COME ON ADDISON! YOU CAN'T USE PEPTANG INSTEAD OF TOMATO PASTE!
SALSA

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

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

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GUCAMOLE 2 large servings

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

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

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SALAD (Tama Wray) 2 servings

3 tomatoes
1 onion, sliced
1 lemon
salt

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

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

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CARROT CASSEROLE (Shelly Mahowald) 4 servings

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

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

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

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GREEN TOMATOES CAN TASTE GOOD (Michelle Bushey) 2 servings

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

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

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COCOAN'T MATOEKE - GREEN BANANAS (Tama Iray) 4 servings

6-8 green bananas
milk of one coconut
1/4 cup milk (cow's)

Peel the skins from the bananas with a knife. Cut bananas into 1 inch pieces.
Boil the bananas in 1 cup of 2nd coconut milk for 15 minutes. Add cow's milk and 1/4 cup of 1st coconut milk. Cook until sauce thickens.

NOTE: No data was available on green bananas so there is no nutritional analysis.
POTATO CAULIFLOWER SAUK  2 servings

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

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

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SPAGHETTI SAUCE  (Mary Abrams)  4 servings

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

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

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EGGPLANT MELANGE (Mary Abrams)  4 servings

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

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

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

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SKILLET EGGPLANT (Ross Jackson)  2 servings

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

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

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

3 medium or 2 large eggplants
milk
cornmeal or wheat flour
¼ tsp. salt
¼ tsp. black pepper
¼ cup corn oil or Kimbo (oil is better)

OPTIONAL: Spaghetti sauce

Mix corn meal or flour with salt and pepper. Leave skins on eggplant and cut into ¼" thick slices. Dip them into milk, then cornmeal mixture. Heat oil in skillet, then fry the eggplant for 10 minutes or until soft. This can be served alone or with spaghetti sauce.

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

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RATATOUILLE  (Michelle Detrick and David Bowerman)  2 servings

¾ cup Kimbo or corn oil
2 medium onions, peeled and thinly sliced
2 medium eggplants; washed but not peeled and cut into ¼" cubes
6 tomatoes, cut into ¼" cubes
¼ tsp. garlic powder or 2 fresh cloves garlic
OPTIONAL: ½ cup grated cheese

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

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CABBAGE KIMCHI  (Dan Heister)

1/2 kg. cabbage (about 1/2 a head)
3 green onions, chopped
2 dried red chilies, crushed
1 1/2-2 tsp. fresh ginger, minced
1 Tbsp. salt
2-3 tsp. garlic, chopped
1/4 Tbsp. sugar (dissolved in 1 tablespoon hot water)
1/4 cup water

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

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CABBAGE COBBLER  (Shelly Mahowald)  4-6 servings

VEGETABLE FILLING:
2 onions, chopped
4 cups shredded cabbage
2 Tbsp. Blue Band (margarine)
1/2 cup milk
2 eggs, beaten
1/4 tsp. salt
1/8 tsp. pepper
1 tsp. caraway seeds (optional)

COBBLER:
2 cups whole wheat flour
2 tsp. baking powder
1/2 tsp. salt
1 egg, beaten
1 cup milk
2 Tbsp. Blue Band (margarine)

FILLING - Sauté onions and cabbage in Blue Band. Add other ingredients, cook for 3-4 minutes longer. Remove from heat.
COBBLER - Combine wet and dry ingredients in separate bowls, then mix together briefly until all is moistened.
Spread the cobbler in a greased medium-sized sufra (8 x 8 pan). Spread cabbage filling over this. Bake in a hot oven until light brown on top and dough on bottom is baked through. You'll have to dig a bit and find the bottom layer of dough.

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assuming 6
SUUKA WIKI AND CREAM (Duncan Chaplin)

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

KALE (Sukuma wiki) 2 servings

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

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

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

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CRISP FRIED OKRA 2 servings

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

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

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EASY CURRY (Shelly Vahowald) 3-4 servings

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

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

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

OKRA WITH ONIONS 2 servings

2 onions, finely chopped
3 cloves garlic, finely chopped
a piece of ginger, finely chopped
3 Tbsp. oil
¼ tsp. turmeric
½ tsp. cumin seeds
1 70 gram tin tomato paste
½ tsp. salt
1 tsp. garam masala
1 Tbsp. lemon juice
about 300 grams okra, chopped into 1 cm thick rounds, also chop off head and tail

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

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CORN AND PEPPER CASSEROLE  2 servings

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

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

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MUSHROOM ROAST  (Curt Reynolds)  4 servings

1 large onion, chopped
120 grams mushrooms, coarsely chopped
1 green pepper, seeded and chopped
3 eggs
2 Tbsp. butter or margarine
120 grams fresh brown breadcrumbs (or white if you don't have brown)
200 grams cheese, grated (cheddar is suggested)
⅛ tsp. mixed dry herbs
1 tsp. salt
⅛ tsp. pepper

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

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STIR FRY  (Shelly Mahowald)  2 servings

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

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

NOTE: Optional ingredients 1/4 cup green pepper, chopped, 1/2 cup peas
Pour over about 1/2 cup of rice. Add more soy sauce if desired.

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VEGIE COBBLER  (Shelly Mahowald)  3 - 4 servings

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

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

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STIR FRIED VEGETABLES

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

Spices that taste good, use one, none, or as many as you like.
garlic, finely chopped
ginger, finely chopped
fennel seeds
cayenne pepper
caraway seeds

soy sauce
a few tablespoons water

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

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

VEGETABLES WITH BASIL 2 servings

1 eggplant, cut into 1" or lcm cubes
1 red or green sweet pepper, seeded and cut into small pieces
1/4 cup oil
salt, pepper
2 Tbsp. chopped fresh basil, or 1/2 tsp. dried basil

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

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VEGETABLE SHISH KEBAB  2 servings

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

Marinade  Combine the following ingredients in a bowl.
1/2 cup oil
1/2 cup vinegar
1 Tbsp. papaya wine, sweet
2 cloves garlic, minced finely
basil, oregano, salt, pepper

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

NOTE: You can use other vegetables like potatoes in their skins, chunks of carrots, broccoli, or cauliflower. These vegetables should probably be soaked in the marinade.
Cubes of hard panir can also be broiled. No nutritional analysis has been included because of the possible variations.

SUMMER VEGIE CURRY  (Shelly Mohowald)  5-6 servings

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

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

In a 3-1/2 quart saucepan heat oil and saute onions and garlic for 4-5 minutes. Add curry powder, turmeric, and cumin seeds and continue frying mixture for 3-4 minutes. Add tomatoes and cook briefly until a thick sauce results. Add cabbage, carrots, potatoes, and beans and stir well until all is covered by sauce. Add 1 teaspoon of salt and reduce heat and simmer 30-45 minutes. Add water anytime level drops below 2/3 depth on vegetables. Add additional salt if necessary.
OPTIONAL: 15 minutes before serving time add 1 tablespoon of lemon juice.

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SECTION
9
~LEGUMES~
(BEANS)
Legumes - Pulses - Dals

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

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

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

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

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

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

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

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

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

There are a variety of legumes available in the markets, which have not been mentioned here so you can be brave and experiment with them.
SURPRISE BURGERS  (Curt Reynolds)  8 patties

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

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

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

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

LENTIL SOUP  2 servings

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

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

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

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

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

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

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SPROUTING MUNG BEANS  (Arleta Agun)

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

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

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

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

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

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WHOLE UNHULLED URAD AND KIDNEY BEAN DAL  2 - 4 servings

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

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

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

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

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CURRIED MUNG BEANS (Shelly Mahowald)  4 servings

1 cup  mung beans, soaked overnight in 2½ cups of water
1 tsp.  turmeric
¼ tsp.  cayenne pepper
1 tsp.  salt
dash of cinnamon
1 bay leaf (optional)
3 Tbsp.  Blue Band
1 large onion, chopped
1 tsp.  cumin seeds
5 cloves
10 peppercorns

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

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TOOVAR DAL  2 servings

1/2 cups dry masoor dal (hulled and split), soaked overnight in 2 cups of water
OR
1/2 cups dry toovar dal (hulled and split), soaked overnight in 2 cups of water
1/2 tsp. turmeric
1 Tbsp. oil or ghee
1 medium onion, thinly sliced
4 peppercorns
1/4 tsp. cumin seeds
cinnamon stick (a few small pieces)
a few cloves of garlic, minced
5 Tbsp. fresh coriander (cilantro, chinese parsley, or dhaniya) OPTIONAL

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

NOTE: Vegetables (chopped) like zucchini, carrots, eggplant, and cabbage to name a few can be added to the dal when it is not quite tender.
The dal (masoor or toovar) take about 30 - 45 minutes to cook until they are tender.

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MBAZI  (David Swan)  4 servings

1½ cups  Mbaazi beans (Kidney beans will work)
1 small onion, chopped
1 tsp.  salt
1 tsp.  curry powder, more if you like
1 tsp.  turmeric
1 large coconut, grate the nut

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

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SPICED GARLANZOS (CHANA MASALADAR) 2 servings

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

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

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

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GARBANZO SPAGHETTI (Curt Reynolds) 4 servings

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

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

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

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

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

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

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

VEGETARIAN CHILI  (Curt Reynolds) 4 servings

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

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

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

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

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

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

**TOMATO SAUCE TOPPING**

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

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

**MUSHROOM SOUP SAUCE**

1 pkg. Knorr Mushroom Soup Mix
juice from beans

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

**WHITE SAUCE**

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

Melt butter in a pot and add garlic, cooking it until translucent. Add flour and stir well until the flour is browned (lightly). Then slowly add milk. Stir until thick. Pour over loaf and bake.
SOY BEAN - TIKOS (Curt Reynolds) 8 servings

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

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

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

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

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

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

REFRIED BEANS (Steve Mustoe) 4 servings

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

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

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Pea Soup (2 servings)

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

NOTE: Cheese grated on top tastes good.

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Beans and Rice  (Maureen Lardie)  2 servings

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

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

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

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Variations for Bean Dishes

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

Day Old Refried Beans - These beans which have been prepared with spices taste great in scrambled eggs and with noodles and cheese.

Chimichangas - To make chimichangas, roll up burritos with beans and cheese only, then deep fry in oil or Kimbo until brown. Serve topped with mashed avocado.
SECTION 10
SNACKS
SECTION 10

SNACKS
PAKORAS (BHAIYA)

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

Mix dry ingredients and add half the water. Mix well. Add the rest of the water until you have a smooth not too thin, not too thick batter. Add chopped ginger, corriander, and green onions. Dip thin slices of potato, pieces of cauliflower, broccoli, green pepper, onion, hot pepper, eggplant, bananas, or anything else you can think of. Pakoras taste good with ketchup or yogurt (with chives or crushed garlic).

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

---------------------------------------------------------------------

TEMPURA VEGETABLES  2 servings

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

Beat egg into water. When the mixture is smooth. Slowly add the flour until everything is mixed. Add salt and make sure not to overmix.
Dip the ingredients in the batter and deep fry in oil until golden brown.
Some suggested vegetables are mushrooms, broccoli, cauliflower, onion slices, carrot slices, and green pepper strips.

---------------------------------------------------------------------

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

Ginger- Soy sauce

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

Mix all of the ingredients in a bowl and let the mixture sit for about 30 minutes before using.
SAMOSAS  12 samosas

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

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

SUGGESTED FILLINGS

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

SPRING ROLLS  8 spring rolls

COVERING
1 cup white flour
1/4 tsp. salt
water

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

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

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

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

Mix all of the ingredients together and use as a filling.
GARLIC ALMONDS  about 1 cup

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

Melt the butter in an enamel plate (10"") and add garlic. Add almonds to the plate and mix well. Place in a warm oven and continue to turn until the nuts are nicely browned. Remove from the oven and sprinkle salt on top and serve when the nuts have cooled.

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SALTED NUTS  about 1 cup

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

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

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CURRIED CASHEWS  about 1 cup

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

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

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SECTION 11

MISCÉLANEÔUS

DAY 1

Maziwa yako.

DAY 2

What next?

DAY 3

Now wait just a doggone minute!

DAY 4
ORANGE MARMALADE  about 5 square 350 gram marmalade bottles

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

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

NOTE: This tastes great and is cheap.

MAYONNAISE  about 1/2 cup

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

Add the above ingredients together and beat well.

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

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

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TOMATO RELISH (Hellen Crowe) about 1 liter

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

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

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

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

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**THIN WHITE SAUCE (Guy Consolmagno)**

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

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

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MAZIWA LALA
MURSIK (SOUR MILK KALENJIN STYLE)(Duncan Chaplin)

Ingredients
- Dried and skinned wattle tree stick (½-1 inch diameter) or a local tree recommended by a local woman
- Fresh milk, boiled and cooled to room temperature
- A gourd (Kibuyu in swahili and sortet in kalenjil)
- A curved stick for rubbing the charcoal onto the inside of the gourd

Preparation
Cleaning Stick- Boil the curved end in water and pound it with a hammer until it becomes splayed and soft like a brush.
Gourd- step 1) Burn the wattle tree stick until it becomes like charcoal. Rub it into the leather cap of the gourd to make charcoal dust. Pour the dust into the gourd and rub it around until the entire inside is evenly covered. (this takes a good 10-15 minutes)
step 2- Add 2 cups of milk. Cover the gourd and shake it. Leave it for one hour, then pour out the milk.
step 3- Clean the gourd with very hot water and the cleaning stick for about ten minutes.
step 4- Let it dry for 3-4 days.
step 5- Repeat the process (steps 1-4) but now let the milk stay in the gourd for 4 hours.
step 6) Repeat letting the milk stay for 12 hours.
step 7) Repeat letting the milk stay for 1 day.
step 8) Repeat letting the milk stay for 2 days.
step 9) Continue leaving the milk in for a few days at a time until it starts coming out tasting good.

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

2) Suntea - Find a clear glass jar with a cover. (1 liter Paul Masson California carafe wine bottle) Add about 2 Tbsp. to 1/4 cup of tea leaves to 1 liter of water and let the jar stand in the sun for about 3 hours. Then dilute the mixture about 1 to 4 with water. This depends on how strong you like your tea so the proportions can be changed. You can add lemon or orange juice and sugar.

3) Sochoi Sunrise - Add 3 Tbsp. of Treetop to 1 soda (Sprite of 7-up) and add the juice of 1 lemon.
REGULAR UJI (Duncan Chaplin)

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

FERMENTED UJI

1) Again use sourgum, millet or maize flour (same mixture as above is good).
2) Put the flour (½ cup per serving) in a plastic container with about three times the volume of water. Cover the container and leave it for 2-4 days to sour.
3) Pour the water leaving the flour into a suffuria and boil it. Then add the flour and stir it constantly for 5-10 minutes.
4) Add sugar to taste.
DOUGHNUTS  25 pieces

1 medium  egg, beaten
1/2 cup  sugar
1/2 cup  milk
2 Tbsp.  butter, melted
2 cups  white flour
2 tsp.  baking powder
1 tsp.  cinnamon
1/4 tsp.  nutmeg

Mix all the ingredients together, adding more flour if necessary. The dough should be soft, but not sticky. Roll the dough on a lightly floured board until it is about 1/4" thick. To cut into the doughnut shape, use a 70 gram tomato sauce tin for the outer circle. For the hole in the center, use the cup from a small (70 ml) vodka bottle or similar.

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

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FRITTER BATTER FOR FRUIT

1 medium  egg yolk
1 medium  egg white, whipped until stiff (use a fork)
1 1/2 tsp.  butter, melted
1/2 cup  white flour
1 1/2 tsp.  sugar

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

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

SUGGESTED FRUITS:
apples, bananas, ripe mangoes, oranges, ripe papaya, peaches, pears, pineapple

NOTE: Whole gooseberries burst and create a mess.

Due to the variety of fruits used, no nutritional analysis is given.
BANANA BREAD  2 large enamel plates

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

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

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

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VARIATIONS TO ABOVE RECIPE:
Instead of bananas in coffee, use 1 1/2 cups grated carrots in 1 Tbsp. lemon juice. Nuts and raisins may also be used.

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<tr>
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PINEAPPLE UPSIDE-DOWN CAKE

Mary Abrams

1 large (10"") enamel plate

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

TOPPING
1/2 cup brown sugar
2 Tbsp. butter, melted
1 small tin of pineapple slices

OPTIONAL:

glazed cherries

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

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

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

<table>
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ZUCCHINI-CHOCOLATE CAKE   8 pieces

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

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

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

<table>
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<tr>
<th></th>
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CHOCOLATE FUDGE CAKE  (Shelly Mahowald)  medium-large suffuria

1 1/2 cups  white flour
1 cup  sugar
3/4 cup  cocoa
1 1/8 tsp.  baking soda
3/4 tsp.  salt
1 1/8 cups  buttermilk (or 1 1/8 cup milk + 1/2 tsp. vinegar, mixed)
3/8 cup  butter
2 small  eggs
3/4 tsp.  vanilla

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

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

1 cup  cornmeal
1 cup  white flour
1/4 cup  sugar
4 tsp.  baking powder
1/2 tsp.  salt
1 cup  milk
1 medium  egg
1/4 cup  shortening

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

<table>
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assuming 6
ELGEYO-MARAKWET CHOCOLATE BUNT CAKE  Michael Zink  8½" suffuria

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

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

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

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

Add the chocolate and mix well.

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

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

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

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

<table>
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TAMBACH CHOCOLATE-CHIP CHEESECAKE  Tama Hamilton-Wray, Betsy Ross, Michael Zink
(6½"-7" suffuria)

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

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

CAKE
½ cup butter
½-3/4 cup sugar
2 medium eggs
2 medium lemons (oranges will do in a pinch)
1 carton cream cheese (250 grams or about 9 ounces)
3/4 cup white flour
1 80 gram Bournville chocolate bar

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

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

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

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

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

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

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

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

<table>
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<td>22.2</td>
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**CHOCOLATE CHIP COOKIES**  40-50 small cookies

1 cup + 2 Tbsp.  white flour
\(\frac{1}{2}\) tsp.  baking soda
\(\frac{1}{4}\) tsp.  salt
\(\frac{1}{4}\) cup  butter
6 Tbsp.  white sugar
6 Tbsp.  brown sugar
\(\frac{1}{2}\) tsp.  vanilla
1 medium  egg-beaten
2  80 gram  Bourneville chocolate bar, chopped
nurs may also be added

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

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

1  250 gram  bag of icing sugar
1  Tbsp.  butter
3  Tbsp.  cocoa

*strong coffee, still warm*

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

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

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LEMON BARS

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

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

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

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

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

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

<table>
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TOFFEE BARS
1 large (10") enamel plate

1/2 cup butter
1/4 cup brown sugar
1/4 tsp vanilla
1 cup white flour
1 80 gram Bournville chocolate bar
chopped roasted nuts and/or coconut may be added

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

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

<table>
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**OATMEAL-DATE BARS**  
1 large (10") enamel plate

**CRUST**
- 1 cup white flour
- 1½ cups porridge oats (quick cooking)
- ¼ tsp. nutmeg
- ½ tsp. cinnamon
- ¾ cup brown sugar (or white sugar)
- ¼ cup butter, melted

**FILLING**
- ½ kilo dates with pits (less if dates are pitted), chopped
- 1 medium cinnamon and nutmeg or other spices
- sugar if desired

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

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

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

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OATMEAL BUTTER SQUARES  (Mary Abrams)  3 dozen

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

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

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BROWNIES  1 large enamel plate (10"")

1/2 cup shortening, melted
6 Tbsp. cocoa
2 medium eggs, beaten
3/4 cup sugar
1 tsp. vanilla
1/2 cup white flour
1/2 cup coconut flakes or nuts
Additional items which may be added: mashed ripe bananas, 1-2 tsp. instant coffee, grated orange/lemon rind, cinnamon.

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

<table>
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<th>Car(g)</th>
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PIE CRUST 1-10" pie shell

1 cup white flour
1/4 Tbsp. sugar
5 Tbsp. butter
2/3 Tbsp. blue band
1/2 large lemon or lime
5 Tbsp. water (roughly 5 Tbsp.)

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

<table>
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<tr>
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QUICK PIE CRUST 1-10" pie shell

1 box Digestive biscuits (200 grams), finely crushed (about 1/4 cups)
1/4 cup icing sugar
5 Tbsp. butter, melted
1 tsp. cinnamon (optional)
1 tsp. nutmeg (optional)

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

<table>
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<tr>
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<th>Fat(g)</th>
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PIE FILLINGS

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

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

APPLE-GREEN TOMATO FILLING
350 grams apples, cut and cored
350 grams green tomatoes, sliced thin
¼ cup sugar
3 Tbsp. corn starch (corn flour)
1 Tbsp. butter
cinnamon and nutmeg

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

<table>
<thead>
<tr>
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<th>Car(g)</th>
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APPLE FILLING
700 grams apples, cut and cored
¼ cup sugar
2 Tbsp. corn starch (corn flour)
1 Tbsp. butter
¾-1 medium lemon, (juice from)
cinnamon and nutmeg

OPTIONAL: currents, raisins or chopped nuts

<table>
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<th>Calories</th>
<th>Protein(g)</th>
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STRAWBERRY-RHUBARB FILLING
2 cups strawberries, sliced
2 cups rhubarb, peeled and chopped
2/3-1 cup sugar
3 Tbsp. cornstarch (corn flour)
cinnamon and nutmeg

<table>
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<th>Car(g)</th>
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Rhubarb Filling

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

<table>
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<th>Calories</th>
<th>Protein(g)</th>
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Peach Filling

1 kilo peaches, pitted and sliced  
4-2/3 cup sugar, white or brown  
2 Tbsp. cornstarch (cornflour)  
1 Tbsp. butter  
cinnamon, nutmeg, lemon juice, currants, nuts may also be added

<table>
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<th>Fat(g)</th>
<th>Car(g)</th>
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Papaya Filling

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

<table>
<thead>
<tr>
<th>Calories</th>
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Guava Filling

6 cups guavas, peeled, seeded, and chopped (pink guavas are sweeter)
3 Tbsp. cornstarch (cornflour)
5/4 cup sugar, brown  
cinnamon

Gooseberry Filling

650 grams gooseberries
1/4 cup sugar  
4 Tbsp. cornstarch (cornflour)  
cinnamon, nutmeg, raisins

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

1 kilo plums, pitted and sliced
1/4-1 cup sugar (varies according to the sweetness of the plums)
1-2 tsp. orange or lemon peel, grated
2 1/2 Tbsp. cornstarch (cornflour)
cinnamon, nutmeg, tea masala

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

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

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

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

LEMON-MERINGUE PIE 6 servings

1 cup sugar
3 Tbsp. cornstarch (cornflour)
3 Tbsp. white flour
1 dash salt
1\( \frac{1}{2} \) cups hot water
3 medium egg yolks, beaten
3 Tbsp. butter
\( \frac{1}{3} \) tsp. lemon peel, grated
1/5 cup lemon juice

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

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

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PINEAPPLE MERINGUE PIE 6 servings

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

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

<table>
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CHOCOLATE ORANGE STICKS (Sheila Waterman) 16 pieces

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

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

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

Due to the lack of nutrition and the surplus of calories, no nutritional analysis is included.
PEANUT BRITTLE  (Tama Hamilton-Wray)  25 pieces

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

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

<table>
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CHOCOLATE PEANUT CLUSTERS  (Maureen Lardie)

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

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

<table>
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<th>Fat(g)</th>
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OLD FASHIONED CARAMELS  (Tama and Jeff)  20 pieces

\frac{1}{4} \text{ cup} \quad \text{butter}
1 \text{ cup} \quad \text{brown sugar, firmly packed}
\frac{1}{4} \text{ cup} \quad \text{golden syrup}
\frac{1}{3} \text{ can} \quad \text{condensed milk (about \frac{1}{2} cup)}
1 \text{ tsp.} \quad \text{vanilla}

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

<table>
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QUICK FUDGE  25 pieces

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

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

NOTE: Strong coffee may be substituted for milk.

<table>
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TOFFEE CRUNCH (Tama and Jeff) 20 pieces

\[ \frac{3}{4} \text{ cup sugar} \]
\[ \frac{3}{4} \text{ cup butter} \]
\[ 1 \frac{1}{2} \text{ Tbsp. water} \]
\[ 1 \text{ Tbsp. golden syrup} \]
\[ \frac{1}{2} \text{ cup almonds or cashews} \]

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

<table>
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<td>6.8</td>
<td>191.5</td>
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BIBLIOGRAPHY


December 31, 1985

Ms. Sara Lee
Country Desk Officer/Kenya
U.S. Peace Corps
806 Connecticut Avenue, N.W.
Washington, DC 20525

Dear Ms. Lee:

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

Kindly give full credit to author, title, copyright and Alfred A. Knopf, Inc.

Sincerely,

Marianne Fallon
Permissions Editor