

**7 EAST  
AFRICAN  
RECIPES  
TO  
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AT  
HOME**





# East African Chapati

East African Chapati- Easy to make chapati that are Flaky , layered and Delicious. Made with a few simple ingredients

**Course** Appetizer

**Cuisine** African

**Prep Time** 1 hour

**Cook Time** 20 minutes

**Total Time** 1 hour 20 minutes

**Servings** 4 -6

**Calories** 443 kcal

**Author** Immaculate Bites

## Ingredients

- 3 cups all purpose flour
- 1 teaspoon sugar
- 1 1/2 teaspoon salt
- 3 tablespoon ghee (Clarified butter) or oil
- 1 1/4 cup warm water

## Instructions

1. In a large bowl add flour and make a well then add sugar , salt, followed by water , ghee or oil
2. Knead to form a soft and sticky dough.
3. Place dough on a floured board and knead for about 8-14 minutes. Flour dough as needed to facilitate kneading. Don't over do it! Dough should be soft, elastic and smooth.
4. Divide dough into 6 pieces and let it rest .The resting of the dough helps to relax the gluten and make it not only easier to work with but also produces tender chapati.
5. Using a rolling pin roll out dough into a circle. They do not have to be perfect circles.
6. Oil pan. Then place dough on the pan. A skillet or crepe pan will work. Heavily oil the other side of the dough making sure you oil the edges too.
7. Cook for about 2-3 minutes rotating as need until golden brown.
8. Serve warm.







## Curried African Bean Stew (African Red)

This curried African bean stew is similar to the traditional African bean stew and bursting with the aromatic flavours of the additional herbs and spices. Serve for lunch with kelewele (spicy fried plantains) as sides.

### Ingredients

- 7 oz black-eyed beans (dried)
  - 1 onion
  - 1 oz ginger fresh chopped
  - 1 garlic clove
  - 0.4 oz coriander fresh
  - 2 tsps curry powder
  - 1 tsp cumin
  - 1 tsp turmeric
  - 1 tsp cayenne pepper
  - 0.5 lemon juice only
  - 10 floz water
  - 12 floz tomato sauce
  - 1 tbsp peanut oil
  - 1 vegetable stock cube
1. Place the dried beans in a pan and add one litre of water to the pan. Boil over high heat, then reduce heat to medium and cook for 30 - 35 minutes until the beans are soft. Drain and set aside.
  2. Place the onions, ginger, garlic, coriander, curry powder, turmeric, cayenne pepper, paprika, and lemon juice in a blender. Add 5 oz of water and blend to a smooth puree. Set aside.
  3. To a hot dutch oven, add one tablespoon of peanut oil and then fry the curry puree. Fry the puree on medium heat for between 3 to 5 minutes or until the puree is dry, stirring frequently to prevent burning.
  4. Once the puree is sufficiently dry, add the tomato sauce and 7 oz of water. Add the vegetable stock cube, cover and bring to boil. Then reduce heat to low-medium and simmer with the lid partially covered for 30 minutes.
  5. Add the cooked beans to the sauce. Use a fork to mash some of the cooked beans, then add the beans to the sauce. Continue to simmer with the lid partially covered for another 10 - 15 minutes.
  6. Serve with some chopped coriander and chopped peanuts.



# Sauteed Collard Greens & Chard Recipe

African Collard Greens and Mediterranean Swiss Chard come together in this flavorsome East African recipe.

## Ingredients

- 7 oz collard greens
- 7 oz Swiss Chard
- 3 tbsp palm oil
- 1 onion
- 2 garlic cloves
- 4 oz mixed mushrooms
- 0.4 oz dried shiitake mushrooms
- 1 tsp berbere spice
- 0.5 vegetable stock cube
- salt
- black pepper

## Instructions

1. Finely chop the onions and roughly chop the collard greens and Swiss chard.
2. Add the dried shiitake mushrooms to a bowl of boiling water. Leave to rehydrate for approximately 15 minutes. When sufficiently rehydrated, roughly chop the shiitake mushrooms and set aside. Wash and roughly chop the fresh mushrooms and set aside.
3. Set a saucepan on medium heat, and when hot, add the 3 tablespoons of palm oil. When the palm oil is hot, sauté the chopped onions and garlic for 3- 5 minutes, stirring frequently.
4. When the onions have sweated and are soft and translucent, add the mushrooms and collard greens. Season with the berbere spice, vegetable stock cube, salt and black pepper. Sauté for 5 minutes, stirring occasionally.
5. Add the Swiss chard and cook covered for 10 minutes. Take off the heat, and leave covered for another 5 minutes. Serve with African cornmeal mush (Ugali).



**Sautéed**  
**African Collard Greens (Sukuma Wiki)**  
african recipe, vegan





# Matooke With Peanut Sauce

## Ingredients

- 4 cups water, divided
- 6-8 plantains, peeled and chopped
- 1 tomato
- ½ onion, peeled
- 1 cup peanut butter
- ½ tsp paprika
- salt and pepper to taste

## Instructions

1. To prepare the matooke, place 2 cups of water and the plantains in a pot and simmer until tender, about 25 minutes. Drain and then mash. Add water if needed to reach desired consistency.
2. To prepare the peanut sauce, chop the tomato and onion. Add them with the remaining 2 cups water to a saucepan over medium-high heat and bring to a boil.
3. Stir in the peanut butter and spices. Let the mixture simmer, stirring continuously until it thickens.
4. Pour over the prepared matooke.







# Classic Kenyan Beef Stew and Ugali

## Ingredients

For the beef stew:

2 tbsp oil  
1 onion, chopped  
1 tbsp garlic, minced  
1 tsp curry powder  
500 gms beef cubes  
1 beef stock cube  
Salt to taste  
Freshly ground black pepper  
3 tomatoes, diced  
4 cups water  
Coriander leaves, chopped

For Ugali:

3 cups water  
1 1/2 cups Unga wa Dola corn meal

## Instructions

1. For the beef stew: Heat oil in a heavy bottom pot. Add onions and stir. Cook until translucent.
2. Stir in garlic and curry powder. Add the beef cubes, stock cube, salt, pepper, tomatoes and water and stir.
3. Cover the pot with a lid and let simmer for 30-40 minutes. Garnish with coriander leaves and set aside while you prepare the ugali.
4. For ugali: Bring water to boil in a pot. Add 1/2 cup corn meal to boiling water. Adding a little meal to water ensures that the water starts to roar which makes the perfect ugali. Stir with a spatula and break any lumps apart.
5. Add remaining meal and stir. Using spatula, smooth out lumps that may have formed. If the ugali is not hard enough, add more flour. Lower the heat and keep working ugali against the sides of the pot, getting rid of any lumps and also making sure it is evenly cooked.
6. Once cooked, mold it using the spatula and serve with a serving of beef stew.



# East African Pea Soup

## Ingredients

- |                                         |                                       |
|-----------------------------------------|---------------------------------------|
| 2 cups chopped onions                   | 1 teaspoon <u>ground coriander</u>    |
| 1 teaspoon minced garlic                | 1 teaspoon ground cumin               |
| 1 tablespoon vegetable oil              | 1/4 teaspoon ground cardamom          |
| 1/2 teaspoon grated fresh ginger        | 1 dash clove (no more than 1/8 tsp)   |
| 1 teaspoon                              | 1/2 teaspoon turmeric                 |
| 1/2 teaspoon <u>ground black pepper</u> | 2 tomatoes, chopped                   |
| 1 small habanero, finely chopped        | 1 sweet potato, diced (about 2 cups)  |
|                                         | 3 1/2 cups water                      |
|                                         | 1 lb <u>frozen green pea</u> , thawed |

## DIRECTIONS

1. Sauté the onions gently in oil in a covered pot, stirring frequently, for 5 to 10 minutes, until the onions are just translucent.
2. Add garlic and saute for 1 minute.
3. Mix in the ginger, salt and all the spices and sauté for 2 minutes, stirring often.
4. Add the tomatoes and sweet potato. Stir well.
5. Add 1 1/2 cups water and stir, bringing soup to a boil.
6. Reduce the heat and simmer, covered for 5 minutes.
7. Add half of the peas and simmer, covered, for another 10 minutes, or until the peas and sweet potato are tender.
8. Remove the soup from the heat and stir in the remaining 2 cups of water.
9. Purée the soup in a blender or food processor in batches until smooth.
10. Return soup to the pot, add the remaining peas and gently reheat.





# KULA VIZURI, FURAHIYA

EAT WELL, ENJOY; SWAHILI



*From Poverty to Possibility*