egusi pudding. African Diner.

Retrieved 12/09/2022 from <https://www.preciouscore.com/how-to-make-egusi-pudding/>



Feijoada

(Brazilian salted pork dish)

INGREDIENTS

500 g salted shoulder of pork;	2 kg small Brazilian black beans or red speckled beans;
500 g salted pork spare ribs;	2 onions;
500 g pig's tail salted;	1 bulb garlic;
1 kg salted trotters;	1 stick celery;
500 g smoked shoulder of pork;	1 bouquet garni;
400 g smoked breast of pork;	3 bay leaves;
500 g calabresa - a spiced sausage;	1 teaspoon freshly ground black pepper;
If possible 1 kg carne seca (Brazilian dried beef) or perhaps biltong, if you can afford it;	5 oranges.

RECIPE

To these ingredients must also be added those of the usual garnishes. Feijoada is a party dish. The evening before, rinse the slightly salted meats, and leave to soak all night.

Put the meat, beans, onions, crushed garlic, finely chopped celery, bay leaves, bouquet garni and the pepper into a large, heavy pot. Fill with water. Bring slowly to boiling point and leave to simmer for 2 hours. Remove each piece of meat from the pot, as soon as it is cooked. Cook the beans for another hour. (The liquid should become thick and creamy). Pour the beans into a cast-iron dish. Cut the meat into cubes and add to the beans. Bring to the boil, simmer for 10 minutes and serve.

Put in the centre of each plate about 2 ladles full of meat and beans. Around the edge put 3 spoonfuls of white rice Brazilian style, 2 spoonfuls of couve (lightly sautéed kale) cut into thin strips and place a slice (not a segment) of peeled orange on the rice. After having mixed everything together in your plate, the feijoada is ready to be eaten.

English Equivalents of Indian Ingredients

INDIAN

Aaloo
Aamli
Adrak
Arad/Haldi/Bori
Badam
Chana
Dahi
Dhunia
Dhunia/Jeera
Elachi
Gajar
Jeero/ Jeera
Lasan
Mattar
Mircha
Palak

ENGLISH EQUIVALENTS

Potatoes
Tamarind
Fresh Ginger
Turmeric
Almonds
Whole Gram (chickpeas)
Plain Yoghurt
Coriander leaves
Coriander and cumin powder
Cardamom
Carrots
Cumin
Fresh garlic
Peas
Chillies
Spinach

Pronunciation of names

Puri: Pu-ree
Kebaab: Kuh-baab
Gajar Halwa: Ga-jir Hal-wah
Haleem: Hu-teen
Biryani: Bir-ya-nee
Khima Biryani: Khee-ma bir-ya-nee

Mince kebaabs

Kebaabs

- 1 kg mince
- 2 medium onions (chopped or grated)
- 10 slices bread
- 2 t ginger-garlic
- 2 t green chillies
- 2 t crushed red chillies
- 2 t crushed jeera
- 2 t crushed dhana
- ¼ t pepper
- ½ t turmeric powder
- 2 t fine salt
- 1 bunch dhania
- ½ bunch shallot
- 1 egg

Method

1. Place bread in food processor and blend until fine.
2. Mix all ingredients together. Pound well.
3. Make into medium sized kebaabs.
4. Fry in medium oil.
5. Serve with lemon.
Ideal for freezing.

FARIHAH JAFFER

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Gajaar halwa

Easy Gaajar Halwa

- 1 kg carrots, grated
- 1 cup ghee
- ¼ cup semolina
- 1 T ghee
- 1 cinnamon stick
- 1 Tin condensed milk
- 1 Tin Nestle Cream (155g)
- ¼ cup sugar
- 1 t Elachi (Full)
- ½ cup ground Almonds

Method

1. Braise carrots, cinnamon in 1 cup ghee on low for 1 hour, stirring occasionally.
2. In another pot braise semolina and 1 T ghee on low heat.
3. After carrots are braised, add in the braised semolina, condensed milk, nestle cream, elachi and ground almonds.
4. Mix well and braise for 20 minutes.



FARIHAH JAFFER

Mango Pickle

Am ka achar

FARIHAH JAFFER



Grated Mango Pickle

Step 1

25 mangoes (grated)
3 T methi masala
3 T crushed chillies
1 t arad
1 T mustard powder
salt to taste

Step 2

1 cup oil
few whole garlic
few green chillies
2 T whole mustard
2 T jeera
curry leaves

Step 3

½ bottle white vinegar
½ cup cake flour
½ cup sugar

Method

1. Step 1: Mix all ingredients into grated mangoes.
2. Step 2: Braise together.
3. Step 3: Boil step 3 to make a paste.
4. Add all these together.
5. When cool bottle and refrigerate.



AND THAT'S EAT.