

African Meetup Recipes Sept. 26 2021

Spicy Moroccan Couscous

8 Servings 25 minutes

Spice Blend: (Also good as a fish or meat rub)

1/2 tsp Cumin seeds (or 1/2 tsp ground)
1/2 tsp Coriander seeds (or 1/2 tsp ground)
1/2 tsp Cardamom pods (use seeds, measure, or 1/4 tsp ground)
6 Allspice berries (or 1/2 tsp ground)
1/2 tsp Cinnamon
1/2 tsp Black pepper
1/4 tsp Ground cloves
1 tsp Ginger, ground
1 tsp Turmeric
1/4 tsp Cayenne pepper
1/2 tsp Freshly grated nutmeg (substitute ground depends on age, strength)
1 tsp Salt
Grind seeds, mix all well.

Couscous:

4 Tbsp Unsalted butter
1 Yellow onion, small, chopped
1/2 cup Toasted pine nuts (or sliced almonds)
3 cups Couscous, Whole wheat, Israeli (larger balls) or regular
Pinch Saffron (optional)
3 cups Chicken or vegetable broth (warmed)
5 THINLY sliced carrots
3/4 cup Chopped dates, or currants, or raisins or mixed
3 tsp Lemon juice

1. Make spice blend, toast pine nuts or almonds
2. In a medium saucepan heat 2 cups water, carrots and dates/currants/raisins and simmer 5 minutes. Drain well.
3. In a large skillet heat the butter and onion. Cook until translucent
4. Add 1 tbsp spice blend, pine nuts and the saffron, heat until lightly toasted, about 1 to 2 minutes.
5. Add the couscous, increase flame to medium high and stir until toasted, about 2 minutes.
6. Heat broth until just simmering. Remove from heat. Add to couscous mixture, cover and set aside until the couscous is plump, about 7 minutes (no peeking for at least 7 minutes!). Add the lemon juice and fluff with a fork. Transfer to a bowl and sprinkle with 1 teaspoon spice blend.

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Many consider this the national dish of Ethiopia! Serves 8 2 hours

8	Chicken thighs, boneless, skinless, leave whole
3 Tbsp	Lemon juice
1 tsp	Salt
2	Yellow onions, large, diced
1 Tbsp	Minced garlic
1 Tbsp	Minced ginger, fresh
1 Tbsp	Tomato paste
¼ tsp	Black pepper (ground)
1 ¼ cups	Chicken broth
1/3 cup	Niter kibbeh (Ethiopian spiced ghee) Available on Amazon or see recipe below
¼ cup	Berberere (Ethiopian spice mix) Available on Amazon or see recipe below

1. Place chicken in baggie, add lemon juice and salt. Toss, let stand at room temperature for 30 minutes
2. Place 1 tbsp olive oil in large skillet over medium heat. Add onions. Cook, stirring constantly until golden, about 10 minutes
3. Increase heat to medium high, add 1/3 cup niter kibbeh, ¼ cup of berbere, the garlic, ginger, tomato paste and black pepper, and cook, stirring, for 1 minute. Add the chicken, turning to coat well with the butter mixture, and then leave the chicken skin-side down in the pan.
4. Add the chicken stock, bring to a simmer, cover, reduce the heat to low and cook at a gentle simmer until the chicken is very tender, about 40 minutes.
5. Remove the lid, increase the heat to medium and simmer, stirring occasionally, until the liquid is reduced and the sauce is very thick, about 45 minutes, occasionally spooning the sauce over the chicken.

To serve, place the chicken thighs on serving plates, and spoon the sauce over.
Traditionally, hard boiled eggs are added after cooking.

Niter Kibbeh Ethiopian spiced ghee

Niter Kibbeh is an infused clarified butter that is a cornerstone in Ethiopian cooking. Some of the traditional spices have been substituted.

Yield: About 1 cup

1 pound	unsalted butter
4 cloves	garlic, minced
1	small yellow onion, chopped
1 Tbsp	grated ginger
1-1/2 tsp	coarsely ground black pepper
1/2 tsp	ground turmeric
1 tsp	cardamom seeds
1 tsp	fenugreek seeds
1/2 tsp	cumin seeds
1 stick	cinnamon
1	whole clove

Place all ingredients in a saucepan over medium-low heat. As foam rises to the top, skim it off with a spoon. If it rises too much like it is going to boil over, lower the heat.

Continue simmering gently until there is no more foam, about 30 minutes. It is done when the butter is clear on top and the solids sink to the bottom. Remove from heat. Watch closely to prevent burning

Place a strainer over a heat-proof bowl and line it with cheesecloth or a coffee filter. Pour the butter through the strainer and discard the solids. Strain as many times as necessary to achieve a completely clear butter with no residue or spices.

Let the butter cool slightly and pour it into a jar or container. Store tightly covered in the refrigerator for up to a couple months or freeze for longer.

Berberé Ethiopian spice mix

Berberé is a hot spice blend that is an integral ingredient in Ethiopian cuisine. Both full of flavor and heat, this spice is not for the faint of heart – or taste buds. Every Ethiopian cook has their own version of this blend. Some versions include lesser known spices like nigella seeds, ajwain, and korarima, a spice that grows wild in Ethiopia. Whatever the version, there are several key spices that are common to all and the result is a fiery, bright red, highly aromatic and flavorful seasoning blend. Fantastic as a rub for meat, poultry and fish, a seasoning for stews, soups, grains and vegetables.

2 tsp	coriander seeds
1 tsp	cumin seeds
½ tsp	fenugreek seeds
1 tsp	black peppercorns
2	whole allspice berries or ¼+ tsp ground
½ tsp	cardamom seeds or ¼ tsp ground
4	whole cloves or 1 tsp ground
5	dried red chilies, seeds and membranes removed and broken into small pieces
3 Tbsp	sweet paprika
1 tsp	salt
¼ tsp	nutmeg, ground
½ tsp	ginger, ground
¼ tsp	cinnamon, ground
1 tsp	turmeric, ground

In a heavy skillet over high heat, toast the whole spices (seeds) and chilies, shaking the pan regularly to prevent scorching, until very fragrant, about 3 minutes. Transfer to a bowl and let cool completely. Grind the cooled spices in a spice or coffee grinder. Add all remaining ground spices and salt and grind everything together.

Store in an airtight container in a dark place.

African Peanut Soup

Serves 8 40 minutes

2 Tbsp	Olive oil
1	Medium onion, chopped
1 Tbsp	Ginger, minced
1	Jalapeno, remove seeds and ribs, diced
1 Tbsp	Minced garlic
½ tsp	Black pepper
2 tsp	Ground cumin
1 Tbsp	Tomato paste
14 oz can	Crushed tomatoes
4 cups	Chicken broth
1	Sweet potato, peeled and diced
14 oz can	Garbanos, rinsed
1 cup	Creamy natural peanut butter
4 cups	Kale, roughly chopped
1 ½ lbs	Chicken, poached and shredded (optional)
Garnish:	Crushed peanuts
	Chopped cilantro

1. In a large pot heat olive oil over medium heat. Add onions and sauté until softened, about 3-4 minutes.
 2. Add in ginger, jalapeno and garlic and stir until fragrant about 1 min. Add the pepper, cumin and tomato paste and cook for another 2 minutes, stirring, until paste darkens.
 3. Add the crushed tomatoes, stock, sweet potatoes, chickpeas and peanut butter. Bring to a boil and stir until fully combined. Turn the heat down to low and simmer for 15 minutes, until sweet potatoes are tender.
 4. Add in kale and shredded chicken and cook for another 5 minutes. Taste the soup before adding salt. Depending on how salty your stock and/or peanut butter was, it may not need anymore salt. If you use low sodium stock and salt-free peanut butter, it will need a full teaspoon salt, maybe more. Adjust to your own liking.
- Serve warm topped with cilantro and crushed peanuts

South African Bobotie

Serves 8. 2 hours

Bobotie is often considered South Africa's national dish. It originates from the Cape Malay community, which has given a number of dishes that are now considered core to South African cooking.

¼ cup	Olive oil
3	Yellow onions, medium, minced
3 Lb	Ground Beef (lean)
2 cups	Milk
5 slices	White bread
1 cup	Raisins
1 Tbsp	Apricot jam
2 Tbsp	Chutney (peach or mango)
1 Tbsp	Curry powder
2 tsp	Salt
1 tsp	Ground black pepper
2	Large eggs
2	Bay leaves

1. Preheat oven to 350 degrees F. Lightly grease a 9x13-inch baking dish.
2. Heat the oil in a large skillet over medium-high heat. Cook the onions in the hot oil until soft. Break the ground beef into the skillet and cook until brown.
3. Place the milk in a shallow dish. Soak the bread in the milk. Squeeze the excess milk from the bread. Set the milk aside. Add the bread to the beef mixture. Stir in the raisins, apricot jam, chutney, curry powder, salt, and black pepper. Pour the mixture into the prepared baking dish.
4. Bake in the preheated oven 1 hour.
5. After the bobotie bakes, whisk together the reserved milk, egg, and a pinch of salt. Pour over top of the dish. Lay the bay leaf onto the top of the milk mixture.
6. Return the bobotie to the oven until the top is golden brown, 25 to 30 minutes. Remove bay leaf before serving.

East African Mango and Cucumber Salad

20 min. serves 8-10

2	English cucumbers, thinly sliced
1	Red onion, small finely chopped
1 tsp	Salt
1 tsp	Minced garlic (or 2 cloves)
2 tsp	Peanut oil
4 cups	Tomatoes seeded, coarsely chopped
2	Jalapenos, seeded, minced
½ tsp	Ground cumin
¼ tsp	Cinnamon
4	Champagne mangoes, pitted and diced
1/3 cup	Dry roasted peanuts, unsalted, chopped
2 Tbsp	Chopped cilantro
1/3 cup	Fresh lime juice

1. Toss together the cucumber, onion, salt, and garlic in a colander. Let stand 20 minutes to drain.
2. Meanwhile, toss together peanut oil, tomato, jalapeno, cumin, cinnamon, and mango in a large bowl.
3. Add the cucumber mixture to the bowl and toss to combine. Garnish with peanuts, cilantro, and lime juice.

South African Malva Pudding

A sweet and moist cake recipe straight from South Africa 1 ½ hr serves 8

Cake

¾ cup	Whole milk
½ cup	Dark brown sugar (packed)
2	Large eggs
3 Tbsp	Apricot jam (warm and strain)
2 Tbsp	Butter, melted
1 tsp	Apple cider vinegar
1 ½ cups	All purpose flour
2 tsp	Baking powder
1 tsp	Baking soda
Pinch	salt

1. Preheat the oven to 350°F (180°C) and butter an 8-inch (20cm) square baking dish.
2. In a medium mixing bowl, whisk the milk, brown sugar, eggs, apricot jam, melted butter, and vinegar until fully combined.
3. In another bowl, whisk together the flour, baking powder, baking soda and salt, 4. Combine with the wet ingredients until thoroughly combined.
5. Pour into the prepared baking pan and bake for 30-40 minutes, until a knife inserted in the center comes out clean.

Sauce

½ cup	Heavy cream
½ cup	Whole milk
(substitute 1 cup half an half)	
½ cup	Butter
½ cup	Sugar
¼ tsp	Salt

1. Just before the pudding is done, make the sauce: in a saucepan over medium heat combine the cream, milk, butter, sugar, and salt and heat until the butter is melted and the sugar is dissolved.
 2. Once the pudding is done, poke holes all over the hot cake with a skewer or chopstick and then pour the warm sauce over the pudding. Allow resting for a minimum of 30 minutes.
- Serve warm with a scoop of vanilla ice cream. Store leftover pudding in the refrigerator in an airtight container for up to 3 days. Reheat before serving, either in a 300°F oven or in the microwave.