

# COOKIN' IN KENYA



**U.S. PEACE CORPS**

## FOREWARD

The impetus for this book came from Sheila Waterman, Margaret Mandara, and recently Helen Crowe, the Peace Corps Kenya Medical staff. Since it was written for Kenya we have used some terms which may be specific to Kenya such as jiko (Charcoal stove) and some food names. Much of what is contained in this book, we hope, should be applicable to most of Africa and much of the world. Be flexible and try new things, you may find that cooking can actually be a nice way to relax at the end of the day.

We wish to thank all of those who have helped put this together; Navita Chopra, Rachel Chuani, Joyce Coninx-Wright, Robert Jackson, Grace Karuiki, Eunice Kihu, Elizabeth Kitao, Mary Opi, Peter Opiyo, Robert Spencer, Gladys Taabu, Bedan Wainaina, Stanley Wandeto, Mary Wanjiku, and many others. These people helped in every way possible from putting up with our absconding with their typewriters to helping us collect the needed information. In addition we of course want to thank all the Volunteers who "helped" us with recipes and the publishers who kindly allowed us to use modified recipes from their cookbooks. Finally, a large debt of gratitude goes to Nancy Hornewer (PCV) who spent lots of time reading, correcting, writing, and typing when she could have been having fun.

UB & DN

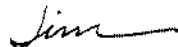
Peace Corps Kenya staff gratefully acknowledge the exceptional effort of Uma and David Newman in compiling, editing, and typing this cookbook. We also extend our appreciation to Dede Cathcart for the graphics.



Robert T. Spencer  
Director  
December 1985

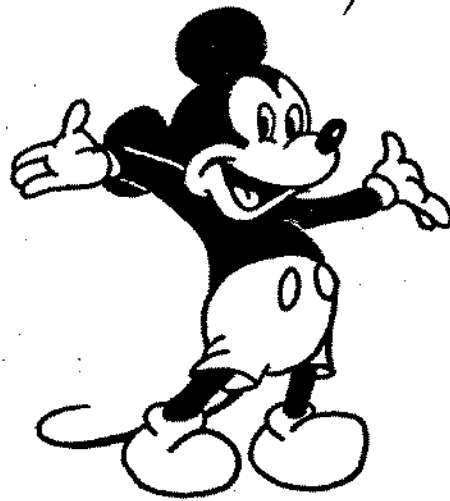
After three years lying dormant the efforts of all those listed above have been re-edited, re-illustrated and finally printed for distribution to Peace Corps Volunteers in Kenya. It was a long process but the proof of the cooking is in the eatin'.

Bon Appetite



James F. Beck

HNA KIDS!  
WHATS COOKIN'?



Exhumed from the dead by

Barbara Stanford



None-too-serious illustrations  
by

Steven Varner

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## INTRODUCTION

This book is not meant to be the final word in cooking, rather it is meant as a guide to both healthier and more interesting food. It is called a vegetarian cookbook but those of you who are meat eaters should not be put off. Many of the recipes are very good with meat added (see the section headed NOTES ON RECIPES) and many of the rest taste as though they may contain meat (especially some of the bean dishes).

The driving force behind this cookbook was the persistent rumor that some people, particularly the males, were surviving (loosely used) on a diet consisting mainly of beer and other peoples ugali. In addition many people were not sure how to use the exotic vegetables and grains available here. With each recipe there is a complete nutritional analysis, which can give you an idea as to whether or not you are eating a balanced diet.

Since many of the ingredients come in various sizes the values given in the nutritional analysis are, at best, approximate. The method used for calculating the nutritional values was simply finding the values for the individual ingredients and adding them together. This method gave very exact numbers but questionable accuracy. The section on nutritional requirements can be used as a rough guide for comparison with the amounts which you are consuming.

If you are usually pressed for time find 5 or 6 fairly easy recipes which you are comfortable with and use them, repeatedly. You can refer to the section headed NOTES ON RECIPES to find a few quick recipes mentioned.

With many foods you can cook a large amount and save the leftovers for a meal either later in the day or the next day. If in doubt as to whether the food has gone bad, DON'T eat it. When you do eat leftovers reheat to a full boil (you can usually add a bit of water first) for at least a few minutes before eating.

For those of you who find cooking a nice break or relaxing be inventive, use whatever you have in your area and experiment just using the recipes as a guide or a starting point.

'PARTICULARLY THE  
MALES'? LET US  
MUSE A WHILE, CHILDREN  
OF THE SIXTIES, ON  
POPEYE AND OLIVE  
OYL.





# SECTION



NUTRITIONAL NEEDS;

along with ~

DESIRABLE WEIGHT CHARTS,

and a SHORT CALORIE LIST ~~~~~



## SECTION(A) NUTRITIONAL NEEDS, DESIRABLE WEIGHT CHARTS, SHORT CALORIE LIST

### NUTRITIONAL NEEDS

In this section a number of charts are given, which, even though the numbers give the impression of great accuracy, are for general reference. You can compare the nutritional value of the food you eat with the recommended daily amounts and see if you are close. It should be noted that in recent studies seem to show that Americans eat more protein than needed so the protein requirements may be on the high side. Nevertheless if you are eating vegetarian food only it is protein which you most likely lack. It is probably not important to get 100% of all of the nutrients every day but rather try to be close.

Calorie requirements are something which differ greatly from person to person. An active person uses many more calories than a sedentary person and in general a heavy person uses more calories than a light person. So, in order to help you figure out how many calories you need use the following information:

	MEN	WOMEN
Sedentary	16 cal/lb	14 cal/lb
Moderate	21 cal/lb	18 cal/lb
Active	26 cal/lb	22 cal/lb.

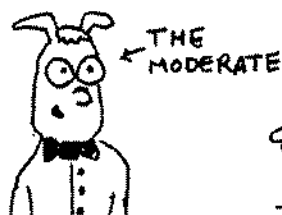
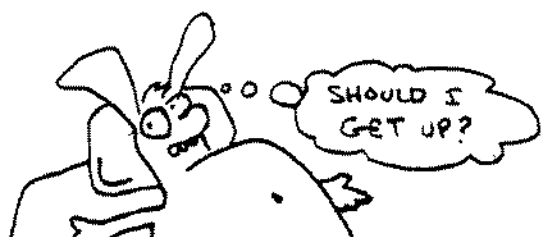
Therefore if you weigh 135 lbs. and are an active woman you will roughly use 2970 calories per day.

In general if you are trying to lose weight you should cut down on fat and carbohydrate calories but leave the protein relatively unchanged. If, conversely, you are trying to gain weight you can increase your calorie intake across the board through fat, carbohydrates, and protein.

In the nutritional analysis at the bottom of each recipe we have calculated the protein, fat, carbohydrates, Vitamin A, Vitamin C, and calories for each dish. We did not calculate the amounts of Iron, Iodine, Calcium, Vitamin E, Vitamin D, and VitaminE, therefore below is a list of these vitamins and minerals and where they can be found.

### MINERALS

- Calcium - Calcium is needed for good bones, teeth, and general health. Vitamins A, C, and D as well as protein are needed for the absorbtion of calcium. Calcium is found in milk, other dairy products, green leaf vegetables, and bone meal. As most people need about 800 mg, per day, which can be obtained by drinking 4 cups of milk, or by eating 4 - 5 ozs. of cheese, or defatted soy flour, or 3 cups of cooked Kale (sukuma).
- Iodine - Iodine is needed for the proper functioning of the thyroid gland. The necessary iodine can be obtained from the regular use of iodized salt.



Iron - Iron is needed to combine the protein and a little copper to form hemoglobin. Hemoglobin is necessary for oxygen transport and lack of it leads to anemia. Vitamin A and C are needed for the absorption of iron.

Iron is found in animal organs, meat, eggs, fish, green leafy vegetables, and dried fruits. Men need about 10 mg. while women need about 18 mg. Pumpkin and sunflower seeds contain about 13 mg. per cup. Pinto, kidney and most beans contain about 12 mg. per cup (dry). Greens like spinach, kale, collards, beet greens etc... have 2 - 3 mg. per cup (raw). Eggs contain about 1 mg. per egg. One can probably get the proper amount of iron with some effort, but since iron is important if you don't think that you are getting enough it may be worth taking vitamin and mineral supplements.

## VITAMINS

B Complex Vitamins - They are important in the metabolism of proteins, carbohydrates, and fats. They are found in many nonprocessed foods but since they are water soluble they are not stored in the body. Therefore you need a fresh supply every day. The main source of B Vitamins are whole grains, brewers yeast (How many of us eat that here?), eggs, milk, and nuts. A cup of whole wheat flour or wheat germ, 1 cup of whole milk, or an egg come close to taking care of the B Vitamins.

Vitamin D - is needed for the absorption of calcium and phosphorus. D is known as the sunshine vitamin because a form of cholesterol in the skin is converted to vitamin D by ultra violet radiation (i.e. sunlight). Most people get plenty of Vitamin D just from exposure to sunlight. Those people who are not exposed to the sun at all or those with very dark skin pigmentation who get little sunlight can make up the difference by eating eggs, milk, and fish.

Vitamin E - is needed as an antioxidant in the body to prevent harmful chemicals from being oxidized into harmful ones. Vitamin E is found in cold pressed vegetable oils, whole grains, nuts, seeds, eggs, sweet potatoes, and leafy vegetables. Since 1 cup of wheat germ contains 22.5 IU's of E, wheat germ added to bread dough increases nutritional value as well as improves taste. One cup of roasted peanuts contains about 15 IU's. One Tbsp. of corn oil contains 17 IU's. One cup of kale or collards has 12 IU's while 1 cup of peas contains 5 IU's.

Some people give credit to large doses of vitamins and minerals for 'curing' a multitude of ailments, but since most of these 'cures' have not been proven, we have given the normal recommended amounts only. Usually as long as you are able to get some green vegetables, some beans, some grains, (preferably not over milled), some fruits, and some type of dairy product you should be able to get a well balanced diet.



This second chart has been included in case you are teaching nutrition to your students, womens group, or to anyone.

Age	CHILDREN			WOMEN	
	0-6 months	1-2 years	4-6 years	pregnant	lactating
Weight in lbs.	14	28	44	----	----
Weight in kg.	6	13	20	----	----
Calories for light activity	770	1100	1600	+300	+500
Carbohydrates in grams	115	165	240	+0	+0
Fats in grams	28	38	58	+0	+0
Protein in grams	14	23	30	+30	+20
Minerals					
Calcium mg.	360	800	800	1200	1200
Iodine micrograms	35	60	80	125	150
Sodium mg.	Average Daily intake 2300 - 6900 milligrams				
Vitamins					
A in IU	1400	2000	2500	5000	6000
B1 in mg.	0.3	0.7	0.9	+.3	+.3
B2 in mg.	0.4	0.8	1.1	+.3	+.3
B6 in mg.	0.3	0.6	0.9	+0	+2.5
B12 in mcg.	0.3	1.0	1.5	4.0	4.0
C in mg.	35	40	40	60	80
D in IU	400	400	400	400	400
E in IU	4.0	7.0	9.0	15.	15.



## DESIRABLE WEIGHT CHARTS

### Women

Height with shoes (2 inch heels)	Small frame	Medium frame	Large frame
4' 10"	92-98	96-107	104-119
4' 11"	94-101	98-110	106-122
5' 0"	96-104	101-113	109-125
5' 1"	99-107	104-116	112-128
5' 2"	102-110	107-119	115-131
5' 3"	105-113	110-122	118-134
5' 4"	108-116	113-126	121-138
5' 5"	111-119	116-130	125-142
5' 6"	114-123	120-135	129-146
5' 7"	118-127	124-139	133-150
5' 8"	122-131	128-143	137-154
5' 9"	126-135	132-147	141-158
5' 10"	130-140	136-151	145-163
5' 11"	134-144	140-155	149-168
6' 0"	138-148	144-159	153-173

Weights are given in pounds with women wearing indoor clothing. For nude weight subtract 2 to 4 pounds. This chart was prepared by the Metropolitan Life Insurance Company.

### Men

Height with shoes (1 inch heels)	Small frame	Medium frame	Large frame
5' 2"	112-120	118-129	126-141
5' 3"	115-123	121-133	129-144
5' 4"	118-126	124-136	132-148
5' 5"	121-129	127-139	135-152
5' 6"	124-133	130-143	138-156
5' 7"	128-137	134-147	142-161
5' 8"	132-141	138-152	147-166
5' 9"	136-145	142-156	151-170
5' 10"	140-150	146-160	155-174
5' 11"	144-154	150-165	159-179
6' 0"	148-158	154-170	164-184
6' 1"	152-162	158-175	168-189
6' 2"	156-167	162-180	173-194
6' 3"	160-171	167-185	178-199
6' 4"	164-175	172-190	182-204

Weights are given in pounds with men wearing indoor clothing. For nude weight subtract 5-7 pounds. This chart was prepared by the Metropolitan Life Insurance Company.



# SHORT CALORIE/NUTRITIONAL LIST

Item	Calories	Protein(g)	Fat(g)	Car. (g)	A(IU)	C(mg)
1 Tbsp. peanut butter	86	3.9	8.1	3.2	----	----
1 Tbsp. jam	54	0.1	----	14	trace	1
1 slice white bread	62	2	0.8	11.6	----	----
1 slice wheat bread	56	2.4	0.7	11	----	----
1 large carrot	42	1.1	0.2	9.7	11000	8
1 med boiled egg	82	6.5	5.8	0.5	590	----
1 oz. (28 g) cheese	112	7	9.4	.4	300	----
1 Tbsp. butter	102	0.1	11.5	0.1	470	----
1 cup beer 4.5%	101	0.72	----	9.1	----	----
1 Tbsp. sugar	46	----	----	11.9	----	----
1 cup whole milk	159	8.5	8.15	11.4	350	2.29
1/2 cup roasted peanuts	419	18.9	35	15	----	----
1/2 cup roasted cashews	392	12	32	21	70	----
1 average banana, raw	127	1.6	0.3	33	270	15
1 average orange	64	1.3	0.3	16	260	66
1 med. mango, raw	152	1.6	0.9	38.8	11090	81
1 cup pineapple, diced	81	0.6	0.3	21	110	26
1/2 a medium papaya, raw	58	0.9	0.15	15	2625	84



## A COMPLETE PROTEIN PRIMER

"Protein complementing" is a New-Age buzz word of the Food Co-Op set. The concept is essential to the strict vegetarian who must balance his or her proteins for adequate nutrition. The concept is not new. Consider that the traditional food in Kenya is getheri (maize and beans). This staple provides a maximum of useable plant proteins. For the non-meat-eater, milk and eggs are the only foods which provide complete proteins, and these can be added to the diet to assure adequate protein.

What is a "complete protein"?

Complete proteins are those foods which contain all nine essential amino acids. The nine essential amino acids are: histidine, isoleucine, leucine, phenylalanine, tyrosine, valine, threonine, tryptophan, lysine, and methionine. These amino acids are essential for protein synthesis in the body (cell division and repair). Of the nine essential amino acids, three are called limiting amino acids -- tryptophan, lysine, and methionine.

The limiting amino acids are critical to protein synthesis in the body, as without these amino acids the other six essential amino acids are useless in protein synthesis. Because the limiting amino acids are so critical, these are the amino acids that a strict vegetarian must be conscious of to assure adequate nutrition.

By mixing different combinations of foods, an adequate supply of the limiting amino acids is assured. If you are getting adequate portions of these three amino acids in your diet, it follows that you will get adequate amounts of the other six essential amino acids. What follows are some simple guidelines to assure adequate protein nutrition:

### MILK PRODUCTS SHOULD BE SERVED WITH GRAINS

Examples:

Cereal and milk. Weetabix, Kenyan Cornflakes, even leftover rice.

Bread and milk. Although your family is well-fed with Blue Band on bread, try butter.

Corn bread and milk.

Cheese sandwiches.

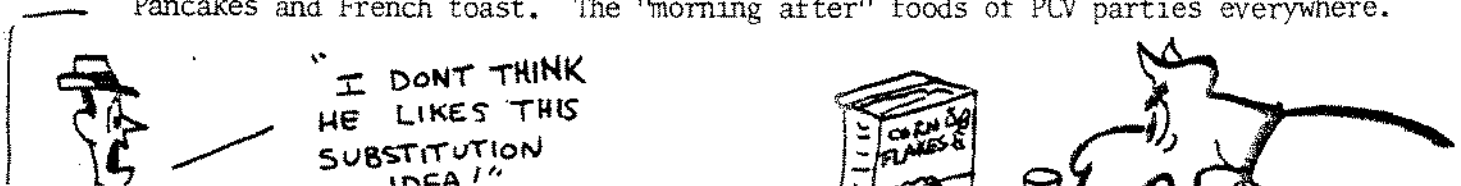
Pasta and cheese. The canned soft variety is especially good for the macaroni and cheese fiend.

Rice and cheese casserole, or fried rice with cheese or egg.

Pizza! Up the nutritional value by using Atta-Mark whole-wheat flour.

Baked goods containing milk. Powdered milk can be added to increase the nutritional value.

Pancakes and French toast. The "morning after" foods of PCV parties everywhere.



MILK AND GRAINS cont.

1 c. milk complements: 5 slices of bread  
1 c. dry macaroni  
3/4 c. of rice

1/3 c. grated cheese complements: 3/4 c. of rice  
1 c. dry macaroni

LEGUMES SHOULD BE SERVED WITH GRAINS

Examples:

Peanut-butter sandwiches. Dominion now makes a crunchy variety too!

Lentil soup and muffins. For extra B vitamins, slice in some mushrooms.

Gram-curry or Curried Mung Beans and chapatis.

Dhal (split peas) and rice.

Rice-Bean casserole.

Beans and chapatis.

Refried Beans and rice or chapatis.

Bean soup and bread.

1 c. beans complements: 2 2/3 c. rice  
3 c. Atta Mark flour  
1 c. cornmeal (Ugali) or 6 corn tortillas

Increasing the protein content in foods:

When baking:

- use part of all whole wheat flour
- add wheat germ (available, in cans, at Uchumi)
- add dry milk powder

In main dishes:

- add cheese, milk or eggs
- add milk powder
- add nuts

Salads:

- add cheese or cooked eggs
- add nuts

In desserts:

- use yogurt, milk, and eggs
- add dry milk powder
- add nuts



## SECTION (B) HELPFUL HINTS, SUBSTITUTIONS, CONVERSIONS, ALTERNATE NAMES

### HELPFUL HINTS

- 1) Try to choose fresh (dried) beans since they take less time to cook.  
Soaking the beans overnight reduces cooking time. Also a pinch of baking soda added when soaking or before cooking will also reduce the cooking time.  
Pick out beans that float and beware of other garbage such as rocks, insects, and other types of beans.
- 2) Garlic peels come off easier if you slightly crush the clove first.
- 3) Eggs are hard boiled when they can be twirled easily on a plate or a table top.
- 4) When making chapatis, before you add water... to the flour wipe the milk fat off the sides of the suffuria with the flour. The sides of the suffuria will become clean and you have shortening for your chapatis.
- 5) Check eggs for freshness by placing them in a bucket or bowl of water. Fresh eggs sink in water and do not move. A semi-fresh egg will stand on end and a very stale egg will float.
- 6) When a recipe calls for foil, one can usually substitute greased banana leaves or greased brown paper.
- 7) When baking a cake, sometimes it is helpful to place a piece of greased brown paper or a greased banana leaf at the bottom of the baking pan or suffuria to prevent sticking. Banana leaves are delicate and rip easily, so be gentle.
- 8) Cupcakes can be made by baking cake batter in greased 70 gram tomato tins.
- 9) To test if a cake is done get a thin clean piece of wood (like a toothpick) and insert it into the cake. If when you remove the stick and it is clean (free of batter) then the cake is ready.
- 10) Baking Powder and Baking Soda are not the same thing and are not interchangeable.
- 11) Beans are easier to mash if you let them cool first, then mash with a bottle.
- 12) Overripe fruit can be used to make a fruit compote (mixed cooked fruit).
- 13) To make smooth lump free milk from powdered milk you can place the powder in a cup and add the water a drop at a time, continuously stirring. This is tiring but it works.  
Another PCV (Chris Wannamacher) places powder and water in a bottle, caps it, and shakes vigorously to get good results.
- 14) If you live at high altitude things keep longer but you must cook things longer. Often you must add extra liquid to make up for the extra cooking time.
- 15) You can make a slow cooker by filling a box with ashes or some other insulating material. After your food is boiling place the pot into the insulating material and cover well. This will keep things cooking for a few hours, usually.

## CONVERSIONS

- 1) Yeast (dry) 125 gram tin = 40 tsp. = 4.5 oz.  
9 tsp. = 1 oz.  
2 tsp. dry yeast =  $\frac{2}{3}$  oz. cake, compressed  
1  $\frac{3}{4}$  tsp. dry yeast = 2 Tablespoons pkg. yeast (like USA)
- 2) Rice 2  $\frac{1}{2}$  cups uncooked = 8 cups cooked
- 3) Spinach 3 cups uncooked = 1 cup cooked
- 4) Onions 1 medium onion, chopped = about  $\frac{1}{2}$  cup
- 5) Butter  $\frac{1}{2}$  cup = 4 oz.  
 $\frac{1}{8}$  cup = 1 oz.  
 $\frac{1}{8}$  cup = 2 Tbsp.  
a 500 gram slab is about 1 pound of butter
- 6) Potatoes 1 medium = about  $\frac{3}{4}$  cup diced  
3 medium = about 1 cup mashed
- 7) Noodles 2 cups dry = about  $\frac{1}{2}$  lb. = about 4 cups cooked
- 8) Measurements 1 US Tablespoon = 3 US teaspoons  
16 US Tablespoons = 1 US cup  
2 cups = 1 pint  
2 pints = 1 quart  
  
1 quart is about 1 liter, the liter is a bit bigger  
1 kilogram = 2.2 pounds

# ALTERNATE NAMES

## American / British

## Swahili

## Indian

### LEGUMES

garbanzos/grams

lentil/lentil

moong/green gram

-----/black gram

cow peas/ cow gram

-----/red gram

Kidney beans/ same

soya/same

SPLIT PEAS

### VEGETABLE

cabbage/same

carrots/same

cauliflower/same

eggplant/brinjals

garlic/same

mushrooms/same

onions/ same

peas/same

bell pepper (sweet)/same

red (hot) pepper/same

potatoes/same

sweet potatoes/same

tomato/same

KALE

### FRUITS

Apples/same

Avacado/same

banana/same

coconut/same

custard apple/same

gooseberry/same

guava/same

jackfruit/same

lemon/same

lime/same

mango/same

orange/same

papaya (paw paw)/same

passion fruit/same

pineapple/same

plum

### OTHER

cloves

ginger

cinnamon

salt

sugar

black pepper

white flour

wheat flour

maize flour

PLANTED

dengu

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kunde

maharagwe

njegere

kabichi

karoti

koliflari

biringani

kitunguu sau mu

kiyoga

kitinguu

njegera

pili pili tamu

pili pili hoho (KALI)

viazi

viazi vitamu

nyanya

SUKUMA WIKI

tofaa

parachichi

ndizi

nazi

tope tope

mboni

pera (ma)

fenesi

limau

ndimu

embe (ma)

chungwa (ma)

papai (paw paw)

matunda

nanasi (ma)

tunda kama zambarau

karafu

tangawizi

mdalasini

chumvi

sukari

pili pili manga

unga wa ungano

unga wa ungano (atta)

unga wa mahindi

channa

masoor

mug

urad

lobhia

toovar or arhar

rajma

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DHAL

gobi

gajar

fluawer

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---- A.K.A. CAPSICUM

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DANIA

## SECTION (C)    PRESERVING FOODS

### PRESERVING FOODS

In this section we will just mention a few methods for keeping food when you do not have a freezer and fridge.

First of all there are 2 (probably more) methods to keep foods cool, one is to make a charcoal evaporating cooler. This uses water dripping through charcoal and evaporating to cool a food storage box, if made carefully this can cool food to a fairly low temperature. (low 40's or so). A design is available in the Remote Areas Development Manual (ICE R36) and can be easily built in a day. This method is especially good for hot dry areas as the evaporation rate is high.

Another method, uses the same principle of evaporation, is more simple. It is a porous clay pot filled with water. The items which you wish to keep cool (such as meat, cheese, and even vegetables) are put in a waterproof container (even a plastic bag) and put in the water. The water will stay cool (though you will have to add water every few days) and will keep the food cool also.

Most foods can be kept for a few days after you have them however if you are in doubt as to whether or not the food is still good don't eat it.

Following are some good suggestions from Mary Abrams on saving food.

**Cooked meat and vegetables:** Stews, soups, boiled vegetables, fried or stewed meat -- Cover after each use, bring to a boil and simmer one of two minutes and leave covered. If the weather is hot resimmer after 5-6 hours and again before consuming.

Vegetables or soups containing cabbage, especially, should be cooked only until barely tender, the first time to avoid turning to mush after several simmerings.

Meat cooked with a slice of ginger, some pili pili, or mustard will be less likely to spoil and can be left longer between simmerings.

**Uncooked meat:** Use a sterile peanut butter jar or other sealable container (sterilize with a little JIK, bleach, and rinse well). Cut the meat into appropriate-size pieces, place in jar, and cover with solution of half soya sauce; half red wine (the cheapest). Shake gently once or twice each day. Meat will keep 2 - 5 days depending on the temperature (I'm on the coast so judge accordingly). If a mold or thin bacterial layer forms, rinse meat and cook immediately. No harm done. Just don't let it go beyond this point.

**Leftover tomatoes (tinned or fresh) or tomato paste:** Place in a glass, or ceramic container and cover with foil or a lid. Place container in a small soufflé with half inch of water; cover soufflé, bring water to a boil and steam for five minutes or so. If container is well sealed, contents will keep for several days without reheating, re-simmer occasionally if in doubt or if you use a portion. Tomato paste that comes in an aluminum cup with a paper/foil cover can be heated and kept in the original container. Don't completely remove the cover and reseal by folding the tab under the rim of the cup.

Almost any food can be preserved by regular heating if you can devise a method and have enough vessels for a few days' storage. Just check to see that there is still enough liquid before automatically resimmering.

Finally one of the best methods for preserving food is drying. There is an I.C.E. manual (M10) Preserving Food By Drying: A Math-Science Teaching Manual which is very complete (aimed at teachers teaching drying of food). The following is a brief set of instructions on drying food from Arleta Agun.

#### Dried Foods:

This is real handy for things which you can't get at your local market. Things that I like to dry are mushrooms, celery, and green peppers. Most fruits and vegetables dry easily.

- 1) Slice, chop, or grate into small thin pieces.
- 2) Spread out in a single layer on a screen, or if you don't have a screen, newspaper will work but you should turn everything over a couple of times so that it dries faster.
- 3) It does not need to be in the sun (at least in my area), but some- place where the air circulates.
- 4) Dry until it is almost crunchy. The dried apricots you buy in the store are in a sealed package but your things need to be dry to prevent molding. This takes about 2 days - it will vary.
- 5) Store in a dry place and keep the bugs out. It will keep for months, but like all sried herbs and spices, it will loose flavor the older it gets.
- 6) To use, some things require soaking and others can just be thrown into the soup. You'll learn.

To suffer or not to suffer that is the question, whether it is better to suffer the pangs of guilt from wasting food or the slings and arrows of food poisoning. When in doubt, DUMP!

- 15) BASIL tastes good in spaghetti and pizza sauces, tomatoes, and eggs. It can be grown without much difficulty from seeds, which are available in Nairobi.
- 16) CINNAMON can be found in the powdered or stick form. The sticks can be used in vegetables and rice. The powder goes well in pies.
- 17) CARDAMOM can be found in the powdered form or in seed pods. The powder can be used in cakes, tea, or coffee. The pods can be used in curries or rice dishes. The seeds are often eaten by Wahindis to freshen the breath. It is a taste that takes some getting used to.
- 18) CLOVES are available in Nairobi and other towns. They can be used in rice and curry dishes, and in desserts if powdered. Sucking cloves which have been lightly toasted can relieve the pain of sore throats.
- 19) TEA MASALA is a mixture of spices, cardamom, cinnamon, ginger, and others.
- 20) GINGER can be purchased fresh or powdered. It can be used in curries, tea, or desserts.
- 21) TURMERIC POWDER adds a yellow color to curries and has a mild flavor. It is an orange to yellow powder.
- 22) CUMIN is available in powdered and seed form. It is used in Indian food, and is similar in shape to caraway seeds.
- 23) CITRIC ACID CRYSTALS will add a tang to foods (curries) when you do not have lemons.
- 24) TARRAGON It is suggested that you should use this herb fresh since dried tarragon loses most of its flavor.
- 25) CORRIANDER The fresh leaves are used in Indian and Mexican food. The leaves are available easily in Kenya and are called DHANIYA. You can buy the spherical seeds in shops and grow your own. Many people do not like fresh corriander because they think that it tastes like crushed bugs. Whole and powdered seeds are used in curries.
- 26) AJMO (We don't know the English word for this. This is the Indian word.) The fresh leaves can be used as a garnish and the seeds are used in a variety of Indian dishes.
- 27) CAYENNE PEPPER (called CHILLI OR CHILI POWDER in Kenya) is the powder made from dried hot peppers. This powder can vary in hotness so be careful with a new batch.
- 28) CREAM OF TARTAR can be added to egg whites when you are whipping them until they peak. We are not quite sure why it is added.
- 29) PILAU MIX is a combination of whole spices such as cloves, cinnamon sticks, cardamom pods, cumin seeds, and whole pepper corns. If you add the mix to hot butter or oil and let the seeds cook until they start to pop. Then add washed raw rice, saute the rice until it is lightly browned. Then add water and cook the rice. This makes a tasty rice but you have to beware of

## SECTION (C)    PRESERVING FOODS

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crunching on the whole spices.

- 30) CURRY POWDER is a mixture of various spices in varying amounts depending on the brand of powder. Curry powder can contain ginger, cayenne pepper, cumin, mustard, cardamom, cinnamon, pepper, fennel, cloves, or some others.
- 31) SESAME SEEDS (called SIM-SIM in Swahili) are used on breads, cakes, in candies (brittle), or with beans.
- 32) POPPY SEEDS are used in baked items and sweets. We have not seen the black variety so commonly used in the USA but in Kenya you will get the white poppy seeds.
- 33) CHILI POWDER (American) which is used in the states to make chili contains a variety of spices. Cayenne pepper, garlic powder, onion powder, oregano, and cumin powder are a few of the spices found in American chili powder.
- 34) DANIA - is a fresh, parsley-like herb used in curries and stews.



## INFORMATION ON COCONUTS (Gary Glissen)

One of the first things that comes to mind when dreaming about a tropical coast is the tall, slender coconut palms swaying in the gentle breezes. These ubiquitous trees not only symbolize the beauty of the coastal belt, but provide many useful products as well. Indeed every part of the tree has multiple uses, however, perhaps the best known product is its fruit: the coconut. To help everyone become better acquainted with this versatile fruit, I have written a brief description including some useful Swahili vocabulary.

There are a great variety of coconut palms bearing fruits ranging in color from bright yellow to black, and sizes from that of a softball to nearly as big as a rugby ball. On the Kenyan coast, coconuts are an important source of food for local consumption and income from the sale of copra, called MBATA, which is processed into a palm oil.

Coconut palms produce special branches from the top of their central trunks, which hang down just under the long, green fronds. These branches flower, producing the coconut fruits which begin like any other fruit, growing from the pollinated flower stems. At this point the young fruits are called UPUNGA; this is the first of six stages of growth in the life of a coconut which takes about 6 months to mature completely. In the second stage, the fruits are the size of golfballs, called KIDAKA, which are clustered by the dozens on the fruiting branches. When the coconut is half-grown it is called KITALE, the third stage. By this time many of the young fruits have fallen off, leaving only a few dozen on the fruiting branches.

The fourth stage may be familiar to many people, coming about 3 months after flowering. This is when the coconut has reached its maximum size, but the white meat inside has not yet hardened and the nut is heavy with liquid (MAJI). This stage is called DAFU and many coconuts are harvested now for the sweet refreshing coconut milk. The soft coconut meat is also sweet and can be scooped out and eaten for a delicious snack on a hot day, humid day. These MADAFU are sold as they appear on the tree; a hole is usually cut in the top (the part with the thin stem) so that the liquid can be consumed easily without spilling.

From this point the coconut enters a rather uninteresting stage called KOROMA, when the fruit is not really useful, being too mature for drinking, but not yet ready to be used in cooking. During this fifth stage the water inside is slowly drying up as the meat hardens into a hard, white substance. This substance eventually becomes NAZI, the fully-ripened coconut meat. Coconuts harvested at this time, about 6 months after flowering, are used for cooking or reprocessed into copra.

Most of the coconuts are harvested by men or boys who climb the trees and cut the thin coconut stems with a knife, allowing the nuts to drop to the ground (KUBWAGA NAZI). These are then gathered and taken to a place where the fibrous husk (KUMBI) is removed. This is usually done by impaling the coconut (KUFUA NAZI) on a pointed iron stake (KIFUO or CHUMA) protruding from the ground. As the stake is forced into the husk, this shell is ripped and torn away revealing a hard, reddish-brown nut about the size of a grapefruit (KIFUU or KIFUUU). A skilled, energetic worker can rip away this husk in a few seconds. The nut is then ready to be sold, or used and is often transported to market at this time; the MAKUMBI is left to dry, being used later as firewood.

Copra is produced by splitting the brown nut in half and placing the halves in the sun to dry with meat exposed. After a few days this meat shrinks away from the shell and is then removed, allowed to dry further, and finally put into gunny sacks for transporting to the factory where the MBATA will be processed.

The nuts that are sold as food are processed at home in the kitchen. The coconut should be fairly round and relatively light weight with little liquid remaining - shake it to be sure. There are 2 ways to use the Nazi: the meat itself can be eaten or added to foods, or a creamy liquid (TUI) can be extracted from the meat and used in cooking. First, break the shell in half with a heavy knife (or

even a stone). It is best to remove any remaining fibers (sometimes called NDIFU or NYUZINYUZI) before cracking the nut. Cut out the meat with a sharp knife, slicing through it in a criss-cross pattern then prying it out. This NAZI can be eaten raw or toasted to enhance the flavor (don't worry about the brown substance that sticks to the meat after prying it out - it can be eaten or scraped off). Another option is to shred the meat (KUKUNA NAZI) and use it for cakes, cookies, etc. or make a creamy coconut sauce, the TUI.

The nutmeat can be shredded with ease by using a local appliance called an MBUZI. This is a wooded instrument with a serrated metal tip that shreds coconut as well as any food-processor. If you don't have access to an MBUZI, you can use a blender or a cheese grater (very hard work). The TUI can be extracted from the NAZI in 2 ways: you can put the NAZI in a bowl and cover with hot, not boiling water, allowing it to sit for 20 - 30 minutes. This will produce a thick creamy liquid called fem or TUI YA KWANZA. The process is repeated again at least once to obtain a slightly more diluted cream, called sem or TUI YA PILI. An infinitely easier way of doing this is to use a local strainer called a KIFUMBU. This is a long, cylindrical woven strainer in which the coconut meat is placed and squeezed or kneaded (KUCHUJA) after pouring in about 1 cup of water. The TUI seeps out into the container placed below the strainer. Again repeat the process two or three times, remembering to keep the first liquid separate from the others. Now the chef is ready to create any number of luscious dishes using coconut cuisine.

## MISCELLANEOUS FOODS

Basmati Rice is an extra long grain rice with a distinct flavor. It tastes really good in pilaus (pilafs). (INDIAN)

Panir is the curd left when the whey is taken out of the milk. It tastes similar to farmer cheese and can be made from milk that has spoiled or gone sour. A recipe is given in the cheese section. (INDIAN)

Ghee is clarified butter. Ghee is almost 100% fat. When butter is heated to a calm boil and the skim formed on top is removed, what is left is called ghee. You can make ghee from your butter when it is fresh or when it begins to go bad. Ghee is also made by the K.C.C. (Kenya Creameries Cooperative) and sold in cans. Ghee keeps for long periods of time and if it is prepared properly it will keep indefinitely at room temperature.

MAZIWA LALA is literally sleeping milk. It is similar to yogurt, somewhat. A recipe for MAZIWA LALA is given in the MISCELLANEOUS section of the recipes.

## SECTION (E) BASIC KITCHEN UTENSILS, JIKO BAKING

### BASIC KITCHEN UTENSILS

Read this if you are going to do some serious cooking.

- enamel plates - can be used for eating off of and for baking.
- suffurias - The small ones are more useful unless you eat a lot. They can be used for stove or jiko top cooking or for baking.
- grater - (an expensive item, about 120 /-) This is a handy item and very useful to some of us. If you eat a lot of cheese or bake often this is the handy dandy item for you. We use ours about once a day grating citrus rinds, carrots, zucchini, cheese, potatoes, and more. Check out second hand shops for bargains as well as COSing PCV's. Or you could make one for rock bottom cost. Get a 1 kg. margarine Blue Band/Kimbo can and make holes using various sized nails and a hammer.

These are only rough measurements. Hammer in the nails' then, bend it towards yourself. Make sure that you nail from the inside of the grate. When you are grating something you'll do it from the other side. Be careful of the very sharp edges.

- colander - is useful for washing vegetables, draining spaghetti, making panir, and making coconut milk and cream. It is also useful as a drying stand for silverware.
- knife - A good knife is worth having and it can be sharpened with a file or a stone.
- fork - A plain metal fork can be used for beating egg whites and whipping other things.
- chapati pan - Is for making chapatis, tortillas, pancakes, eggs, toast, and grilled sandwiches.
- wooden spoon and spatula - Can be used for stirring without scratching and for turning things. They are cheap in Kenya.
- traditional clay pot - can be used for slow cooking. Burn oil in the bottom

# Kenya Ceramic Jiko (KCJ)



Uses one-third less charcoal than ordinary jikos. Preheats pots. Cooks meals quickly. Burns charcoal for a long time. Produces fewer poisonous fumes.

## Getting the most out of your jiko:

Select a beautiful jiko with a strong pot rest. Cook gently. Carry jiko gently. Avoid pouring in or water on the pot's cover. Add only to the top of the pot. Do not use pot cracks. Close the lid when the food comes to a boil.

## Smart energy-saving ideas for any kind of fuel:

1. Cover cooking foods with lids or plates. Food cooks quickly and uses less fuel.
2. Prepare and cut up foods to be cooked before lighting the fire.
3. Boil gently. Boiling food gently cooks food as fast as boiling hard.
4. Soak maize and beans in water over night for fast cooking.
5. Plan your family. Fewer people will need less fuel.
6. Cook away from wind
7. Teach your children and servants how to save fuel.

## Wise ways to save firewood fuels:

1. Use wood, not charcoal if possible. It takes more trees to cook with charcoal than to cook with wood itself.
2. Use improved charcoal or firewood jikos.
3. Cut firewood into small pieces.
4. Dry firewood before using.



Ministry of Energy and Regional  
Development P. O. Box 30582 Nairobi

It is rather amazing, if not unbelievable, to think that here in a small home made oven, you can bake breads, cakes, pies, and cookies in addition to casseroles and quiches. as well as you could at home in a fancy gas oven with bi-directional convention fans, a multipurpose microwave, and a 16 kilowatt stereo. But it's true. With a little patience and a bit of perseverance you can make fresh bread, quiche and cakes to beat the day lights out of Pillsbury!!

The first thing you need is a jiko oven. This can be a metal box, welded together or it can be made by buying 2 suffurias (heavy duty are necessary). One suffuria can serve as a lid while the other one as the bottom. Put some gravel in the bottom suffuria to hold the heat. It is a good idea to wash the dirt out of the gravel with some water first. Three small tin cans should be used to make the oven level and lift the baking pan off of the rocks, so hot air can circulate below the pan. The second suffuria, the lid, does not have to be as heavy duty as the bottom. Now you have a jiko oven. It is a good idea to put towels on top of the oven to prevent heat loss. If you have time you can even make a hat like bag, filled with sawdust or wood shavings and put it over the oven. Some people use a suffuria lid instead of another suffuria for the lid of the oven.

#### BAKING HINTS

First and most importantly get the jiko very hot and preheat your oven, this preheating can take up to an hour. Setting the temperature in a jiko oven goes something like cold, cool, warm, hot, too hot and since that is somehow not too quantative most recipes call for hot. Once the oven is hot (water sizzles when dripped on the sides of the top and bounces off the bottom) you can control the temperature but opening and closing the door or by adding more charcoal. When the jiko is going well it can get quite hot and things tend to burn on the bottom and do not cook thoroughly on the top. To counter this you should add more rags to the top so heat is not lost from there. Watch out for synthetic materials as they often melt when placed on a hot jiko.

In a jiko oven the cooking time can be longer than in a normal oven. We once baked a bread, which was supposed to be ready in 30 minutes, for 3 hours. So don't worry just keep stoking up the jiko and checking if it is ready. Usually the cooking time is 2 to 3 times longer than that suggested in the cookbooks (not this one), but if the oven is hot then it will not take so long.

Because of the uncertainty at times it is good to know when things are ready. Sweet pies are done when the top crust is browning (as well as the bottom crust) and the filling is bubbling. Breads are done when the crust is beginning to brown and upon tapping with your knuckles on the bottom of the pan the sound produced should be hollow. Dinner pies and quiches are done when the filling is gelled, the cheese is melted, and the crust is browned. Cookies are done when they are lightly browned.

For baking we usually use the large (10") enamel plates for pies, pizzas, some cakes, and cookies, or 7 or 8 inch in diameter suffuria for baking breads, cakes, and casseroles. Here are some other suggestions for things to bake in: large tin cans (Blue Band) for bread, small 70 gram tomato sauce tins for tarts and cupcakes. Last but not least the Mashambani Bunt Pan, courtesy of Michael Zink. The Mashambani Bunt pan is an 8 1/2" suffuria with a 100 gram Cadbury Cocoa tin filled with 5 and 10 cent pieces (rocks should do) in the center. It can be used for many breads and cakes to make sure that they are thoroughly cooked.

Your first few tries may not come out perfectly but keep trying.  
Good luck.

## JIKO BAKING

A jiko can be either a fine stove or an exasperating smokey experience. Briefly, there are two main types of jikos; regular metal and Improved (insulated). The improved jikos cost much more (2-4 times as much) but they also last much longer as the clay lining does not burn through as quickly as the metal. In addition, the improved jikos are designed to have better air flow so as to use the charcoal more efficiently and to put the heat where it is needed (under the pot) rather than through the sides. In the regular jikos one of the most common problems is charcoal burning slowly, not completely, or even not wanting to burn at all. This could be because of the charcoal but often it is because of a restricted air flow. The air flow can be improved by; 1) Clearing the ashes out of the bottom often and shaking the jiko to clear the holes. 2) By punching more holes in the metal plate that the charcoal sits on (don't try to do this if the plate is not metal), use a hammer and a large nail to make the new holes and make as many as possible.

When starting jikos it works best to first place some large pieces of charcoal (makaa) on the metal or clay plate, this allows the hot air with flames to circulate easily from under the plate. Then put some medium to small pieces ( $\frac{1}{2}$ " to 2" in diameter) on until the jiko is  $\frac{1}{2}$  full or more. You can fill it all the way if you think that you will use the heat. Do not put very small pieces or coal dust when starting the jiko as they tend to smother the fire. Now put dry paper into the bottom of the jiko (some people use kerosene, putting some on the coals and some at the bottom) and light. If possible have the whole jiko outside in a breeze with the open jiko door facing directly into the breeze. If there is no breeze you can make one by fanning using a stiff piece of cardboard or a suffuria lid. When the coal is burning well and is no longer smoking you can bring it inside.

After you have finished baking or cooking there is usually some leftover heat which can be used. If you bring your water (drinking) to a boil on another (gas) stove and then let boil for the 15 minutes on the hot coals, then they are not being wasted. You can also roast nuts, coconut, or cloves on a warm jiko. This seems like a minor thing but it can end up saving fuel and burning many less nuts!!!

Even after you have finished using the jiko it can still be of use. The ashes are very good for your compost pile and for reducing the smell and number of flies in your pit latrine (choo). Many of our students use ashes on vegetable plants to kill the aphids.

Finally on the subject of different types of charcoal, we have heard various accounts, some say that hard wood coal is better while others say soft wood coal is better. We don't know so try what you can, however, if you have a choice, and many of you won't and don't, choose charcoal which is in fairly large chunks and which is well carbonized (ie. takes a long time to make and does not smoke when burning).

Cooking on a jiko is not difficult once you are used to it but there are a few things which though obvious, should be kept in mind. Temperature control is a slow and uncertain process, to some degree temperature can be controlled by the opening and closing of the jiko door (open-hotter, closed-cooler) as this controls the air flow. In addition, by adding or subtracting coal one can to some degree cool the jiko down. But remember that when cooking on a jiko do not expect to be able to change the temperature quickly. When frying it is better to take the pan on and off the jiko to control the temperature. When boiling things on the jiko try, once it has come to a boil, to keep just a few pieces of charcoal burning at a time by slowly adding. When the jiko is hot and the pot is boiling leave the lid off and keep adding water until the jiko has cooled down a bit.

## SECTION (F) NOTES ON RECIPES

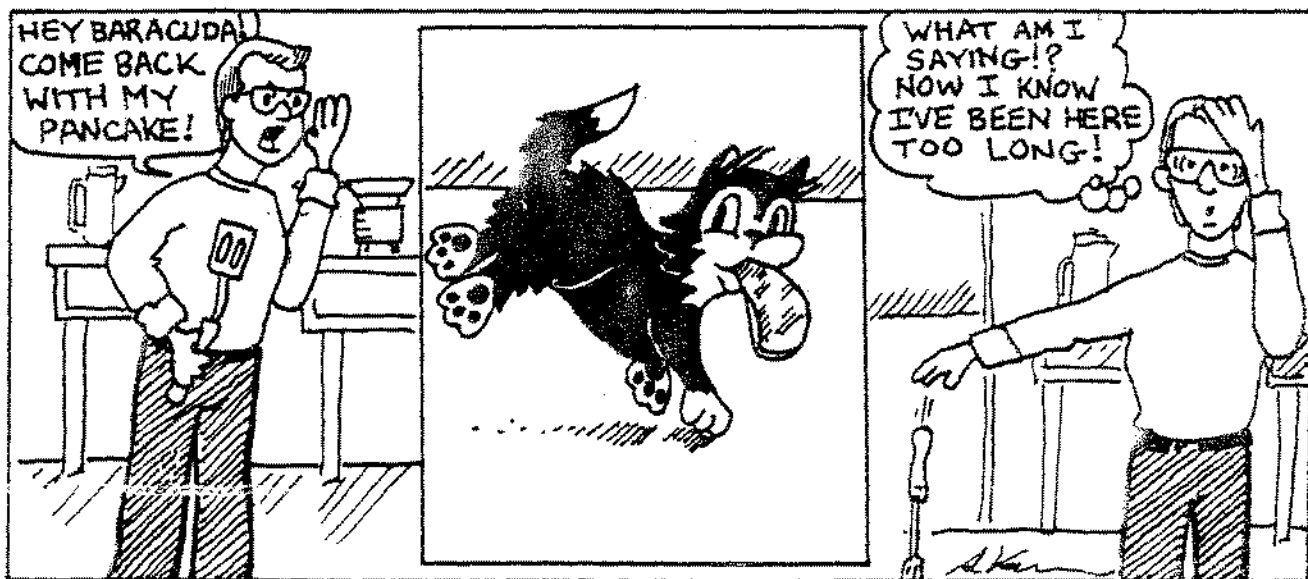
### NOTES ON RECIPES

- 1) When using a recipe for the first time, before you start, read through the recipe to make sure that you have all of the ingredients and enough time. Also check the recipe on the order of doing things.
- 2) Some fairly quick and healthy recipes (most get quicker once you have made them a few times):
  - a) CHEESE AND POTATO SOUP
  - b) SPAGHETTI with CHEESE or TOMATO SAUCE
  - c) STOVE TOP PIZZA
  - d) KALE (SUKUMA with RICE
  - e) KITCHERIE
  - f) FODUE
  - g) BEAN DISHES - Many dishes like tortillas and beans and most of the dal recipes are very easy to prepare but take a lot of cooking time. So if you start in the morning, or the evening before, they can make a good quick and healthy meal.
- 3) The servings given are very approximate, at times we have eaten what was supposed to be for 6 (and were not too full). At other times we found that 2 servings was more than enough. It depends on how hungry you are and how many times a day you eat.
- 4) In many of the recipes cooking times have not been given (especially baking) as they have many factors effecting them; heat of stove or jiko, altitude (the higher the longer), size of oven or pot etc... So you will have to keep checking to when your dish is done.
- 5) When cooking beans add water as needed (keep the beans covered) until the beans are quite soft.
- 6) For most of the beans (legume) dishes the nutritional analysis was done using the values for kidney beans as we were unable to find most other legumes in our sources.
- 7) Pinto beans are similar to kidney beans but shorter, lighter in color, and speckled. They tend to cook faster, especially when fresh.
- 8) Shortening, when called for, can be butter, margarine (Blue Band), solid vegetable shortening (Kimbo), and even vegetable oil (Elianto).
- 9) When a recipe calls for a greased and floured pan, first lightly cover the pan (or plate) with some kind of solid shortening (butter or margarine) using your fingers or a bit of paper. Try not to miss any spots or whatever you are cooking will stick!! Next put about 1 Tbsp. of white flour on the pan and shake the pan until the flour is lightly stuck over all the grease, tap out excess.



- 10) Meat and poultry can be added to many of the recipes. In particular, beef, goat, sheep, and chicken (without bones) can be added to most of the stews and soups. Ground meat can be added to the bean dishes and spaghetti sauce but the meat should be fried over a low flame for a few minutes, until lightly browned first. If the meat is tough some times banging on it with a hammer or a rock can tenderize it. Salt, pepper, tarragon, garlic, soy sauce (for marinating and cooking), and sage are all good for spicing meat. For stews lightly brown meat dipped in flour with onions, and oil. Then add basil and bay leaves to the stew. Pressure cookers are good for cooking the meat (it comes out very soft) and rumor has it that unripe paw paw also tenderizes meat.

# SECTION



# BREAKFAST PANCAKES I (easier version) makes about 8 pancakes

2 cups white flour  
 1 tsp. salt  
 2 tsp. baking powder  
 5 Tbsp. Kimbo (or any vegetable shortening which is solid at room temperature)  
 2 Tbsp. sugar  
 1 egg  
 1½ cup milk  
 2 Tbsp. melted butter or margarine, or oil for cooking

Mix dry ingredients. Cut in the Kimbo with 2 knives until the mixture has the consistency of coarse sand. Add the milk and egg and mix well. Add the sugar and any spices such as cinnamon or nutmeg. Heat a pan and pour the batter in large spoonfuls and cook until done.

	Calories	Protein(g)	Fat(g)	Car.(g)	A(IU)	C(mg)
Total	2010	42	111	209	1045	3.4
per pancake assuming 8	251	5.2	14	26	131	.43

## BREAKFAST PANCAKES II 3 servings

1½ cups white flour  
 1 Tbsp. sugar  
 ½ tsp. salt  
 3 eggs, separated  
 2 cups milk  
 ½ cup butter, melted

Mix dry ingredients in a bowl. Beat egg yolks into the milk and the melted butter and add this mixture to the flour. Beat the egg whites until they are fluffy and fold them into the batter. Pour batter by large spoonfuls onto a hot pan and cook until done.

NOTE: Cinnamon or nutmeg can be added to the batter. Pieces of fruit such as banana or pineapple taste good ~~xxx~~ in the pancakes.

	Calories	Protein(g)	Fat(g)	Car.(g)	A(IU)	C(mg)
Total	1840	52	109	162	4140	4.6
per serving	613	17	36	54	1380	1.5

# MAIZE MEAL PANCAKES (Ross Jackson) about 12 pancakes

1 cup maize meal (white or yellow)  
 1 tsp. salt  
 1-2 Tbsp. Sugar  
 1 cup boiling water  
 1 egg  
 ½ cup milk  
 2 Tbsp. melted butter or Blue Band or oil  
 ½ cup wheat flour  
 2 tsp. baking powder (1 tsp. at high altitude)

Combine maize meal, salt, and sugar. Stir in the boiling water and let the mixture sit for about 10 minutes. In a separate bowl beat eggs, milk, and melted shortening. Add this mixture to the maize meal. Add wheat flour and baking powder and mix well. Pour batter on a hot pan and cook as usual pancakes.

NOTE: It takes some practice to keep these pancakes in one piece when one turns them over. You can do it slowly with the help of 2 knives.

	Calories	Protein(g)	Fat(g)	Car.(g)	A(IU)	C(mg)
Total	1283	27	64	163	2975	1.15
per pancake						
assuming 12	107	2.3	5.3	13.6	248	.096

## FRENCH CREPES about 10

1/3 cup white flour  
 ½ tsp. salt  
 1 large egg  
 OR  
 2 small eggs  
 1 cup milk, scalded and cooled  
 1 Tbsp. butter, melted  
 butter for cooking  
 1 Tbsp. cognac (OPTIONAL)

Mix the dry ingredients. Beat in the eggs and add the milk, stirring well. While you continue to stir add the melted shortening and the cognac. Try to make the batter as smooth as possible. and set it aside for 1-2 hours if you are able. Heat a skillet (or a crepe pan if you have one) and pour 2-3 tablespoons of batter on the pan and spread it out. Cook each side until done.

NOTE: Crepes can be served many ways, either as a main dish or as a dessert. You can fill them or pour sauces over them.

	Calories	Protein(g)	Fat(g)	Car.(g)	A(IU)	C(mg)
Total	650	23	43	40	1760	2.2
per crepe	65	2.3	4.3	4	176	.23
assuming 10						

# FRENCH TOAST 1 serving

2 slices bread, fresh or stale but not moldy  
 1 egg  
 3 Tbsp. milk  
 cinnamon and nutmeg

OR

pepper, salt, paprika, and herbs such as thyme, oregano and marjoram

-- Mix egg, milk, and spices well. Coat pieces of bread with the mixture and cook on a hot pan until done.

NOTE: French toast made with cinnamon and nutmeg can be served with jam, peanut butter, butter, honey, syrup, or whatever.

	Calories	Protein(g)	Fat(g)	Car.(g)	A(IU)	C(mg)
for 1 serving	352	11.3	23	26	586	.43

# POTATO PANCAKES 2 servings

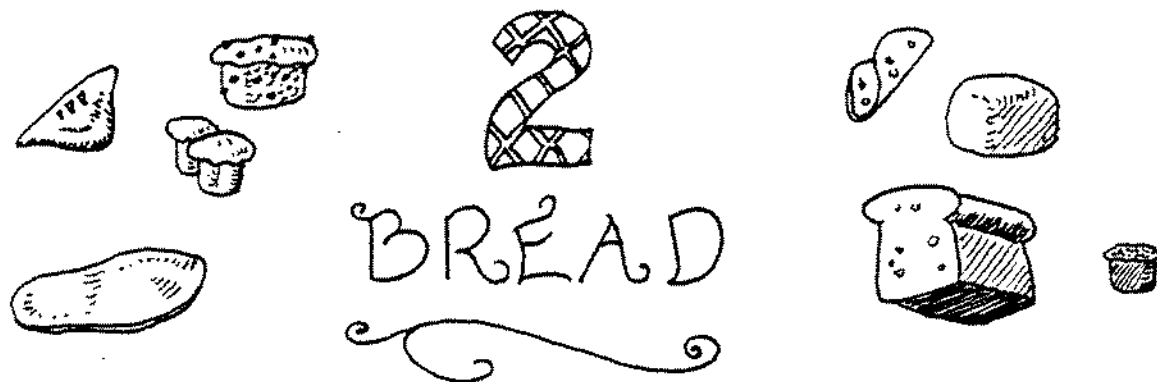
2½ cups grated raw potatoes  
 4 Tbsp. finely chopped onion  
 1 tsp. salt  
 2 large eggs, beaten  
 3 Tbsp. breadcrumbs, preferably dry ones  
 pepper  
 grated ginger root (optional)  
 oil and butter

Grate potatoes and squeeze out the excess water well. Add onions, salt, eggs, and bread crumbs. If the batter is too wet add more bread crumbs. Add pepper and any other flavorings that you want. Liberally grease a pan and fry the pancakes until crisp.

NOTE: You can eat potato pancakes with sour cream, melted cheese, or soy sauce.

	Calories	Protein(g)	Fat(g)	Car.(g)	A(IU)	C(mg)
Total	900	30	47	96	1578	96
per serving	450	15	23	48	789	48

# SECTION



CORN PONES (Tama and Jeff Wray) 2-4 servings

1 cup white flour  
1 cup maize meal  
1 tsp. salt  
 $\frac{1}{2}$  tsp. baking powder  
2 Tbsp. butter or Blue Band (heaping)  
 $\frac{1}{2}$  tsp. sugar (optional)  
hot water  
oil for frying

Mix ingredients. Add enough hot water so you can form patties.

Add enough oil in a small pan (1"). Fry pones (oval 3" - 4")  
until nicely browned.

NOTE: Pones taste good with lentil soup. Chopped green onions can be added to the dough.

	Calories	Protein (g)	Fat (g)	Car. (g)	A(IU)	C(mg)
TOTAL	1668	22.5	56.2	272.	939	0
assuming 10 pieces each piece has	167	2.3	5.6	27.2	94	0

# CHAPATIS A LA LENGUA (Kathleen Soltero) 4 chapatis

2 cups white flour  
 1/2 tsp. salt  
 oil  
 water

Mix dry ingredients well. Add 1 tablespoon of oil to the flour mixture. Then add enough water to form an elastic dough. Divide the dough into 4 equal parts. Roll out 1 ball into a circle and spread 1/4 teaspoon of oil over it. Cut a radius into the circle and roll it up into a cone, tucking in the ends when finished. Do the same for the other 3 balls. Let the dough sit 20 minutes to 8 hours, depending on when you make them. Roll out into circles about 10-12" in diameter. Melt a bit of Kimba in a pan and wait until it is hot to cook the chapati. Fry rapidly and watch them bubble up.

	Calories	Protein(g)	Fat(g)	Car.(g)	A(IU)	C(mg)
Total	989	23.2	23.2	168	0	0
assuming 4						
each has	247	5.8	5.8	42	0	0

## FRY BREAD

1 cup white flour  
 1 tsp. baking powder  
 1/2 cup powdered milk  
 warm water  
 fat for frying

Mix the dry ingredients. Add enough warm water to form a soft dough. It is better if you let the dough sit for 1 - 2 hours, but you can fry immediately. Divide the dough into 8 - 10 balls and flatten with fingers into circles. The dough can also be rolled with a rolling pin. Fry until golden brown.

NOTE: This bread tastes good with guacamole or peanut butter. It seems possible that warm milk can be used instead of powdered milk and warm water, but we don't know anyone who has tried it.

	Calories	Protein (g)	Fat (g)	Car. (g)	A(IU)	C(mg)
Total	811	20	37.7	96	295	2.0
assuming 8						
pieces each						
piece has	101	2.5	4.7	12	37	0.35



FLOUR TORTILLAS (Stephen Mustoe) about 6 tortillas

1 cup flour ( $\frac{1}{2}$  cup white and  $\frac{1}{2}$  cup wheat is best)  
 $\frac{1}{2}$  tsp. salt  
2-3 Tbsp. Blue Band, melted (oil works also)  
 $\frac{1}{4}$ - $\frac{1}{3}$  cup water

Sift flour and salt. Add shortning, mix well. Add water a little at a time until it forms a soft dough. Divide the dough into 5 or 6 parts and roll each ball as thin as possible. Cook on a hot ungreased chapati pan (about 1 minute or less on each side). Tortillas should be soft and easily foldable.

NOTE: They can be kept soft for a few days in a plastic bag.

	Calories	Protein(g)	Fat(g)	Car.(g)	A(IU)	C(mg)
Total	706	14.1	36.3	85.3	1410	0
assuming 6						
each has	118	2.4	6.1	14.2	235	0

INDIAN CHAPATIS (thin) makes 8 chapatis

$\frac{1}{2}$  cup white flour  
 $\frac{3}{4}$  cup wheat flour  
1 tsp. salt  
1 Tbsp. oil  
 $\frac{1}{4}$  -  $\frac{1}{3}$  cup water

Mix the flours and the salt together well. Add the oil and work it in with your finger tips until the mixture is a little like coarse sand. Then begin to add the water mixing with your hands constantly. Continue adding the water and mixing until you have a soft slightly sticky dough. Knead it until it has consistant texture, about 2 minutes. Let it rest for 10 minutes- 30 minutes, covered. Then knead it until it has a smooth shiny surface and springs back when pushed with a finger. Divide into 8 even balls. Roll out on a lightly floured board (add flour to the board when it begins to stick) until it is quite thin and about 16 cm. in diameter. Cook on a hot ungreased chapati pan or a skillet. Cook the first side until bubbles (little) form and then the other side until browned. The chapati may puff up as you are cooking the second side, no problem just push it down. To keep them soft lightly coat with butter or ghee while they are still hot.

	Calories	Protein(g)	Fat(g)	Car.(g)	A(IU)	C(mg)
Total	626	14.8	16.4	106	0	0
assuming 8						
each has	78	1.9	2.0	13.3	0	0

VERY EASY BISCUITS (Michelle Deatrick and David Bowerman) 8 biscuits

1 cup flour, wheat  
 2½ tsp. baking powder  
 ¼ tsp. salt  
 2½ tsp. sugar  
 1/3 to 1/2 cups milk with cream or condensed milk  
 2 Tbsp. Blue Band or Butter

Mix together flour, baking powder, salt, and sugar thoroughly. Add milk all at once and stir just until all of the flour mixture is moist. Melt the Blue Band in a 7-8" skillet. Pat or roll out the biscuit dough until it is 3/4" thick. Cut it into 1½" squares. Dip them in butter then turn them over and bake them in the same pan for 12-15 minutes. In the jiko oven they take about 30-45 minutes.

	Calories	Protein(g)	Fat(g)	Car(g)	A(IU)	C(mg)
Total	730	20.5	29.5	103	175	1.1
assuming 8						
pieces each						
piece has	91	2.6	3.7	12.9	21.9	0.14

POPOVERS about 6

1 egg, beaten  
 1/3 cup milk  
 2 tsp. butter or Blue Band, melted  
 a pinch of salt  
 1 tsp. sugar  
 1/3 cup white flour

Mix eggs, milk, melted shortning, salt, and sugar together. Beat in flour, making the mixture as smooth as possible. Fill the 70 gr. tomato paste tins (metal cups) about 1/3 - 1/2 full. Bake in a hot oven (about 10 minutes) until they are puffy. Remove and eat at once.

NOTE: Opening the oven during baking can cause them to fall! (Oh No)

	Calories	Protein(g)	Fat(g)	Car.(g)	A(IU)	C(mg)
Total	341	12.6	16.5	36.3	950	.76
assuming 6						
pieces each						
piece has	57	2.1	2.8	6.1	158	.25

SCONES (Michelle Deatrick and David Bowerman) 8 scones

2 cups unsifted flour  
 1 Tbsp. baking powder  
 2 Tbsp. sugar  
 1/2 tsp. salt  
 5 Tbsp. Blue Band  
 2 eggs, beaten  
 1/3 cup milk

Combine flour, sugar, baking powder, and salt. Cut in the Blue Band until the mixture looks like fine crumbs. Stir in the eggs and the milk all at once. Knead about 5 -6 times on a floured board. Divide the dough in half. Pat or roll each half into a 6" diameter circle. Cut each circle into quarters. Bake the quarters 1/2" apart about 25 - 35 minutes in a jiko oven. Serve split in half with jam and butter or Blue Band. Tastes good with kahawa or chai.

	Calories	Protein(g)	Fat(g)	Car.(g)	A(IU)	C(mg.)
Total	1599	37.95	73.7	197	1157	.76
assuming 8						
each piece						
has	200	4.7	9.2	24.6	145	0.1

CORN BREAD 1 plate

3/4 cup white flour  
 2 1/2 tsp. baking powder  
 1 Tbsp. sugar  
 3/4 tsp. salt  
 1 1/2 cup maize meal  
 1 egg, beaten  
 2 Tbsp. melted butter or Blue Band  
 1 cup milk

Mix dry ingredients. Add egg, butter, and milk. Mix well. Pour into a greased enamel plate. Bake until done.

NOTE: Chopped green onions or chopped hot peppers can be added to the dough.

	Calories	Protein(g)	Fat(g)	Car.(g)	A(IU)	C(mg)
Total	1149	36.3	27.4	149.4	1183	0
assuming 6						
pieces each						
piece has	192	6.1	4.6	24.9	197	0

# ZUCCHINI BREAD (Stephen Mustoe) 1 plate

2 cups white flour  
 2 tsp. baking powder  
 1 tsp. baking soda  
 1-2 tsp. cinnamon  
 ½ tsp. nutmeg  
 ½ cup Blue Band  
 2/3 cup sugar  
 2 eggs  
 peel of 1 orange, grated  
 1 cup grated zucchini  
 ½ cup milk

Mix dry ingredients and set aside. Cream sugar and Blue Band, then add eggs one at a time and beat well. Add orange peel and zucchini and mix well. Add flour mixture and milk a little at a time, mixing well. Pour into a greased floured pan and bake in an oven until done (about 1 - 1½ hours).

	Calories	Protein(g)	Fat(g)	Car.(g)	A(IU)	C(mg)
Total	1943	39.55	62.3	314.1	1687	29.8
assuming 6 pieces each piece has	324	6.6	10.4	52.4	281	4.96

## ORANGE PEEL BREAD 2 plates

5 - 6 oranges , peeled  
 1 cup orange peel, from above oranges  
 1½ cup sugar  
 1 Tbsp. butter  
 1 egg  
 2 cups milk  
 4 cups white flour  
 4 tsp. baking powder  
 ½ tsp. salt

Grate about 1 cup peel from the oranges. Chop oranges and cover with water. Cook oranges in water over medium heat for 15 - 20 minutes, until tender. Add 1 cup of sugar to the oranges and continue cooking until the mixture is thick and syrupy. In a separate bowl cream butter and remaining sugar. Add egg and milk, mix well. Mix flour, baking powder, and salt and add to batter, beating well. Add the cooked orange peel and syrup. Pour batter into 2 greased and floured enamel plates and bake until done.

	Calories	Protein(g)	Fat(g)	Car.(g)	A(IU)	C(mg)
Total	3569	77.4	39.4	753	2990	458
assuming 6 pieces per pan each has	297	6.5	3.3	63	249	38.

# HERB AND ONION BREAD 1 loaf, 18 cm. diameter sufuria

$\frac{1}{2}$  cup milk  
 $1\frac{1}{2}$  Tbsp. sugar  
1 tsp. salt  
1 Tbsp. butter  
2 tsp. dry yeast (high altitude) 3 tsp. (low altitude)  
 $\frac{1}{2}$  cup warm water  
 $2\frac{1}{4}$  cups white or wheat (or a mixture) flour  
 $\frac{1}{2}$  small onion, minced  
 $\frac{1}{2}$  tsp. dried dill weed or 2 tsp. fresh dill weed  
1 tsp. crushed dried rosemary

Scald milk. Dissolve sugar, salt, and butter in the milk. Cool mixture. Dissolve yeast in warm water. Add cooled milk mixture, flour, onion, and herbs. Stir the mixture well, until the batter is smooth. Cover with a towel and let the dough rise until triple (about 45 minutes). Stir down and beat for a minute, then pour into a greased sufuria (about 18 cm in diameter). Let it stand in a warm place for about 10 minutes. Put in a hot oven and bake until done.

NOTE: This is a quick and easy yeast bread recipe. Other herbs can be used.

	Calories	Protein(g)	Fat(g)	Car. (g)	A(IU)	C(mg)
Total	1287	43.2	20.4	242	663	5.4
Assuming 8 pieces each						
piece has	161	5.4	2.6	30.2	83	0.68

## ORANGE-DATE BREAD 2 plates

$1\frac{1}{2}$  cup wheat flour  
1 cup white flour  
 $\frac{1}{2}$  tsp. salt  
2 tsp. baking powder  
 $\frac{1}{4}$  Tbsp. butter or Blue Band, softened.  
 $\frac{3}{4}$  cup sugar  
1 egg  
1 cup fresh orange juice  
2 Tbsp. grated orange peel  
 $\frac{1}{2}$  cup dates, chopped  
 $\frac{1}{2}$  cup rolled oats

Sift together flours, salt, and baking powder and set aside. Cream butter and sugar, then beat in egg. Add alternately (saving about 2 tablespoons of flour) flour mixture and the orange juice to the creamed mixture. After each addition beat well. Coat the dates with the 2 tablespoons of flour so the do not stick. Add dates, oats, and orange peel to the batter and mix well. Spoon the batter into 2 enamel plates (greased and floured) and bake in a hot oven until done.

	Calories	Protein(g)	Fat(g)	Car.(g)	A(IU)	C(mg)
Total	2517	49.1	58.4	475	2950	140
assuming 6 pieces per pan						
each has	210	4.1	4.9	39.6	246	12.

OATMEAL RAISIN BREAD 1 loaf, baked in an 18 cm. diameter sufuria

$\frac{1}{2}$  cup rolled oats  
 $1\frac{1}{4}$  cup water  
1 Tbsp. honey, heaping  
1 tsp. salt  
2 Tbsp. wheat germ (can be left out)  
 $1\frac{1}{2}$  tsp. dry yeast  
 $1\frac{1}{2}$  cup wheat flour  
 $\frac{1}{2}$  cup raisins  
 $\frac{1}{2}$  cup white flour

Cook oats in one cup of water until soft (5 - 10 minutes). Stir in honey, salt, and wheat germ and let the mixture cool. Dissolve yeast in  $\frac{1}{2}$  cup of water (warm) and stir into oat mixture along with half the wheat flour. Beat the mixture for a few minutes, then cover with a towel and let it rise in a warm place for about 1 hour, or until it has doubled. Stir down the mixture and stir in the raisins and add the rest of the wheat flour. Knead the dough until it (10 minutes) is smooth and elastic. Form dough into a ball and put it in a buttered sufuria (about 18 cm in diameter). Let it rise for about 1 hour. Punch it down and let it rise for about  $\frac{1}{2}$  hour. Bake in a hot oven until done.

	Calories	Protein(g)	Fat (g)	Car.(g)	A(IU)	C(mg)
Total	1229	38	6.7	273	7.5	0.5
assuming 8						
pieces each						
piece has	154	4.8	.84	34	.94	.06

# SECTION

## 3

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# CHEESE AND POTATO SOUP serves 2 well

- 2 potatoes, cut into small cubes, about 1½ cups
- 3 Tbsp. butter or Blue Band
- 1 large onion or a few green onions, sliced finely
- 1 Bay leaf
- 1 tsp. dill seeds, crushed a bit
- 1 cup milk
- 1 Tbsp. Flour, wheat or white though wheat tastes better
- 1 cup grated cheese (about 100 grams)

Paprika

salt

pepper

Place the potatoes in a medium sufuria with enough lightly salted water to cover them and boil until tender. Saute onions, bay leaf, and dill seeds in 2 tablespoons of butter. Add this mixture to the almost tender potatoes. Melt the other tablespoon of butter in a pan and add the flour. Cook the flour for 1-2 minutes until it is lightly browned. Add milk to the flour stirring constantly to get rid of lumps. Cook the milk and flour mixture until it has thickened. Add it to the cooked potatoes. Stir the soup well, leaving heat on. Add the grated cheese slowly, stirring constantly. When the cheese has melted you can eat!

NOTE: Instead of using all potatoes you can use 3/4 cup potatoes and 3/4 cup cauliflower pieces. Boil the cauliflower with the potatoes and follow the same directions.

	Calories	Protein(g)	Fat(g)	Car.(g)	A(IU)	C(mg)
CHEESE AND POTATO SOUP						
Total	1148	43.9	80.7	64.5	2892	55.8
per serving	574	22	40.4	32.2	1446	27.9

## CHEESE, POTATO, AND CAULIFLOWER

Total	1083	43.5	80.7	49	2937	137
per serving	542	22	40	24.5	1469	68.7

## MUSHROOM SOUP 1 serving

- ½ cup mushrooms, washed and thinly sliced
- 1 small onion, chopped finely
- 1 Tbsp. butter
- 1 Tbsp. flour, white or wheat
- ½ cup water
- 1 cup milk
- Thyme, rosemary
- Salt
- Pepper.

Melt butter in a pot and saute onions and mushrooms until they are soft. Add flour and saute flour for a few minutes until it starts to brown. Add milk, water, and spices. Simmer until mushrooms are soft and spices have flavored the liquid.

	Calories	Protein(g)	Fat(g)	Car.(g)	A(IU)	C(mg)
per serving	329	11.6	19.9	25.8	855	11.8



4 cups finely chopped green onions (These taste better)

OR

4 cups thinly sliced onions

3 cloves garlic, finely chopped

3 Tbsp. Butter or Blue Band

1 Bay Leaf

4 cups water

$\frac{1}{2}$  tsp. dry mustard

2 Tbsp. Soy sauce

$\frac{1}{4}$  cup wine (dry Papaya or rose work well)

1-2 tsp. thyme, dry

$\frac{1}{2}$  tsp. salt (can do without it)

a few dashes pepper

## ONION SOUP

2 WZGE OR 4 SMALL

SERVINGS

Melt butter in a pot, saute onions, garlic, and Bay leaf until they are barely browned. Add water and the rest of the ingredients. Cover and simmer for 15 minutes. Taste and add more spices if you want. Grate cheese (optional) in the bottom of a bowl and pour hot soup on top. Or you can grate the cheese on top.

NOTE: The nutritional analysis has assumed  $\frac{1}{4}$  cup of grated cheese per bowl of soup.

	Calories	Protein(g)	Fat(g)	Car.(g)	A(IU)	C(mg)
Total	958	34.4	72.8	40.3	10507	128
assuming 4 bowls each bowl has	240	8.6	18.2	10.1	2627	32

## CABBAGE SOUP (Nancy George) 2 servings

1/2 a cabbage, diced

2 Tbsp. butter

2 large onions, sliced

4 cloves garlic, minced

4 cups stock

1/2 tsp. salt

1/2 tsp. pepper

1 tsp. caraway seeds

1 tsp. dried dill (optional)

1 cup milk

Melt butter and saute onions and garlic. Add cabbage and mix until the cabbage is coated with butter. Add the 4 cups of water or stock and spices. Cook until the soup has reached a desired consistency. Add the milk just before serving.

	Calories	Protein(g)	Fat(g)	Car.(g)	A(IU)	C(mg)
Total	431	12.3	32	26.8	1650	134
per serving	215	6.2	16	13.4	825	67

## CREAMY CABBAGE SOUP (Nancy George)

Prepare above recipe. Boil potatoes and mash them with butter and milk. Add this to the recipe for CABBAGE SOUP about 10 minutes before serving.

4 large potatoes

butter, a few tablespoons

MILK, A FEW TABLESPOONS

# MINESTRONE SOUP 2 large servings

½ cup kidney beans, cooked until tender, yields about 1½ cups cooked  
 (save the water the beans were cooked in)  
 1 onion, chopped  
 3 cloves garlic, chopped  
 1 carrot, chopped  
 3 tomatoes, chopped OR 1 70 gram tomato paste tin  
 1 cup cabbage, shredded  
 a handful of spaghetti noodles  
 oregano  
 basil  
 celery seed  
 garlic powder  
 parsley (fresh if possible)  
 water  
 salt  
 pepper

Add onions, garlic, carrots, tomatoes, and spices to the beans in a sufuria making sure that there is enough water also. Let the mixture simmer until the carrots are almost cooked. Now add cabbage and noodles and cook about 10 more minutes or more depending on how soft you like your cabbage and noodles.

NOTE: You can add a variety of other vegetables to this soup like: string beans, peas, zucchini, eggplant, mushrooms etc...

	Calories	Protein(g)	Fat(g)	Car.(g)	A(IU)	C(mg)
Total	547	29.6	2.35	109.2	13303	177.5
per serving	273	14.8	1.2	54.6	6652	88.8

## BARLEY SOUP (Michelle Deatrick and David Bowerman) 2 servings

¾ cup barley, well washed  
 2 potatoes, medium in size, scrubbed and cut into 1" cubes  
 2 onions, medium in size, quartered  
 salt and pepper  
 OPTIONAL: 2 carrots, ½ cup soy beans

Put barley (and soybeans) in a med/large sufuria with 5 cups water and 1 tsp. salt.

Boil about 40 minutes then add other ingredients including salt and pepper to taste. Boil until potatoes and carrots are tender. Check often and add more water if it is necessary. It uses a lot of water and it is easy to burn.

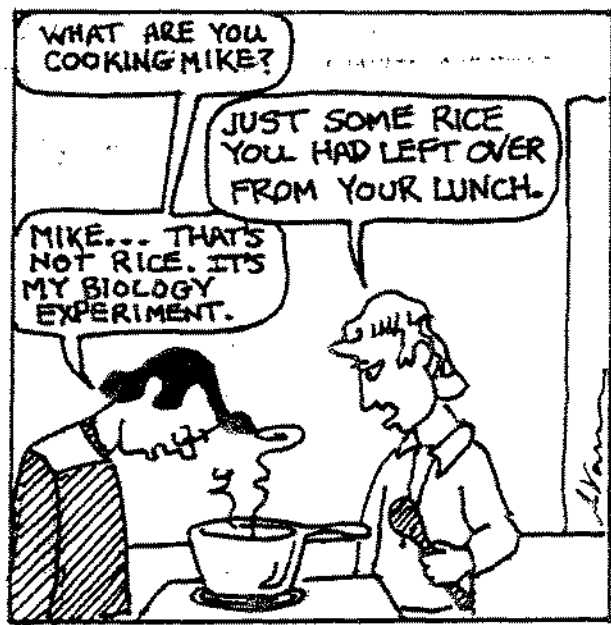
NOTE: Barley is available in the supermarkets in Nairobi sometimes (Uchumi) and it is cheap. This soup tastes good with biscuits. If you wash and soak the barley in advance, cooking time will be reduced. But don't throw the water away that you soaked it in. Two carrots have been included in the Nutritional analysis.

	Calories	Protein(g)	Fat(g)	Car.(g)	A(IU)	C(mg)
Total	785	22.4	2.45	175.9	22070	63
per serving	393	11.2	1.23	88	11035	31.5

# SECTION

## 4

### RICE



BOILED WHITE RICE yields about 1 cup cooked rice

1/4 cup rice  
pinch salt  
water

Wash rice well at least 2 or 3 times draining all of the water out. Place rice in a small ~~sufuria~~ with water so that the rice is covered. Boil vigorously, adding water when necessary until rice is about half way cooked. Now cover the pot and lower the heat. Add water slowly as it is needed. Remove rice from the heat when it has reached the desired consistency.

	Calories	Protein(g)	Fat(g)	Car.(g)	A(IU)	C(mg)
1 cup cooked rice	223	4.1	0.4	49.6	0	0

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RICE A RONI (Michelle Deatrick and David Bowerman) 2-3 servings

2-3 tsp. curry powder  
2 Tbsp. Blue Band  
3/4 cup rice, washed  
20 strands spaghetti, broken into 1/2" pieces  
1 medium onion, chopped

Melt Blue Band and saute ingredients in a medium sized sauce pan for 5 minutes over medium heat. Add 2 cups water. Stir, cover and cook over low flame until done (about 10 minutes).

	Calories	Protein(g)	Fat(g)	Car.(g)	A(IU)	C(mg)
Total	985	16.1	24.6	172.7	975	8.5
per serving assuming 2 servings	492	8	12.3	86	488	4.3

# FRIED RICE (Maureen Lardie)

3 cups rice  
2 Tbsp. oil  
1/3 cup green onions, chopped  
3 eggs

Heat oil in a sufuria and add rice. Stir until rice is coated. Add onions and stir. Form a well in the center of the rice and crack the 3 eggs in the well. Wait until the eggs are partially set and toss until they are finished cooking. This goes well with sukuma wiki (collards or kale) on the side.

	Calories	Protein(g)	Fat(g)	Car.(g)	A(IU)	C(mg)
Total	1149	29.9	46.2	153	2226	11
per serving	575	15	23.1	76.4	1113	5.5

## MEXACALI RICE ( Guy Consolmagno) 2 servings

1 Tbsp. butter  
1/2 onion, chopped  
1/2 green pepper, chopped  
1 70 gram tomato paste tin  
2 cups water  
1/2 cup rice  
3/4 tsp. salt  
1/2 tsp. pepper  
1/2 tsp. mustard  
1/2 tsp. powdered cumin (optional)  
1/4 tsp. cayenne pepper (Optional)

Melt butter in a pan and saute onions and pepper. Add tomato paste and water. Mix well and then add rice, salt, and spices. Cover and cook until rice is done. Stir because the tomato paste tends to stick to the botto m of the pot. Add more water if it is necessary

	Calories	Protein(g)	Fat(g)	Car.(g)	A(IU)	C(mg)
Total	619	11.5	12.7	116	2736	158
per serving	309	5.7	6.3	58	1368	79

SPICED RICE (Indian fried rice) 1 serving

1 cup cooked rice  
 2 Tbsp. oil  
 1 onion, chopped  
 ½ tsp. cumin seeds  
 ½ tsp turmeric powder , salt and cayenne pepper to taste

Heat oil in a sufuria. Add cumin seeds and turmeric to hot oil. Sprinkle cayenne pepper and salt on the rice. Add onions to the oil mixture and fry for a few minutes so onions are soft. Add the rice to the oil spices and onions and stir until the rice is coated, yellow, and hot. You can garnish with coriander leaves and sprinkle lemon juice on top.

NOTE: This rice tastes good with yogurt.

	Calories	Protein(g)	Fat(g)	Car.(g)	A(IU)	C(mg)
1 serving	511	5.3	28.5	57	35	8.5

KHITCHERIE serves 1

¾ cup mung beans (crushed not whole)  
 ¾ cup rice  
 ½ tsp salt  
 ½ tsp turmeric powder

Place rice and beans in a small sufuria. Wash mung beans and rice well with water, picking out any rocks you may find. It is easier to see and pick out rocks once the rice and beans are wet and the water drained out. Add about 1 cup of water, salt, and turmeric. Boil vigorously uncovered until the water is almost gone and the beans and rice are partially cooked. At this point cover and add water very slowly as it is needed until the beans and rice are soft.

	Calories	Protein(g)	Fat(g)	Car(g)	A(IU)	C(mg)
per serving	218	9.85	.2	9.7	20	0

MUTHYA serves 2

1 cup rice or khitcherie (khitcherie tastes better), leftover  
1/2 cup wheat flour  
1/2 cup gram flour  
1 onion, chopped  
1 hot pepper, chopped and seeded (optional)  
1 small piece of ginger, finely minced  
1 tsp. salt  
1/2 tsp. turmeric powder  
1 Tbsp. oil  
2 Tbsp. milk or yogurt or maziwa lala

Mix rice or khitcherie, flours, vegetables, and spices well. Add oil and milk to the mixture. Add more milk if necessary to bind the dough. You want the dough to be manageable but not sticky. Form sausage-like (approximately the size of a D battery) shapes out of the dough with your hands. You should get about 8 or 10 of them. Place them in a colander and steam until hard, about 30 minutes. Place the colander in a sufuria with some boiling water, making sure that the water level is below the bottom of the colander. You should cover the sufuria and add water as it is needed.

NOTE: Muthyas taste good dipped in a garlic oil mixture. Finely chop a few cloves of garlic and put in about 2 tablespoons of oil and let the mixture sit for about 1 hour before using.

	Calories	Protein(g)	Fat(g)	Car(g)	A(IU)	C(mg)
MUTHYAS MADE WITH RICE						
Total	747	35	6.0	106	96	.22
per serving	373	18	3	53	48	.11
MUTHYAS MADE WITH KHITCHERIE						
Total	742	40.7	5.8	66	106	.22
per serving	371	20.3	2.9	33	53	.11

# VEGETARIAN JAMBALAYA 4 servings

3 cups rice, cooked  
 1 medium onion, diced  
 ½ pounds mushrooms, chopped, about 2½ cups  
 2 Tbsp. Butter of ghee  
 2 medium green peppers, chopped  
 1 stalk celery, chopped Optional as it is hard to get  
 2 large tomatoes, peeled and chopped  
 ½ tsp. paprika  
 2 Tbsp. parsley  
 oregano  
 sweet basil  
 thyme  
 ½ cup melted butter

Cook rice. Saute onion and mushrooms in butter until onion is transparent. Combine all of the vegetables with the rice. Add seasonings and melted butter and mix well. Turn into a 1 quart sufuria and bake covered, until desired consistency.

	Calories	Protein(g)	Fat(g)	Car(g)	A(IU)	C(mg)
Total	1039	22.3	26	183	3075	181
per serving	260	5.7	6.4	45.6	769	45

## SPINACH RICE 4 servings

1½ cups rice, uncooked, preferably long grain  
 1 bunch spinach, chopped yielding about 3 cups  
 5 Tbsp. butter  
 1 onion, chopped  
 1 clove garlic, minced  
 salt  
 pepper

Cook the rice but 5 minutes before it is ready add the spinach. In a another pot melt butter and saute onion and garlic. Add rice, salt, and pepper and mix everything well.

	Calories	Protein(g)	Fat(g)	Car(g)	A(IU)	C(mg)
Total	1921	32	61	313	14668	71
per serving	480	8	15	78	3667	18



PILAU (Mary Abrams) 4 servings

1 cup rice, preferably long grain  
4 Tbsp. butter or olive oil  
1 medium onion, chopped  
1 tsp. salt  
½ tsp. ground black pepper  
1 tsp. thyme  
1/3 small packet pilau mix (whole spices)  
1 large clove garlic  
2½ cups stock or water  
½ cup or so, pre-cooked tender chicken or beef in bite size pieces OPTIONAL

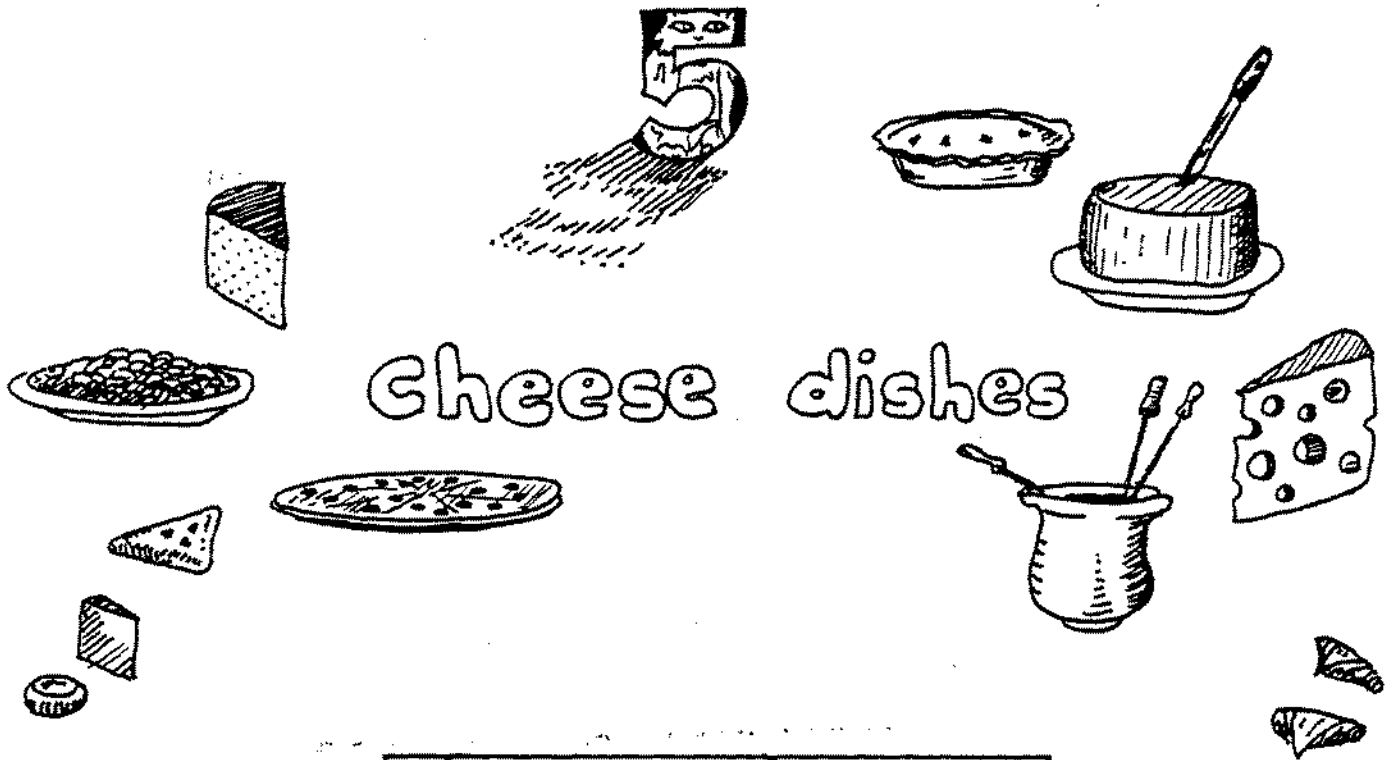
Use enameled metal casserole or sufuria that will fit inside your oven. Soak pilau spice mix, drain, and pulverize with a mortar and pestle, if you have one. (I use a ceramic mug and my chapati pan,) Saute onion in butter or oil until soft and transparent. Add rice and saute over medium heat about 5 minutes, then add seasonings and meat, if desired. Pour in boiling stock (made from Knorr's chicken or beef cube) or water, cover and bake covered 20 -25 minutes, until liquid is absorbed and rice is tender and easily separates. You can add chopped parsley, a little melted butter, sauteed almonds, or plump raisins or currants before serving-- or none of these.

NOTE: This is a combination of a rice pilaff recipe from home and a local pilau recipe. The local women, cooking over an open fire, partially cook the rice before adding the meat and the spices. Then they cover the sufuria and pile the burning charcoal (sticks and coconut shells) on the cover to bake. This gives the pilau a nice brown crust on top, if you want to try it. If you do, you only need one sufuria and a large cover to hold the fire.

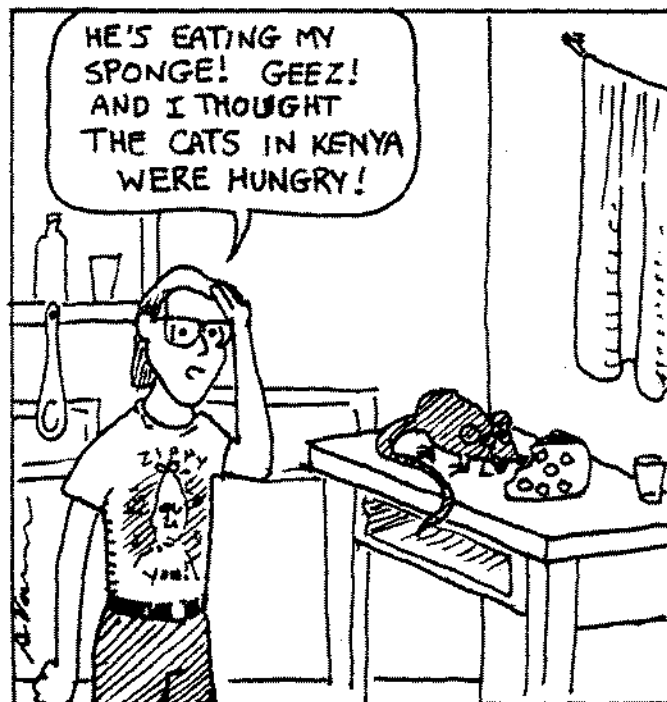
Also note that the nutritional analysis does not include the meat.

	Calories	Protein(g)	Fat(g)	Car.(g)	A(IU)	C(mg)
Total	1332	18.2	47.7	206	1915	8.5
per serving	333	4.6	11.9	51.6	479	2.1

# SECTION



## Cheese dishes



### PIZZA DOUGH I (Yeast) 1 10" pizza

1 cup flour (white or wheat or a mixture)  
1 tsp. dry yeast in 1/3 cup water (warm)  
1½ Tbsp. oil  
½ tsp. salt

Dissolve yeast in water. Add oil and salt. Add flour and knead the dough for a few minutes. Cover bowl with a damp cloth and leave in a warm place to rise for 1½ hours. Roll or pat the dough in a well oiled enamel plate. Bake the crust for 10 -15 minutes before putting the sauce and cheese on it.

### PIZZA DOUGH II (Baking powder) 1 10" pizza

1 cup white flour, or wheat, or a mixture  
½ tsp. salt  
1 tsp. baking powder  
2 tsp. oil  
enough water to form a soft dough

Mix dry ingredients well. Add oil and mix thoroughly. Then slowly add the water, mixing with your fingers, until you have a soft dough. Roll and place the dough in a well oiled enamel plate.. Bake for 5-10 minutes before putting on the sauce and cheese.

### PIZZA SAUCE

1 onion, chopped  
2-5 cloves garlic, peeled and finely chopped  
½ bell pepper, chopped (OPTIONAL)  
2 Tbsp. oil  
1 tin tomato paste, 70 grams  
1 tin full of water  
oregano  
basil  
salt (not necessary if the cheese is salty)  
black pepper

Saute onions, garlic, and pepper in oil, until tender. Add 1 tin paste, then add 1 tin full of water. Add the spices in quantities to your taste. You can add garlic powder at this point if you didn't have fresh garlic. Add salt, while making sure that the mixture does not burn. Cook the sauce for a few minutes.

NOTE: You can use more paste if you like a saucier pizza. You want this sauce to be fairly thick.

### PIZZA

Pizza crust, Pizza sauce, Grated cheese, Raw vegetables thinly sliced

After baking your crust for a few minutes, place a bit of sprinkled cheese on the crust. Let this cheese melt then place the sauce. Add any raw vegetables (hot peppers, green peppers, broccoli etc...) at this point. Cover the top with more cheese and bake in the oven until the crust is done and the cheese has melted.

	Calories	Protein(g)	Fat(g)	Car(g)	A(IU)	C(mg)
Total	1251	42	76	98	3445	154
per piece	208	7	12.7	16.4	574	25.6

assuming 6 pieces

The nutritional analysis assumes 1 cup of grated cheese was used per 10" pizza.

STOVE TOP PIZZA . 2 slices

2 slices bread

a pat of butter

pizza sauce, you can refer to PIZZA SAUCE recipe

grated cheese

Make your pizza sauce and let it cool. Heat your chapati pan or a fry pan and place the slices of bread on and let 1 side toast. Turn the slices over, and place a bit of butter on both sides, spreading it out. It is good to place some grated cheese below the pizza sauce so the bread does not get soggy. Spread the pizza sauce and then some more grated cheese. Cook until done. Covering the cooking pizzas will help to melt the cheese faster.

Spices such as, mustard or garlic powder can be placed on the slices of bread after the butter has been spread.

CAULIFLOWER PIE 2 servings makes 1 10" pie

CRUST

2 cups grated potatoes, washed, not peeled, and grated.  
½ tsp. salt  
1 onion, grated  
1 egg beaten

After grating the potatoes add the salt and let sit for 5-10 minutes. Squeeze out the excess water, add onion and egg. Mix well and pat into a well oiled pan, making sure to build up the sides. Bake until the crust is light brown.

FILLING

750 grams cauliflower (approximately), steamed until soft but not too soft  
1-2 onions, any type, finely chopped  
1-2 cloves garlic, finely chopped (OPTIONAL)  
a sliver of green pepper, chopped finely. Too much overpowers the taste of the cauliflower (OPTIONAL)  
1 cup cheese, grated (cheddar tastes good)  
2 Tbsp. butter or margarine  
thyme (a dash)  
basil (½ tsp. dry)  
salt (½ tsp. or less)

Saute the onions, pepper, and garlic in butter, for a few minutes. Add herbs, salt, and steamed cauliflower. Mix well.

CUSTARD

2-3 eggs  
¼ cup milk

In a cup beat eggs into the milk. Place half the cheese on the baked crust. Place the filling on the cheese. Sprinkle the rest of the cheese. Pour the custard on top. Dust the top of the pie with black pepper and/or paprika. Bake until well set.

NOTE: This can take a bit of time, especially if you are doing all of the work by yourself. The excess liquid from the grated potatoes can be used as a soup stock.

	Calories	Protein(g)	Fat(g)	Car(g)	A(IU)	C(mg)
Total	1487	82.3	87	111	4825	562
per piece						
assuming 6						
pieces	248	14	14.5	18.6	804	110

JIKO QUICHE (Stephen Mustoe) 1 10" quiche

CRUST

1 cup flour, white or wheat  
1/3 cup Blue Band (margarine)  
pinch salt  
4-5 Tbsp. water

FILLING

1 small onion, chopped,  
1-2 cloves garlic, chopped,  
2-3 ripe tomatoes, sliced  
fresh mushrooms, sliced  
6 eggs  
cheese  
salt  
pepper  
1/2 cup milk or maziwa lala (OPTIONAL)

Mix flour and salt, cut in the Blue Band. Mix well. Add water until the dough just sticks together. Roll out on a floured board. Place crust in a 10" enamel plate. Trim edges, crimp with fork to prevent shrinkage.

Saute onions, garlic and mushrooms in a bit of butter. Set this aside.

Grate enough cheese to cover the bottom, the more the better especially if you have no mushrooms. Add onion, garlic, and mushroom mixture. Add sliced tomatoes. Beat eggs, add salt and pepper to taste. Add milk to the egg mixture, if desired. (NOTE: This will increase the baking time.) Pour mixture into shell.

Bake in a preheated oven for about 1 hour or until knife stuck in center comes out more or less clean.

Best served with Chateaux St. Julien (1976), Stag's Leap Cabernet Sauvignon(1978), or Dry Papaya (vintage Tuesday).

	Calories	Protein(g)	Fat(g)	Car(g)	A(IU)	C(mg)
Total	1868	78	131	102	9367	68
per piece	311	13	22	17	1561	11
assuming 6 pieces						

NOTE: The nutritional analysis assumes the use of 1 cup of cheese and no milk.

SUKUMA PIE (Kale or Collards are called sukuma wiki) 1 10" pie

1 Tbsp. Butter  
1 onion, chopped  
2 cups Sukuma (kale or collards), finely shredded

Melt butter in a sufuria and saute onions and sukuma until they are soft.

CUSTARD

3/4 cup milk  
3 eggs  
salt  
pepper  
rosemary  
garlic powder  
plus any other spices you like  
a cup grated cheese

Use the crust recipe from jiko quiche but bake the crust for about 5 - 10 minutes in a hot oven, until it is set. You can baste the crust with mustard if you like. Place a little bit of the grated cheese in the bottom. Then put the onion-sukuma mixture in. Pour the custard on top of this. Put the grated cheese on top. Bake in an oven until the mixture has set.

NOTE: This recipe can be used to make onion pie. Replace the sukuma with onions, using about 4 total.

	Calories	Protein(g)	Fat(g)	Car(g)	A(IU)	C(mg)
SUKUMA PIE						
Total	1883	70	131	110	15005	112
per piece assuming 6 pieces	314	12	22	18	2500	18.6
ONION PIE						
Total	1938	69	130	125	5980	35
per piece assuming 6	323	12	22	21	997	6

# CHEESE AND TOMATO TARTS 4 servings

## PASTRY

1½ cups flour  
pinch salt  
4 Tbsp. butter  
2 egg yolks  
1 tsp. lemon juice

## FILLING

½ cup french mustard  
2 cups grated cheese  
9 small firm tomatoes, sliced  
1 Tbsp. oil

PASTRY Mix flour and salt in a bowl. Rub in the butter until the mixture looks like coarse breadcrumbs. Add egg yolks and lemon juice and mix until combined. Turn on to a lightly floured board and knead lightly. Roll out pastry to line 2 smaller enamel plates (about 8" in diameter) or about 12-14 of the 70 gram tomato paste tins. Bake in a hot oven until golden brown. Remove and allow to cool. When cooled place filling in crusts and bake until cheese has melted.

FILLING Spread a layer of mustard over the base of the crust. Place cheese so that it covers the mustard. Arrange the tomato slices on top and brush them with oil.

	Calories	Protein(g)	Fat(g)	Car(g)	A(IU)	C(mg)
Total	2333	94	137	196	17584	306
per serving	583	23	34	49	4396	77



# CRISPY CHEESE PANCAKES WITH ZUCCHINI SAUCE 4 servings

## Pancakes:

3/4 cup white flour  
pinch salt  
3 eggs  
2 Tbsp. oil  
3/4 cup milk  
1 egg, extra  
2 cups breadcrumbs, fresh  
oil for deep frying

## Filling

2 cups mushrooms, chopped roughly  
2 Tbsp. almonds, slivered, roasted  
300 grams cheese, grated

## Zucchini sauce

1/2 Tbsp. butter  
1 small onion  
1 1/2 cups zucchini, ~~grated~~  
1 cup water  
salt, pepper

Pancakes: Mix ingredients and form a smooth batter. Heat pan, grease well, pour 2 to 3 tablespoons, swirling batter evenly around pan. Cook over medium heat until light golden brown. Turn and cook the other side. Repeat with the remaining batter, reserving 2 tablespoons for sealing.

Divide prepared filling evenly among pancakes, then spread filling out to cover half of each pancake. Brush edges of each pancake with the reserved batter, then fold the pancake in half again, pressing edges to seal filling. ~~Brush the~~ ~~pancakes~~ with lightly beaten extra egg, then coat with breadcrumbs. Deep-fry in hot oil until golden brown. Serve with zucchini sauce.

Filling: Mix all of the ingredients together well.

Zucchini sauce: Melt butter in a pan, add onions and cook for 1 minute. Add zucchini, cook further 2 minutes, stirring occasionally. Add water, bring to a boil, reduce heat, simmer uncovered 15 minutes, cool slightly. Mash vegetables as best as you can or puree in blender, that is if you have one. Add salt and pepper and bring the mixture to a boil again

	Calories	Protein(g)	Fat(g)	Car(g)	A(IU)	C(mg)
total	3345	156	195	242	6984	50
per serving	836	39	49	61	1746	12.5

CARLIC FONDUE 4 servings

2 to 3 cloves garlic  
2 Tbsp. oil, corn or sunflower  
500 grams cheese, coarsley grated (chedder and Tilsiter work well)  
3 Tbsp. flour  
1½ cups Papaya wine (dry) or any white wine  
Pepper to taste

3 hours before you plan to eat

Mince the garlic as finely as you possibly can (until it is almost a mash) and put it in the oil. Sprinkle flour on the grated cheese and mix well so cheese is coated evenly with the flour.

30 minutes before you plan to eat

Heat wine in a heavy sufuria (or a clay pot) over low heat. When bubbles begin to appear add the cheese a handful at a time, stirring constantly with a wooden spoon. When all the cheese has melted stir in the oil and garlic mixture. Continue stirring over low heat until the mixture is creamy (about 15 minutes). Dip pieces of bread, potato (steamed), ugali, or anything you want into the warm fondue.

	Calories	Protein(g)	Fat(g)	Car(g)	A(IU)	C(mg)
Total	2640	143	215	31	5985	0
per serving	660	36	54	7.7	1496	0

FONDUE (Ross Jackson) 2 servings

1 clove garlic  
½-1 cup dry white wine (Papaya works)  
1 Tbsp. flour  
1½ - 2½ cups grated cheese

Smear the clove of garlic on a frying pan (the inside). Put in the wine and heat until bubbles begin to form but don't let it boil. Add some flour to thicken the wine stirring constantly. Put in the cheese in handfuls, stirring in between so the cheese melts. Again do not let it boil.

NOTE: You can dip steamed vegetables or bread cubes in the fondue.

The nutritional analysis assumed 1 cup of wine and 2 cups of cheese were used,

	Calories	Protein(g)	Fat(g)	Car(g)	A(IU)	C(mg)
Total	960	57	75	13	2394	0
per serving	480	29	37	6.7	1197	0

PANIR (similar to farmer cheese)

2 cups milk, heated to a boil  
2-3 Tbsp. lemon juice or lime juice OR 1-2 Tbsp. vinegar

Once the milk comes to a boil lower the heat and add lemon juice (or lime juice or vinegar) and the milk will separate. Stir gently until the liquid is clear. If the liquid is not clear add a bit more lemon juice.

Place a cloth (handkerchief, or khanga piece) in a colander and strain the mixture. The liquid can be used for cooking beans or in soups so don't throw it away.

Gather up the sides of the cloth and gently squeeze out the excess water. Put the panir, still in the cloth, back in the colander. Place a heavy weight (a kg. of rice or beans or a rock) on the panir and leave it anywhere from 15 minutes to 12 hours depending on how you plan to use it.

#### USES FOR PANIR

Soft Panir - Panir can be used in recipees calling for farmer cheese, ricotta, or cottage cheese. It can be mixed in with curried vegetables or dals.

Medium panir - Add caraway seeds and salt to this type of panir and mix well. Form into pancake like shapes and cook on a hot skillet with a bit of butter to get a fried cheese pancake.

Hard Panir - is made by leaving the rock on the panir for a long time so a lot of water is drained out. Shape into cubes and deep fry into butter or ghee. These pieces can be put in curries. If the panir is not hard enough it will loose its shape when frying. It takes some practice to manipulate it.

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#### MUSHROOM QUICHE 4 servings

1 cup mushrooms, sliced and sauteed  
1-1½ cups cheese, grated  
4 eggs, beaten  
1 small onion, diced/sauteed  
½ tsp. salt  
¼ tsp. pepper  
shake of garlic  
1 Tbsp. fresh parsley, minced  
2 Tbsp. wheat germ

Sprinkle the 2 tablespoons of wheat germ over a buttered pie pan. Fill with the ingredients and bake until the cheese has melted and everything is warm.

	Calories	Protein(g)	Fat(g)	Car(g)	A(IU)	C(mg)
Total	1027	62	77	26	3957	11.4
per serving	257	15	19	6	989	2.8



POTATOES IN MILK (Maureen Lardie) 2 servings A quick and easy lunch

6 potatoes, washed, not peeled, sliced thin  
 1½ cups milk  
 3 Tbsp. Blue Band (margarine)  
 ½ cup green onions, chopped  
 salt  
 pepper

Simmer potatoes in milk until they begin to soften. Add other ingredients and cook everything for about 10 more minutes.

	Calories	Protein(g)	Fat(g)	Car(g)	A(IU)	C(mg)
Total	1090	29	48	140	1970	147
per serving	545	14.4	24	70	985	73.5

IRIO 2 servings

1 ear ripe maize, not dried with kernels taken off, yields about 1½ cups  
 ½-¾ cup shelled peas  
 3 medium potatoes  
 2 Tbsp. butter of Blue Band  
 salt  
 pepper

Place maize kernels and peas in a sufuria with water and boil until almost soft. It should take about 1 hour, depending on the maize and the peas. Add the potatoes and cook them until they readily mash. Add water when it is needed. When the mixture is soft (though the maize never seems to get soft enough) mash it with a fork. Add salt, pepper, and the butter. Mix it and serve.

NOTE: This tastes good with mbaazi, beans cooked in coconut.

	Calories	Protein(g)	Fat(g)	Car(g)	A(IU)	C(mg)
Total	813	22.3	26.5	136	2395	128
per serving	406	11	13.2	68	1198	64

# BAKED POTATOES WITH MUSHROOM SAUCE (very easy meal) (Michelle Leatrick) 3 servings

- 2 small onions, peeled and smeared with Blue Band
- 2 medium potatoes, well washed
- Knorr mushroom soup mix, 1 package

Prick potatoes. Wrap potatoes and onions in foil. Bake in an oven for 1 - 1½ hours or until tender. Make Knorr soup with ¾ of the usual amount of water. Use it as a sauce over your baked potatoes and onions

	Calories	Protein(g)	Fat(g)	Car(g)	A(IU)	C(mg)
Total	961	18	52.4	111	1220	70
per serving	480	9	26	55	610	30.5

The nutritional analysis has accounted for the mushroom soup

## POTATOES AU GRATIN WITH A TWIST (Kathleen Soltero) 3 servings

- 4 potatoes, parboiled, peeled, and thinly sliced
- 3 tomatoes, thinly sliced
- 4-5 green onions, thinly sliced
- 4 oz. mild cheese

### CREAM SAUCE:

- 1 cup milk
- 2 Tbsp. flour (wheat is better)
- 2 Tbsp. margarine (Blue Band)

### EGG AU GRATIN:

- 3 eggs
- salt, pepper, mixed herbs, and cumin to taste

Begin cream sauce by melting margarine. When it has melted add flour while stirring briskly, as soon as it has mixed thoroughly pour a small amount of milk in. Mix this well and then add the rest of the milk, stirring constantly until it thickens. Place a layer of potatoes in a small well greased sufuria, followed by a layer of onions, then cheese, then tomatoes. Repeat on layering making sure to keep enough cheese for a final, thick covering for the top. Pour cream sauce over this. Mix eggs and spices together and pour this also over the top. Bake this in a biko oven until hot and bubbly (about 45 minutes).

	Caloreis	Protein(g)	Fat(g)	Car(g)	A(IU)	C(mg)
Total	1498	69	87	119	9100	134
per serving	499	23	29	39.6	3033	61

# MOM'S SCALLOPED POTATOES (Michelle Deatrick) 2 servings

5 medium potatoes, thinly sliced with skins left on  
 2 medium onions, coarsely chopped  
 1/4 cup flour  
 1/4 cup Blue Band  
 1 1/2 tsp. salt  
 1 tsp. pepper  
 1/2-3/4 cup grated cheese Optional  
 paprika  
 1 cup milk, approximately

Grease a 6-7" in diameter sufuria. Mix the flour, salt, and pepper. Arrange half the potatoes in the bottom. Sprinkle on half the onions, half the cheese, and half the flour mixture. Dot with half the Blue Band. Repeat with the remaining ingredients. Pour enough milk so that it is about 1 inch below the top of the potatoes. If desired, sprinkle paprika on top. Bake for 1-1 1/2 hours in a jiko oven or at 350°.

	Calories	Protein(g)	Fat(g)	Car(g)	A(IU)	C(mg)
WITHOUT CHEESE						
Total	1312	30.4	55.4	179	2290	143
per serving	656	15.2	28	89.4	1145	72
WITH CHEESE						
Total	1540	44.4	74	180	2890	143
per serving	770	22.2	37	90	1445	72

## GOLDEN POTATO CAKE 4 servings

6 cups potatoes, diced  
 1 Tbsp. butter  
 3 eggs, seperated, whites beaten until they peak  
 salt  
 pepper

Cook the potatoes in salted water for 15 minutes or until tender, drain if necessary. Mash the potatoes, add butter, egg yolks (reserve a little egg yolk for glazing) and salt and pepper. Beat until well combined. Fold in firmly beaten egg whites. Spoon mixture into an <sup>greased</sup> enamel plate. Smooth top and brush with reserved egg yolk. Bake in a hot oven for 1 hour or until golden brown.

	Calories	Protein(g)	Fat(g)	Car(g)	A(IU)	C(mg)
Total	1002	36.4	29.7	155.9	2030	180
per serving	250	9.1	7.4	39	508	45

# DRY POTATO AND PEA SAK (Sak means a spiced vegetable dish) 2 servings

2 boiled potatoes, cut into bite size pieces  
 ½ cup boiled peas  
 1 tsp. cumin seeds  
 3 Tbsp. oil  
 ½ tsp. turmeric powder  
 1 onion, chopped  
 1 hot pepper, chopped Optional  
 2 cloves garlic, chopped  
 1 piece ginger, chopped  
 1 tomato, chopped optional  
 ¼ tsp. cayenne pepper  
 ¼ tsp. salt

Heat oil. Add cumin seeds and turmeric and when the seeds begin to pop add onions, garlic, and ginger. Saute for a few minutes. Add the tomato now if you are using it. Cook a few more minutes stirring at things do not stick. Sprinkle salt and cayenne on the potatoes. Add the potatoes and peas to the oil-spice-onion mixture. Stir until the potatoes are coated with oil and are yellow. Heat everything well and then it is ready to eat.

NOTE: This can be done with many vegetables which are steamed or boiled first. Instead of potatoes or in addition boiled cauliflower, carrots, beans just to mention a few can be used.

	Calories	Protein(g)	Fat(g)	Car(g)	A(IU)	C(mg)
Total	762	14	43	83	1815	116
per serving	381	7	22	42	908	58

## SCALLOPED POTATOES AND CARROTS (Curt Reynolds) 6 servings can easily be cut in half!

2 cups boiling water  
 2 tsp. salt  
 4 cups potatoes, sliced  
 3 Tbsp. butter  
 2 Tbsp. Whole wheat flour  
 1 tsp. salt  
 ½ tsp. pepper  
 dash of cayenne pepper  
 1½ cup milk  
 1½ cup sharp cheese, grated  
 1 Tbsp. Minced parsley

Lightly grease a 2½ quart sufuria. Add salt to 2 cups boiling water which is in a pot on the heat. In this water cook potatoes, onions, and carrots covered for 5 minutes or just until partially tender. Drain. To prepare cheese sauce, melt butter in a small saucepan; remove from heat; stir in flour, salt, pepper, cayenne; then stir in milk, blending well. Over medium heat, bring to a boil, stirring until smooth. Stir in 1 cup cheese. Cook until cheese is melted, add parsley and stir. Layer the potatoes, onion, and carrot, top with half the cheese - repeat. Top with cheese. Bake covered with a lid (foil or sufuria lid) for 30 minutes in a hot oven. You may want to uncover for the last 10 minutes.

	Calories	Protein(g)	Fat(g)	Car(g)	A(IU)	C(mg)
Total	1839	73	104	157	1800	100
per serving	306	12	17	26	300	17



# SWEET POTATO PIE (Tama Wray) 2 pies

2 cups sweet potatoes, cooked and mashed  
 1 cup brown sugar  
 1/2-1 cup sugar  
 1 tsp. cinnamon  
 1 tsp. nutmeg  
 1/2 cup butter  
 3 eggs  
 1 can evaporated milk  
 2 unbaked crusts, single

Mix above ingredients until smooth. Bake in the unbaked crusts until firm.

Total	Calories	Protein (g)	Fat(g)	Car(g)	A(IU)	C(mg)
Total	5264	64.5	240	738	41722	52
per piece						
assuming 12						
pieces total 439	439	5.4	20	61.5	3477	4.3

## FRENCH FRIES

Potatoes, sliced into about 3/8 inch thick strips  
 hot oil for frying  
 salt  
 pepper

Cook potatoes in batches for about 2 minutes in hot oil until sputtering slows down. Remove, drain as well as possible. Do this with all of the potatoes. Cool the potatoes for at least 10 minutes before frying for the second and final time. The second frying may take up to 5 minutes. This method ensures crisp golden brown fries.

	Calories	Protein(g)	Fat(g)	Car(g)	A(IU)	C(mg)
for 10						
pieces	137	2.1	6.6	18	0	32

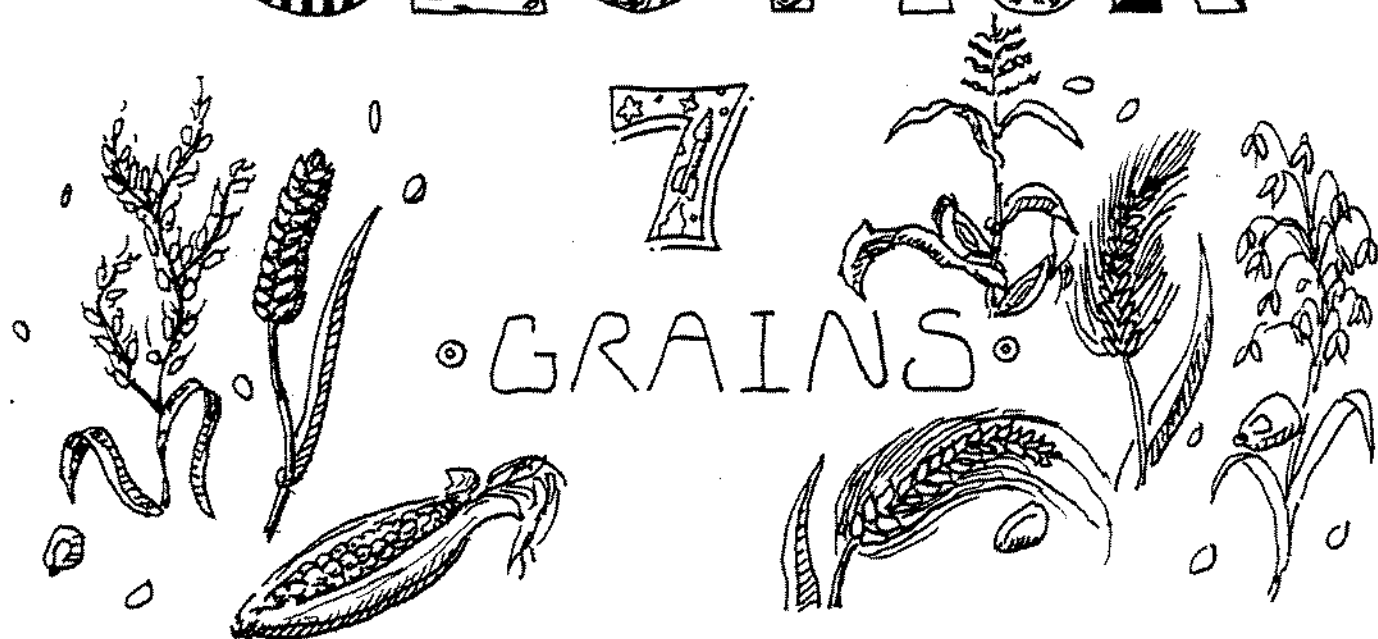
SWEET POTATO CASSAROLE 2 servings

2 sweet potatoes, peeled and chopped  
2 carrots, chopped  
1/2 cup pineapple, very ripe, finely diced .  
2 Tbsp. butter  
2 Tbsp. milk

Boil potatoes and carrots until soft in just enough water that you don't have to drain them. Add butter, mash potatoes and carrots. Add milk and mix well. Add pineapple. Now you can heat the whole mixture on the stove until the pineapple is warm, or you can lightly grease a soufflé dish, put the mixture in the soufflé dish and bake until everything is warm.

	Calories	Protein(g)	Fat(g)	Car(g)	A(IU)	C(mg)
total	670	6	26	106	41500	79
per serving	335	3	12.8	53	20750	39.6

# SECTION



# UGALI 4 servings

4 cup water  
2 Tbsp. butter  
3-4 cups maize flour

Bring water to a boil in a suffuria. Add the butter and let it melt. Add the maize meal and stir to prevent lumps. Add more maize meal to make a thick ugali. Keep stirring and on the heat until the meal is well cooked. It is best served hot with vegetables.

	Calories	Protein(g)	Fat(g)	Car.(g)	A(IU)	C(mg)
total	1708	42.4	16	352	----	----
per serving	427	10.6	4	88.1	----	----

NOTE: The nutritional analysis assumed that 4 cups of maize meal were used.

## UGALI, IMPROVED

Make a very watery vegetable dish. Cook the ugali in the water remaining from the vegetables. Also soups can be used to cook the ugali in.

## POLENTA (Michelle Deatricks and David Bowerman) - 2 servings

This sounds gross, especially to those who hate ugali, but it is actually quite good. Cut into slices and use it instead of pasta with spaghetti sauce.

1 cup maize meal  
4 cups water  
1 tsp. salt  
1/8 tsp. cayenne pepper  
OR  
1/2 tsp. paprika  
1/2 cup cheese, any type cut into thin slices(1/2 cup can be sufficient)

Put maize meal in a sufuria. Slowly add water, stirring to avoid lumps. Add salt and cayenne or paprika. Cook over medium heat, stirring frequently until it is thick. It is ready when a blob, dropped from a spoon holds its shape fairly well. It should not be as thick as ugali. Pour half the corn meal into a well buttered bowl or dinner plate. Arrange the cheese on top, keeping it 1/2" away from the edges of the meal. Spoon the rest of the corn meal on top, smoothing it to cover the cheese and make a nice mould. Let it sit for a few minutes before serving to allow the cheese to melt.

	Calories	Protein(g)	Fat(g)	Car(g)	A(IU)	C(mg)
Total	661	23	22	91	998	0
per serving	331	11.6	10.9	45	499	0

# MILLET PATTIES (Curt Reynolds) 4 patties

$\frac{1}{2}$  cup millet seeds  
 2 cups boiling water  
 $\frac{1}{2}$  cup peanut butter  
 2 tsp. oil or ghee  
 2 tsp. soy sauce (optional)  
 1 small onion, chopped  
 $\frac{1}{2}$  of a green pepper, chopped  
 a few cloves garlic, chopped finely

Cook the millet by adding it to the boiling water. Cover the pot and cook until millet is soft (45 minutes - 1 hour) and all of the water is absorbed. Saute onions, pepper, and garlic in oil. Add this to the cooked millet. Also add peanut butter, soy sauce, and desired spices. Mix the concoction well. Divide it into 4 parts and form patties. Brown the patties in a lightly buttered pan.

NOTE: Try to find millet which does not have small rocks as they are impossible to remove.

These patties taste good with mustard.

	Calories	Protein(g)	Fat(g)	Car(g)	A(IU)	C(mg)
Total	1302	81	91	117	1060	34
per patty	326	20	23	29	265	8.5

## UPPAMA (Spiced semolina) 2 servings

1 carrot, finely chopped, cooked until soft  
 $\frac{1}{2}$  cup peas, cooked until soft  
 1 onion, finely chopped  
 2 cloves garlic, finely chopped  
 2 Tbsp. butter, margarine, or oil  
 1 tsp. cumin seeds  
 $\frac{1}{2}$  tsp. turmeric powder  
 1 Bay leaf  
 5 cashews, chopped  
 $\frac{1}{2}$  cup semolina (farina or Cream of Wheat also works)  
 cayenne pepper to taste  
 1 cup water, approximately

Melt butter, add spices, onion, cashews, and garlic. Saute until lightly browned. Add semolina and continue to saute over low heat (about 5 minutes) stirring constantly. Add carrots, peas, and the water. Add more water if necessary and continue stirring well until the semolina is cooked, a few minutes. Most of the water should get absorbed. Uppama softer than ugali but harder than uji (porridge). Add cayenne pepper and serve hot.

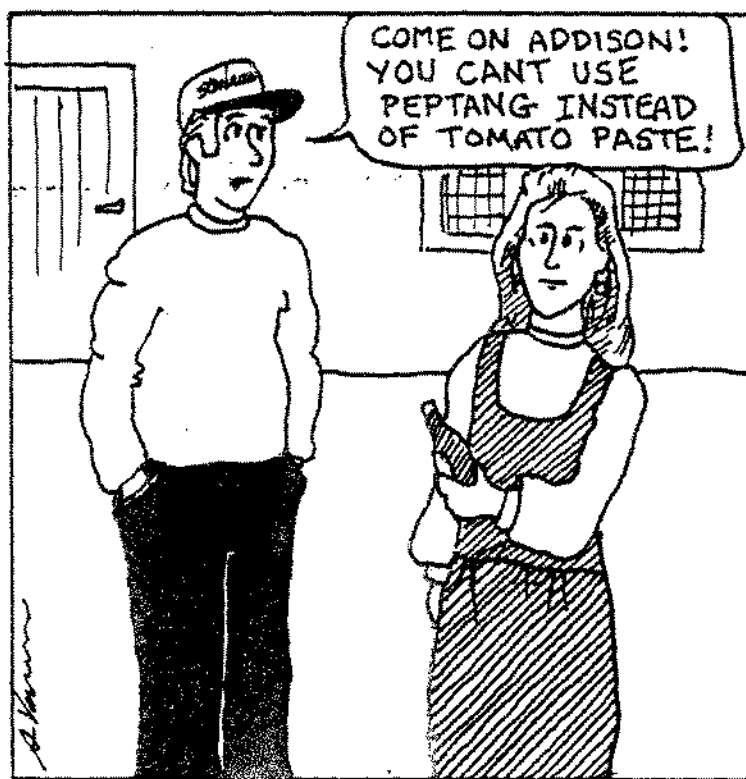
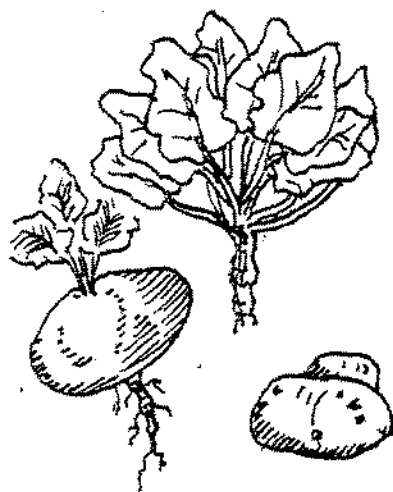
NOTE: Lemon juice on top tastes good.

	Calories	Protein(g)	Fat(g)	Car(g)	A(IU)	C(mg)
Total	510	11	32	49	1225	24.5
per serving	255	5.5	16	24.5	613	12.3

# SECTION

8

VEGETABLES



## SALSA

2-3 cloves garlic  
 4-5 green onions/ scallions  
 2-3 green peppers  
 salt to taste  
 pepper to taste  
 chili powder to taste

Finely chop tomatoes, garlic, onions, green peppers. Add chili powder, salt, and pepper. Mix thoroughly. Let sit for several hours. (Overnight is best.)

	Calories	Protein(g)	Fat(g)	Car.(g)	A(IU)	C(mg)
Total	378	18	3.2	17	15500	372

### GUCAMOLE 2 large servings

1 ripe/soft avocado  
 1 small onion, finely chopped  
 1 tomato, chopped coarsley  
 ½ tsp. salt  
 1 lemon, juice of  
 dash hot sauce or cayenne pepper or chopped hot pepper  
 black pepper  
 coriander leaves for garnish (OPTIONAL)

Scoop out the meat from the halves of the avocado into a bowl. Mash the meat up with a fork. Add onion, tomato, salt, lemon juice, cayenne, and black pepper. Mix well and let it sit for a few minutes before eating. Tastes good on toast or with chapatis.

	Calories	Protein(g)	Fat(g)	Car(g)	A(IU)	C(mg)
Total	411	7.4	33	30.6	1965	91.5
per serving	206	3.7	17	15	983	46

### SALAD (Tama Wray) 2 servings

3 tomatoes  
 1 onion, sliced  
 1 lemon  
 salt

Rub salt into onion then rinse 2-3 times with water. Mix onions and tomatoes, then add lemon juice. Let mixture stand in a cool place for an hour.

NOTE: This type of salad goes well with Indian food.

	Calories	Protein(g)	Fat(g)	Car(g)	A(IU)	C(mg)
Total	140	6.3	1	36	408	126

CARROT CASSEROLE (Shelly Mahowald) 4 servings

2 cups carrots, cooked, drained, and mashed  
 1/2 cup Blue Band  
 3 eggs  
 dash of cinnamon  
 1/8 tsp. salt  
 1/4 cup sugar  
 3 Tbsp. whole wheat flour, white will do  
 1 tsp. baking powder

Add Blue band to the carrots. Then add beaten eggs, cinnamon, salt, sugar, flour, baking powder and optional ingredients. Bake in a hot jiko oven until browned.

NOTE: 1 tablespoon of wheat germ or 1 tablespoon of dry milk powder can be added.

	Calories	Protein(g)	Fat(g)	Car(g)	A(IU)	C(mg)
total	1396	23	110	89	36820	18
per serving	349	6	27	22	9205	4.5

GREEN TOMATOES CAN TASTE GOOD (Michelle Bushey) 2 servings

1-2 eggs, beaten  
 white or whole wheat flour or fine bread crumbs  
 salt, pepper  
 garlic salt or celery salt  
 basil, or any other favorite batter spice  
 cooking oil for frying  
 a little milk to thin the batter if desired

Slice the tomatoes in round sections about 1/4 - 3/8 inch thick. Dip slices in egg and then in batter. Fry in oil for a few minutes or until the batter is crispy.

	Calories	Protein(g)	Fat(g)	Car(g)	A(IU)	C(mg)
total	967	23	70	65	5134	102
per serving	483	11.6	35	33	2567	51

COCOANUT MATOKE - GREEN BANANAS (Tama "Tray) 4 servings

6-8 green bananas  
 milk of one coconut  
 1/2 cup milk (cow's)

Peel the skins from the bananas with a knife. Cut bananas into 1 inch pieces. Boil the bananas in 1 cup of 2nd coconut milk for 15 minutes. Add cow's milk and 1/2 cup of 1st coconut milk. Cook until sauce thickens.

NOTE: No data was available on green bananas so there is no nutritional analysis.



POTATO CAULIFLOWER SAK 2 servings

2 cups potatoes, chopped  
 1/2 cup peas  
 1 small head of cauliflower, broken up  
 1 carrot, cut into small cubes  
 3 Tbsp. oil  
 1/2 tsp. cumin seeds  
 1 onion, chopped  
 3 cloves garlic, chopped  
 a piece of ginger, chopped  
 1 tomato, chopped  
 1 hot pepper, chopped or cayenne pepper (OPTIONAL)  
 yogurt (optional)  
 hard boiled egg, chopped(Optional)

Heat oil in a sufuria, add cumin seeds and turmeric. When seeds begin to pop add onion, garlic and ginger (also chopped hot pepper). Stir and saute for a few minutes. Then add tomato. Continue cooking until onions are soft. Add potatoes, cauliflower, peas, and carrot. Stir until all the vegetables are well coated and yellow from the turmeric. Add salt. Add a few cups of water and let it simmer until vegetables are tender. If you want a thicker d sauce crush a few of the potato pieces or you can add yogurt. Another variation is to add slices of hard boiled egg or pieces of fried panir when the vegetables are simmering.

	Calories	Protein(g)	Fat(g)	Car(g)	A(IU)	C(mg)
Total	711	17	43	70	12963	247
per serving	356	8.5	22	35	6481	123

SPAGHETTI SAUCE (Mary Abrams) 4 servings.

1 medium onion, chopped  
 1 clove garlic, minced  
 2 16 oz. can stewed tomatoes, chopped  
 1 Tbsp. tomato paste  
 1Tbsp. corn oil (or olive oil)  
 1 tsp. oregano  
 2 tsp. parsley  
 1/2 tsp. basil  
 1/4 tsp. thyme  
 1/2 tsp. salt (optional)

Saute onion and garlic in oil until slightly yellow. Add other ingredients and simmer for 15-20 minutes over low heat. Cooked meat may be added for flavor and greater nourishment. Preserve by resimmering (cover) immediately after you finished serving and again once or twice a day according to climate.

	Calories	Protein(g)	Fat(g)	Car(g)	A(IU)	C(mg)
Total	379	12	16	54	9035	235
per serving	95	3	4	13.5	2259	59

# EGGPLANT MELANGE (Mary Abrams) 4 servings

1 medium eggplant, peeled and cubed  
 1 cup onion, chopped  
 1/2 Tbsp. oil (corn or olive)  
 2 strips green pepper, cut up  
 1 cup tomatoes, chopped up (fresh or canned)  
 1/2 tsp. salt  
 1/4 tsp. ground pepper ( I prefer 1/8)  
 1/4 tsp. oregano (I prefer 1/2)

Saute onions in oil. Add green pepper and eggplant. Saute stirring frequently. Stir in the remaining ingredients and cook for 30 minutes (20-25 at sea level) or until vegetables are cooked as you like them. Add a little water if liquid cooks away. Leftovers are nice combined with a spaghetti sauce. Omit green pepper if it is not available or add zucchini if you like.

NOTE: All recipes containing vegetables should be cooked only until the vegetables are no longer raw, if you wish to preserve leftovers by reheating. Remember, each simmering will cook the vegetables a little more and you may end up with mush, if you're not careful.

This is especially true of cabbage and zucchini.

	Calories	Protein(g)	Fat(g)	Car(g)	A(IU)	C(mg)
Total	315	12	8.9	55	5575	189
per serving	79	2.9	2.2	14	1394	47

# SKILLET EGGPLANT (Ross Jackson) 2 servings

2 Tbsp. Blue Band or butter  
 2 cups eggplant, diced  
 1 cup onions, sliced thinly  
 1 large green pepper, cut into thin strips  
 1 large tomato, diced  
 1/2 cup water  
 1/2 tsp. salt  
 1/4 tsp. allspice  
 1 tsp. sugar (Optional)

Melt butter in a skillet and add eggplant, onions, pepper, tomato, and the rest of the ingredients. Mix well and simmer until eggplant is tender, about 20 minutes. You might need to add more water.

	Calories	Protein(g)	Fat(g)	Car(g)	A(IU)	C(mg)
Total	411	9.7	24	47	2570	122
per serving	205	5	12.2	24	1285	61

DAVE'S EGGPLANT (Michelle Detrick and David Bowerman) 2 servings

3 medium or 2 large eggplants  
milk  
cornmeal or wheat flour  
 $\frac{1}{2}$  tsp. salt  
 $\frac{1}{2}$  tsp. black pepper  
 $\frac{1}{2}$  cup corn oil or Kimbo (oil is better)  
OPTIONAL: Spaghetti sauce

Mix corn meal or flour with salt and pepper. Leave skins on eggplant and cut into  $\frac{1}{2}$ " thick slices. Dip them into milk, then cornmeal mixture. Heat oil in skillet, then fry the eggplant for 10 minutes or until soft. This can be served alone or with spaghetti sauce.

NOTE: This is a good recipe to use up leftover spaghetti sauce.

	Calories	Protein(g)	Fat(g)	Car(g)	A(IU)	C(mg)
Total	874	17	60	81	166	60
per serving	437	8.5	30	41	83	30

RATATOUILLE (Michelle Deatrick and David Bowerman) 2 servings

$\frac{1}{4}$  cup Kimbo or corn oil  
2 medium onions, peeled and thinly sliced  
2 medium eggplants, washed but not peeled and cut into  $\frac{1}{2}$ " cubes  
6 tomatoes, cut into  $\frac{1}{2}$ " cubes  
 $\frac{1}{4}$  tsp. garlic powder or 2 fresh cloves garlic  
OPTIONAL:  $\frac{1}{4}$  cup grated cheese

Saute the onions (and fresh garlic) in a 6-7" sufuria for about 5 minutes or until limp. Remove half. Put in half of the eggplant and half of the tomatoes. Sprinkle salt, pepper and (garlic powder). Then layer the rest of the tomatoes, onions, and eggplant. Simmer covered for about 20 minutes. Uncover (Add grated cheese) and heat 5-10 minutes to reduce extra liquid. This can be good served with rice, ugali, or whatever.

	Calories	Protein(g)	Fat(g)	Car(g)	A(IU)	C(mg)
MADE WITHOUT CHEESE						
Total	967	22	60	103	8250	261
per serving	484	11	30	52	4125	131
MADE WITH CHEESE						
Total	1197	36	78	104	8848	261
per serving	598	18	39	52	4424	131

# CABBAGE KIMCHI (Dan Heister)

$\frac{1}{2}$  kg. cabbage (about  $\frac{1}{2}$  a head)  
 3 green onions, chopped  
 2 dried res chilis, crushed  
 $1\frac{1}{2}$ -2 tsp. fresh ginger, minced,  
 1 Tbsp. salt  
 2-3 tsp. garlic, chopped  
 $\frac{1}{2}$  Tbsp. sugar (dissolved in 1 tablespoon hot water)  
 $\frac{1}{2}$  cup water

Cut the cabbage into wedges. Soak in water (2 cups water and  $\frac{1}{2}$  cup salt) for 2-3 hours; drain. In a bowl mix chopped garlic, onions, salt, sugar, chilis, and water. Insert mixture between drained cabbage leaves. Place in bowl, top with inverted plate. Cover with a plastic bag, cloth, or anything that will contain the fumes. Keep in a cool place. Ready in 3 days; even better after a week.

	Calories	Protein(g)	Fat(g)	Car(g)	A(IU)	C(mg)
Total	162	7.2	.8	37	1643	252

# CABBAGE COBBLER (Shelly Mahowald) 4-6 servings

## VEGIE FILLING:

2 onions, chopped  
 4 cups shredded cabbage  
 2 Tbsp. Blue Band (margarine)  
 $\frac{1}{2}$  cup milk  
 2 eggs, beaten  
 $\frac{1}{2}$  tsp. salt  
 $\frac{1}{8}$  tsp. pepper  
 1 tsp. caraway seeds (optional)

## COBBLER:

2 cups whole wheat flour  
 2 tsp. baking powder  
 $\frac{1}{2}$  tsp. salt  
 1 egg, beaten  
 1 cup milk  
 2 Tbsp. Blue Band (margarine)

FILLING - Sauté onions and cabbage in Blue Band. Add other ingredients, cook for 3-4 minutes longer. Remove from heat.

COBBLER - Combine wet and dry ingredients in separate bowls, then mix together briefly until all is moistened.

Spread the cobbler in a greased medium-sized sufuria ( 8 x 8 pan). Spread cabbage filling over this. Bake in a hot oven until light brown on top and dough on bottom is baked through. You'll have to dig a bit and find the bottom layer of dough.

	Calories	Protein(g)	Fat(g)	Car(g)	A(IU)	C(mg)
Total	1796	60	78	216	4395	153
per serving						
assuming 6	300	9.9	13	36	733	25

## SUKUMA WIKI AND CREAM (Duncan Chaplin)

- 1) Clean and chop the sukuma wiki (kale).
  - 2) Fry tomatoes and onions until soft and brown and put aside.
  - 3) Cook the sukuma wiki in some cream until the sukuma changes color.
  - 4) Add a little water and salt and cook for 20 minutes adding water when necessary.
  - 5) Add the onions and the tomatoes and eat.
- 

### KALE (Sukuma wiki) 2 servings

2 Tbsp. fat (oil, Blue Band, Kimbo)  
1 onions, chopped  
1 tomato, chopped  
A bunch of sukuma (Kale), chopped  
salt  
pepper  
rosemary (optional)

Melt fat in a suffuria and add the onions. Stir well and saute for a bit. Add tomato and saute. Add sukuma and saute it for a short time. Add 1/2 cup water and then add the spices. Let the mixture simmer until the sukuma has reached a desired tenderness.

NOTE: Spinach can be used instead of Kale. It tastes better if you cut away the stems and leave them out.

	Calories	Protein(g)	Fat(g)	Car(g)	A(IU)	C(mg)
Total	360	8	29	21	10515	144
per serving	180	4	15	11	5258	72.3

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### CRISP FRIED OKRA 2 servings

250 grams fresh young okra  
oil for deep frying  
salt  
black pepper  
cayenne pepper  
garam masala, spices to taste

Wash and dry okra. Remove heads and tails. Slice the pods into thin rounds (about 1/2 cm thick). Put about 1" of oil in a skillet. Put in 1 layer of okra pieces. Fry each batch 4 to 5 minutes, until the okra turns crisp and a bit brown. Drain okra and blot excess oil with paper. Sprinkle with salt and spices. Serve immediately.

	Calories	Protein(g)	Fat(g)	Car(g)	A(IU)	C(mg)
Total	593	6	57	19	1300	79
per serving	297	3	28	10	650	39

# EASY CURRY (Shelly Mahowald) 3-4 servings

1 onion, chopped  
 3 Tbsp. oil  
 2 Tbsp. whole wheat flour  
 2-2½ cups water or vegie stock  
 2 medium carrots, diced  
 1½-2 cups diced vegies(celery, green pepper, potatoes, green beans any combination)  
 1 tsp. salt  
 1/8 tsp. pepper  
 1 Tbsp. curry powder  
 1 cup tomato sauce or medium tomatoes, diced into small pieces  
 1/3 cup milk  
 2 Tbsp. corn starch

Brown onion in oil. Add flour and water or stock. Add vegetables, salt, pepper, and curry powder. In a bowl mix tomato sauce, milk, and cornstarch then add it to the pot with vegies. Simmer 45 minutes until vegies are tender and sauce is thick and glossy. Serve over rice, biscuits, noodles, or with chapatis!

	Calories	Protein(g)	Fat(g)	Car(g)	A(IU)	C(mg)
Total	907	24	47	104	33162	194
per serving						
assuming 4	227	6	12	26	8290	48.5

NOTE: The nutritional analysis was done assuming the assorted vegies were carrots and peas so the values can change if you use other vegetables.

## OKRA WITH ONIONS 2 servings

2 onions, finely chopped  
 3 cloves garlic, finely chopped  
 a piece of ginger, finely chopped  
 3 Tbsp. oil  
 ½ tsp. turmeric  
 ½ tsp. cumin seeds  
 1 70 gram tin tomato paste  
 ½ tsp. salt  
 1 tsp. garam masala  
 1 Tbsp. lemon juice  
 about 300 grams okra, chopped into 1 cm thick rounds, also chop off head and tail

Mash chopped onions, garlic, and ginger with a mug or a rock as much as you possibly can. Heat oil in a sufuria and add cumin seeds. When the seeds begin to pop add onion, garlic, and ginger mash, and turmeric. Add 2 tablespoons water and stir the mixture well. Add tomato sauce and stir well. Add okra, salt, garam masala, lemon juice and about 3 tablespoons of water. Cover and cook over low heat about 35 minutes. Stir to prevent sticking. This goes well with rice, dal, and chapatis.

	Calories	Protein(g)	Fat(g)	Car(g)	A(IU)	C(mg)
Total	601	12	43	160	3793	238
per serving	300	6	22	80	1897	119

# CORN AND PEPPER CASSEROLE      2 servings

1 Tbsp. butter  
 1 medium onion, finely chopped  
 2 green peppers, finely chopped  
 2 cups corn kernals, boiled until tender  
 1 Tbsp. cream or rich milk  
 salt, pepper  
 ½ cup cheese, grated  
 1 Tbsp. parsley, chopped

Melt butter in pan and saute onions and peppers. Add corn and cook for 2 minutes. Remove from heat, add cream and seasonings. Pour mixture into a greased sufuria or enamel plate. Sprinkle cheese and parsley on top. Bake in a hot oven for about 15 minutes, until the cheese has melted.

	Calories	Protein(g)	Fat(g)	Car(g)	A(IU)	C(mg)
Total	698	27	39	74	2931	135
per serving	349	13.5	19	37	1466	67

# MUSHROOM ROAST (Curt Reynolds)      4 servings

1 large onion, chopped  
 120 grams mushrooms, coarsley chopped  
 1 green pepper, seeded and chopped  
 3 eggs  
 2 Tbsp. butter or margarine  
 120 grams fresh brown breadcrumbs (or white if you don't have brown)  
 200 grams cheese, grated (cheddar is suggested)  
 ½ tsp. mixed dry herbs  
 1 tsp. salt  
 ½ tsp. pepper

Saute onion and pepper in butter until onion is transparent but not brown. Add mushrooms, saute 2 more minutes. Remove from stove, add all of the other ingredients except cheese and herbs, blend well. Press mixture into a greased loaf pan (try an enamel bowl), sprinkle with cheese and mixed herbs. Bake in an oven until hot and cheese has melted (350 for 45 minutes). Turn out into a serving dish and serve at once with potatoes and tomato sauce.

	Calories	Protein(g)	Fat(g)	Car(g)	A(IU)	C(mg)
Total	1804	92	120	93	5099	64
per serving	451	23	30	23	1275	16

STIR FRY (Shelly Mahowald) 2 servings

1 carrot , thinly sliced.  
 1 medium onion, thinly sliced  
 1 cup shredded cabbage  
 2 Tbsp. oil  
 1/8 tsp. garlic powder  
 1/8 tsp. ginger  
 1 1/2 tsp. soy sauce  
 2 eggs, scrambled then cut into small chunks.

Saute onion in oil, add cabbage and carrot. Add spices and stir fry until desired texture (crispy----soft). Add eggs just before serving. Toss lightly with vegetable mixture.

NOTE: Optional ingredients 1/2 cup green pepper, chopped, 1/2 cup peas  
 Pour over about 1/2 cup of rice. Add more soy sauce if desired.

	Calories	Protein(g)	Fat(g)	Car(g)	A(IU)	C(mg)
Total	488	15	40	27	12165	17
per serving	244	7	20	13	6083	8.5

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VEGIE COBBLER (Shelly Mahowald) 3 - 4 servings

2 cups cooked vegetables, any kind and combination  
 3/4 cup vegie stock or water  
 seasonings to taste (salt, pepper, oregano, chilli powder, cumin, corriander,  
 basil, garlic salt, celery salt--whatever you feel like!)  
 1/2 cup whole wheat flour  
 3/4 tsp. baking powder  
 1/4 cup cornmeal  
 1 egg, beaten  
 1/2 cup milk or vegie stock

Heat vegies and stock and pour into a greased sufuria. Mix dry ingredients. Add milk and eggs and mix. Spread dough mixture atop the vegies. Bake until light brown and sounds hollow when lightly tapped. (350 -- 40 minutes)

	Calories	Protein(g)	Fat(g)	Car(g)	A(IU)	C(mg)
Total	621	30	12.5	82	17409	42
per serving						
assuming 4	155	7.6	3	20	4351	10.5



## STIR FRIED VEGETABLES

2-4 Tbsp. cooking oil  
-10 Almonds, coarsely chopped, making about 8 pieces of each almond  
1 onion, thinly sliced  
1 carrot, thinly sliced  
1 bell pepper, thinly sliced  
shredded cabbage  
green beans, thinly sliced, lengthwise works best but it is a real pain  
cauliflower pieces  
broccoli pieces  
eggplant slices  
shredded spinach or beet greens  
shredded sukuma (Kale or Collards)  
celery, thinly sliced  
mushrooms, thinly sliced  
zucchini, thinly sliced

Spices that taste good, use one, none, or as many as you like.

garlic, finely chopped  
ginger, finely chopped  
fennel seeds  
cayenne pepper  
caraway seeds

soy sauce  
a few tablespoons water

Heat oil. Add almonds and spices which are seeds. Add vegetables (The above list is just for suggestions. You can use the vegies that you want.) slowly, adding those that need longer to cook first. Stir well. When the vegetables begin to soften add the soy sauce, a few tablespoons of water, and other spices. Continue stirring until the vegetables are at a desired crispness.

NOTE: Since there were too many variations in this recipe no nutritional analysis was done. Pieces of scrambled egg can be added to the cooked vegetables. This can be eaten with rice and it tastes good with a thin mustard.

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## VEGETABLES WITH BASIL 2 servings

1 eggplant, cut into  $\frac{1}{2}$ " or 1cm cubes  
1 red or green sweet pepper, seeded and cut into small pieces  
 $\frac{1}{4}$  cup oil  
salt, pepper  
2 Tbsp. chopped fresh basil, or  $\frac{1}{2}$  tsp. dried basil

Heat oil in a pan, add eggplant, cook until golden brown, stirring constantly. Add pepper and saute a bit more. Add spices and salt and mix well.

	Calories	Protein(g)	Fat(g)	Car(g)	A(IU)	C(mg)
total	613	5.3	57	25	210	71
per serving	307	2.7	28.5	12.6	105	35.5

## VEGETABLE SHISH KERAB 2 servings

- 1 small eggplant, cut into 1" cubes
- 2 tomatoes, cut into quarters
- 8 mushrooms, whole
- 1 bell pepper, cut in pieces
- 1 onion, cut into 1" chunks

Marinade Combine the following ingredients in a bowl.

- 1/2 cup oil
- 1/2 cup vinegar
- 1 Tbsp. papaya wine, sweet
- 2 cloves garlic, minced finely
- basil, oregano, salt, pepper

Broil eggplant chunks until they are a bit soft and place in marinade along with the mushrooms. Skewer the vegetables on a sharp stick (thin) or metal rod and broil on the jiko basteing with the marinade. Serve with rice and grated cheese.

NOTE: You can use other vegetables like potatoes in their skins, chunks of carrots, broccoli, or cauliflower. These vegetables should probably be soaked in the marinade.

Cubes of hard panir can also be broiled. No nutritional analysis has been included because of the possible variations.

## SUMMER VEGIE CURRY (Shelly Mohowald) 5-6 servings

- 3 Tbsp. vegetable oil
- 2 medium onions, chopped
- 2 cloves garlic, finely chopped
- 2 1/2 Tbsp. curry powder
- 1 tsp. turmeric
- 1 tsp. whole cumin seeds
- 1 cup tomatoes, chopped
- 1 medium head cabbage, chopped
- 3 medium carrots, diced
- 4-5 small potatoes, unpeeled, washed, and cut into 3/4" pieces
- 3 cups green beans

NOTE: Feel free to try different vegie combinations resulting in 5-6 cups of chopped vegies - eggplant, zucchini, peas, and squash.

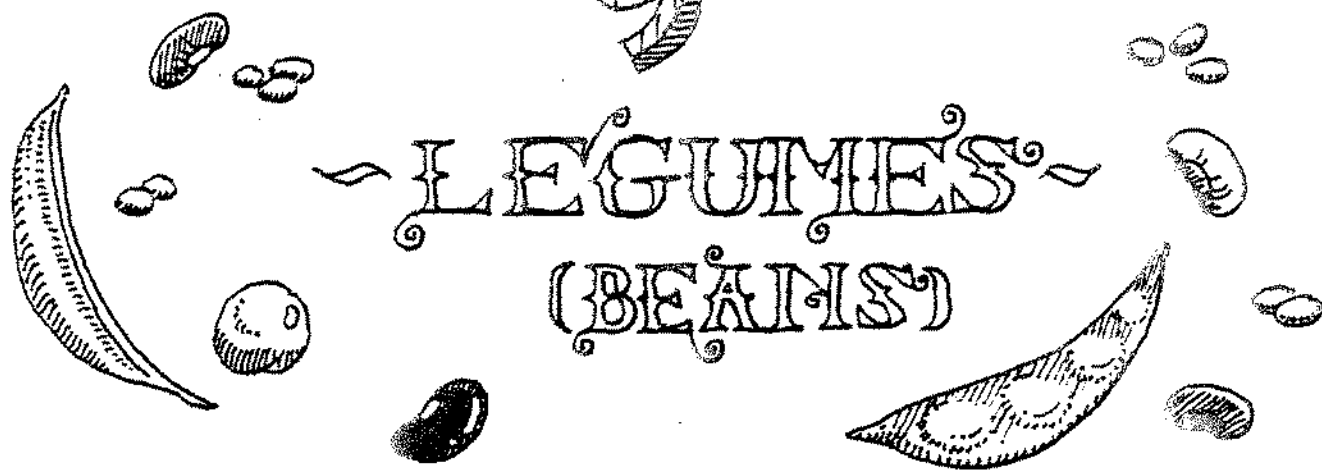
In a 3-4 quart sufuria heat oil and saute onions and garlic for 4-5 minutes. Add curry powder, turmeric, and cumin seeds and continue frying mixture for 3-4 minutes. Add tomatoes and cook briefly until a thick sauce results. Add cabbage, carrots, potatoes, and beans and stir well until all is covered by sauce. Add 1 teaspoon of salt and reduce heat and simmer 30 -45 minutes. Add water anytime level drops below 2/3 depth on vegetables. Add additional salt if necessary.

OPTIONAL: 15 minutes before serving time add 1 tablespoon of lemon juice.

	Calories	Protein(g)	Fat(g)	Car(g)	A(IU)	C(mg)
Total	1002	29	45	173	39710	268
per serving						
assuming 6	167	4.9	7.5	29	6618	45

# SECTION

9



## Legumes - Pulses - Dals

Moong Dal - Whole moong beans are green, small and cylindrical. Whole beans are used in dals or for sprouting. Hulled and split moong beans, which cook faster can also be used for dals as well as kitchree (rice and moong bean dish), are yellow in color.

Urad Dal - Whole urad beans look like moong beans but are black instead. Hulled and split beans are off white in color.

Kabli Channa - Kabli channa are the beans called garbanzos or chick peas in the states. If they are soaked overnight with a pinch of baking soda they cook much faster and become tender. Don't put too much baking soda as it can be tasted.

Kala Chana - these are smaller than Kabli chana and black. They never seem to get tender.

Chana Dal - Hulled and split, this is a round yellow grain. Larger than moong dal, this is ground into a flour which is called gram flour.

Masoor Dal - There are 2 types. The black or Kala masoor are what we call lentils, the disc shaped black beans. The other type of masoor is salmon colored when hulled and split.

Whole Kidney Beans - (Rajma Dal) Soaked overnight with a pinch of baking soda they take much less time to cook. If your beans are fresh then soaking itself is sufficient.

Cow Peas - they look like black eyed peas but they are a bit smaller, about the size of moong beans.

Arhar or Toovar Dal - Hulled and split this is a round dull yellow grain. We have never used this whole.

There are a variety of legumes available in the markets, which have not been mentioned here so you can be brave and experiment with them.

# SURPRISE BURGERS (Curt Reynolds) 8 patties

1 cup lentils,  
 3 cup water  
 1 large onion, chopped  
 1 cup carrots, sliced  
 3 cups bread crumbs, preferably whole wheat  
 1 egg  
 1 tsp. garlic salt  
 1/2 tsp. oregano  
 1/2 tsp. salt  
 3 Tbsp. butter  
 4 slices cheddar cheese, cut each slice into triangles

Wash lentils, add water and bring to a boil. Add onions and carrots and cook the mixture until the lentils are tender but not mushy. Remove from heat and cool slightly. Stir in bread crumbs, egg, garlic, salt, and oregano. Form patties. Melt butter in a large skillet. Saute patties in a skillet until they reach the desired brownness. Place slices of cheeses on top until they melt. Eat hot with mustard and ketchup if you have them.

NOTE: This is not a very hard recipe and these burgers taste fantastic.

	Calories	Protein(g)	Fat(g)	Car(g)	A(IU)	C(mg)
total	2799	123	92	372	25317	33
per 2 patties	700	31	23	93	6329	8.3

NOTE: Often the problem with vege-burgers is that they don't hold together, but this recipe works really well.  
 Lentils which have been soaked 12 - 24 hours take about 30 minutes to cook.  
 You can vary the flavor by adding different spices like, chopped parsley, sauted peppers, hot peppers etc...

## LENTIL SOUP 2 servings

1/2 cup beans, lentils  
 1 carrot, chopped  
 1 onion, chopped  
 1 bay leaf  
 1 piece celery, chopped, or 1 tsp. celery seed  
 1 tin tomato sauce (70 grams) or 4 fresh tomatoes, chopped  
 1/2 tsp. oregano  
 A pinch basil  
 salt

Clean beans and pick out rocks. Soak overnight to shorten cooking time. Add carrots, onion, bay leaf and celery or celery seed. Cook until beans are tender and make sure to add water as needed. Add the remaining ingredients and heat up the mixture so the flavors are well blended. Serve hot.

NOTE: This soup tastes good with corn pones and a bit of grated cheese on top.

	Calories	Protein(g)	Fat(g)	Car(g)	A(IU)	C(mg)
total	442	28.6	.5	87	13258	144
per serving	221	14.3	.23	44	6629	72.3

GREEN GRAM CURRY (MOONG BEAN CURRY) (Maureen Lardie) 2 servings

1 cup green grams, soaked overnight, simmered for 1/2 an hour  
 3 potatoes, sliced  
 4 tomatoes, chopped  
 large onion, chopped  
 any extraneous vegetables can be added  
 2 tsp. curry powder  
 pinch garlic powder  
 salt

Add vegetables to the green grams and continue to simmer until everything is cooked.  
 Add the spices a few minutes before the mixture is finished. Serve over rice

	Calories	Protein(g)	Fat(g)	Car(g)	A(IU)	C(mg)
Total	1307	58	32	208	5435	204
per serving	654	29	16	104	2718	102

SPROUTING MUNG BEANS (Arleta Agun)

- 1) Soak overnight.
- 2) Rinse the first day 3 times.,
- 3) Rinse twice a day after that.
- 4) It takes about 4 days.

I use a plastic pitcher and just use the lid to strain the sprouts. I have also sprouted maize. Sprouting the maize makes it somewhat sweet and soft and ideal for use in soups. A variety of other beans and seeds can be sprouted.

	Calories	Protein(g)	Fat(g)	Car(g)	A(IU)	C(mg)
1 cup of mung sprouts	37	4	.2	7	20	20

GREEN GRAM SOUP (DEAGU) (Maureen Lardie) 2 servings

1 cup green grams (moong beans) soaked overnight  
 1 tsp. salt  
 1 onion, chopped  
 1 tomato, chopped (optional)

Add the other ingredients to the soaked beans and simmer until soft or until the beans are tender. Serve with chapatis or over rice.

	Calories	Protein(g)	Fat(g)	Car(g)	A(IU)	C(mg)
total	729	46	23	129	1385	43
per serving	364	23	12	65	693	21

# WHOLE UNHULLED URAD AND KIDNEY BEAN DAL 2 - 4 servings

1/4 cup whole unhulled urad dal or whole moong beans  
 1/4 cup dry kidney beans  
 1 piece of ginger, finely chopped  
 a few cloves garlic, minced  
 1 onion, thinly sliced  
 1/2 tsp. cumin seeds  
 1 Tbsp. oil, or ghee, or butter  
 2-3 Tbsp. milk, or yogurt, or maziwa lala

Soak the legumes the night before in about 3 cups of water. Begin cooking the beans about 5 hours before you plan to eat. The cooking time is long but all you have to do is stir the mixture occasionally. Add the ginger and garlic to the beans before you start to cook the beans.

In a separate pan heat the oil or butter and fry the cumin seeds until they begin to pop. Add sliced onions and saute them until lightly browned. If you want to add finely chopped hot pepper now would be the time. Add this mixture to the cooked dal. The beans should be tender when they are ready.

Add the milk, yogurt, or maziwa lala to the dal and heat and serve with rice.

	Calories	Protein(g)	Fat(g)	Car(g)	A(IU)	C(mg)
Total	432	22	13.6	58	606	9
per serving						
assuming 2	216	11	7	29	303	4.5

## CURRIED MUNG BEANS (Shelly Mahowald) 4 servings

1 cup mung beans, soaked overnight in 2 1/2 cups of water  
 1 tsp. turmeric  
 1/2 tsp. cayenne pepper  
 1 tsp. salt  
 dash of cinnamon  
 1 bay leaf (optional)  
 3 Tbsp. Blue Band  
 1 large onion, chopped  
 1 tsp. cumin seeds  
 5 cloves  
 10 peppercorns

Add the turmeric, cayenne pepper, salt, cinnamon, and bay leaf to the mung beans. Then cook the mixture until the beans are soft. In a separate pan melt the Blue Band and add onions, cumin seeds, cloves, and peppercorns. Fry the mixture until the onions are brown and the seeds begin to pop. Add this to the cooked bean mixture and heat everything until it simmers and serve over rice or with chapatis.

	Calories	Protein(g)	Fat(g)	Car(g)	A(IU)	C(mg)
Total	1034	46	348	136	1480	17
per serving	258	12	87	34	370	4.25

TOOVAR DAL 2 servings

1/2 cups dry masoor dal (hulled and split), soaked overnight in 2 cups of water

OR

1/2 cups dry toovar dal (Hulled and split), soaked overnight in 2 cups of water

1/2 tsp. turmeric

1 Tbsp. oil or ghee

1 medium onion, thinly sliced

4 peppercorns

1/4 tsp. cumin seeds

cinnamon stick (a few small pieces)

a few cloves of garlic, minced

3 Tbsp. fresh coriander (cilantro, chinese parsley, or dhaniya) OPTIONAL

Boil dal with turmeric, corriander leaves, garlic, tomato, cinnamon sticks, and salt until tender.

In a separate pan heat oil and add cumin seeds and peppercorns and continue to fry the seeds until they begin to pop. Then add onion and saute it until it is not yet browned. Add this to the dal mixture, once the dal is cooked. Mix well and continue cooking until the dal mashes easily. You can add cayenne pepper if you so desire. Also you may want to add more water if you prefer your dals thin. Keep stirring from time to time because the dals tend to stick to the bottom of the pan.

NOTE: Vegetables (chopped) like zucchini, carrots, eggplant, and cabbage to name a few can be added to the dal when it is not quite tender.

The dal (masoor or toovar) take about 30 - 45 minutes to cook until they are tender.

	Calories	Protein(g)	Fat(g)	Car(g)	A(IU)	C(mg)
total	477	25	14	65	95	8.5
per serving	238	12.5	7	33	48	4.3

MBAZI (David Swan) 4 servings

1½ cups Mbaazi beans (Kidney beans will work)

1 small onion, chopped

1 tsp. salt

1 tsp. curry powder, more if you like

1 tsp. turmeric

1 large coconut, grate the nut

Boil the beans in plenty of water until the beans are soft. Try to add the water slowly so that you do not have to drain the water out when the beans are ready. Place grated coconut in a "Kifumbo" (or use a piece of gauze or khanga or a handkerchief). Add about 1 to 1½ cups of warm water to the Kifumbo and squeeze out the cream into the bowl. Dab the Kifumbo in the bowl to get out all of the cream. Add another 2 cups of water and collect in another bowl the coconut milk (maziwa maji-maji). To this add onion, spices, and salt. Let water evaporate from the beans. Add 2nd squeezing (coconut milk, spices and onion mixture) and boil until dry. Then add the coconut cream and boil until almost dry.

	Calories	Protein(g)	Fat(g)	Car(g)	A(IU)	C(mg)
total	1896	60	122	151	65	18.5
per serving	474	15	31	38	16	4.6



SPICED GARBANZOS (CHANA MASALADAR) 2 servings

1/2 cup . garbanzos, soaked and cooked until tender  
 1 Tbsp. vegetable oil  
 1/4 tsp. cumin seeds  
 1/2 tsp. turmeric powder  
 2 tomatoes, chopped or 1 tin (70 gram) of tomato sauce  
 1 medium onion, chopped  
 2 cloves garlic, finely chopped  
 piece of ginger, finely chopped  
 salt  
 cayenne pepper  
 garam masala (optional)  
 lemon juice

Heat oil and add cumin seeds and turmeric. When seeds begin to pop add the onion, garlic, and ginger. Once the onions are translucent. Add tomatoes or paste. Add cooked garbanzos and heat the mixture carefully trying not to mash the beans. Add cayenne pepper, salt, and garam masala. Mix and serve. This dish tastes good with a squeeze of lemon, but it is not necessary.

NOTE: Cubes of fried panir can be added right after adding the garbanzos.

	Calories	Protein(g)	Fat(g)	Car(g)	A(IU)	C(mg)
Total	569	24	19	81	2243	137
per serving	284	12	9.6	40	1124	68

GARBANZO SPAGHETTI (Curt Reynolds) 4 servings

500 grams spaghetti noodles, boiled until desired consistency  
 2 Tbsp. clarified butter, ghee  
 1 garlic clove, minced  
 1/2 onion, chopped  
 2 medium carrots, chopped  
 1 tsp. sweet basil  
 1 tsp. salt  
 dash dillweed  
 1/2 tsp. oregano  
 1 cup cooked garbanzo beans  
 2 cups tomatoes, cooked  
 grated cheese

Saute garlic and onion in butter. Add carrot, green pepper, and mushrooms. Stir well. Add spices and beans and mix well. Cook for a few minutes until spices are blended. Remove from heat and add tomato sauce and mix well. Serve on top of noodles with some grated cheese.

NOTE: 1/2 cup of split peas may be substituted for the garbanzos. They will come to about 1 cup when they are cooked.

	Calories	Protein(g)	Fat(g)	Car(mg)	A(IU)	C(mg)
total	2756	109	59	460	34456	156
per serving	689	27	15	115	8614	39

NOTE: The nutritional analysis includes the noodles also. It was assumed that 1/2 cup of cheese was used total for 4 servings. -82-

# SPICED KIDNEY BEANS 2 servings

- 1 cup kidney beans, soaked overnight
- 1 onion, chopped
- 2-3 cloves of garlic, chopped
- 1 tsp. whole cumin seeds
- 1 tsp. oregano
- 1 tsp. salt
- 1 tsp. garlic powder (OPTIONAL)
- 1 green pepper, chopped 1 tomato tin (70 gram) or 4 tomatoes, chopped

Add the onions and garlic to the beans and begin to boil. Add the spices except garlic powder. Cook until tender adding water as needed. When there is about 20 minutes of cooking time add the rest of the ingredients. If peppers are cooked too long they taste bitter. Spoon the mixture on tortillas and top with cheese (grated) and chopped vegetables.

NOTE: Other vegetables can also be added. when the beans are being cooked.

# VEGETARIAN CHILI (Curt Reynolds) 4 servings

- 1 cup pinto beans, soaked overnight in 3½ cups boiling water
- 3 Tbsp. butter
- ½ tsp. turmeric
- 1 tsp. ground cumin
- 1 tsp. cumin seed
- 1 tsp. ground coriander
- 1 large onion, chopped
- ½ tsp. oil, butter, or Kimbo
- 1 tsp. salt
- 1/8 tsp. cayenne pepper
- 500 grams mushrooms, chopped, and sauted
- 2-4 fresh tomatoes, sliced and peeled
- 1 green pepper, diced

Melt butter in a large pot and add the first 4 spices. Let the spices brown and then add the beans and the water they were soaked in. Cover partially and simmer until the beans are soft, about 3 hours, adding more water if necessary. Then add the rest of the ingredients and heat the mixture until the flavors are all well blended.

NOTE: This tastes good if served with whole grain bread.

	Calories	Protein(g)	Fat(g)	Car(g)	A(III)	C(mg)
total	1396	66	40	188	7050	218
per serving	349	17	10	47	1763	55

2 cups dry beans, cleaned and soaked overnight  
1/2 cup dry peas, cleaned and soaked overnight  
2 cloves garlic, minced  
2 large tomatoes, chopped  
1 onion, chopped  
1 green pepper, minced (OPTIONAL)  
1 egg (OPTIONAL)  
salt and pepper to taste.

Add 1 clove of garlic to the soaked beans and peas and boil together. Combine the other clove of garlic with the other vegetables in a bowl and set aside. When the beans and peas are very soft pour the juice into a container and set aside. Mash beans and peas, if too dry add some of the juice that was set aside. Mix the bean and pea mash with the minced vegetables, egg, salt, and pepper. Form a loaf and place in a lightly greased pan and bake 40 minutes to 1 hour.

Three topping recipes are given below. The topping sauce should be placed on the loaf before baking.

#### TOMATO SAUCE TOPPING

1 Tbsp. butter  
1 clove garlic, minced  
2 tomatoes, chopped  
1 can of tomato paste (large type about 300 grams)  
1 onion, minced  
bean juice

Melt butter and add the garlic and onion and cook until translucent. Add the tomatoes and cook down until thick. Add tomato paste and some bean juice and cook for 10 - 15 minutes. Pour on top of loaf and bake.

#### MUSHROOM SOUP SAUCE

1 pkg. Knorr Mushroom Soup Mix  
juice from beans

Follow directions on the package substituting bean juice for water and making it a bit thicker. Pour the sauce over the loaf and bake.

#### WHITE SAUCE

2 Tbsp. butter of Blue Band  
2 Tbsp. flour  
garlic, minced (OPTIONAL)  
Milk

Melt butter in a pot and add garlic, cooking it until translucent. Add flour and stir well until the flour is browned (lightly). Then slowly add milk. Stir until thick. Pour over loaf and bake.

## SOY BEAN - TACOS (CURT REYNOLDS) 3 SERVINGS

1 cup soybeans, soaked overnight in 5 cups water  
 1 Tbsp. soya sauce  
 1/2 tsp. cayenne pepper  
 dashes of oregano, garlic powder, cumin powder, and coriander powder.  
 1 tsp. salt  
 1/2 tsp. onion powder  
 dash of black pepper  
 4 Tbsp. butter

Cook the above ingredients in a pot with a lid for about 3 hours until the beans are soft.

1/4 cup sunflower seeds  
 1/4 cup sesame seeds  
 2 tsp. cayenne pepper  
 dashes of oregano, garlic powder, cumin powder, and coriander powder  
 2 large onions, chopped  
 1/2 tsp. black pepper  
 4 large tomatoes, chopped  
 1/4 cup ghee, clarified butter (oil can do)

Crush the sunflower and sesame seeds using a bottle and a chopping board or your electric blender or a mortar and pestle. Set aside. Fry onions, and black pepper in the butter until the onions are translucent and soft. Add the bean mixture, the meal from the seeds and mix well. Mash the tomatoes and add to the mixture. You can add chopped parsley if you want. Simmer the mixture uncovered for about 15 minutes or until the mixture is almost dry.

You can spoon the mixture on a corn taco shell, but more than likely you won't find corn tacos in Kenya so you can eat this with tortillas, vegetables, and cheese.

	Calories	Protein(g)	Fat(g)	Car(g)	A(IU)	C(mg)
total	1902	65	151	96	9348	153
per serving	634	22	50	32	3116	51

In the nutritional analysis cheese, tortillas, and vegetables used have not been included.

## REFRIED BEANS (Steve Mustoe) 4 servings

2 cups red kidney beans, soaked overnight  
 3-4 cloves garlic, minced  
 1 onion, chopped  
 1-2 dried chili peppers or chili powder to taste  
 2-3 tomatoes, chopped  
 cumin seeds or powder, to taste  
 salt and pepper and some oil for refrying

Cook the soaked beans until they are soft and easy to mash. Mash thoroughly. Saute onion until soft. Add the other ingredients including the beans and heat the whole mixture. Serve with chapatis or tortillas.

	Calories	Protein(g)	Fat(g)	Car(g)	A(IU)	C(mg)
total	1036	65	5	194	5475	145
per serving	259	16	1.2	48	1369	36

1/2 cup dry peas, soaked if dry (if use fresh peas then use 1 1/2 cups)  
 1 large carrot, chopped  
 1 medium onion, chopped  
 1 medium bay leaf  
 water  
 salt and pepper

## PEA SOUP (2 SERVINGS)

Put peas, carrot, onion, bay leaf, salt, pepper, and water (enough to cover the ingredients) in pot. boil until peas are tender, adding water as needed. you can mash the peas to get a smoother consistency. you can add more water if you prefer a thinner soup.

NOTE: Cheese grated on top tastes good.

	Calories	Protein (g)	Fat (g)	Car (g)	A (IU)	C (mg)
Total	245.5	15.85	1.1	46.2	12325	64.5
per serving	122.8	7.93	0.6	23.1	6163	32.3

## BEANS AND RICE (Maureen Lardie) 2 servings

1 cup beans, any kind, soaked overnight, simmered until almost soft  
 1 onion, chopped  
 1 tomato, chopped  
 handful of rice  
 1 1/2 tsp. cumin seeds  
 1/2 tsp. garlic powder  
 pinch of salt  
 pinch of pepper  
 1 Tbsp. sugar

Add the other ingredients to the beans and simmer until the mixture is soft. Serve with chapati. It tastes better on the second day.

NOTE: This nutritional analysis was done assuming the beans used were kidney beans.

	Calories	Protein (g)	Fat (g)	Car (g)	A (IU)	C (mg)
total	708	35	2.6	139	1387	38
per serving	354	17.5	1.3	70	693	19

## VARIATIONS FOR BEAN DISHES

**BURRITOS** - You need flour tortillas, refried beans, grated cheese, salsa, and ripe avacados. Place a dollop of beans in the center of a tortilla. Add grated cheese, mashed avacado, and salsa. Roll into burrito shape (like a loose large joint). Enjoy. Best served with Dos Equis and lime juice (unless Dos Equis is available). (Steve Mustoe)

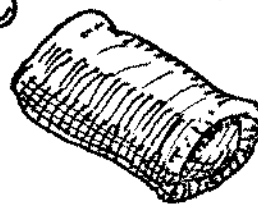
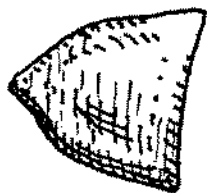
**DAY OLD REFRIED BEANS** - These beans which have been prepared with spices taste great in scrambled eggs and with noodles and cheese.

**CHIMICHANGAS** - To make chimichangas, roll up burritos with beans and cheese only, then deep fry in oil or Kimbo until brown. Serve topped with mashed avacado

# SECTION

10

• SNACKS •





## PAKORAS (BHAJIYA)

1 cup gram flour (garbanzo flour)  
1 cup water (approximately)  
salt  
cumin powder, coriander powder (OPTIONAL)  
pinch cayenne  
1/2 tsp. turmeric  
chopped green onions (OPTIONAL)  
fresh coriander (OPTIONAL)  
ginger, finely chopped (OPTIONAL)

Mix dry ingredients and add half the water. Mix well. Add the rest of the water until you have a smooth not too thin, not too thick batter.

Add chopped ginger, coriander, and green onions.

Dip thin slices of potato, pieces of cauliflower, broccoli, green pepper, onion, hot pepper, eggplant, bananas, or anything else you can think of.

Pakorاس taste good with ketchup or yogurt (with chives or crushed garlic).

NOTE: Because of the variations no nutritional analysis is given.

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## TEMPURA VEGETABLES 2 servings

### BATTER.

3/4 cup flour + 1 Tbsp.  
1 egg yolk  
2/3 cup cold water  
dash of salt

Beat egg into water. When the mixture is smooth. Slowly add the flour until everything is mixed. Add salt and make sure not to overmix.

Dip the ingredients in the batter and deep fry in oil until golden brown.

Some suggested vegetables are mushrooms, broccoli, cauliflower, onion slices, carrot slices, and green pepper strips.

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Tempura batter is bland so it is worth it to make a sauce of some type. Here is one suggestion

### Ginger- Soy sauce

3 Tbsp. water  
2 Tbsp. soy sauce  
grated ginger to taste  
1 Tbsp. sherry  
2 Tbsp. green onions, chopped  
2 cloves garlic, minced very finely

Mix all of the ingredients in a bowl and let the mixture sit for about 30 minutes before using.



SAMOSAS 12 samosas

SHELL

1/2 cup white flour  
1/2 cup wheat flour  
4 Tbsp. butter, melted

This recipe makes a flakey crust. Use less butter to make a less flakey crust. Combine flour with butter. Add enough water (about 1/4 cup) to make a rollable dough. Divide into 6 parts. Roll each ball out into a 5 inch diameter chapati. Cut into semi-circles. Form a cone, fill with filling, pinch closed, and press the edges closed with a fork. Fry in oil until golden brown.

SUGGESTED FILLINGS

- 1) Spiced rice, see rice section for recipe.
- 2) Dry potato and pea sak, see potato section.
- 3) Stir fried mung sprouts, no recipe included for this exactly.

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SPRING ROLLS 8 spring rolls

COVERING

1 cup white flour  
1/4 tsp. salt  
water

Mix flour and salt and add enough water to form a soft dough. Divide the dough into 8 parts. Roll out into fairly thin chapatis but make sure that there are no holes. Fill with filling. Pinch closed into any shape you like. Cylinders or triangles work well. Use a flour and water paste to help seal the spring roll. Fry in hot oil until golden brown.

FILLING # 1

1 Tbsp. oil  
shredded cabbage  
chopped green onions  
garlic, chopped  
soy sauce  
scrambled eggs

Heat the oil and add the vegetables and add the other ingredients when the vegetables have reached the desired consistency. Add the scrambled eggs last. Cool the mixture a bit before filling the rolls.

FILLING #2

1/2 cup cooked spinach, which has been cooked until wilted, cooled  
OR  
1/2 cup cooked sukuma wiki, cooled  
1 egg  
1/4 cup panir, crumbled, see cheese section for preparation of this  
any combination of these spices thyme, basil, oregano, or Rosemary

Mix all of the ingredients together and use as a filling.

# GARLIC ALMONDS    about 1 cup

1    cup    almonds, raw  
 1/2 Tbsp.   butter  
 a few cloves garlic, finely minced  
 1/2 tsp.    salt

Melt the butter in an enamel plate (10") and add garlic. Add almonds to the plate and mix well. Place in a warm oven and continue to turn until the nuts are nicely browned.

Remove from the oven and sprinkle salt on top and serve when the nuts have cooled.

	Calories	Protein(g)	Fat(g)	Car(g)	A(IU)	C(mg)
total	900	26.5	83	28	235	----

# SALTED NUTS    about 1 cup

1    cup    any nuts (peanuts, macadamia nuts or cashews) raw  
 1/4 cup    water  
 1/2 Tbsp.   salt

Bring all the ingredients to a boil in a pot on the stove. When water has all evaporated put nuts on a baking sheet and bake in an oven until done. Make sure to turn so that they do not burn. The oven should not be too hot.

	Calories	Protein(g)	Fat(g)	Car(g)	A(IU)	C(mg)
1 cup of nuts						
peanuts	838	37	70	29	----	----
cashews	785	24	64	41	140	----
6 nuts macadamia	109	1.4	11.7	1.5	----	----

# CURRIED CASHEWS    about 1 cup

1    cup    raw cashews  
 1/2 Tbsp.   butter  
 1/2 tsp.    salt  
 1    tsp.    curry powder

Melt butter in an enamel plate on the stove top. Add the nuts and stir well. Place in a warm to hot oven and bake until nicely browned, stirring as needed to prevent burning. Drain nuts on absorbant paper and sprinkle salt and curry powder and mix well.

	Calories	Protein(g)	Fat(g)	Car(g)	A(IU)	C(mg)
for 1 cup	836	24	70	41	375	----

# SECTION

11

• MISCELLANEOUS •



ORANGE MARMALADE    about 5 square 350 gram marmalade bottles

3 large oranges, preferable the thick skinned type  
1 large or 2 small lemons  
11 cups water  
6 cups sugar

Soak the fruits (whole) in 11 cups of water for 24-36 hours. Once they have soaked cut the fruit into thin pieces or grate it if you like thinner pieces. Add the Return the fruit to the pot with the water in which it soaked, and boil the mixture for 1 hour. Then add the sugar. You may want to add more sugar if you like it sweeter. Cook until the mixture is frothing and has thickened which is about 2 hours after the sugar has been added. Remember that the marmalade will thicken a bit once it has cooled. Fill the bottles when the marmalade is hot. This amount fills 5 350 gram bottles with a bit left over for immediate consumption. Clean the bottles with boiling water. Clean the lids as well and dry both before filling. Cap tightly once you have filled the bottles.

NOTE: This tastes great and is cheap.

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MAYONNAISE    about 1/2 cup

1 egg yolk  
1/4 tsp.    dry mustard  
1/4 tsp.    salt  
1/4 tsp.    vinegar or lemon juice

Add the above ingredients together and beat well.

1/4 cup    corn/sunflower oil  
2    tsp.    vinegar  
1    Tbsp.    lemon juice  
1/4 cup    corn/sunflower oil, you can use less

Add the 1/4 cup oil to the egg yolk mixture and mix well. In a small bowl mix the vinegar and lemon juice. Add the lemon and vinegar mixture and the other 1/4 cup of oil a drop at a time, stirring vigorously all the time. This calls for 2 people. One person can add the drops of lemon-vinegar mixture and oil alternately, as the other person stirs constantly. If the 2 liquid too fast the mayonnaise will clump. You may not have to add all of the second 1/4 cup of oil. When we tried this recipe we used about 1 Tbsp. of the lemon-vinegar mixture and only 2Tbsp. of the 1/4 cup of oil to make a satisfactory mayonnaise.

	Calories	Protein(g)	Fat(g)	Car.(g)	A(IU)	C(mg)
total	1067	2.8	117.7	.1	580	----

TOMATO RELISH (Hellen Crowe) about 1 liter

1.5 kg. ripe tomatoes  
500 grams onions  
2 Tbsp. salt  
2 cups sugar  
3 tsp. curry powder  
1/4 tsp. cayenne pepper  
1 Tbsp. dry mustard  
2 cups brown vinegar, (use only 1 cup if using local vinegar)

Skin tomatoes, cut into cubes, place in bowl. Peel onions, chop finely, place in a separate bowl. Sprinkle each with 1 tablespoon salt, cover, leave overnight. Next day place tomatoes and their liquid and onions in a saucepan. Add sugar, stir over heat, bring to a boil, boil covered 5 minutes. Combine curry powder, cayenne pepper, and mustard, mix to a smooth paste with a little of the vinegar, add remaining vinegar, add to saucepan, stir to combine thoroughly. Bring to boil, boil uncovered 50 to 60 minutes or until thick. Pour relish into sterilized jars, cool and seal.

## EASY CHEESE SAUCE

2 Tbsp. butter  
3 Tbsp whole wheat flour (white will do)  
about 2 cups milk  
mix and match any of the following spices: garlic powder, oregano, caraway seeds,  
basil, thyme, black pepper, or paprika  
about 1 cup grated cheese

Melt the butter in a small pot and add the flour and allow the flour to saute for  
2 - 4 minutes then add the milk and spices. Stir well making sure that all the flour  
mixes with the milk, cook over a low flame until the milk begins to thicken (this  
should take 3 to 5 minutes). Add the cheese a handful at a time. Stir until  
completely mixed and melted. Serve while still warm over potatoes, spaghetti,  
or vegetables etc...

	Calories	Protein(g)	Fat(g)	Car(g)	A(III)	C(mg)
total	1057	42	77	40	2837	4.6

---

## THIN WHITE SAUCE (Guy Consolmagno)

1 cup milk  
1 Tbsp. flour (preferably white)  
1 Tbsp. butter or Blue Band  
salt  
pepper  
pinch of dry mustard

Melt butter in a small pot. Add flour and saute until lightly browned. Add the  
milk and stir well. Add spices and cook until the sauce is thick. This can be  
used in many ways. If you add cheese then it can be poured over noodles. You can  
add the sauce with no additions to boiled vegetables to have creamed vegetables.

	Calories	Protein(g)	Fat(g)	Car.(g)	A(IU)	C(mg)
total	286	6.6	19.7	16.7	820	2.3

## MAZIWA LALA

MURSIK (SOUR MILK KALENJIN STYLE)(Duncan Chaplin)

### Ingredients

- Dried and skinned wattle tree stick ( $\frac{1}{2}$ -1 inch diameter) or a local tree recommended by a local woman
- Fresh milk, boiled and cooled to room temperature
- A gourd (Kibuyu in swahili and sortet in kalenjil)
- A curved stick for rubbing the charcoal onto the inside of the gourd

### Preparation

Cleaning Stick- Boil the curved end in water and pound it with a hammer until it becomes splayed and soft like a brush

Gourd- step 1) Burn the wattle tree stick until it becomes like charcoal. Rub it into the leather cap of the gourd to make charcoal dust. Pour the dust into the gourd and rub it around until the intire inside is evenly covered. (this takes a good 10-15 minutes)

step 2- Add 2 cups of milk. Cover the gourd and shake it. Leave it for one hour, then pour out the milk.

step 3- Clean the gourd with very hot water and the cleaning stick for about ten minutes.

step 4- Let it dry for 3-4 days.

step 5- Repeat the process (steps 1-4) but now let the milk stay in the gourd for 4 hours.

step 6) Repeat letting the milk stay for 12 hours.

step 7) Repeat letting the milk stay for 1 day.

step 8) Repeat letting the milk stay for 2 days.

step 9) Continue leaving the milk in for a few days at a time until it starts coming out tasting good.

### Regular Use

- 1) Always clean the gourd 3-4 days before adding milk (no more no less).
- 2) Rub fresh charcoal on the inside each time (as above).
- 3) Always add boiled milk which has cooled. (no water)
- 4) Shake the gourd every day.
- 5) If the Mursik becomes watery don't despair! Just pour off the water, add more milk and shake well.
- 6) The Mursik should be ready 5-7 days after being put into the gourd and can be used for up to 2 months or more depending on ones taste.
- 7) Fresh milk can be added at any time during the 2 month period and will sour very fast.
- 8) Always clean the gourd after use even if you are not using it for some time.

## BEVERAGES

- 1) A few drops of lemon in water can hide any unpleasant tastes from boiling.  
It also helps to kill your appetite.
- 2) Suntea - Find a clear glass jar with a cover. (1 liter Paul Masson California carafe wine bottle) Add about 2 Tbsp. to 1/4 cup of tea leaves to 1 liter of water and let the jar stand in the sun for about 3 hours. Then dilute the mixture about 1 to 4 with water. This depends on how strong you like your tea so the proportions can be changed. You can add lemon or orange juice and sugar.
- 3) Sochoi Sunrise - Add 3 Tbsp. of Treetop to 1 soda (Sprite or 7-up) and add the juice of 1 lemon.



#### REGULAR UJI (Duncan Chaplin)

- 1) Use sorgum, millet or maize flour. (1 part millet to 3 parts maize is very nice.)
  - 2) Put the flour in an equal amount of cold water.
  - 3) Separately boil three times as much water.
  - 4) Add the wet flour to the boiling water while stirring. Cook for 5-10 minutes.
  - 5) Add salt, sugar, blue band or butter, cinnamon, bananas etc. to taste.
- 

#### FERMENTED UJI

- 1) Again use sorgum, millet or maize flour (same mixture as above is good).
- 2) Put the flour ( $\frac{1}{2}$  cup per serving) in a plastic container with about three times the volume of water. Cover the container and leave it for 2-4 days to sour.
- 3) Pour the water leaving the flour into a suffuria and boil it. Then add the flour and stir it constantly for 5-10 minutes.
- 4) Add sugar to taste.

## DOUGHNUTS 25 pieces

1 medium egg, beaten  
½ cup sugar  
½ cup milk  
2 Tbsp. butter, melted  
2 cups white flour  
2 tsp. baking powder  
1 tsp. cinnamon  
¼ tsp. nutmeg

Mix all the ingredients together, adding more flour if necessary. The dough should be soft, but not sticky. Roll the dough on a lightly floured board until it is about ¼" thick. To cut into the doughnut shape, use a 70 gram tomato sauce tin for the outer circle. For the hole in the center, use the cup from a small (70 ml) vodka bottle or similar.

Fry the doughnuts in oil or fat until golden brown. Test to make sure that they are cooked throughout. If they are not thoroughly cooked, roll the dough thinner.

	Calories	Protein(g)	Fat(g)	Car(g)	A(IU)	C(mg)
Total	1541.5	33.35	35	277.5	1635	1.1
per doughnut	61.7	1.3	1.4	11.1	65.4	0.05

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## FRITTER BATTER FOR FRUIT

1 medium egg yolk  
1 medium egg white, whipped until stiff (use a fork)  
1½ tsp. butter, melted  
½ cup white flour  
1½ tsp. sugar

Combine the egg yolk, butter, flour, and sugar. Beat until smooth. Fold in the egg white (whipped).

Dip various fruits into the batter and deep fry until golden brown. Drain on an absorbant paper and lightly dust with confectioners sugar (icing sugar).

### SUGGESTED FRUITS:

apples, bananas, ripe mangoes, oranges, ripe papaya, peaches, pears, pineapple

NOTE: Whole gooseberries burst and create a mess.

Due to the variety of fruits used, no nutritional analysis is given.

BANANA BREAD      2 large enamel plates

3/4 cup butter, melted  
 3/4 cup sugar  
 2 medium eggs, beaten lightly  
 1 1/2 tsp. vanilla  
 1/2 medium orange or lemon peel, grated  
 2 cups white flour or wheat flour  
 1/4 tsp. salt  
 1/4 tsp. baking soda  
 1 1/2 tsp. baking powder  
 1 tsp. cinnamon  
 1/2 tsp. nutmeg  
 1 cup mashed ripe bananas, soaked in 1/2 cup of strong black  
 coffee (or 1/2 cup water) for approximately 1/2-1 hour

In a bowl, sift together flour, salt, baking soda, baking powder, cinnamon, and nutmeg.

In another bowl, mix well, butter, sugar, eggs, vanilla, and orange or lemon peel (grated). Add the flour mixture, mixing thoroughly. Stir in the banana mixture gently. Pour the batter into 2 greased enamel plates (10") and bake until done, approximately 1 hour.

	Calories	Protein (g)	Fat(g)	Car(g)	A(IU)	C(mg)
Total	3255	42.2	151.1	452.6	7760	60
per serving						
assuming 12	271.3	3.5	12.6	38	647	5

VARIATIONS TO ABOVE RECIPE:

Instead of bananas in coffee, use 1 1/4 cups grated carrots in 1 Tbsp. lemon juice. Nuts and raisins may also be used.

	Calories	Protein(g)	Fat(g)	Car(g)	A(IU)	C(mg)
Total	2915	40	151	358	50,680	32
per serving						
assuming 12	243	3.35	6	30	4223	2.7

## PINEAPPLE UPSIDE-DOWN CAKE

Mary Abrams

1 large (10") enamel  
plate

## BATTER

2-3 Tbsp. shortening, creamed  
 1/2 cup sugar  
 1 medium egg  
 1 cup white flour, sifted  
 1/4 tsp. salt  
 2 tsp. baking powder  
 1/3 cup milk (or 2 1/3 Tbsp. Safariland powdered milk +  
 5 1/3 Tbsp. water)  
 1/2 tsp. vanilla

## TOPPING

1/2 cup brown sugar  
 2 Tbsp. butter, melted  
 1 small tin of pineapple slices  
 OPTIONAL: glazed cherries

To prepare batter, blend the sugar and egg into the shortening. Mix well. Then add the flour, salt, baking powder, milk, and vanilla. Blend and beat this mixture for approximately 200 strokes or until smooth. The batter will be thicker than normal cake batter.

Line the enamel plate with a cut-to-fit piece of greased brown paper, (brown bag). Spread the mixture of melted butter and brown sugar on the greased paper in the plate. Arrange the pineapple slices (with cherries in the holes and between slices) on the brown sugar mixture.

Pour the batter onto the pineapples (and cherries). Bake in a hot jiko oven for approximately 30 minutes. Check after 20-25 minutes since the 'oven' temperatures may vary. When the cake is golden brown and firm, it is done. Remove the cake and cool for approximately 10 minutes. Then invert the cake onto a serving plate and cool thoroughly, unless you prefer the cake warm. The cake may be garnished with whipped cream, if available and desired.

	Calories	Protein(g)	Fat(g)	Car(g)	A(IU)	C(mg)
Total	1858.5	18.4	64.6	311.3	2890	26
per serving						
assuming 6	309.8	3.1	10.8	51.9	496.7	4.3

# ZUCCHINI-CHOCOLATE CAKE      8 pieces

1	cup	white flour
1/3	cup	cocoa
2	tsp.	baking powder
1/2	tsp.	baking soda
1/2	tsp.	cinnamon
1/2	cup	butter, softened or ghee
1/2	cup	sugar
1	large	egg
1	tsp.	vanilla
1	cup	zucchini, grated
2	tsp.	orange peel, grated (about 1/2 orange)
5	Tbsp.	milk

In a bowl, mix the flour, cocoa, baking powder, baking soda, and cinnamon together. In another bowl, mix the butter and sugar. Beat this mixture thoroughly. Add the egg and vanilla to the butter mixture, beating well. Stir in the zucchini and orange peel. Add the flour mixture and milk, 1/3 at a time, to the butter mixture, mixing well after each addition. The batter should be fairly thick. Pour the batter into a greased enamel plate and bake in a preheated oven until done.

NOTE: This is not a sweet cake. More sugar may be added to the batter or the cake can be frosted.

	Calories	Protein(g)	Fat(g)	Car(g)	A(IU)	C(mg)
Total	2058.5	30	132	214	5449	58.3
per serving	257.3	3.7	16.4	27	681	7.29

CHOCOLATE FUDGE CAKE (Shelly Mahowald) medium-large suffuria

1½ cups white flour  
 1 cup sugar  
 ¾ cup cocoa  
 1 1/8 tsp. baking soda  
 ¾ tsp. salt  
 1 1/8 cups buttermilk (or 1 1/8 cup milk + ½ tsp. vinegar, mixed)  
 ¾ cup butter  
 2 small eggs  
 ¾ tsp. vanilla

Cream sugar with shortening. Add the other ingredients. Mix well. Pour mixture into a greased and floured suffuria. Bake in a hot jiko oven until done, approximately 25-30 minutes.

	Calories	Protein(g)	Fat(g)	Car(g)	A(IU)	C(mg)
Total	2877	51	151.1	371	4334	2.6
per serving assuming 8	360	6.4	18.9	46.4	542	0.3

JOINNY CAKE Guy Consolmagno 1 large (10") enamel plate or medium suffuria

1 cup cornmeal  
 1 cup white flour  
 ¼ cup sugar  
 4 tsp. baking powder  
 ½ tsp. salt  
 1 cup milk  
 1 medium egg  
 ¼ cup shortening

Mix the cornmeal, flour, sugar, baking powder, and salt in a bowl. Add the rest of the ingredients and mix until smooth. Pour into a greased enamel plate or medium sized suffuria. Bake until done, the cake is firm.

	Calories	Protein(g)	Fat(g)	Car(g)	A(IU)	C(mg)
Total	1658	35.3	63.9	235.8	2750	2.3
per serving assuming 6	276	5.9	10.7	39.3	458	.4

ELGEYO-MARAKWET CHOCOLATE BUNT CAKE      Michael Zink      8½" suffuria

1      80 gram      Bournville chocolate bar--or--3 tablespoons of cocoa  
 ½      cup      butter  
 1½      cups      sugar  
 2      medium      eggs  
 2      tsp.      vanilla  
 1      pinch      salt  
 1½      tsp.      baking soda  
 2      cups      white flour  
 1      cup      COLD water

If a chocolate bar is used, then melt it first in a small dish floating in a suffuria of boiling water.

Cream the butter. Then add the sugar. Mix these ingredients well. Try to crush the sugar grains if they are too large.

Add the eggs and vanilla, beating the mixture until it is smooth.

Add the chocolate and mix well.

In a separate bowl, mix the flour, baking soda, and salt. Then add these dry ingredients to the first mixture and blend together. The batter should be very stiff at this point.

Add one cup of COLD water (ice water if available), and beat the entire mixture for several minutes until it is very smooth.

Grease and flour the 'Mashambani Bunt Pan', (see the section-jiko baking). Pour the batter into the pan and bake. The baking time should be approximately 1 hour, but the time can vary. To test if the cake is done, stick a small wooden twig (or toothpick) in the center. If the cake is not yet done, when you remove the twig you will find batter stuck on it. When the cake is done, no batter will be found on the twig.

NOTES: -This cake rises quite a bit but falls easily, if you thump around. Tiptoe around the house as this cake bakes.  
 -This recipe is foolproof at 6500 ft. You may have to adjust the ingredients for different altitudes.  
 -The cake is very moist and rich. It is criminal to smother it with icing, but some of us have fun being criminals.

	Calories	Protein(g)	Fat(g)	Car(g)	A(IU)	C(mg)
Total	3058	38.4	120.5	210.4	4820	--
per serving						
assuming 8	382.3	4.8	15.1	26.3	602.5	--

TAMBACH CHOCOLATE-CHIP CHEESECAKE  
(6½"-7" suffuria)

Tama Hamilton-Wray, Betsy Ross,  
Michael Zink

CRUST

1	cup	oatmeal (granules, not the quick-cooking porridge oats)
½	cup	white flour
2	Tbsp.	brown sugar
2	Tbsp.	butter

Mix all the ingredients together well, making sure that the butter is evenly mixed. Press the mixture into the bottom of a lightly greased 6½" or 7" suffuria. Bake the crust in the jiko oven.

CAKE

½	cup	butter
½-¾	cup	sugar
2	medium	eggs
2	medium	lemons (oranges will do in a pinch)
1	carton	cream cheese (250 grams or about 9 ounces)
¾	cup	white flour
		milk
1	80 gram	Bournville chocolate bar

Cream the butter. Then add the sugar, crushing the grains if they are large. Add the eggs and beat the mixture smooth.

Add the juice of two lemons. Then whip the mixture with a fork.

Add the cream cheese and whip the mixture to get rid of the lumps.

Add the flour and mix until there are no more lumps.

Add milk to make the mixture creamy, but not too watery. The amount of milk needed depends on the size of the eggs and the amount of juice coming from the lemons.

Cut the chocolate bar up into tiny chips and stir them in the mixture. (Note: if the pieces of chocolate are too large, they'll sink to the bottom of the cake during baking).

Pour the batter into the suffuria containing the already-baked crust, then bake. It takes around 30 minutes.

Note: This recipe is for 6500 feet above sea-level. Slight alterations may be necessary for different altitudes.

	Calories	Protein(g)	Fat(g)	Car(g)	A(IU)	C(mg)
Total	2642	47.7	180.8	222.3	7064	35.2
per serving						
assuming 10	264	4.8	18.1	22.2	706	3.5



# CHOCOLATE CHIP COOKIES 40-50 small cookies

1 cup + 2 Tbsp. white flour  
 1/2 tsp. baking soda  
 1/2 tsp. salt  
 1/2 cup butter  
 6 Tbsp. white sugar  
 6 Tbsp. brown sugar  
 1/2 tsp. vanilla  
 1 medium egg-beaten  
 2 80 gram Bourneville chocolate bar, chopped  
 nuts may also be added

Cream the butter, white sugar, brown sugar, and vanilla. Add the egg, flour, baking soda, and salt. Mix well. Stir in the chocolate bar. Spoon onto greased enamel plate. Bake in a hot jiko oven for approximately 10-20 minutes or until golden brown.

	Calories	Protein(g)	Fat(g)	Car(g)	A(IU)	C(mg)
Total	2775	32.	151.5	341.7	4737	--
per cookie						
assuming 40	69.4	0.8	3.8	8.5	118.4	--

## CAKE ICING-MOCHA enough for a 2 layer cake

1 250 gram bag of icing sugar  
 1 Tbsp. butter  
 3 Tbsp. cocoa  
 strong coffee, still warm

Mix cocoa and sugar. Cut in butter. Add enough coffee to make the icing manageable.

NOTE: Plain icing can be made by substituting 1 tsp. vanilla for cocoa and using water instead of coffee.

	Calories	Protein (g)	Fat(g)	Car(g)	A(IU)	C(mg)
Total	1028	0.1	11.5	238.1	470	--

# LEMON BARS

TAMA & JEFF WALKY

1 LARGE 9" ENAMEL  
PLATE

## CRUST

1 cup white flour  
2 Tbsp. powdered sugar (icing sugar)  
4 Tbsp. butter

## FILLING

2 medium eggs, slightly beaten  
1/2 cup sugar  
2 Tbsp. white flour  
1/2 tsp. baking powder  
2 Tbsp. lemon juice

## GLAZE

1/2 cup powdered sugar (icing sugar)  
1-2 Tbsp. lemon juice

To make the crust, combine the ingredients listed under CRUST. Press this mixture into the bottom of a lightly greased 9" enamel plate. Bake until lightly browned.

For the filling, mix the first four ingredients listed under FILLING. Mix well. Then add the lemon juice and stir. Pour the filling over the warm crust and bake until it is a light golden brown color.

After the filling cools, mix together the ingredients under GLAZE. Drizzle this mixture over the cooled filling. Cut into bars.

	Calories	Protein(g)	Fat(g)	Car(g)	A(IU)	C(mg)
Total	1151.5	24.8	58.5	224.4	2920	28
per serving assuming 25	46.1	1	2.3	9	116.8	1.1

## TOFFEE BARS 1 large (10") enamel plate

1/2 cup butter  
1/2 cup brown sugar  
1/2 tsp. vanilla  
1 cup white flour  
1 80 gram Bournville chocolate bar  
chopped roasted nuts and/or coconut may be added

Cream the butter and brown sugar well in a bowl. Add the vanilla. Mix. Then add the flour and mix well. Press the dough into a well greased enamel plate and bake until done. While the cookie is still hot, place the pieces of chocolate on it. When it melts, spread it evenly over the bar with a knife. Sprinkle the nuts/coconut on top. Cut into squares before thoroughly cooled.

NOTES: -These bars normally call for an egg yolk, but they taste fine without one.  
-If you add a bit of extra shortening and sugar, and bake the bar longer, it turns out like the inside of a Heath Bar.

	Calories	Protein(g)	Fat(g)	Car(g)	A(IU)	C(mg)
Total	2187	22	130.4	245.7	4006	--
per serving assuming 25	87.5	.9	5.2	9.8	160.2	--

# OATMEAL-DATE BARS      1 large (10") enamel plate

## CRUST

1	cup	white flour
1½	cups	porridge oats (quick cooking)
¼	tsp.	nutmeg
¼	tsp.	cinnamon
¼-1/3	cup	brown sugar (or white sugar)
½	cup	butter, melted

## FILLING

¼	kilo	dates with pits (less if dates are pitted), chopped
1	medium	orange or lemon
		cinnamon and nutmeg or other spices
		sugar if desired

Mix the crust ingredients and press about 2/3 of the mixture into a greased enamel plate. It should be enough to cover the bottom of the plate and extend part way up the sides. You will use the remainder of the crust later.

To prepare the filling, chop the pitted dates and boil in water for approximately 30 minutes with the spices and grated orange or lemon peel and juice. (Barely cover the dates and peel with water and then cook until all water is gone, over a low heat). Place the date mixture on the crust after cooking. Cover with the remaining crust, sealing the edges as best as you can. Bake until the crust is brown.

NOTES: -Pitting dates can be unpleasant if they contain a great deal of weavels. First cut them in half and remove the pits. Wash them with water, drowning all the bugs. Remove the bugs and chop the dates.  
 -200 grams of raisins or currents may be used instead of dates.  
 -When baking, don't let the filling touch the sides of the enamel plate since the sugar will begin to burn.

	Calories	Protein(g)	Fat(g)	Car(g)	A(IU)	C(mg)
Total	1813	27.1	96	219.8	4480	466
per piece						
assuming 25	72.5	1.1	4	8.8	179	18.5

# OATMEAL BUTTER SQUARES (Mary Abrams) 3 dozen

2 Tbsp. butter  
 1/4 cup white sugar  
 1/4 cup brown sugar  
 1 medium egg-beaten  
 1/2 tsp. salt  
 1 1/2 tsp. baking powder  
 1/2 tsp. vanilla  
 1/2 cup white flour (sifted once)  
 1/2 cup oatmeal  
 chopped nuts or raisins may also be added

Cream the butter and sugar. Then add the rest of the ingredients and mix thoroughly. Spread the mixture thinly in a greased pan, (enamel plate, suffuria, or a disposable aluminum pan). Bake approximately 15 minutes in a hot jiko oven, (350°F). After slightly cooled, cut into squares.

	Calories	Protein(g)	Fat(g)	Car(g)	A(IU)	C(mg)
Total	947.5	17.2	30.1	159.6	1457.5	--
per square	26.3	0.5	0.9	4.4	40.5	--

## BROWNIES 1 large enamel plate (10")

1/2 cup shortening, melted  
 6 Tbsp. cocoa  
 2 medium eggs, beaten  
 3/4 cup sugar  
 1 tsp. vanilla  
 1/2 cup white flour  
 1/2 cup coconut flakes or nuts

Additional items which may be added: mashed ripe bananas, 1-2 tsp.  
 instant coffee, grated orange/lemon rind, cinnamon.

Mix together the shortening, cocoa, sugar, and vanilla. Then stir in the rest of the ingredients. Mix well. Bake in a greased enamel plate until done, approximately 10-20 minutes.

	Calories	Protein(g)	Fat(g)	Car(g)	A(IU)	C(mg)
Total	1615.5	23.6	87.9	210.4	2960	--
per serving						
assuming 25	64.6	0.9	3.5	8.4	118.4	--

# PIE CRUST 1-10" pie shell

1	cup	white flour		
1½	Tbsp.	sugar		
3	Tbsp.	butter	4 Tbsp	<del>large</del> butter
2½	Tbsp.	blue band	3 Tbsp	crisco
¼	large	lemon or lime	~1 Tbsp	lemon
5	Tbsp.	water (roughly 5 Tbsp.)	~3 Tbsp	water

Mix the flour and sugar. With your fingers, work in the butter until it makes sand grain sized particles. Mix in the blue band with either 2 knives or lightly with your fingers until it is the size of small peas. Mix in the lemon or lime juice well (should be about 1 Tbsp. of juice). Mixing constantly with your fingers, add the water until it all just sticks together. You do not want it wet at all. Let the dough sit at least 10 minutes, then knead together for approximately 10 seconds. Place on a lightly floured board and roll out thin. This recipe can be doubled if you want a top crust.

	Calories	Protein(g)	Fat(g)	Car(g)	A(IU)	C(mg)
Total	1052	13.1	58.6	121.1	2350	14
per piece						
assuming 6	175	2.2	9.8	20	392	2.3

# QUICK PIE CRUST 1-10" pie shell

1	box	Digestive biscuits (200 grams), finely crushed (about 1½ cups)
¼	cup	icing sugar
5	Tbsp.	butter, melted
1	tsp.	cinnamon (optional)
1	tsp.	nutmeg (optional)

After crushing the biscuits with a fork, add the other dry ingredients. Then, add the melted butter and mix well. Press the mixture in a well greased pie pan and bake for about 15 minutes. Cool the crust before filling. This crust goes well with pudding fillings as well as some fruit fillings (cooked).

	Calories	Protein(g)	Fat(g)	Car(g)	A(IU)	C(mg)
Total	1400	20	76	177	2350	--
per piece						
assuming 6	233	3.3	12.6	29.4	392	--

## PIE FILLINGS

The following are fillings for pies. You can choose a crust to make from other recipes.

### General Instructions:

Mix all the ingredients listed for a particular pie filling. Let them stand for about 10 minutes. Put them in a pie shell, (unbaked). These pies should have a top crust. Pinch the sides of the top and bottom crust together. In the top crust, put four little cuts or slits using a knife. Bake until the crust is golden brown, approximately 1 hour.

### APPLE-GREEN TOMATO FILLING

350 grams	apples, cut and cored
350 grams	green tomatoes, sliced thin
$\frac{1}{2}$ cup	sugar
3 Tbsp.	corn starch (corn flour)
1 Tbsp.	butter
	cinnamon and nutmeg

This pie tastes good and is cheaper than an all apple pie.

	Calories	Protein(g)	Fat(g)	Car(g)	A(IU)	C(mg)
per piece						
assuming 6	491	5.18	21.7	68	1474.8	21.1
double crust						

### APPLE FILLING

700 grams	apples, cut and cored
$\frac{1}{2}$ cup	sugar
2 Tbsp.	corn starch (corn flour)
1 Tbsp.	butter
$\frac{1}{2}$ -1 medium	lemon, (juice from)
	cinnamon and nutmeg
OPTIONAL:	currents, raisins or chopped nuts

	Calories	Protein(g)	Fat(g)	Car(g)	A(IU)	C(mg)
per piece						
assuming 6	505	4.6	22	73	962	9.3
double crust						

### STRAWBERRY-RHUBARB FILLING

2 cups	strawberries, sliced
2 cups	rhubarb, peeled and chopped
$\frac{2}{3}$ -1 cup	sugar
3 Tbsp.	cornstarch (cornflour)
	cinnamon and nutmeg

	Calories	Protein(g)	Fat(g)	Car(g)	A(IU)	C(mg)
per piece						
assuming 6	492	5	22	68	932	38
double crust						

#### RHUBARB FILLING

4 cups Rhubarb, peeled and chopped  
1-1½ cups sugar  
3 Tbsp. cornstarch (cornflour)  
2 tsp. orange or lemon peel, grated  
cinnamon and nutmeg

	Calories	Protein(g)	Fat(g)	Car(g)	A(IU)	C(mg)
per serving						
assuming 6	523	5	22	76	942	12
double crust						

#### PEACH FILLING

1 kilo peaches, pitted and sliced  
½-2/3 cup sugar, white or brown  
2 Tbsp. cornstarch (cornflour)  
1 Tbsp. butter  
cinnamon, nutmeg, lemon juice, currants, nuts may also be added

	Calories	Protein(g)	Fat(g)	Car(g)	A(IU)	C(mg)
per serving						
assuming 6	496	5.3	22	70.7	2790	15
double crust						

#### PAPAYA FILLING

2 medium unripe papayas, chopped (about 6 cups)  
1 cup sugar, white or brown (better)  
3 Tbsp. cornstarch (cornflour)  
1 Tbsp. butter  
2 tsp. orange or lemon peel, grated  
cinnamon, nutmeg

	Calories	Protein(g)	Fat(g)	Car(g)	A(IU)	C(mg)
per serving						
assuming 6	549	5	22	83.2	2612	60.6
double crust						

#### GUAVA FILLING

6 cups guavas, peeled, seeded, and chopped (pink guavas are sweeter)  
3 Tbsp. cornstarch (cornflour)  
¾ cup sugar, brown  
cinnamon

#### GOOSEBERRY FILLING

650 grams gooseberries  
½ cup sugar  
4 Tbsp. cornstarch (cornflour)  
cinnamon, nutmeg, raisins

The gooseberries need to be cooked. Over a low heat, put the berries in a suffuria and begin to cook until tender. Water should not be added as the berries have enough juice of their own. When the berries become tender, 15-30 minutes later, add the sugar and allow the mixture to thicken. Pour the filling into the baked pie shell. A top crust is not needed. If you would like to use a top crust, pre-bake it first. Bake the pie approximately 15 minutes, or until the berry mixture is gelled.

#### PLUM FILLING

1	kilo	plums, pitted and sliced
½-1	cup	sugar (varies according to the sweetness of the plums)
1-2	tsp.	orange or lemon peel, grated
2½	Tbsp.	cornstarch (cornflour)
		cinnamon, nutmeg, tea masala

The plums need to be cooked in a suffuria over a low heat. A little water may be added to the plums to prevent burning, if the plums are not too juicy. Cook the plums until tender, about 20-30 minutes. After the plums become soft add the sugar and cook until the mixture thickens. Then pour the filling into a baked pie shell. Normally, a top crust is not used. However, if you would like to use a top crust, bake it first, and then put it on the filled pie. Bake the pie approximately 15 minutes, or until the plum mixture is gelled.

#### OTHERS

It is rumored that these fruits also make nice pie fillings: hard mangoes (unripe), mulberries, pears (probably better in a mixture), pineapples, bananas, loquats.



## MERINGUE TOPPING

3 medium egg whites (the egg yolks will normally be used in the pie)  
1/2 tsp. vanilla  
1/2 tsp. cream of tartar  
4 Tbsp. sugar

Using a fork, beat the egg whites with the cream of tartar. When this mixture begins to whip up forming peaks, slowly add the sugar and vanilla. Continue beating until stiff peaks are formed when the fork is lifted from the mixture. Spread on the top of pies and bake until the meringue peaks are browned.

## LEMON-MERINGUE PIE 6 servings

1 cup sugar  
3 Tbsp. cornstarch (cornflour)  
3 Tbsp. white flour  
1 dash salt  
1 1/2 cups hot water  
3 medium egg yolks, beaten  
3 Tbsp. butter  
1/2 tsp. lemon peel, grated  
1/3 cup lemon juice

Cook sugar, cornstarch, flour, salt, and hot water, stirring until the mixture comes to a boil. Reduce heat and stir 2 minutes longer. Remove from heat.

Add a small amount of the hot mixture into the beaten egg yolks to warm them. Then add the egg yolks back into the hot mixture. Once again, cook this mixture, stirring constantly. After it boils, cook it 2 minutes longer. Then add the butter, lemon peel, and slowly add lemon juice, mixing well. Pour this filling into a baked pie shell. Spread meringue (from another recipe), over the filling. Bake until the meringue peaks brown lightly.

	Calories	Protein(g)	Fat(g)	Car(g)	A(IU)	C(mg)
per serving	453	5.5	18.4	66	887	8.17

# PINEAPPLE-MERINGUE PIE      6 servings

4    Tbsp.      cornstarch (cornflour)  
 1/4   cup      sugar  
 1/2   cup      water  
 3    cups      pineapple, finely diced with juice (ripe pineapple)  
 2    Tbsp.      butter  
 3    medium    egg yolks; beaten

Heat water. Add sugar and cornstarch slowly, mixing until smooth. Then add the pineapple and continue heating, stirring constantly, until the mixture boils. Lower the heat and continue cooking for 2 more minutes. Remove from heat. Add a small amount of the hot mixture into the beaten egg yolks to warm them. Then add the egg yolks back into the hot mixture, stirring in the butter as well. Pour the filling into a baked pie shell. Spread a meringue topping on the filling and bake until the meringue peaks turn a light brown color. (The meringue topping can be found in another recipe)

	Calories	Protein(g)	Fat(g)	Car(g)	A(IU)	C(mg)
Total	2216	32.1	100	286	5180	92
per serving	370	5.4	17	48	865	15.3

# CHOCOLATE ORANGE STICKS      (Sheila Waterman)      16 pieces

1    large      thick skinned orange  
 1/2   cup      sugar  
 1    80 gram    Bourneville chocolate bar

Quarter the orange and peel the skin off. Slice the peel in thin slices, approximately 1 cm thick. Boil enough water in a suffuria so that you'll be able to emerse all of the pieces of orange peel. Once the water is boiling, drop the pieces of peel in for a few minutes, then take them out. Repeat this procedure two more times. Let the peels drain as best as you can.

Slowly melt the chocolate bar over warm water. Add drops of water if it begins to thicken too much. Dip the pieces of peel in the chocolate and place on foil or a piece of greased paper. Let the pieces cool thoroughly before removing.

Due to the lack of nutrition and the surplus of calories, no nutritional analysis is included.

PEANUT BRITTLE (Tama Hamilton-Wray) 25 pieces

1 cup sugar  
 1/2 cup golden syrup  
 1/4 cup water  
 1/2 Tbsp. butter  
 3/4 cup peanuts (roasted and salted)  
 1/2 tsp. baking soda

In a saucepan, combine sugar, syrup, butter, and water. Cook until the mixture comes to a rolling boil. Add peanuts and cook until mixture turns to a golden brown color, stirring constantly.. Remove from heat and stir in baking soda. Return to heat (low) and cook until the mixture is a dark golden brown color. Pour the mixture into a buttered pan. Allow to harden.

	Calories	Protein(g)	Fat(g)	Car(g)	A(IU)	C(mg)
Total	1905.5	28	58	340	235	--
per piece	76	1.1	2.3	13.6	9.4	--

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CHOCOLATE PEANUT CLUSTERS (Maureen Lardie)

10 Tbsp. sugar  
 8 Tbsp. cocoa  
 3 Tbsp. blue band  
 1/3 can sweetened condensed milk (397 gram can) or about 1/2 cup  
 2 cups unsalted roasted groundnuts  
 raisins, sesame seeds... may also be added

Melt the sugar, cocoa, and blue band over low flame until the sugar is as melted as possible. Slowly pour in the sweetened condensed milk and stir constantly to avoid scorching. The mixture should be fairly thick. Add the groundnuts... and stir. Spoon onto a dry surface and allow to cool. Dangerously fattening.

	Calories	Protein(g)	Fat(g)	Car(g)	A(IU)	C(mg)
Total	3335	96	228	289	1965	4

OLD FASHIONED CARAMELS (Tama and Jeff) 20 pieces

$\frac{1}{2}$  cup butter  
 1 cup brown sugar, firmly packed  
 $\frac{1}{2}$  cup golden syrup  
 $\frac{1}{2}$  can condensed milk (about  $\frac{1}{2}$  cup)  
 1 tsp. vanilla

In a saucepan, melt butter, add sugar and mix well. Stir in corn syrup. Cook until well blended and the sugar dissolves. Add milk. Cook over medium heat, stirring constantly, until mixture reaches soft ball stage, (about 20-30 minutes). Pour the mixture into a greased pan, both bottom and sides. Allow to cool.

	Calories	Protein(g)	Fat(g)	Car(g)	A(IU)	C(mg)
Total	2548	13.2	105.3	414.2	4262	3.98
per serving assuming 20	129.2	0.7	5.27	20.7	213.1	0.2

QUICK FUDGE 25 pieces

4 Tbsp. cocoa  
 $\frac{1}{2}$  bag icing sugar (250 grams)  
 2 Tbsp. butter  
 1-2 Tbsp. milk  
 OPTIONAL:  $\frac{1}{2}$  cup toasted coconut  
 $\frac{1}{2}$  cup roasted nuts  
 1 tsp. vanilla

Melt butter in a suffuria. Add the sugar and cocoa and mix well. Add the milk and mix well again. Cook the mixture until it thickens a bit. Add coconut, nuts, and vanilla. Then mix. Pour the mixture into a greased enamel plate and let it harden. Cut into small pieces.

NOTE: Strong coffee may be substituted for milk.

	Calories	Protein(g)	Fat(g)	Car(g)	A(IU)	C(mg)
Total	1319	4.2	43	249.1	966.7	--
per serving	53	.17	1.72	9.52	38.7	--

TOFFEE CRUNCH (Tama and Jeff) 20 pieces

$\frac{1}{2}$  cup sugar  
 $\frac{1}{2}$  cup butter  
 $1\frac{1}{2}$  Tbsp. water  
1 Tbsp. golden syrup  
 $\frac{1}{2}$  cup almonds or cashews

In a saucepan combine sugar, butter, water, and syrup. Cook over medium or low heat, stirring occasionally to hard crack stage, (about 30 minutes). Stir in nuts. Pour mixture onto large greased cookie sheet and spread to  $\frac{1}{4}$ " thickness. Let cool.

	Calories	Protein(g)	Fat(g)	Car(g)	A(IU)	C(mg)
Total	1650	12.8	116	135.5	3830	--
per serving						
assuming 20	82.5	0.6	5.8	6.8	191.5	--

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December 31, 1985

Ms. Sara Lee  
Country Desk Officer/Kenya  
U.S. Peace Corps  
806 Connecticut Avenue, N.W.  
Washington, DC 20526

Dear Ms. Lee:

In response to Mr. Robert T. Spencer's Letter of December 16, we are pleased to grant you permission to reprint specified recipes from THE VEGETARIAN EPICURE and THE VEGETARIAN EPICURE, BOOK TWO, by Anna Thomas, and AN INVITATION TO INDIAN COOKING, by Madhur Jaffrey, in your forthcoming cookbook for use by Peace Corps volunteers, provided no other contributor receives remuneration.

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Sincerely,

Marianne Fallon  
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