
RECIPE BY ANA CARLA MAZA – SERVES 6 PEOPLE

PICADILLO / CUBAN BLACK BEANS / CUBAN TOSTONES / CUBAN MOJITO

PICADILLO

Ingredients: 1/4 cup of El Cocinero oil • 1 onion • 1 large bell pepper • 1 clove of garlic • 1/2 lb of ground beef • 1/2 lb of ground pork • 1/4 lb of ground ham • 3/4 cup of capers and olives mixture (alcaparrado) • 1 tsp of salt • 1 tsp of Ac'cent seasoning • 1/8 tsp of pepper • 1/2 cup of tomato sauce • 1/4 cup of dry wine

Instructions / Method:

1. Heat the oil and sauté the finely chopped onion, crushed garlic, and finely chopped bell pepper. Add the meats and cook for a few minutes, stirring to prevent sticking. Add the remaining ingredients and let it cook over a medium heat for about twenty minutes.

CUBAN BLACK BEANS

Ingredients: 1/4 cup of El Cocinero oil • 1 pound (450 grams) of dried black beans • 1 large onion, chopped • 1 green bell pepper, chopped • 4 cloves of garlic, minced • 1 bay leaf • 1 teaspoon of ground cumin • 2 tbsp of olive oil • Salt to taste

Instructions / Method:

1. Soak the black beans in cold water for at least 8 hours or overnight. Then, drain and rinse them.
2. In a large pot, add the soaked beans along with enough fresh water to cover them. Bring to a boil and then reduce the heat to medium-low. Cook the beans at a gentle simmer for about 1.5 hours or until tender.
3. Add additional water as needed to keep the beans covered.
4. While the beans are cooking, in another large skillet, heat the olive oil over medium heat. Add the chopped onion, green bell pepper, and minced garlic. Sauté until they are tender and lightly golden.
5. When the beans are tender, add the onion, pepper, and garlic mixture to the pot of beans. Also, add the bay leaf and ground cumin. Cook over low heat for another 30 minutes, stirring occasionally.
6. Taste and adjust the salt as needed. Remove the bay leaf before serving. Serve the hot Cuban black beans as a side dish or as a main course, accompanied by white rice and fried ripe plantains if desired.

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CUBAN TOSTONES

Ingredients: 2 green plantains • Vegetable oil, for frying • Salt to taste

Instructions / Method:

1. Peel the green plantains and cut them into thick slices, about 1 inch (2.5 cm) thick.
2. In a large skillet or deep fryer, heat enough vegetable oil to cover the plantain slices. Heat the oil over medium high heat until it reaches a temperature of about 350°F (175°C).
3. Carefully place the plantain slices in the hot oil and fry them for about 3-4 minutes on each side, or until they are golden brown and crispy. You may need to fry them in batches to avoid overcrowding the pan.
4. Once the plantain slices are fried, remove them from the oil using a slotted spoon or tongs and transfer them to a paper towel-lined plate to drain excess oil.
5. Using a tostonera (a wooden or metal press specifically designed for flattening plantains) or the bottom of a heavy glass, flatten each fried plantain slice into a thin disk.
6. Increase the heat of the oil to medium-high and carefully place the flattened plantain slices back into the hot oil. Fry them for an additional 2-3 minutes on each side, or until they are golden brown and crispy.
7. Remove the tostones from the oil and transfer them back to the paper towel-lined plate. Immediately sprinkle them with salt while they are still hot.
8. Serve the tostones as a side dish or as a snack. They can be enjoyed plain or served with a dipping sauce such as garlic mojo or a tangy salsa.

CUBAN MOJITO

Ingredients: 2 oz white rum • Juice of 1 lime • 2 tsp granulated sugar (adjust to taste) • 8-10 fresh mint leaves • Club soda • Ice cubes • Lime slices • mint sprigs for garnish

Instructions / Method:

1. In a tall glass, add the fresh mint leaves and sugar.
2. Squeeze the juice of one lime into the glass.
3. Use a muddler or the handle of a wooden spoon to gently muddle the mint leaves and sugar together, releasing the mint oils.
4. Fill the glass with ice cubes.
5. Pour the white rum over the ice.
6. Stir the mixture well to combine the ingredients.
7. Top off the glass with club soda.
8. Garnish with a lime slice and a sprig of fresh mint.
9. Give it a final stir, and your Cuban Mojito is ready to be enjoyed!

Remember, you can adjust the proportions of lime juice, sugar, and mint according to your personal taste. Feel free to experiment and make it your own!

RECIPE BY BALA DESEJO

BOBÓ DE CAMARÃO (SHRIMP STEW)

SHRIMP STOCK

Ingredients: Shells & Heads from 1 kg Shrimp (About 300 g) • ½ Onion • 1 Garlic Clove • 1 Litre Water • 1 Bay Leaf • 2 tsp Coriander Seeds • 2 tbsp Palm/Dende Oil

Instructions / Method:

1. Rinse shrimp shells and heads well under running water using a sieve. Peel the garlic clove. Peel and thinly slice the onion into half-moons. Break the coriander seeds in a mortar and pestle.
 2. Heat a medium pan over medium heat. Once hot, add the palm oil, followed by the shrimp shells and heads. Sauté for 10 minutes until they turn orange and develop a golden crust at the bottom of the pan. This step is crucial for flavor.
 3. Add garlic, onion, bay leaf, and coriander seeds. Stir for 2 minutes until the onion softens. Gradually add water, scraping the bottom of the pan to dissolve any browned bits, and increase the heat. Once it boils, lower the heat and let it simmer for 40 minutes until reduced by half.
 4. Strain the stock into a bowl, pressing the solids with the back of a spoon to extract all the liquid, yielding about 2 ½ cups. Set aside.
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FOR THE RICE

Ingredients: 2 Cups Rice • 4 Cups Water • 2 tbsp Olive Oil (or Regular Oil) • 1 onion • 1 Bay Leaf • 1 tsp salt

Instructions / Method:

1. Peel and chop the onion. Boil just over 4 cups of water in a kettle.
 2. Heat a medium pan over low heat. Add olive oil and sauté the onion, stirring for 2 minutes until soft. Season with a pinch of salt and add the bay leaf.
 3. Add the rice, stirring to coat the grains in oil for about 1 minute.
 4. Add 4 cups boiling water to the pan, season with salt, and mix. Increase the heat to medium and stop stirring.
 5. Once boiling, cover the pan and reduce the heat to low. Cook until the water is absorbed (about 8 minutes).
 6. Turn off the heat and let the rice sit covered for 5 minutes to finish cooking in its steam.
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FOR THE BOBÓ

Ingredients: 1 kg Fresh Shrimp • 700 g Peeled Cassava • 500 ml Coconut Milk • ½ Cup Palm/Dende Oil • 2 tbsp Olive Oil • 1 Onion • 3 Garlic Cloves • 2 Peeled & Seeded Tomatoes • 1 Bunch of Coriander • 1 Bunch of Parsley & Green Onions • ½ Red Bell Pepper • 1 Seedless Chili Pepper (Finger Pepper) • Black Pepper • Coriander Seeds • Juice of 1 Lime • Salt & Pepper To Taste • Clay Pot or Thick Pan • 500ml Shrimp Stock

Instructions / Method:

1. Peel and cut the cassava into pieces. Cook in a pressure cooker with a pinch of salt until soft (about 20 minutes). Drain and blend with 300 ml coconut milk and 1 cup of shrimp stock until smooth.
2. Season the shrimp with salt, black pepper, and lime juice. Marinate for 15 minutes.
3. Chop the onion, garlic, bell pepper, tomatoes, and chili. Sauté them in a heated pan with a little palm oil and salt over low heat until golden and very soft, forming a paste.
4. Add the shrimp to the pan, stirring constantly. This process is quick to avoid overcooking the shrimp. Once golden, add the lime marinade from the shrimp.
5. Add the parsley, green onions, and cilantro.
6. Pour 200 ml coconut milk into the pan and mix until combined.
7. Add the cassava puree to the pan and cook over low heat, stirring constantly.
8. Check the seasoning, adjusting salt and pepper if needed.
9. Turn off the heat and finish with a drizzle of palm oil and fresh cilantro or parsley. Serve immediately.

FOR THE FAROFA

Ingredients: 2 cups cassava flour • ½ onion, chopped • ¼ cup palm oil • Sea salt

Instructions / Method:

1. Sauté the onion in palm oil until softened. Add the cassava flour.
 2. Season with salt and stir constantly over low heat until the flour is golden, about 20 minutes.
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RECIPE BY DUO RUUT

BUCKWHEAT DISH / KAMA MOUSSE

BUCKWHEAT DISH

Ingredients: Butter • Bacon • Raw Buckwheat • Onion • Salt • Agaricus • Sun-dried Tomatoes • Sour Cream • Spring Onion

Instructions / Method:

1. Boil the buckwheat for about 15 minutes, until it's done.
 2. Cut the bacon into strips and fry on a pan, then set it aside.
 3. Fry the previously chopped onion and agaricus on the pan, using the leftover oil from the bacon. Add some butter if needed.
 4. Rinse the boiled buckwheat and add it to the pan with onions and agaricus, roast it a bit and then add pieces of sundried tomatoes.
 5. For the topping, chop the green onion and mix it into the sour cream with a bit of salt.
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KAMA MOUSSE

Ingredients: 3-4 Big Spoons of Kama • 400g Whipped Cream • 200g Cottage Cheese • Sugar • Sour Blueberries

Instructions / Method:

1. A lot of whipped cream (you can put as much as you want).
 2. Whip the cream with sugar, add cottage cheese, then add kama.
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RECIPE BY ELSY WAMEYO

UGALI, SUKUMA & BEEF STEW

TOP SECRET

You will notice there are no specific measurements given. The Kenyan way of cooking does not traditionally follow measurements. When preparing a meal, we are led by the heart and allow the unsaid rules passed down to take control.

BEEF STEW

Ingredients: Vegetable Oil • 1.5kg Topside Beef (boneless) cut into medium size pieces (must be Halal) usually bought from Afghan butchers • Fresh Bay Leaves • Star Anise • Garlic & Ginger Paste • Three Red Medium Sized Onions Diced • Ayam Thai Red Curry Paste • Tomato Paste • Royco Beef Stock Coriander • Coriander Roughly Chopped

Instructions / Method:

1. In a large pot, boil the medium sized cut beef for ten minutes or until brown.
2. Coat a separate large pot with vegetable oil. Once heated, place three to four bay leaves in the hot oil. Once aromatic, add garlic and ginger paste. Cook till brown then add red diced onions. Cook until onions turn brown.
3. Drain the boiled beef into a separate bowl (do not pour out the water, this will be used later as stock). Add the boiled beef to the sauted onions, add salt to taste then cook till brown. Once brown, add tomato paste and ayam thai red curry paste. Leave to cook for a few minutes.
4. Add stock to the sauteed beef and cover with a pan lid. Allow to boil for a few minutes. This ensure all the flavours to cook through the beef.
5. In a small cup, add royco cubed beef stock to cold water until it turns to a paste. Add paste to the beef stew and salt necessary and allow to simmer until the beef is tender. Royco is a Kenyan spice used in various stew dishes. This is key to having a flavourful Kenyan dish.
6. Turn the stove off and garnish the beef stew with a handful of chopped coriander.

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SUKUMA

Ingredients: Vegetable Oil • 1 Red medium sized Onion Diced • 2 Fresh Tomatoes Diced • Collard Greens Shredded Thinly • Royco Beef Stock Cubes

Instructions / Method:

1. In a pot, heat a few tablespoons of vegetable oil and add diced onions. Once brown, add freshly diced tomatoes and let cook for a few minutes.
2. Add thinly shredded greens and let cook for a few minutes. Use royco beef stock to create a paste with cold water and add to greens. Do not overcook till soggy. Greens should remain crunchy to retain nutrients.

UGALI

Ingredients: Boiling Water • 2 Cups of Maize Flour

Instructions / Method:

1. In a medium sized pot, bring water to a boil. Once at boiling point, slowly add maize flour into the boiling water as you continuously stir. Do not stop stirring otherwise lumps will form in your Ugali.
 2. Whilst the heat is still high, add maize flour until its consistency is thick. Once the maize flour is thoroughly mixed in, lower the heat and continue to stir and knead the ugali with a cooking stick, ensuring to remove all lumps and bumps in the ugali.
 3. Reduce the heat and allow Ugali to cook for a few more minutes whilst covered with a plate. We use a plate so that once the Ugali is done, we simply flip the pan over and it's ready for serving.
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RECIPE BY EMILY WURRAMARA & KUYA JAMES

VILLAGE STYLE PORK ADOBO / POTATO & CHEESE SPRING ROLLS

VILLAGE STYLE PORK ADOBO

Ingredients: • 1.5 kg Pork Belly / Shoulder cut into chunks • 8 Cloves of Garlic • 2 White or Brown Onions • 6 Bay Leaves • 1.5 Cup Soy Sauce • 1.5 Cup Vinegar • High Heat Oil • 2 Tbsp Peppercorns • 2 Tbsp of Brown Sugar or Manuka Honey • 4 Medium Potatoes • Spring Onions for Garnish • Jasmine Rice

Instructions / Method:

Part 1 - Cook Pork until Tender

1. Place pork, vinegar, and half of the chopped garlic and onion in a pot. Turn on the heat and set it to medium-high. Bring to a simmer until the pork is no longer pink, around 5 minutes.
2. Add soy sauce, brown sugar, water, black peppercorn, and bay leaf. Cover with a lid. Turn down the heat to medium-low and cook until the pork is tender (approximately 35 - 45 mins).
3. Separate the meat and sauce using a colander. Set aside.

Part 2 - Frying & Thicken the Sauce

4. Heat vegetable oil in the now empty pot. Fry potatoes until the edges are brown. Not fully cooked through.
5. Push potatoes to the side of the pot. Add remaining onion and garlic and stir-fry until lightly toasted.
6. Add back the pork. Don't include the sauce yet. Fry for 2 to 3 minutes.
7. Turn the heat to medium-high. Pour the adobo sauce all over the pork. Continue cooking until the sauce has thickened to your desired consistency and until the potatoes are cooked through.
8. SERVE over steamed rice w/ Spring onion as garnish.

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POTATO & CHEESE SPRING ROLLS

Ingredients: 3 Peeled Potatoes • Bag of Shredded Cheese • Spring Roll Pastry (Specifically Suxin Brand) • Salt • Pepper • 2 Eggs • Vegetable Oil

Ingredients for Sauce: Mayonnaise • Tomato Sauce • Chilli Oil (Specifically Laoganma Brand)

Instructions / Method:

1. Wash/ peel the potato. Cut them into strips, like that of a french fries, but a bit thinner.
 2. Cook them until fork tender. They shouldn't turn mushy. Drain the excess water and let the potatoes dry on a paper towel.
 3. Crack 2 eggs in a bowl and mix spring roll paste. This will help seal the spring rolls better.
 4. Now you make the spring rolls, place the pastry in a diamond shape and place potatoes slices in the middle and don't forget the sprinkled cheese.
 5. Now start rolling the wrapper tightly, from your end. Fold the right and left hand corners of the wrapper inside and seal the edges using the egg mix. Now fold the leftover end of the spring roll wrapper and seal it with the egg mix. Repeat the process with rest of the wrappers.
 6. Heat a pan or pot, Add some vegetable oil to the pan/pot, when the oil is hot enough then add spring rolls into the oils and fry them.
 7. Mix all the sauce ingredients together and enjoy!
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RECIPE BY ILOTOPIE – SERVES 8 TO 10 PEOPLE

SOCCA NIÇOISE & VEGETABLES WITH SALT CRISP ACCOMPANIED BY ANCHOVY & TAPENADE

SOCCA NIÇOISE

Ingredients: 2 Red Peppers • 5 Carrots • 2 Fennel • 1 Bunch of Radishes • 3 Cucumbers • Half Cauliflower • 1 Lemon • 7 Cloves of Garlic • 250g Chickpea Flour • 1 Jar Pitted Olives - Green or Black (250g) • 1 Jar of Anchovy Fillets (250g) • 50g of Capers • Half Litre of Olive Oil • 50 cl Water • Black Pepper • Salt • Herbs of Provence

Socca Instructions / Method (24 minutes):

1. Prepare two baking trays of about 40 cm in diameter or one of 70 cm.
2. In a deep bowl, put the cold water and mix in the chickpea flour with a whisk.
3. Add two tablespoons of olive oil and a teaspoon of fine salt. Mix vigorously to remove any lumps. If necessary, sieve.
4. The dough should have the consistency of unskimmed milk. If it is too compact, add a little water and mix again.
5. Preheat your oven to maximum for 10 minutes.
6. On one or two circular baking trays, pour the contents of four tablespoons of olive oil. Divide and bake for 5 minutes.
7. Remove the baking tray from the oven, pour in the mixture and spread it evenly.
8. Bake immediately, in the top of the oven.
9. After 2 minutes, turn the thermostat to the grill position. Cook for 5 to 7 minutes, so that the crust is nicely browned, even a little burnt in places... During cooking, you can pierce the blisters that form with a knife.
10. Remove from the oven, cut and serve, remembering to pepper generously.

Anchovy & Tapenade Instructions / Method (20 minutes):

1. Drain the anchovies.
 2. Crush the pitted olives, anchovy fillets and capers in a mortar, or with a chopper, or by passing the ingredients through a food mill (avoid blending if possible).
 3. Add the crushed garlic, vinegar and olive oil.
 4. Season with pepper and lemon juice.
 5. Mix everything well.
 6. Peel all the vegetables so that you can dip them in the anchovy sauce and olive tapenade.
 7. Serve with peeled vegetables or on bread.
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RECIPE BY LINDIGO – SERVES 8 TO 10 PEOPLE

CHICKEN CARRY (CARRY POULET)

Ingredients: 2 Fresh Chickens (Cut Into Small Pieces) • 800 g Tomatoes (Chopped) • 500g Onions • 300g Ginger (Approximately a 4cm Piece) • 3 Sprigs of Thyme • 1 Head of Garlic • 5 Cloves • Coarse Salt • Black Peppercorns • Turmeric (1 Heated tsp) • 5 Green Bird's Eye Chillies (or similar small green chillies) • Vegetable Oil (Sunflower or Canola preferred) • Water as needed

Instructions / Method:

1. Prepare the chicken: Cut the chicken into small, bite-sized pieces. Set aside.
 2. Heat the pot: Place a large pot on medium heat and add a generous amount of vegetable oil. Once the oil is hot, add the chicken pieces and fry until golden brown.
 3. Prepare the spices: In a mortar and pestle (or blender), combine the following: garlic cloves, black peppercorns, coarse salt, ginger, cloves. Grind or blend into a coarse paste.
 4. Add onions to the chicken: Once the chicken is browned, add the 2 finely chopped onions to the pot. Stir and cook until the onions turn golden.
 5. Incorporate the spices: Add the prepared spice paste to the pot. Stir thoroughly to coat the chicken pieces. Cook for a few minutes to allow the spices to release their aromas.
 6. Add turmeric, thyme and tomatoes: Sprinkle the turmeric over the chicken mixture. Stir well to incorporate. Add the chopped tomatoes and mix thoroughly.
 7. Crush chillies: In the mortar or blender, crush the chillies with any remaining spices. Add this mixture to the pot and stir to combine thoroughly with the chicken and spices.
 8. Simmer and cook: Lower the heat to a simmer. If the mixture begins to stick to the pot, add a small amount of water (just enough to loosen the bottom). Cover and cook on low heat for 15-20 minutes, stirring occasionally, until the chicken is tender and the tomatoes have reduced.
 9. Adjust seasoning: Taste and adjust salt or spice levels if necessary.
 10. Serve: Serve hot with steamed white rice to enjoy the authentic flavors of Réunion Island!
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RECIPE BY NANA BENZ DU TOGO

SMOKED CHICKEN & FISH OKRA SAUCE WITH AKPIME PASTE

Ingredients: 1 Cup Water • 30 Fresh Okra • 1 tbsp Salt • Half tsp Baking Soda • 5 tbsp Red Palm Oil • 1 Piece Smoked Fish • Half Kg Shrimp • 1 Boneless Smoked Chicken • 1 Raw Onion • 4 Raw Green & Red Chillies • 2 Bouillon cubes Maggi chicken aroma • 2 tsp Fresh Ginger • 2 Cups Cornflour

Instructions / Method:

Part 1 - (20 Minutes)

1. On a board, cut the okra into pieces and place in a salad bowl.
2. Chop the onions, remove the stalks from the green and red chillies and set aside.
3. Then cut off the heads of the green and red chillies.
4. Blend the ginger and set aside.
5. Remove the hair from the smoked fish and set aside.
6. Chop the chicken and set aside
7. Shell the shrimps and boil in lightly salted and spiced water.
8. Cut up the smoked chicken and set aside.

Part 2 - (10 Minutes)

9. Put a saucepan on the stove and pour in the cup of water.
10. Boil the water and add a little potassium bicarbonate.
11. Pour in the chopped okra.
12. Cover and simmer for 5 minutes.
13. Stir and add the crushed ginger, shrimps, chicken and smoked fish.
14. Add the Maggi cube stock and taste (add salt if necessary).
15. Add the palm oil.
16. Add the onion and chillies.
17. Cover and simmer for 5 mins.
18. Then remove from heat.

Part 3 - (15 Minutes)

19. Put 2 cups of water on the stove and heat.
 20. Mix a little flour with water.
 21. Pour the mixture into the hot water on the stove.
 22. Stir with a wooden spatula and boil for 5 min.
 23. Add the flour and stir for a moment.
 24. Cover and leave to stand for 5 minutes then serve!
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RECIPE BY NORSICAA – SERVES 6 TO 8 PEOPLE

HAR GAU (STEAMED PRAWN CRYSTAL DUMPLINGS)

Allergy Info: Dumpling contains shellfish and wheat/gluten. Serving suggestion contains sesame and soy.

Ingredients for Filling: 240g Raw King Prawns, Deveined & Shelled • 3 tsp of Tinned Water Chestnuts, Finely Chopped • $\frac{3}{4}$ tsp of Fresh Ginger, Skin Removed, Minced • 1 tsp Fine Table Salt • 3 tsp White Sugar • 3 tsp Cornflour • Pinch White Pepper

Ingredients for Dough (Important to follow exact measurements): 60g Wheat Starch • 40g tapioca flour • 40g Cornflour • 1 tsp Fine White Caster Sugar • Pinch Fine Table Salt • 120g Boiling Water • 2-3 tsp Vegetable Oil

Ingredients for Serving: Sesame Oil (To brush on) • Light Soy Sauce for Serving

Instructions / Method:

1. Finely chop the raw prawns but not so fine that it becomes mince – you want some of the bouncy texture of the prawn still. Mix the prawn with all the other filling ingredients thoroughly in a bowl.
 2. For the dough, mix all the dry ingredients together first in a heatproof bowl.
 3. Put the water on to boil. As soon as it's reached boiling point, immediately pour it into the bowl and mix in rapidly with a large spoon for 15-20 seconds. It should have a crumbly, slightly guggy texture (will not look like dough but don't worry). Quickly cover and seal the entire bowl with kitchen foil and allow the dough to 'cook' for 2 minutes.
 4. After 2 minutes, remove the foil and keep it aside. Add 2 teaspoons of vegetable oil and with your hands, fold and squash the dough for 2 minutes. If you're in a dry/hot environment you may need to add 1 more teaspoon of vegetable oil but the dough should never feel greasy. Once the dough starts forming a solid shape you can take it out and knead it for another minute or so on the board until it's smooth and there are no lumps. Do not keep kneading once it's reached this point.
 5. Form the dough into a cylindrical shape and cut off a 10th of it for your first batch of dumpling folding. Wrap the remaining dough in the foil and make sure it's sealed completely, as it dries out quickly. Keep the sealed dough at room temperature or slightly warmer while you make your batches of dumplings.
 6. With your rolling pin, roll out the dough as thinly as possible without it breaking. Cut out circles of the dough, add $\frac{1}{2}$ - $\frac{3}{4}$ teaspoon of filling, and then fold and pleat. I recommend putting finished dumplings into sealed containers to prevent drying and cracking before it cooks.
 7. Run your steamer basket quickly under the tap to wet it, this helps prevent it catching fire if using gas. Before placing it over the pot, put your liner papers in and your dumplings on top. Ensure that the liner papers aren't blocking the steam from coming up into the basket. Place the basket with lid on over the hot water – but it should not be a rolling boil as this will oversaturate your dumplings and make them soggy. Steam for about 8 minutes until the dough looks slightly translucent.
 8. Brush the dumplings with a little sesame oil and serve with light soy sauce.
 9. The dough can be frozen but it takes a lot of effort to bring it back to workable state, so I usually only make what I need each time. Uncooked dumplings freeze well though!
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RECIPE BY O.TA.I.KO ZA MYOJIN – SERVES 4 TO 10 PEOPLE

OKONOMIYAKI & GRILLED RICE BALLS

OKONOMIYAKI

Ingredients: (1 lb) Lean Topside Beef • 60mL (4 tbsp) • Vegetable Oil • 3 Medium Onions, Finely Chopped • 3 Okonomiyaki Powder 500g (or if possible 1000g of Chinese Yam is best) • Water 500mL • Cabbage 1500g • Japanese Leek 100g • Eggs (M size) 5 pieces (500g) • Sliced Pork Back Ribs (thinly sliced 2-3mm) 250g • Cut Rice Cake (sliced) 250g • Pizza Cheese 300g • Mixed Nuts 100g • Salad Oil 30ml • Okonomiyaki Sauce 150ml • Red Ginger to taste • Green Nori (Seaweed) to taste • Bonito Flakes to taste • Mayonnaise (Kewpie) to taste

Instructions / Method:

Cut the Ingredients

1. Cut the Cabbage into 2-3mm squares or shred.
2. Cut the Japanese Leek.
3. Peel the skin of the Chinese yam and grate it.
4. Cut the sliced Pork Back Ribs into 2 or 3 pieces each.

Mix the Ingredients

5. Put the grated Chinese yam, Okonomiyaki Powder, and Water into a bowl and mix them well.
6. Put the Cabbage, Japanese Leek and Eggs into the bowl and mix them lightly with a spoon.

Grill the Batter

7. Put some oil in the frypan or hotplate (electric griddle) and heat it up to about 220°.
8. Pour the batter of Okonomiyaki into the frypan with ladle and spread it into a round shape (like a pancake).
9. Grill it on medium heat. Then, put the cut rice cake, Pizza cheese, Mixed nuts, and the sliced pork on the surface.
10. Put the lid on.
11. When browned, turn over and cook slowly over low heat. Put the lid back on.
12. And when the sliced pork turns crispy, flip it again.
13. Grill both side on medium heat until it gets golden brown.

Serve on the plate

14. Serve Okonomiyaki on a plate and add the Okonomiyaki sauce on top.
15. You can also add some Mayonnaise (Kewpie), Red Ginger sprinkle, Bonito Flakes and Green Nori to dress it.

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GRILLED RICE BALLS

Ingredients: 3 Peeled Potatoes • Bag of Shredded Cheese • Spring Roll Pastry (Specifically Suxin Brand) • Salt • 500g of Cooked Sushi Rice (500g of Cooked Sushi Rice equates to 220g of rice + 280ml of water) • Soy Sauce 2 tbsp or salt 1 tsp • Bonito Flakes 6g • White Sesame (to taste) • Sesame Oil (to taste) • Pizza Cheese (optional) • Soy Sauce 4 tbsp • Mirin 2 tbsp

Instructions / Method:

1. Add the following ingredients to the cooked rice and mix it in:

Soy Sauce 2 tbsp or salt 1 tsp • Bonito Flakes 6g • White Sesame (to taste) • Sesame Oil (to taste) • Pizza Cheese (optional to taste)

2. Divide it into 4 equal parts and hold.
 3. Bake in a oven or pan fry in a frying pan or on an iron hotplate. Cook on both sides.
 4. Mix 4 tbsp of soy sauce and 2 tbsp of mirin. Brush this mixture to the surface of the baked rice ball.
 5. Repeat step 3 with the coating on the rice. Cook until brown and crispy.
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RECIPE BY OWELU DREAMHOUSE – SERVES 6 PEOPLE

OKRA SOUP

Ingredients: (1 lb) Lean Topside Beef • 60mL (4 tbsp) • Vegetable Oil • 3 Medium Onions, Finely Chopped • 3 Large Ripe Tomatoes, Blanched, Peeled and Puréed • 500g (1lb) Fresh Okro (Okra), topped and tailed and sliced into thin rounds • 2 Red Chillies (Hot peppers), finely chopped, or chilli powder to taste • 15g (½ oz) Salted Beef • 10g (2 tsp) Tomato Paste • 1L Water • A small piece of 'Kaawe' or Local Meat - tenderising stone (optional) • 15g (1 tbsp) dried, Ground Prawns (Shrimp) • 6 large green Prawns (Shrimp), peeled • 125g Crayfish Meat • 2-1 kg (1-2lb) smoked fish (preferably few

Instructions / Method:

1. Remove fat and sinew from the meat and cut into chunks 6-8 cm (2-3in). Leave meat on the bone. Put all the meat in a large saucepan and add the oil, a quarter of the onions, a quarter of the tomatoes, a quarter of the okro (okra), a quarter of the chillies (hot peppers) and the salted beef. Sauté for about 10 minutes, stirring all the time until the meat is 'sealed' on the outside.
 2. Blend the rest of the onions, tomatoes, chillies hot peppers), chilli powder and the tomato paste with all the water and add it to the meat mix with the 'kaawé. Bring to the boil, lower the heat and simmer for about 10 minutes. Add the rest of the okro (okra) and simmer for a further 20 minutes. Check to see if the meat is tender.
 3. Add the dried, ground prawns (shrimp), the green prawns (shrimp), the crayfish meat and the smoked fish and continue to simmer for 10-15 minutes. Adjust salt to taste and continue simmering on low heat until the volume of water is reduced and the meat is tender. You may need to actually add more water to help the meat cook until tender, depending on the sort of meat chosen. When all the ingredients are cooked, the soup should be creamy and chunky, with the flavours of okro (okra), crayfish and meat vying for attention. Serve hot with Fufu, Semolina Dumpling, Eba or rice.
 4. Note: You can also use lamb chops, cutlets, skirt beef and cubes of salted beef. Four pieces of salted, boiled pigs' trotters make the dish taste delicious.
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RECIPE BY QUEEN OMEGA

ROASTED AUBERGINE IN GINGER & SOY SAUCE SERVED WITH QUINOA & SALAD

Roasted Aubergine Ingredients: 3 Eggplants • 7 Bulbs of Garlic • 2 inch Piece of Ginger • 1 Large Red Onion • 2 Stems Spring Onion • Half Bunch Celery • 1 Tbsp Coconut Oil • Coconut Cream • Soy Sauce • 1 Packet Quinoa

Salad Ingredients: Cucumbers • Tomatoes • Lettuce • Rocket Leaves • Avocados • Pumpkin Seeds • Cranberries • Extra Virgin Olive Oil • Lemon Juice

Instructions / Method:

1. Blacken whole eggplants in fry pan until brown, rotating on all sides with tongs. Slit and place some garlic inside. Start this ASAP as it takes about 30 mins for eggplants to reach a soft, mashable consistency.
 2. Dice the garlic, tomatoes, onions, and ginger.
 3. Boil the water for the quinoa.
 4. Chop the spring onions finely.
 5. Chop the garlic and sautee it in the coconut oil to get a smoky flavour. Combine it with the spring onion and soy sauce.
 6. Once the eggplant is done, peel the skin off and place it into separate bowl. Add the diced tomatoes and cooked garlic and ginger mix.
 7. For the salad, chop the vegetables and combine with other listed ingredients; dress with the olive oil, lemon juice. Season to taste.
 8. Serve on a bed of quinoa, topped with eggplant and with the salad on the side.
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RECIPE BY TEK TEK ENSEMBLE

KEFTEDAKIA

Ingredients: Slices White Bread • 3 tbs Ouzo • 5.5 tbs Olive Oil • 56g White Onion • 450g Minced Beef • 1 Egg • 2 1/2 tsp • Fresh Mint • 1/2 tsp Garlic • 1/2 tsp Dried Oregano • 1 tsp Salt • Freshly Ground Black Pepper • 115g Flour

Instructions / Method:

1. Soak the bread in the ouzo for at least 5 minutes. Meanwhile heat 2 tablespoons of the olive oil over a moderate heat in a large, heavy frying pan until a light haze forms above it. Add the onions and cook for about 5 minutes, stirring frequently, until they are soft and transparent but not brown. Transfer the onions to a large, deep mixing bowl with a perforated spoon. Set the frying pan aside off the heat.
 2. Squeeze the bread dry and discard the ouzo. Add the bread, minced beef, egg, mint, garlic, oregano, salt and a few grindings of pepper to the onions. Knead vigorously with both hands, then beat with a wooden spoon until the mixture is smooth and fluffy. Taste for seasoning.
 3. Shape the beef mixture into balls about 1 inch in diameter, moistening your hands periodically with cold water. Then roll the balls in flour to coat them lightly, and refrigerate for about 1 hour.
 4. Preheat the oven to 200°F. Add the remaining 3 tablespoons of oil to the oil in the frying pan and heat over a high heat until a light haze forms above it. Drop 7 or 8 meat balls into the hot oil and cook them over a moderate heat for 8 to 10 minutes, shaking the pan from time to time to roll the balls about and to brown them evenly. Transfer the meat balls to a heatproof dish with a perforated spoon, and keep them warm in the oven while you fry the rest of the balls in the same way. Add more oil to the pan if necessary. Serve keftedakia hot as part of a menze tray or as a first course.
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