

Tastes of Africa Cookbook

In celebration of Africa Day

25 May 2023





Foreword

In celebration of Africa Day

This collection of recipes from our people was specially selected as a vibrant tribute to Africa Day – a day that holds immense significance as we cherish the richness and diversity of our African culture and heritage.

These pages offer more than mouthwatering recipes – many tell personal stories highlighting the significance of the dishes within their cultural context. Each recipe is steeped in history and tradition, offering a glimpse into both the celebratory moments and the daily lives of the people who call Africa home.

Beyond the recipes, this cookbook aims to foster a sense of unity as we celebrate our diversity.

Enjoying the richness of African cuisine is a celebration of the continent's creativity, and our own, recognising the importance of inclusivity, equality and respect within our organisation.

Food has a remarkable ability to bring people together, transcend boundaries and nourish a sense of belonging.

Through sharing our culinary traditions, we hope to create mutual understanding, respect and appreciation.

Thank you to the contributors, who have generously shared their family recipes, culinary secrets and personal stories.

As we celebrate Africa Day, let us gather around the table, share a meal and appreciate the power of our diversity.



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Khemere (traditional ginger drink)

By Mamoorsi Raditapole from Lesotho



"This is often served at big family gatherings like weddings and funerals," Mamoorsi says.



Ingredients

50g ground ginger powder

12g tartaric acid

12g cream of tartar

3–4 cups brown sugar

5L water

1 pineapple

Method

- 1 Place the first four ingredients in a pot
- 2 Add 2½ litres of water and heat the mixture over high heat. Do not cover the pot
- 3 As the mixture heats, remove the scum that forms on top
- 4 Boil the mixture for 5–10 minutes until the sugar has completely dissolved
- 5 Remove from the heat and allow the mixture to cool
- 6 Pour the cool syrup into a clean container and add the remaining water
- 7 Peel and chop the pineapple
- 8 Stir the mixture, add the chopped pineapple and chill in the fridge for an hour



Braibroodjies

By Abri Jacobs from South Africa



Traditionally enjoyed as a hearty snack while waiting for the main meal to be prepared (also on the braai or barbecue), "braibroodjies" can be translated as "grilled sandwiches". "These are best served with any braai meat or wors (South African spicy sausage)," Abri says.

Ingredients

**1-day old bread,
preferably white**

Butter

**Mrs Ball's chutney
or apricot jam**

1 red onion

1 tomato

**Mature cheddar
cheese**

Method

- 1** Spread butter on both sides of two slices of bread
- 2** Spread either chutney or jam on one side of one slice
- 3** Thinly slice the red onion and tomato
- 4** Slice the cheese
- 5** Add thin slices of red onion and tomato, then a generous portion of cheddar cheese to the slice of bread and chutney
- 6** Cover with the second slice of buttered bread to make a sandwich
- 7** Place the sandwich in a sandwich rack and place over low (not hot) coals
- 8** Grill the sandwich on both sides. It should be brown and crispy outside and soft inside, with the cheese melted

Exotic cream of mushroom soup à la Kyle

By Kyle Smith from South Africa



"This recipe generally serves 6–8 people," Kyle says. "You must use dehydrated exotic mushrooms – found at all good delis – or you won't achieve the flavours. You can also experiment with truffle oil instead of normal cooking oil, but then use it sparingly. Serve with toasted ciabatta!"

Ingredients

- 1 cup water
- 1 pack dehydrated exotic mushrooms (e.g. shimeji, enoki or shiitake)
- 5–6 stalks of celery
- 4–5 carrots
- 1 onion
- 2 punnets brown and white mushrooms
- 2T oil
- Salt, pepper, thyme, mixed herbs and basil to taste
- 1L chicken stock
- 2 tins Ideal Milk (evaporated milk)

Method

- 1 Place water in a large pot on the stove on low heat and add the dehydrated mushrooms, allowing them to infuse the water for 30 minutes
- 2 Chop the celery, peeled carrots, onion and mushrooms and add to a frying pan with the oil
- 3 Fry the mushrooms, carrots, celery and onion together with the salt, pepper, thyme, mixed herbs and basil until the mushrooms soften and reduce in size
- 4 Spoon the fried mixture and pan juices into the large pot of exotic mushroom stock and increase the heat to a slow boil
- 5 Add the chicken stock
- 6 Semi-cover and let the mixture reduce for 30–45 minutes
- 7 Blend the mixture until smooth, leaving a few mushroom chunks
- 8 Reduce the heat, add both tins of Ideal Milk to the mixture and stir well
- 9 Warm for another 30 minutes to an hour, stirring occasionally





Bobotie

By Richard Mason from South Africa



"I owe my love for cooking to my mother. This is the recipe she taught me for making bobotie, a typical South African dish," Richard says. "I like to serve my bobotie on a bed of yellow rice – I boil 1 cup of white rice and a cup of raisins in 2 cups of water with a teaspoon of turmeric and a ¼ teaspoon of salt."

Ingredients

- 1 slice white bread
- 1 cup milk
- 500g minced beef
- 1 medium-sized onion, finely chopped
- 1T smooth apricot jam or fruit chutney
- 2T cooking oil
- 2 tsp mild curry powder
- ½ tsp table salt
- 2 lemon leaves
- 2 eggs

Method

- 1 Soak the bread in the milk, then squeeze the milk out of the bread, reserving it for later
- 2 Mix the bread and all other ingredients, except the egg and lemon leaves, with the mince
- 3 Brown the mince mixture in the oil
- 4 Put the mince in a casserole dish without a lid
- 5 Mix the reserved milk and eggs together and pour over the meat
- 6 Add the leaves on top
- 7 Bake at 180°C until the egg has set (45–50 minutes)
- 8 Allow to stand for 5 minutes after removing from the oven



Butter chicken

By Roegshana Davids from South Africa



"This yummy, creamy dish takes only 45 minutes to cook and is super delicious,"
Roegshana says. "Serve with *roti* (Indian flatbread) or rice."



Ingredients

1kg chicken fillet,
cubed
1½ tsp salt
1–2 tsp wet garlic and
ginger masala
1 tsp dry garlic and
ginger masala
½ tsp dry coriander
(dhania) powder
1 tsp cumin (jeera)
seeds
3T turmeric
A few strands of saffron
1 sachet tomato paste
2–3 cups of fresh milk
3T flour
1 cup fresh cream
Fresh coriander leaves

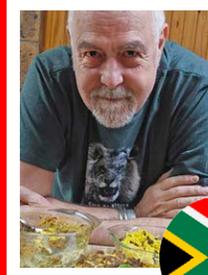
Method

- 1 Add cubed chicken, a little oil and all the spices to a large pot
- 2 Cook on high at first, then turn down to medium heat
- 3 After 10 minutes, add the tomato paste
- 4 As you're cooking, add a little water to ensure the mixture doesn't burn
- 5 Mix milk and flour into a paste and, after another 15 minutes, add the paste and stir well
- 6 After another 10 minutes, add the fresh cream and let the mixture cook for 5 minutes
- 7 Once the fresh cream starts to thicken, your butter chicken is ready!
- 8 Garnish with fresh chopped coriander leaves



Curried tripe and trotters with samp

By Richard Mason from South Africa



"Many cultures in South Africa make curried tripe and trotters," Richard says. "This is my own variation of a recipe that I learnt from my grandmother, who hails from Namakwaland, South Africa. She used sheep tripe, but I prefer the chunkiness and texture of ox tripe."



Curried tripe and trotters

Ingredients

- 4 sheep trotters
- 500g ox tripe
- 3 medium-sized onions, diced
- 2T cooking oil
- 200g lamb or mutton neck
- 3 cloves of garlic
- 2 tsp turmeric
- 3 tsp mild curry powder
- 3 whole cloves
- 2 tsp dried cumin powder
- Salt
- 2 large potatoes

Method

- 1 Using a small kitchen nail brush, clean the tripe and trotters in a mixture of white vinegar (to reduce cooking odours) and water
- 2 Fry the onions in the oil in a heavy-duty pot until soft
- 3 Cube lamb neck, add to pot and brown
- 4 Add garlic, turmeric, curry powder, cloves, cumin and ½ tsp salt. Stir well
- 5 Cut tripe and trotters into bite-sized pieces, cube potatoes and add to the pot
- 6 Add water to almost cover everything in the pot
- 7 Gently simmer for about 4 hours until the tripe is tender and the lamb falls off the bone, stirring occasionally and adding water to prevent burning
- 8 If the mixture is too watery, mix 1T corn flour to ½ cup water from the pot and add until it reaches the desired consistency



Samp

Ingredients

- 1½ cups samp, soaked overnight in cold water to reduce cooking time
- Cold boiled water
- ½ tsp salt

Method

- 1 Rinse the soaked samp in fresh cold water
- 2 Put the samp in a pot, add ½ tsp salt, cover with water and bring to the boil
- 3 Lower the heat and simmer for 1–1½ hours, stirring occasionally until al dente
- 4 Fluff with a fork before serving



Ful medames (fava bean stew)

By Osama Taha from Egypt



"Ful medames is a traditional Egyptian dish," Osama says. "This is my mother's recipe and I added my touch to it – the result is amazing! This dish should be served with bread, pickled carrots and hard-boiled eggs."



Ingredients

- ¼ cup olive oil
- 1 medium-sized onion, diced
- 2 cloves garlic, crushed
- 2 medium-sized tomatoes, diced
- 1 tsp salt
- 1 tsp black pepper
- 1 tsp cumin
- 1 tsp dried coriander
- 1 tsp ground cardamom
- 1 tsp smoked paprika
- 400g fava beans
- ¼ cup tahini
- 1T lemon juice

Method

- 1** In a large pan on low to medium heat, add 1 teaspoon of olive oil and the onion and sauté until golden
- 2** Add the garlic to the pan and stir
- 3** Add the tomatoes and keep stirring for 1–2 minutes
- 4** Add all the spices and keep stirring
- 5** Add the fava beans and the tahini and stir well
- 6** Turn off the heat, then add the lemon juice and mix well
- 7** Place in a serving dish and pour the remaining olive oil over the top



Hamam mahshi (pigeons stuffed with rice)

By Rodayna Abaza from Egypt



Pronounced ha-MAM mah-SHE, pigeons stuffed with rice are one of the delicacies of Egypt. Villagers along the Nile raise pigeons in mud brick lofts on rooftops for the purposes of stuffing and eating them.



Ingredients

- 2 onions
- 500g butter
- 4 pigeons' hearts and livers, chopped
- 1½ cups Egyptian white rice, rinsed
- 1 tsp salt
- ¼ tsp pepper
- 4 pigeons, clean and empty
- 2 cinnamon sticks
- 1 tomato
- Bay leaves
- Whole cardamom
- ½ tsp nutmeg

Method

- 1 To prepare the pigeon stuffing, mince 1 onion, heat 125g butter in a pan and cook the pigeon hearts and livers and the minced onion for 5 minutes
- 2 Add the rice and 250g butter, stir until butter is melted, then flavour with salt and pepper. Set aside
- 3 Fill ¾ of each pigeon cavity with the stuffing to leave room for the rice to expand and close the opening of the pigeon by tying the crossed legs
- 4 Put the pigeons in a large cooking pot, cover with water and add cinnamon sticks, quartered onion, quartered tomato, bay leaves, cardamom, nutmeg, salt and pepper
- 5 Simmer over low heat for about 45 minutes, until the pigeons are tender. While cooking, remove the foam from the surface of the water
- 6 Remove the pigeons from the broth and let them dry for a few minutes
- 7 Fry the pigeons in a large skillet with ½ cup butter until they begin to brown
- 8 Serve hot



Lepu (pumpkin leaves and baby marrow)



By Mamoorosi Raditapole from Lesotho

"I like to serve this dish with pap (maize meal porridge)," Mamoorosi says.

Ingredients

- 3–4 cups pumpkin leaves (lihaba) and stems**
- 3 baby marrows or a small, young pumpkin (lebolotsane)**
- Chives**
- 1T water**
- 1T coconut oil (or vegetable oil)**
- 1 chicken stock cube**
- Salt and pepper to taste**
- 100ml full cream milk or cream**

Method

- 1** Peel the stringy pumpkin leaf stems before washing the leaves and stems and chopping finely
- 2** Chop the baby marrow into small cubes and chop the chives
- 3** Place the chopped pumpkin leaves and stems, baby marrow and chives in a pot. Add the water, oil, chicken stock and seasoning
- 4** Cover the pot and simmer on low heat for 20 minutes
- 5** Stir gently every few minutes until the baby marrow starts to dissolve
- 6** Add the milk and simmer on medium heat for another 10 minutes



Likhobe (grains and pulses)

By Mamoorosi Raditapole from Lesotho



"This is a traditional meal usually expected at a housewarming," Mamoorosi explains. "I like to use sugar beans. You can serve it on its own or accompanying a hearty stew such as oxtail."



Ingredients

- 1 cup sorghum grain (mabele)
- 1 cup wheat grain (koro)
- 1 cup beans (linaoa)
- ½ cup lentils (lensisi)
- 1 chicken stock cube dissolved in 1 cup water or 1 cup chicken broth
- Salt and pepper to taste

Method

- 1 Place sorghum, wheat grain and beans in a deep pot and add enough water to cover (about 1L)
- 2 Bring the pot to the boil for about 15 minutes and reduce the heat to gently simmer for 1½ hours until all the grains and beans are soft. Add more water as you cook, if necessary
- 3 Add the lentils, chicken stock and seasoning and continue to simmer for another 30 minutes until the water is absorbed and all the grains and pulses are cooked through



Maotwana (chicken feet)

By Refiloe Mabusela from South Africa



"This dish is perfect for colder weather!" Refiloe says.



Ingredients

- 1kg maotwana (chicken feet)
- 1 tsp salt
- ½ onion, chopped
- ½ green pepper, chopped
- 1 tomato, chopped
- 4T oil
- 1 tsp paprika
- 1 tsp curry powder
- 1 packet of minestrone soup
- 1 cup water

Method

- 1 Boil the chicken feet with salt until soft and set aside
- 2 In the same pot, fry the onion, green pepper and tomatoes together in the oil
- 3 Add paprika and curry powder and stir
- 4 Add the cooked chicken feet back to the pot and fry together for 5 minutes
- 5 Stir minestrone soup in water and add it to the pot
- 6 Let it simmer until the soup thickens

Mukimo (mashed potato with maize and beans)

By Naomi Waceke Gachugi from Kenya



"Mukimo is a meal that originates from Central Kenya and is commonly made by the Kikuyu community," Naomi says. "It can be served with bean stew, beef stew or chicken stew, with kachumbari or fried greens on the side."



Ingredients

- 1kg potatoes
- 3 cups soft corn, off the cob
- Salt to taste
- 1L water
- 2 cups cooked and pureed kahurura (pumpkin leaves/spinach)
- Bunch of spring onions
- 1T cooking oil
- 1 cup cooked chickpeas

Method

- 1 Peel the potatoes, slice into halves, wash and set aside
- 2 Mix the corn, potatoes and a pinch of salt in a cooking pot (sufuria), adding enough water for everything to cook through
- 3 Place the pot on the fire and let the mixture cook over medium heat until the potatoes are cooked through
- 4 Reduce the heat and add the pureed pumpkin leaves
- 5 Drain excess water, then mash everything together using a wooden spoon
- 6 Finely chop the spring onions and place them in another larger pot with cooking oil, over the fire. Mix until the onions turn golden brown
- 7 Lower the heat and add the mashed mixture and cooked chickpeas. Mix well
- 8 Serve while hot



Swahili pilau

By Sophia Abeid from Tanzania



"Pilau is a must-serve meal for any occasion in Tanzania," Sophia says. "It's a staple in every Tanzanian home and this recipe, with a bit of a twist, has been passed down for generations in my family. For a yummy pilau, I boil my chicken with ginger and garlic paste, salt, bay leaf, cumin and coriander powder. Also, don't stir the rice too much when it's cooking."

Ingredients

3 large onions, cut into slices
3T oil
2T garlic paste
1 small carrot, grated
2 large, peeled potatoes cut into quarters
1 tsp each of whole cumin seeds, cardamom pods and cinnamon sticks
2 whole star anise pods
2T pilau masala
1 tsp cinnamon powder
Salt to taste
3½ cups chicken stock
2½ cups basmati rice, washed and soaked for 30 minutes
500g chicken, boiled with spices of your choice
¼ cup boiled peas
¼ cup raisins
Chopped coriander to garnish

Method

- 1** Sauté onions in oil over a high heat until golden brown
- 2** Add the garlic paste and sauté for another minute
- 3** Add the carrots, potatoes and both the whole and powdered spices. Mix well for about 2 minutes
- 4** Add ½ cup of chicken stock, cover and cook the potatoes for about 5 minutes
- 5** Add the soaked rice and mix well, then add 3 cups of chicken stock and mix well
- 6** Add the boiled chicken on top of the rice (do not mix) then cover the pot. Reduce the heat to medium low and let it cook
- 7** After 15 minutes, the stock will have reduced. Add the peas and raisins and stir
- 8** Cover with foil and put the lid on. Reduce the heat to low and let the pilau dry for another 15 minutes
- 9** Garnish with coriander and serve with authentic Swahili kachumbari salad (kachumbari salad consists of sliced onions, sliced tomatoes, grated carrots, sliced cucumber and sliced bell pepper seasoned with lemon juice and salt)



Xiguinha de cacana (cassava with baby spinach)

By Salma Ibraimo Bava from Mozambique



With just a handful of ingredients, Salma's recipe is a popular one used to prepare cassava root in Mozambique, where it's widely used as the main ingredient for many dishes. "This is one of my favourite dishes," Salma says. "And believe me, you won't have any problems finding cacana or cassava in popular markets. If you like it, consider adding it to your garden – you won't regret it!"

Ingredients

- 1 whole coconut
- 500g cassava
- Salt to taste
- 3–4 bunches
cacana leaves
(baby spinach)
- 2 cups crushed
peanuts

Coconut milk method

- 1 Grate the coconut
- 2 Using a blender, blend the coconut with 3 cups of water for about 5 minutes. It will turn into a white liquid and, as it is natural, it will not have the thickness or white colour of factory-produced products
- 3 In a clean dish towel or cuador, strain the mixture over a bowl, squeezing well to extract all the milk

Xiguinha de cacana method

- 1 Peel and dice the cassava and place it in a pan, with a little salt, to boil until cooked. Once cooked, drain the water
- 2 Wash the baby spinach several times until it's clean. Boil it for 10 minutes and then strain
- 3 Add the crushed peanuts and 3 cups of coconut milk to a pan, then add the cooked baby spinach leaves and a little salt
- 4 Cook for about 20 minutes, stirring from time to time to prevent burning, until the mixture becomes firm
- 5 Add salt to taste
- 6 Serve hot or cold



Lemon condensed milk tart

By Laurika Moore from South Africa



Traditionally made with milk, this decadent take on a South African tea-time favourite is as simple to make as it is delicious to eat, Laurika says. "You can add more lemon juice to taste but ensure that the mixture stays thick!"



Ingredients

- 1 packet Tennis Biscuits (thin coconut biscuits)
- 250g butter
- 1 tin condensed milk
- 3T lemon juice

Method

- 1 Crush the Tennis Biscuits until fine
- 2 Melt the butter and mix with the crushed biscuits
- 3 Press the mixture into a serving dish, creating a biscuit base
- 4 Mix the tin of condensed milk with the lemon juice to form a smooth, thick mixture
- 5 Spoon the mixture over the Tennis Biscuit base
- 6 Refrigerate for two hours or overnight and enjoy



Further together