

Africa



Biriyani

Serves 8

Ingredients

4.5 pounds (2 Kilo grams) RED Onions
4.5 pounds (2 Kilo grams) Chicken (thighs & drumsticks)
4 cups Basmati rice (long grain rice)
2 tb spn canned tomato
2 large regular tomatoes
1 bunch mint leaves
1 bunch parsley
5 spices
 cinnamon bark - 3 medium pieces,
 cardamom - 6 pieces
 cumin seeds
 black pepper - about 1/6 tea spoon
 cloves - 3 to 4 sticks

4 medium sized potatoes
2 cups yogurt
6-8 lemons
Salt to taste
5-6 sections/pieces from 1 head garlic medium sized
1 node fresh ginger, about 1 inch long and 1/2 inch diameter (not powdered)

Directions

Wash the rice 2 or 3 times until the whitishness does not reappear in the water.
Boil the rice until it is half done, sieve and throw away the starchy fluid
Mix the rice with a big pinch of strands of saffron, about 20 or 30 strands.
In a big cooking pot, fry the garlic in GHEE.
Raise the temperature of ghee and put in the chicken.. fry at high temperature only to brown the chicken... remove quickly so that the juices from the chicken do not get out (you will need them for later).
Remove the chicken and put on a paper towel to drain the oil and remove the pot from the fire.
Now put everything BUT THE RICE, into another pot and mix them nicely (all the spices - ground-, the chicken, yogurt, ginger, garlic etc).
Add salt and make sure that you can taste the salt (don't go over board) also make sure that the mix taste for sourness.
Pour rice on top of all the mixed stuff.
Boil some ghee on another pot or pan and pour on top of the rice.
Cover the pot with tinfoil and make sure you do this well, make it snuggle nicely.

Then use your regular pot cover over this.

Cook in medium low (second option between low and medium) for about 30 minutes. {Alternatively you could cook it in the oven at about 250 that is about 30-40% lower temp than you would use for backing cake - if cooking in the oven, you will need to time it for 45 minutes, after 45 minutes you will need to poke in a fork all the way to the bottom to feel if its done or not}

To be done, the rice on the top will be cooked and the bottom of the pot will stay a little bit soggy.

Time to serve, NOW you will need a big deep bowl like plate, uncover the pot completely, clear the area for a little work.

Cover the pot with the plate, serving side facing the pot.

Lift the pot in such a way that with a quick twist, you can flip it over where the plate is at the bottom and the pot is on top of it.

If you used a plate big enough, nothing will fall on the floor when you pull up the pot. So now pull up the pot.

The thick curry should be at the top and may slightly run if it was not cooked at right temperature, but that is not a bad thing.

The biriyani curry is one of the best curry you will ever taste.

Remember what I said about NOT over frying the chicken, not losing the juices??

ell what has happened is that the juices from the chicken combined with tomatoes, yogurt and other stuff and made the rich biriyani curry at the low cooking temperatures.

Serving

Usually in Africa and the Middle East, the whole BIG plate is set in the middle and every one eats hand in hand from it, sitting on the floor around it. However, though that is the best way for socializing and breaking class barrier, you can serve it any way you like in your home. You could set the big plate in the middle of the table and every one can serve into their plates (especially if you do not have eaters hehehe), and take the amount they need.

Every one taking a serving should take the curry and all, that is the best part, if biriyani is cooked right, I would swear it is the best food in the world as far as taste is concerned. However, this here is chicken biriyani, the more authentic one is beef/veal biriyani.

Tanzania Chicken

Ingredients:

1 stewing hen
1 14-oz. Can tomatoes
1 chopped onion
1 tbsp turmeric
1 tbsp garlic powder
½ tsp. Chili powder
½ tsp curry powder
Salt and pepper

Directions:

Cut up chicken and cook, keeping meat on bones.
Mix together all remaining ingredients.
(Adjust spices to taste)
Pour over chicken and simmer together.
You can also add a bit of tomato paste and sugar.
Thicken a bit.
Serve on rice.

Chicken Tika

Ingredients:

1 chicken
2 tsp. tomato puree
1 tsp. curry powder
3 cloves garlic (or less), mashed
3 tblsp. oil
salt and pepper to taste

Ingredients for sauce:

1 cup tamarind juice (if unavailable, use white wine)
salt and chili pepper to taste
sugar to taste

Directions:

Combine tomato puree, curry powder, garlic, salt, pepper, and 3 tblsp. oil. Rub the chicken outside and inside with this mixture and leave it for about 1 hour for the flavor to penetrate the meat. Grill or roast the chicken until nicely browned and tender (a spit is ideal). Serve with a sauce made by combining the tamarind juice with enough seasoning to give a pleasantly sharp sweet-sour flavor.

Kuku na Nazi (Chicken with Coconut Milk)

Serves 8-10

Ingredients:

2 3-lb chickens, cut into pieces
5 inches fresh ginger, grated, or 2 tblsp. ground ginger
20 small cloves garlic
2 hot chili peppers or 1 tsp. cayenne pepper
1 medium onion, sliced
2 tblsp. oil
2 tblsp. curry powder
1/3 cup clarified butter (see directions below)
1 bunch of fresh coriander, chopped
1 tblsp. whole cumin seeds, pounded
4-6 cups coconut milk (see directions below)
1 cup coconut cream (see directions below)

Directions:

Wash the chicken and pat it dry.
Pound the ginger, garlic, chilies, and curry powder with a mortar and pestle, or puree in a blender or food processor.
In a small skillet, saute the onions in oil for 4-5 minutes, then add the spice puree and simmer.
Braise the chicken in butter in a large skillet or stew pot.
When the chicken pieces are golden brown, transfer the onion/puree mixture to the chicken pot.
Add coriander, cumin, and coconut oil, and cook until the chicken is tender.
Pour coconut cream over the chicken, remove pot from heat, and let stand until ready to serve.
To eat, spoon over rice.

Clarified butter:

Makes just under 1 cup
8 oz. (2 sticks) butter
Cut the butter into pieces and melt it in a saucepan over low heat.
Skim off the buttermilk fat that will foam to the top with a slotted spoon.
Remove the pan from the heat.
Let it sit for a few minutes, and then pour off the clear liquid, leaving behind the residue of milk solids that has settled to the bottom.
The clarified butter will last 3 weeks or so if refrigerated.
If no refrigeration is available, simmer the butter over the lowest heat, uncovered and undisturbed, for 40-50 minutes.
Strain the clear liquid two or three times by pouring it through a clean, finely-woven cloth into a bowl.
This removes any solids that might spoil it.
The clarified butter will now remain fresh for several weeks at room temperature.

Coconut milk:

Makes about 3 cups

fresh white meat of 1 coconut

Grate the meat by hand or process it in a blender.

To extract the flavorful moisture from the gratings, it is easy to mimic the Africans' method of using a conical woven basket.

Line a bowl with a cotton cloth such as cheesecloth, making sure that the lining is big enough to drape over the sides of the bowl.

Dump the grated coconut onto the cloth and then pour 1 cup of boiling water over it. When it is cool enough to handle, gather the edges of the cloth and lift it above the bowl.

Wring it with both hands to squeeze out the milky liquid, which you should pour off and save.

Repeat this process three times.

The first squeezing is the most concentrated, so you should keep each squeezing separate and use them in order (i.e., use the first squeezing as the first cup in a recipe, etc.).

Coconut cream:

Coconut cream has two different meanings, either of which can be used for recipes.

"Cream" sometimes means simply the first squeezing (see the above recipe for coconut milk).

Another meaning is the thicker layer that forms on top of chilled coconut milk.

Coconut cream will remain good for 2 or 3 days if refrigerated, and can be frozen for several months.

Mchuzi wa bata = Duckling Dar-Es-Salaam

Serves 8

Notes:

Duckling is a great delicacy in Tanzania and is usually served when there are special guests. The same recipe is used for other meats and is particularly good with veal and chicken. Accompaniments are cooked bananas (a must), rice, potatoes, cassava and Ugali made with white cornmeal.

Ingredients:

- 1 duckling 6lb (2 & 1/2 kilos or so) - cut into 12 pieces
- 1 cup onions finely chopped
- 1 cup tomatoes diced in small pieces
- 1 tea spoon salt
- 1 tea spoon curry powder (optional)
- 1/2 tea spoon crushed red pepper
- 4 table spoons oil or margarine
- 4 large bananas
- 2 quarts of water

Directions:

In a 6-quart Dutch oven or baking dish:

Sauté: 1 cup ONIONS finely chopped, and

1 cup TOMATOES in small dice, with

1 tsp. SALT

1 tsp. CURRY POWDER (optional)

1/2 tsp. CRUSHED RED PEPPER (optional) in

4 Tbs. OIL or MARGARINE until soft.

Add 1 6-lb. DUCKLING, cut up into about 12 pieces.

Sauté the duckling lightly for 2 or 3 minutes.

Add 2 quarts WATER

Cover and simmer for 30 minutes or bake at 350' until duckling is tender.

Slightly green bananas or plantains may be simmered with the duckling.

Or they may be prepared separately and served as a side vegetable.

Serving:

1/2 banana per portion or 4 large bananas.

Pilau Rice with Beef Stew

Beef Stew Ingredients

1 lb. beef [not ground] i.e. Cut meat
2 carrots
2 green peppers
4 tomatoes
4 onions
Coriander
Curry powder
Black pepper
Seasoning salt, Crisco cooking oil, salt

Directions:

Fry the onions that have been chopped until they turn brown.
Add tomatoes and chopped green pepper.
Add carrots, black pepper and coriander.
Wash the cut meat and sprinkle it with seasoning salt.
When the carrots have become slightly soft add the cut meat.
When meat is almost cooking add some curry powder and salt to taste.

Pilau Rice Ingredients:

1.5 LB rice (water according to rice)
0.5 LB green peas
2 cans pilau masala (type of spice)
3 onions
3 tomatoes
Crisco oil
Salt

Directions:

Wash the rice with cold water.
Boil the peas until cooked.
Chop onions and then fry them until they turn slightly brown.
Then add tomatoes that have been peeled and cut.
Boil some of the rice water with the pilau masala until it boils.
Add some salt to taste.
Add the rest of the water to the fried onions and tomatoes.
Then add the green peas when the water starts boiling and the rice.
Then let it cook.

Nyama Na Irio (Steak and Irio)

Yield: 8 portions

The Irio:

Drain 1 16-oz. can PEAS and measure the liquid.

Put the peas through a vegetable mill or sieve to make a puree.

Drain 1 16-oz. can KERNEL CORN and add the liquid to that of the peas.

In a 2-quart saucepan:

Prepare 4 cups INSTANT MASHED POTATOES following package directions and using the vegetable liquors as part of the required liquid.

Add:

3 Tbs. BUTTER

1 tsp. SALT

1/4 tsp. PEPPER

Blend the puree of peas into the mashed potatoes until a smooth green color results.

Fold in the drained kernel corn.

The consistency should be that of firm mashed potatoes.

The Steak:

In a large skillet:

Cut 3 lbs. FILET MIGNON (or any steak) in a 2 x 1/2 x 1/2-inch strips.

Sauté in 4 oz. MARGARINE OR OIL, until lightly browned.

Remove the steak from the skillet.

Blend in 6 Tbs. FLOUR to make a roux.

Add 2 cups ONION SOUP made from a packaged mix and cook to medium-sauce consistency.

Correct the Seasoning with salt, pepper, and a little Tabasco.

Return the steak to the sauce.

Make a large mound (about 1 cup) of Irio in center of dinner plate.

Form a hole in the center about 2 inches in diameter.

Fill the hole with 1/2 cup of the sautéed steak and gravy.

Smooth around edges of the Irio so it looks like a volcano.

Saladi - East African Salad Relish

Yield: Relish for 8 salads

This salad relish is added to and mixed with the hot spicy food by the guest a little at a time to "cool" the spiciness of the dish and change its texture. If the hostess feels that her dinner is not "hot" enough, a small hot chili pepper is added to the relish.

She may also serve individually or in a bowl additional pilli-pillu or hot red pepper dissolved in lemon or tomato sauce. For your Kenyan dinner you might have a cruet of a white French dressing on the table for those who might want to add it to their salad.

In a 1-quart bowl:

Combine: 2 cups CABBAGE, finely shredded

1/2 cup CARROTS in very, very thin slices

1/2 cup SWEET ONIONS (Bermuda or Spanish or scallions)

1/4 cup GREEN PEPPER in fine strips.

Fluff the mixture up.

That's it. There is no dressing or seasoning.
Fill small sauce dishes, allowing about 1/3 cup per person.

Bobotie (Beef Pie)

Ingredients:

2 ounces butter
1 cup onions, thinly sliced
1 apple, peeled, diced
2 pounds chopped cooked beef
2 bread slices soaked in milk
2 tablespoons curry powder
1/2 cup raisins
2 tablespoons slivered almonds
2 tablespoons lemon juice
1 egg
1/2 teaspoon turmeric
6 bay leaves
1 egg
1/2 cup whole milk

Directions:

Melt the butter in a saucepan.

Add the onions and sauté for 5 minutes, then add the apple dice and cook for another minute.

Add the chopped beef and combine.

Squeeze out the excess milk from the bread slices, then tear up and add to pot.

Add the curry powder, raisins, almonds, lemon juice, egg, and turmeric, and stir well.

Place mixture in a greased 9 x 13" baking dish.

Place bay leaves vertically in the casserole.

Bake at 325 degrees F for 40 minutes, then remove from the oven.

Mixtogether the egg and milk, then pour it over the Bobotie.

Bake for 15 more minutes.

Remove bay leaves before serving.

African Stew

Ingredients:

2 chickens, cut into pieces
3/4 cup peanut oil
2 large onions, chopped
3 tomatoes
4 1/2 cups water
1/4 cup tomato paste
1 teaspoon Vegesal
1 cup peanut butter
3 sweet potatoes, cut into chunks
6 carrots, thickly sliced in rounds
12 okra pods
3 bell peppers (red/green/yellow/orange), de-seeded and diced
1/2 teaspoon cayenne pepper or 1 chile pepper

Directions:

In a large heavy pot, brown chicken in hot peanut oil.
Add 1 chopped onion and stir until golden brown.
Peel tomatoes if you wish, then chop into chunks.
Thin tomato paste with 1/2 cup of water,
and add tomatoes and tomato paste to the pot.
Boil 4 cups of water and add to the pot with the vegesal.
While the mixture boils gently, thin peanut butter with
some of the hot pot liquid and stir it in gradually.
Reduce heat and simmer for 30 minutes.
Begin adding vegetables, letting each simmer for 5 minutes
or so before adding the next one.
Cook until chicken and all the vegetables are tender.
Crush or grind the second onion with the hot pepper.
Add during the last 10 minutes of cooking.

Irio

Yet another dish that originated from Central Kenya but has been adapted by other communities except for the fact that they use the vegetables available in their areas.

Ingredients:

4 green corn cobs
1 lb (400 gms) beans
4 potatoes
1 lb (1/2-kg spinach/pumpkin leaves)
Salt and pepper

Directions:

Boil the corn.
Cut the kernels off the green corn cob.
Boil the corn with the beans until soft.
Peel and wash the potatoes and add the corn and the beans along with the chopped spinach.
Boil together until the potatoes are soft.
Season with salt and pepper and mash.

Irio (Method 2)

Ingredients:

2 kg. Potatoes (about 4 - 4 ½ lbs.)
2 tbsp cooking fat
1 kg. Green peas (2.2 lbs.)
2 cobs tender green maize
One chopped onion
Salt to taste

Directions:

Prepare potatoes and peas and remove the maize from the cobs.
Cook on a high heat with just enough water to cover until the vegetables are tender.
Mash the peas and the potatoes to a smooth consistency, adding a little fluid if desired.
Fry the onions until brown;
add to the other vegetables and fry together on a low heat.
Serve when hot.

Ugali (Cornmeal Porridge)

The national dish of Kenya is a cornmeal mush called Ugali. It is cornmeal cooked with water to a thick consistency and poured out onto a board or plate for everyone to eat from. The following recipe for ugali could be made over an open fire outside, or in a kitchen. Beef broth with vegetables can be poured over it, and on special occasions chunks of meat are added to the broth.

Yield: serves 4 to 6

Ingredients:

- 1 cup cold water
- 1 cup yellow cornmeal
- 1 teaspoon salt, more or less to taste
- 3 cups boiling water

Equipment:

Medium-size saucepan, mixing spoon or whisk

Directions:

1. Put cold water in saucepan, and, mixing continually, add cornmeal and salt. Bring to a boil over high heat, and, mixing continually, slowly add 3 cups Boiling water to prevent lumps.
2. Reduce to simmer, cover, and cook for about 8 minutes, mixing frequently to prevent sticking. Add salt to taste and mix well.

Serve ugali in individual bowls with cream, sugar, syrup, ghee, or butter poured over it.

Githeri

Ingredients:

Maize

Beans

Water

Directions:

Cook equal quantities of maize and beans in water for several hours until soft. Serve alone or with unripe cooked bananas, carrots or cabbage.

Chapati

Servings: 10 to 12

Ingredients:

2 cups whole-wheat pastry flour

1 teaspoon salt

1 tablespoon vegetable oil

About 3/4 cup warm water (enough for a kneadable dough)

Directions:

Knead the dough, cover and leave aside for at least 1/2 hour or, ideally, up to 2 hours. After about 1 hour or right before rolling out, punch the dough and knead again without any more water.

Make 10 to 12 1 1/2-inch balls; dip each one into dry whole-wheat flour, and roll out into thin, 6-inch circles.

Place a flat, ungreased griddle on the stove at medium heat.

When hot, place a rolled-out chapati right side down on the griddle.

(The "right side" is the one facing you when you rolled it.)

When bubbles are visible, turn over and cook until tiny brown spots appear on the side facing the griddle.

If you have a gas stove, hold that chapati with a pair of tongs, and place it directly over the burner flame for a few seconds, until the chapati puffs up.

Turn and repeat on the other side.

If you have an electric stove, keep the chapati on the griddle.

With a wadded-up paper towel to protect your fingers, press gently all around the chapati.

Flip the chapati and press gently around the other side.

This procedure should make the chapati puff up.

(If you press too hard, the chapati will become too crunchy.)

Remove the chapati from the heat and butter with ghee on the "right side."