COOKIN' IN KENYA

U.S. PEACE CORPS
FOREWORD

The impetus for this book came from Sheila Waterman, Margaret Mndara, 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 Wambaro, 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 Hornower (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
Exhumed from the dead by
Barbara Stanford

None-too-serious illustrations by
Steven Varner
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CAKE ICING-MOCHA .......................................................
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OATMEAL-DATE BARS ......................................................
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BROWNIES ..................................................................
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PIE CRUST ..................................................................
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   APPLE FILLING ............................................................
   STRAWBERRY-RHUBARB ..............................................
   RHUBARB ................................................................
   PEACH ..................................................................
   PAPAYA ..................................................................
   GUAVA ..................................................................
   GOOSEBERRY .............................................................
   PLUM ..................................................................
   LEMON-MERINGUE PIE .................................................
   PINEAPPLE-MERINGUE PIE ...........................................
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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 people's 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.
SECTION A

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:

<table>
<thead>
<tr>
<th></th>
<th>MEN</th>
<th>WOMEN</th>
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<tbody>
<tr>
<td>Sedentary</td>
<td>16 cal/1b</td>
<td>14 cal/1b</td>
</tr>
<tr>
<td>Moderate</td>
<td>21 cal/1b</td>
<td>18 cal/1b</td>
</tr>
<tr>
<td>Active</td>
<td>26 cal/1b</td>
<td>22 cal/1b</td>
</tr>
</tbody>
</table>

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 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 absorption 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 helpful 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, women's group, or to anyone.

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<th>Age</th>
<th>0-6 months</th>
<th>1-2 years</th>
<th>4-6 years</th>
<th>pregnant</th>
<th>lactating</th>
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<td>Fats in grams</td>
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<td>Sodium mg.</td>
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<td>2000</td>
<td>2500</td>
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<tr>
<td>B1 in mg.</td>
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<td>0.7</td>
<td>0.9</td>
<td>+.3</td>
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<td>B2 in mg.</td>
<td>0.4</td>
<td>0.8</td>
<td>1.1</td>
<td>+.3</td>
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<tr>
<td>B6 in mg.</td>
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<td>0.6</td>
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<td>+2.5</td>
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<td>E in IU</td>
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<td>7.0</td>
<td>9.0</td>
<td>15.0</td>
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[YIPES]

[Run for your life!]

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### Desirable Weight Charts

#### Women

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<th>Height with shoes (2&quot; inch heels)</th>
<th>Small frame</th>
<th>Medium frame</th>
<th>Large frame</th>
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<td>96-107</td>
<td>104-119</td>
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<td>94-101</td>
<td>98-110</td>
<td>106-122</td>
</tr>
<tr>
<td>5' 0&quot;</td>
<td>96-104</td>
<td>101-113</td>
<td>109-125</td>
</tr>
<tr>
<td>5' 1&quot;</td>
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<td>104-116</td>
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<td>107-119</td>
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<td>6' 0&quot;</td>
<td>138-148</td>
<td>144-159</td>
<td>153-173</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Height with shoes (1&quot; inch heels)</th>
<th>Small frame</th>
<th>Medium frame</th>
<th>Large frame</th>
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</thead>
<tbody>
<tr>
<td>5' 2&quot;</td>
<td>112-120</td>
<td>118-129</td>
<td>126-141</td>
</tr>
<tr>
<td>5' 3&quot;</td>
<td>115-123</td>
<td>121-133</td>
<td>129-144</td>
</tr>
<tr>
<td>5' 4&quot;</td>
<td>119-126</td>
<td>124-136</td>
<td>132-149</td>
</tr>
<tr>
<td>5' 5&quot;</td>
<td>121-129</td>
<td>127-139</td>
<td>135-152</td>
</tr>
<tr>
<td>5' 6&quot;</td>
<td>124-133</td>
<td>130-143</td>
<td>138-156</td>
</tr>
<tr>
<td>5' 7&quot;</td>
<td>128-137</td>
<td>134-147</td>
<td>142-161</td>
</tr>
<tr>
<td>5' 8&quot;</td>
<td>132-141</td>
<td>138-152</td>
<td>147-166</td>
</tr>
<tr>
<td>5' 9&quot;</td>
<td>136-145</td>
<td>142-156</td>
<td>151-170</td>
</tr>
<tr>
<td>5' 10&quot;</td>
<td>140-150</td>
<td>146-160</td>
<td>155-174</td>
</tr>
<tr>
<td>5' 11&quot;</td>
<td>144-154</td>
<td>150-165</td>
<td>159-179</td>
</tr>
<tr>
<td>6' 0&quot;</td>
<td>148-158</td>
<td>154-170</td>
<td>164-184</td>
</tr>
<tr>
<td>6' 1&quot;</td>
<td>152-162</td>
<td>158-175</td>
<td>168-199</td>
</tr>
<tr>
<td>6' 2&quot;</td>
<td>156-167</td>
<td>162-180</td>
<td>173-194</td>
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<td>6' 3&quot;</td>
<td>160-171</td>
<td>167-185</td>
<td>178-199</td>
</tr>
<tr>
<td>6' 4&quot;</td>
<td>164-175</td>
<td>172-190</td>
<td>182-204</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
<th>Protein(g)</th>
<th>Fat(g)</th>
<th>Car.(g)</th>
<th>A(IU)</th>
<th>C(mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Tbsp. peanut butter</td>
<td>86</td>
<td>3.9</td>
<td>8.1</td>
<td>3.2</td>
<td>---</td>
<td>---</td>
</tr>
<tr>
<td>1 Tbsp. jam</td>
<td>54</td>
<td>0.1</td>
<td>-</td>
<td>14</td>
<td>trace</td>
<td>1</td>
</tr>
<tr>
<td>1 slice white bread</td>
<td>62</td>
<td>2</td>
<td>0.8</td>
<td>11.6</td>
<td>---</td>
<td>---</td>
</tr>
<tr>
<td>1 slice wheat bread</td>
<td>56</td>
<td>2.4</td>
<td>0.7</td>
<td>11</td>
<td>---</td>
<td>---</td>
</tr>
<tr>
<td>1 large carrot</td>
<td>42</td>
<td>1.1</td>
<td>0.2</td>
<td>9.7</td>
<td>11000</td>
<td>8</td>
</tr>
<tr>
<td>1 med boiled egg</td>
<td>82</td>
<td>6.5</td>
<td>5.8</td>
<td>0.5</td>
<td>590</td>
<td>---</td>
</tr>
<tr>
<td>1 oz. (28 g) cheese</td>
<td>112</td>
<td>7</td>
<td>9.4</td>
<td>0.4</td>
<td>300</td>
<td>---</td>
</tr>
<tr>
<td>1 Tbsp. butter</td>
<td>102</td>
<td>0.1</td>
<td>11.5</td>
<td>0.1</td>
<td>470</td>
<td>---</td>
</tr>
<tr>
<td>1 cup beer 4.5%</td>
<td>101</td>
<td>0.72</td>
<td>-</td>
<td>9.1</td>
<td>---</td>
<td>---</td>
</tr>
<tr>
<td>1 Tbsp. sugar</td>
<td>46</td>
<td>-</td>
<td>-</td>
<td>11.9</td>
<td>---</td>
<td>---</td>
</tr>
<tr>
<td>1 cup whole milk</td>
<td>159</td>
<td>8.5</td>
<td>8.15</td>
<td>11.4</td>
<td>350</td>
<td>2.29</td>
</tr>
<tr>
<td>1/2 cup roasted peanuts</td>
<td>419</td>
<td>13.9</td>
<td>35</td>
<td>15</td>
<td>---</td>
<td>---</td>
</tr>
<tr>
<td>1/2 cup roasted cashews</td>
<td>392</td>
<td>12</td>
<td>32</td>
<td>21</td>
<td>70</td>
<td>---</td>
</tr>
<tr>
<td>1 average banana, raw</td>
<td>127</td>
<td>1.6</td>
<td>0.3</td>
<td>33</td>
<td>270</td>
<td>15</td>
</tr>
<tr>
<td>1 average orange</td>
<td>64</td>
<td>1.3</td>
<td>0.3</td>
<td>16</td>
<td>260</td>
<td>66</td>
</tr>
<tr>
<td>1 med. mango, raw</td>
<td>152</td>
<td>1.6</td>
<td>0.9</td>
<td>38.8</td>
<td>11090</td>
<td>81</td>
</tr>
<tr>
<td>1 cup pineapple, diced</td>
<td>81</td>
<td>0.6</td>
<td>0.3</td>
<td>21</td>
<td>110</td>
<td>26</td>
</tr>
<tr>
<td>1/2 a medium papaya, raw</td>
<td>58</td>
<td>0.9</td>
<td>0.15</td>
<td>15</td>
<td>2625</td>
<td>84</td>
</tr>
</tbody>
</table>
"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 usable 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.

I don't think he likes this substitution idea!
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
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 = 2/3 oz. cake, compressed
1 3/4 tsp. dry yeast = 2 Tablespoons pkg. yeast (like USA)

2) Rice
2 1/2 cups uncooked = 8 cups cooked

3) Spinach
3 cups uncooked = 1 cup cooked

4) Onions
1 medium onion, chopped = about 1/2 cup

5) Butter
1/2 cup = 4 oz.
1/8 cup = 1 oz.
1/8 cup = 2 Tbsp.
a 500 gram slab is about 1 pound of butter

6) Potatoes
1 medium = about 3/4 cup diced
3 medium = about 1 cup mashed

7) Noodles
2 cups dry = about 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

<table>
<thead>
<tr>
<th>American / British</th>
<th>Swahili</th>
<th>Indian</th>
</tr>
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</table>

### Legumes

<table>
<thead>
<tr>
<th>Item</th>
<th>English</th>
<th>Swahili</th>
<th>Indian</th>
</tr>
</thead>
<tbody>
<tr>
<td>Garbanzos/grams</td>
<td>dengu</td>
<td>channa</td>
<td></td>
</tr>
<tr>
<td>Lentil/lentil</td>
<td>----</td>
<td>masoor</td>
<td></td>
</tr>
<tr>
<td>Moong/green gram</td>
<td>----</td>
<td>mug</td>
<td></td>
</tr>
<tr>
<td>Black gram</td>
<td>----</td>
<td>urad</td>
<td></td>
</tr>
<tr>
<td>Cow peas/cow gram</td>
<td>kunde</td>
<td>lobhia</td>
<td></td>
</tr>
<tr>
<td>Red gram</td>
<td>----</td>
<td>toovar or arhar</td>
<td></td>
</tr>
<tr>
<td>Kidney beans/same</td>
<td>maharagwe</td>
<td>rajma</td>
<td></td>
</tr>
<tr>
<td>Soya/same</td>
<td>njegere</td>
<td>dhali</td>
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### Vegetable

<table>
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<th>Indian</th>
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<tbody>
<tr>
<td>Cabbage/same</td>
<td>kabichi</td>
<td>gobi</td>
<td></td>
</tr>
<tr>
<td>Carrots/same</td>
<td>karoti</td>
<td>gajar</td>
<td></td>
</tr>
<tr>
<td>Cauliflower/same</td>
<td>koliflari</td>
<td>fluawer</td>
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</tr>
<tr>
<td>Eggplant/brinjal</td>
<td>biringani</td>
<td>----</td>
<td></td>
</tr>
<tr>
<td>Garlic/same</td>
<td>kitunguu sau mu</td>
<td>lasan</td>
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</tr>
<tr>
<td>Mushrooms/same</td>
<td>kiyoga</td>
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</tr>
<tr>
<td>Onions/same</td>
<td>kitunguu</td>
<td>----</td>
<td></td>
</tr>
<tr>
<td>Peas/same</td>
<td>njegera</td>
<td>----</td>
<td></td>
</tr>
<tr>
<td>Bell pepper (sweet)/same</td>
<td>pili pili tamu</td>
<td>---- A.K.A. Capsicum</td>
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<tr>
<td>Red (hot) pepper/same</td>
<td>pili pili hono (kali)</td>
<td>mirchi</td>
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<tr>
<td>Potatoes/same</td>
<td>viazi</td>
<td>----</td>
<td></td>
</tr>
<tr>
<td>Sweet potatoes/same</td>
<td>viazi vitamu</td>
<td>----</td>
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<tr>
<td>Tomato/same</td>
<td>nyanya</td>
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### Kale

<table>
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</thead>
<tbody>
<tr>
<td>Apples/same</td>
<td>tofaa</td>
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</tr>
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<td>parachichi</td>
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</tr>
<tr>
<td>Banana/same</td>
<td>ndizi</td>
<td>----</td>
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<tr>
<td>Coconut/same</td>
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<td>Custard apple/same</td>
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<tr>
<td>Gooseberry/same</td>
<td>mboni</td>
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<tr>
<td>Guava/same</td>
<td>pera (ma)</td>
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<td></td>
</tr>
<tr>
<td>Jackfruit/same</td>
<td>fenesi</td>
<td>----</td>
<td></td>
</tr>
<tr>
<td>Lemon/same</td>
<td>limau</td>
<td>limbu</td>
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</tr>
<tr>
<td>Lime/same</td>
<td>ndimu</td>
<td>----</td>
<td></td>
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<tr>
<td>Mango/same</td>
<td>ambe (ma)</td>
<td>ambo</td>
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<tr>
<td>Orange/same</td>
<td>chungwa (ma)</td>
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<tr>
<td>Papaya (paw paw)/same</td>
<td>papai (paw paw)</td>
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<tr>
<td>Passion fruit/same</td>
<td>matunda</td>
<td>----</td>
<td></td>
</tr>
<tr>
<td>Pineapple/same</td>
<td>nanasi (ma)</td>
<td>----</td>
<td></td>
</tr>
<tr>
<td>Plum</td>
<td>tunda kama zambaru</td>
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### Other

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<td>Ginger</td>
<td>tangawizi</td>
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<td></td>
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<tr>
<td>Cinnamon</td>
<td>mkalasini</td>
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<td></td>
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<td>Salt</td>
<td>chumvi</td>
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<tr>
<td>Sugar</td>
<td>sukari</td>
<td>----</td>
<td></td>
</tr>
<tr>
<td>Black pepper</td>
<td>pili pili manga</td>
<td>----</td>
<td></td>
</tr>
<tr>
<td>White flour</td>
<td>unga wa ungano</td>
<td>----</td>
<td></td>
</tr>
<tr>
<td>Wheat flour</td>
<td>unga wa ungano (atta)</td>
<td>----</td>
<td></td>
</tr>
<tr>
<td>Maize flour</td>
<td>unga wa mahindi</td>
<td>dania</td>
<td></td>
</tr>
</tbody>
</table>
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 40s 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. If mold or thin bacterial layer forms, rince 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 suffuria with half inch of water; cover suffuria, 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 someplace 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 dried 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 Washindis 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 looses 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 KHANITA. You can buy the spherical seeds in shops and grow your own. Many people do not like fresh coriander 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) PILAW MIX is a combination of whole spices such as cloves, cinnamon sticks, cardamon 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
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, using 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, rince 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 suffuria with half inch of water; cover suffuria, 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 beat methods for preserving food is drying. There is an I.C.E. manual (ML0) 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.
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.
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 KIPAKA, 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 (MAJ). This stage is called DAMFU 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 (KUPUA 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 (KIFUO or KIFUUMI). 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 KUMBI 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 fim 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 KIRIMBU. 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 skin 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 indeterminately at room temperature.

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

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)


Getting the most out of your jiko:
Select a beaching site with a strong pot rest. Pock pot gently. Carry jiko gently. Apply soil, sand or ashes on jiko's base. Place the lid on only to the top of the jiko pot. Cover pot once pot cracks. Close the sides of jiko 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.
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 quantitative most recipes call for hot. Once the oven is hot (water sizzles when dripped on the side 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 throughly 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 84" 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 (maka'a) 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 (4" to 2" in diameter) on until the jiko is 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-hottier, 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.
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 (SUKIMA with RICE
   e) KITCHERIE
   f) FONDUE
   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.
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 sometimes hanging 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 1
pancakes

Hey Baracuda! Come back with my pancake!

What am I saying!? Now I know I've been here too long!
BREAKFAST PANCAKES I (easier version) makes about 3 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
1/2 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.

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BREAKFAST PANCAKES II 3 servings

1 1/2 cups white flour
1 Tbsp. sugar
1/2 tsp. salt
3 eggs, separated
2 cups milk
1/2 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 in the pancakes.

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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.

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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 and 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 butter 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.

<table>
<thead>
<tr>
<th>Calories</th>
<th>Protein(g)</th>
<th>Fat(g)</th>
<th>Car.(g)</th>
<th>A(IU)</th>
<th>C(mg)</th>
</tr>
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<tr>
<td>Total</td>
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<tr>
<td>per crepe</td>
<td>65</td>
<td>2.3</td>
<td>4.3</td>
<td>4</td>
<td>176</td>
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<tr>
<td>assuming 10</td>
<td></td>
<td></td>
<td></td>
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<td></td>
</tr>
</tbody>
</table>
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.

<table>
<thead>
<tr>
<th>Calories</th>
<th>Protein(g)</th>
<th>Fat(g)</th>
<th>Car.(g)</th>
<th>A(IU)</th>
<th>C(mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>for 1 serving</td>
<td>352</td>
<td>11.3</td>
<td>23</td>
<td>26</td>
<td>586</td>
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</tbody>
</table>

POTATO PANCAKES  2 servings

2 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.

<table>
<thead>
<tr>
<th>Calories</th>
<th>Protein(g)</th>
<th>Fat(g)</th>
<th>Car.(g)</th>
<th>A(IU)</th>
<th>C(mg)</th>
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</thead>
<tbody>
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<tr>
<td>per serving</td>
<td>450</td>
<td>15</td>
<td>23</td>
<td>48</td>
<td>789</td>
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</tbody>
</table>
Hey Chip! Whatcha makin'?

I'm making my famous zucchini bread E.C. Everyone here tells me they just love it!

They do, huh? I'm glad we're in Kenya!

Why's that E.C.?

Because - otherwise I might have actually eaten some of it!

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

1 cup white flour
1 cup maize meal
1 tsp. salt
½ tsp. baking powder
2 Tbsp. butter or Blue Band (heaping)
⅛ 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.

<table>
<thead>
<tr>
<th>Calories</th>
<th>Protein (g)</th>
<th>Fat (g)</th>
<th>Car. (g)</th>
<th>A(IU)</th>
<th>C(mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>TOTAL</td>
<td>1668</td>
<td>22.5</td>
<td>56.2</td>
<td>272</td>
<td>939</td>
</tr>
</tbody>
</table>

assuming 10 pieces each
piece has 167 2.3 5.6 27.2 94 0
CHAPATIS A LA LENGUT (Kathleen Soltero) - 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. Roll the dough into 20 minutes to 8 hours, depending on when you made them. Roll out into circles about 10-12" in diameter. Melt a bit of lard in a pan and wait until it is hot to cook the chapati. Fry rapidly and watch them bubble up.

<table>
<thead>
<tr>
<th></th>
<th>Calories</th>
<th>Protein (g)</th>
<th>Fat (g)</th>
<th>Car. (g)</th>
<th>A (IU)</th>
<th>C (mg)</th>
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<tbody>
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<td>96</td>
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<td>assuming 8 pieces each</td>
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<td></td>
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<tr>
<td>piece has</td>
<td>101</td>
<td>2.5</td>
<td>4.7</td>
<td>12</td>
<td>37</td>
<td>0.35</td>
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</tbody>
</table>

FRY BREAD

1 cup white flour
1 tsp. baking powder
1/4 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.
FLOUR TORTILLAS (Stephen Mustoe) about 6 tortillas

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

Sift flour and salt. Add shortening, 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.

<table>
<thead>
<tr>
<th></th>
<th>Calories</th>
<th>Protein(g)</th>
<th>Fat(g)</th>
<th>Car.(g)</th>
<th>A(IU)</th>
<th>C(mg)</th>
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<tr>
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<td>6.1</td>
<td>14.2</td>
<td>235</td>
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</tbody>
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INDIAN CHAPATIS (thin) makes 8 chapatis

1/2 cup white flour
3/4 cup wheat flour
1 tsp. salt
1 Tbsp. oil
1/4 - 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 consistent 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.

<table>
<thead>
<tr>
<th></th>
<th>Calories</th>
<th>Protein(g)</th>
<th>Fat(g)</th>
<th>Car.(g)</th>
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<th>C(mg)</th>
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<tr>
<td>each has</td>
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<td>13.3</td>
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<td>0</td>
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</table>
VERY EASY BISCUITS  (Michelle Beatrick and David Bowerman) 8 biscuits

1 cup flour, wheat
2 1/2 tsp. baking powder
1/4 tsp. salt
2 1/2 tsp. sugar
1/3 to 1/2 cup 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" surfarin. Pat or roll out the biscuit dough until it is 3/4" thick. Cut it into 1 1/2" 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.

<table>
<thead>
<tr>
<th>Calories</th>
<th>Protein(g)</th>
<th>Fat(g)</th>
<th>Car(g)</th>
<th>A(lU)</th>
<th>C(mg)</th>
</tr>
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<tbody>
<tr>
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<td>29.5</td>
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<td></td>
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<td></td>
</tr>
<tr>
<td>piece has</td>
<td>91</td>
<td>2.6</td>
<td>3.7</td>
<td>12.9</td>
<td>21.9</td>
</tr>
</tbody>
</table>

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 shortening, 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)

<table>
<thead>
<tr>
<th>Calories</th>
<th>Protein(g)</th>
<th>Fat(g)</th>
<th>Car(g)</th>
<th>A(lU)</th>
<th>C(mg)</th>
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<td></td>
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<tr>
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<td>57</td>
<td>2.1</td>
<td>2.8</td>
<td>6.2</td>
<td>158</td>
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</tbody>
</table>
SCONES (Michelle Deatrick and David Bowerman) 8 scones

2 cups unsifted flour
1 Tbsp. baking powder
2 Tbsp. sugar
\( \frac{1}{2} \) tsp. salt
5 Tbsp. Blue Band
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 \( \frac{1}{4}'' \) apart about 25-35 minutes in a jiko oven. Serve split in half with jam and butter or Blue Band. Tastes good with mahawa or chai.

<table>
<thead>
<tr>
<th>Calories</th>
<th>Protein (g)</th>
<th>Fat (g)</th>
<th>Car. (g)</th>
<th>A (IU)</th>
<th>C (mg.)</th>
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<tr>
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<tr>
<td>assuming 8 each piece has 200 4.7 9.2 24.6 145 0.1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
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</tbody>
</table>

CORN BREAD 1 plate

3/4 cup white flour
2\( \frac{1}{2} \) tsp. baking powder
1 Tbsp. sugar
3/4 tsp. salt
1\( \frac{1}{2} \) cup maize meal
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.

<table>
<thead>
<tr>
<th>Calories</th>
<th>Protein (g)</th>
<th>Fat (g)</th>
<th>Car. (g)</th>
<th>A (IU)</th>
<th>C (mg.)</th>
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<td>149.4</td>
<td>1193</td>
</tr>
<tr>
<td>assuming 6 pieces each piece has 192 6.1 4.6 24.9 197 0</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
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
¾ 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).

<table>
<thead>
<tr>
<th>Calories</th>
<th>Protein(g)</th>
<th>Fat(g)</th>
<th>Car.(g)</th>
<th>A(IU)</th>
<th>C(mg)</th>
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<td></td>
<td></td>
</tr>
<tr>
<td>piece has</td>
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<td>10.4</td>
<td>52.4</td>
<td>281</td>
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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
½ 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.

<table>
<thead>
<tr>
<th>Calories</th>
<th>Protein(g)</th>
<th>Fat(g)</th>
<th>Car.(g)</th>
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<th>C(mg)</th>
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<td></td>
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<tr>
<td>6.5</td>
<td>3.3</td>
<td>63</td>
<td>3.3</td>
<td>35</td>
<td>40.</td>
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</table>
ANNA AND ONION BREAD 1 loaf, 18 cm. diameter sufurita

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

<table>
<thead>
<tr>
<th></th>
<th>Calories</th>
<th>Protein(g)</th>
<th>Fat(g)</th>
<th>Car.(g)</th>
<th>A(IU)</th>
<th>C(mg)</th>
</tr>
</thead>
<tbody>
<tr>
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<td>20.4</td>
<td>242</td>
<td>663</td>
<td>7.4</td>
</tr>
<tr>
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<td>5.4</td>
<td>2.6</td>
<td>30.2</td>
<td>83</td>
<td>0.68</td>
</tr>
</tbody>
</table>

ORANGE-DATE BREAD 2 plates

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

<table>
<thead>
<tr>
<th></th>
<th>Calories</th>
<th>Protein(g)</th>
<th>Fat(g)</th>
<th>Car.(g)</th>
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<th>C(mg)</th>
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<td>4.9</td>
<td>39.6</td>
<td>246</td>
<td>12</td>
</tr>
</tbody>
</table>
OATMEAL RAISIN BREAD  1 loaf, baked in an 18 cm. diameter sufuria

\( \frac{3}{4} \) cup  rolled oats
1 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
\( \frac{1}{4} \) cup  raisins
\( \frac{1}{4} \) 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 \( \frac{1}{4} \) 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.

<table>
<thead>
<tr>
<th></th>
<th>Calories</th>
<th>Protein(g)</th>
<th>Fat (g)</th>
<th>Car.(g)</th>
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<th>C(mg)</th>
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</thead>
<tbody>
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<td>7.5</td>
<td>0.5</td>
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<td>pieces</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>each</td>
<td></td>
<td></td>
<td></td>
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<td></td>
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<tr>
<td>piece has</td>
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<td>.84</td>
<td>34</td>
<td>.94</td>
<td>.06</td>
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</tbody>
</table>
SECTION

3

ＳＯＵＰ?
CHEESE AND POTATO SOUP  serves 2 well

2 potatoes, cut into small cubes, about 1/2 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 suxuria 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.

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MUSHROOM SOUP  1 serving

1/2 cup mushrooms, washed and thinly sliced
1 small onion, chopped finely
1 Tbsp. butter
1 Tbsp. flour, white or wheat
1/2 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.
ONION SOUP

2 large or 4 small
SERVINGS

4 cups finely chopped green onions (These taste better)
OR
3 cups thinly sliced onions
3 cloves garlic, finely chopped
3 Tbsp. Butter or Blue Band
1 Bay Leaf
4 cups water
1/2 tsp. dry mustard
2 Tbsp. Soy sauce
1/2 cup wine (dry Papaya or rose work well)
1-2 tsp. thyme, dry
1/2 tsp. salt (can do without it)
a few dashes pepper

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 1/4 cup of grated cheese per bowl of soup.

<table>
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<td>18.2</td>
<td>10.1</td>
<td>2627</td>
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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 consistancy. Add the milk just before serving.

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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

1/2 cup kidney beans, cooked until tender, yields about 1 1/2 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...

<table>
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<th>Calories</th>
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<td>54.6</td>
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BARLEY SOUP  (Michelle Deatrick and David Bowerman)  2 servings

3/4 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, 1/2 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 (Ochumi) 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.

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<th>Calories</th>
<th>Protein(g)</th>
<th>Fat(g)</th>
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<td>88</td>
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WHAT ARE YOU COOKING MIKE?

JUST SOME RICE YOU HAD LEFT OVER FROM YOUR LUNCH.

MIKE... THAT'S NOT RICE. IT'S MY BIOLOGY EXPERIMENT.
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 suet pan 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 consistancy.

<table>
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<tr>
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RICE A RONI (Michelle Beatrix 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).

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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 viki (collards or kale) on the side.

<table>
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<tr>
<th></th>
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<tr>
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MEXACALI RICE  (Guy Consol-magno) 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)
1/8  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 bottom of the pot. Add more water if it is necessary.

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<thead>
<tr>
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SPICED RICE (Indian fried rice) 1 serving

1 cup cooked rice
2 Tbsp. oil
1 onion, chopped
½ tsp. cumin seeds
¼ tsp. turmeric powder, salt and cayenne pepper to taste

Heat oil in a sufinder. 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.

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KHITCHERIE serves 1

¼ cup mung beans (crushed not whole)
½ cup rice
¼ tsp salt
¼ tsp turmeric powder

Place rice and beans in a small sufinder. 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.

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MUTHYA

serves 2

1 cup rice or khitcherie (khitcherie tastes better), leftover
½ cup wheat flour
¼ cup gram flour
1 onion, chopped
1 hot pepper, chopped and seeded (optional)
1 small piece of ginger, finely minced
1 tsp. salt
½ tsp. turmeric powder
1 Tbsp. oil
2 Tbsp. milk or yogurt or maziwa laia

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 9 battery) shapes out of the dough with your hands. You should get about 8 or so 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.

<table>
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VEGETARIAN JAMBALAYA  4 servings

3 cups  rice, cooked  
1 medium  onion, diced  
½ pounds  mushrooms, chopped, about 2¼ cups  
2 Tbsp.  Butter of choice  
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 saucepan and bake covered, until desired consistency.

<table>
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<td>6.4</td>
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<td>769</td>
<td>45</td>
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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 another pot melt butter and saute onion and garlic. Add rice, salt, and pepper and mix everything well.

<table>
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<tr>
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<td>15</td>
<td>78</td>
<td>3667</td>
<td>18</td>
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PILAU (Mary Abrams) 4 servings

1 cup rice, preferably long grain
2 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
2¼ 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.

<table>
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<td>11.9</td>
<td>51.6</td>
<td>479</td>
<td>2.1</td>
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Section 5

Cheese dishes

He's eating my sponge! Geez! And I thought the cats in Kenya were hungry!
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)
1/2 Tbsp. oil
1/2 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 1 1/2 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
1/2 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
1/2 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.

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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 slices, 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 (chedder tastes good)
2  Tbsp. butter or margarine
thyme (a dash)
basil (½ tsp. dry)
salt (¼ 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
½  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.

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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. Sauté 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 Savignon (1978), or Dry Papaya (vintage Tuesday).

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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
1 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.

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| **ONION PIE** Total | 1938   | 69         | 130    | 125    | 5980  | 35    |
| per piece assuming 6 pieces | 323    | 12         | 22     | 21     | 997   | 6     |
CHEESE AND TOMATO TARTS  4 servings

PAstry
1/3 cups flour
pinch salt
4 Tbsp. butter
2 egg yolks
1 tsp. lemon juice

Filling
1/2 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.

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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
1/4 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.

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GARLIC FONDUE  4 servings

2 to 3 cloves garlic
2 Tbsp. oil, corn or sunflower
500 grams cheese, coarsely grated (cheddar 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 saucepan (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.

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FONDUE (Ross Jackson)  2 servings

1 clove garlic
1 cup dry white wine (Papaya works)
1 Tbsp. flour
1¾ - 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.

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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 recipes 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 lose its shape when frying. It takes some practice to manipulate it.

MUSHROOM QUICHE 4 servings

1 cup mushrooms, sliced and sauteed
1-1/2 cups cheese, grated
4 eggs, beaten
1 small onion, diced/sauteed
1/2 tsp. salt
1/2 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.

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SECTION 6

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

6 potatoes, washed, not peeled, sliced thin
1/2 cups milk
3 Tbsp. Blue Band (margarine)
1/2 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.

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IREO 2 servings

1 ear ripe maize, not dried with kernels taken off, yields about 1/2 cups
1/2-3/4 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.

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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 3/4 of the usual amount of water. Use it as a sauce over your baked potatoes and onions.

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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 throughly 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 suurus, 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 350 oven until hot and bubbly (about 45 minutes).

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MOM'S SCALLOPED POTATOES (Michelle Beatrick) 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
1/4 tsp. salt
1 tsp. pepper
1/2 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°.

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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 enamel plate. Smooth top and brush with reserved egg yolk. Bake in a hot oven for 1 hour or until golden brown.

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DRIED POTATO AND PEA SALAD (Sark means a spiced vegetable dish) 3 servings

2 boiled potatoes, cut into bite size pieces
1/2 cup boiled peas
1 tsp. cumin seeds
3 Tbsp. oil
1 tsp. turmeric powder
1 onion, chopped
1 hot pepper, chopped Optional
2 cloves garlic, chopped
1 piece ginger, chopped
1 tomato, chopped optional
1/2 tsp. cayenne pepper
1/4 tsp. salt

Heat oil. Add cumin seeds and turmeric and when the seeds begin to pop add onions, garlic, and ginger. Sauté 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-garlic-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.

<table>
<thead>
<tr>
<th>Calories</th>
<th>Protein(g)</th>
<th>Fat(g)</th>
<th>Car(g)</th>
<th>A(IU)</th>
<th>C(mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total</td>
<td>762</td>
<td>14</td>
<td>43</td>
<td>83</td>
<td>1815</td>
</tr>
<tr>
<td>per serving</td>
<td>381</td>
<td>7</td>
<td>22</td>
<td>42</td>
<td>908</td>
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</tbody>
</table>

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
1/2 tsp. pepper
dash of cayenne pepper
1 1/2 cup milk
1 1/2 cup sharp cheese, grated
1 Tbsp. Minced parsley

Lightly grease a 2 1/2 quart saucepan. 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 potato, onion, and carrot, top with half the cheese - repeat. Top with cheese. Bake covered with a lid (foil or saucepan lid) for 30 minutes in a hot oven. You may want to uncover for the last 10 minutes.

<table>
<thead>
<tr>
<th>Calories</th>
<th>Protein(g)</th>
<th>Fat(g)</th>
<th>Car(g)</th>
<th>A(IU)</th>
<th>C(mg)</th>
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<td>per serving</td>
<td>306</td>
<td>12</td>
<td>17</td>
<td>26</td>
<td>28.3</td>
</tr>
</tbody>
</table>
SWEET POTATO PIE (Tama Wray) 2 pies

2 cups sweet potatoes, cooked and mashed
1 cup brown sugar
1/2 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.

<table>
<thead>
<tr>
<th></th>
<th>Calories</th>
<th>Protein (g)</th>
<th>Fat (g)</th>
<th>Car (g)</th>
<th>A (IU)</th>
<th>C (mg)</th>
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<tr>
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<td>64.5</td>
<td>240</td>
<td>738</td>
<td>41722</td>
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<td>per piece</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>assuming 12 pieces total</td>
<td>439</td>
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<td>20</td>
<td>61.5</td>
<td>3477</td>
<td>4.3</td>
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</tbody>
</table>

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.

<table>
<thead>
<tr>
<th></th>
<th>Calories</th>
<th>Protein (g)</th>
<th>Fat (g)</th>
<th>Car (g)</th>
<th>A (IU)</th>
<th>C (mg)</th>
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</thead>
<tbody>
<tr>
<td>for 10 pieces</td>
<td>137</td>
<td>2.1</td>
<td>6.6</td>
<td>18</td>
<td>0</td>
<td>32</td>
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</tbody>
</table>
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 suffuria, put the mixture in the suffuria and bake until everything is warm.

<table>
<thead>
<tr>
<th></th>
<th>Calories</th>
<th>Protein(g)</th>
<th>Fat(g)</th>
<th>Car(g)</th>
<th>A(IU)</th>
<th>C(mg)</th>
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<tbody>
<tr>
<td>total</td>
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<td>6</td>
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<td>106</td>
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<td>79</td>
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<tr>
<td>per serving</td>
<td>335</td>
<td>3</td>
<td>12.8</td>
<td>53</td>
<td>20750</td>
<td>39.6</td>
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</tbody>
</table>
SECTION
7
GRAINS
UGALI  4 servings

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

Bring water to a boil in a sufuria. 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.

<table>
<thead>
<tr>
<th>Calories</th>
<th>Protein(g)</th>
<th>Fat(g)</th>
<th>Car.(g)</th>
<th>A(IU)</th>
<th>C(mg)</th>
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<tbody>
<tr>
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<td>1708</td>
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<td>16</td>
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<tr>
<td>per serving</td>
<td>427</td>
<td>10.6</td>
<td>4</td>
<td>88.1</td>
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</table>

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 Deatrick 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 (1/4 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 1/4" 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 mound.
Let it sit for a few minutes before serving to allow the cheese to melt.

<table>
<thead>
<tr>
<th>Calories</th>
<th>Protein(g)</th>
<th>Fat(g)</th>
<th>Car.(g)</th>
<th>A(IU)</th>
<th>C(mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>total</td>
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<td>23</td>
<td>22</td>
<td>91</td>
<td>998</td>
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<tr>
<td>per serving</td>
<td>331</td>
<td>11.6</td>
<td>10.9</td>
<td>45</td>
<td>499</td>
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MILLET PATTIES (Curt Reynolds) 4 patties

\[ \frac{1}{3} \text{ cup millet seeds} \]
\[ 2 \text{ cups boiling water} \]
\[ \frac{1}{2} \text{ cup peanut butter} \]
\[ 2 \text{ tsp. oil or ghee} \]
\[ 2 \text{ tsp. soy sauce (optional)} \]
\[ 1 \text{ small onion, chopped} \]
\[ \frac{1}{2} \text{ of a green pepper, chopped} \]
\[ \text{a few cloves garlic, chopped finely} \]

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.

<table>
<thead>
<tr>
<th>Calories</th>
<th>Protein(g)</th>
<th>Fat(g)</th>
<th>Car(g)</th>
<th>A(IU)</th>
<th>C(mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total</td>
<td>1302</td>
<td>31</td>
<td>91</td>
<td>117</td>
<td>1060</td>
</tr>
<tr>
<td>per patty</td>
<td>326</td>
<td>20</td>
<td>23</td>
<td>29</td>
<td>265</td>
</tr>
</tbody>
</table>

UPPAMA (Spiced semolina) 2 servings

1 carrot, finely chopped, cooked until soft
\[ \frac{1}{3} \text{ cup peas, cooked until soft} \]
1 onion, finely chopped
2 cloves garlic, finely chopped
2 Tbsp. butter, margarine, or oil
1 tsp. cumin seeds
\[ \frac{1}{2} \text{ tsp. turmeric powder} \]
1 Bay leaf
5 cashews, chopped
\[ \frac{1}{2} \text{ cup semolina (farina or Cream of Wheat also works)} \]
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.

<table>
<thead>
<tr>
<th>Calories</th>
<th>Protein(g)</th>
<th>Fat(g)</th>
<th>Car(g)</th>
<th>A(IU)</th>
<th>C(mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total</td>
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<td>122.75</td>
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<tr>
<td>per serving</td>
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