

# African Recipes

What kind of food do you like to eat? Have you ever wondered where the recipes for those foods originated? You might be surprised to find that many of the foods you eat come from different places around the world. You can learn some interesting things about a culture by studying their recipes. In this activity, you will prepare some foods that come from different countries in Africa.

As you make these recipes, always work under the supervision of an adult and follow all kitchen safety rules.

## Stew from Zaire

### Ingredients

- 2 onions
- 1/4 cup (60 mL) oil (vegetable or peanut)
- 1 chicken, cut into pieces
- 1 tomato
- 1 teaspoon (5 mL) salt
- 1/2 teaspoon (2.5 mL) pepper
- 1 cup (250 mL) water
- 2 cups (500 mL) tomato juice
- cayenne pepper (optional)

### Directions

1. Take the skin off the onion and dice into small pieces.
2. Use paper towels to wipe off any excess moisture on the pieces of chicken.
3. Place the oil in a pot and heat on medium for one minute.
4. Put the chicken and the onions into the oil and brown them. Use a spatula to keep turning the mixture over. Once the mixture is brown, remove it from the pot and put it on a plate.
5. Pour out the oil. Then place the chicken and onion mixture back into the pot with two tablespoons (30 mL) of oil.
6. Slice the tomato into sections and add them to the pot. Mix in the salt, pepper, water, and tomato juice.
7. Cook for 45 minutes over a low heat.
8. Make a gravy for the stew by stirring 3 tablespoons (45 mL) of flour into 3 tablespoons (45 mL) of hot water. After the gravy has thickened, pour it over the chicken.

## Groundnut Soup from Nigeria

### Ingredients

- 1 tomato (large)
- 1 potato (large)
- 1 onion (medium)
- 2 cups (500 mL) water
- 1 beef bouillon cube
- 1 teaspoon (5 mL) salt
- 1 cup (250 mL) finely chopped peanuts (shelled, unsalted, roasted)
- 1/2 cup (125 mL) of peanut butter may be substituted for the peanuts
- 1/2 cup (125 mL) milk
- 2 tablespoons (30 mL) rice

### Directions

1. Remove the peel from the onion and the potato.
2. Use a knife to cut the potato, tomato, and onion into tiny pieces.
3. In a pan, combine the potato, tomato, onion, water, bouillon cube, and salt. Place the lid on the pan and gently boil for 30 minutes.
4. In a bowl, mix the peanuts or peanut butter with the milk until smooth.
5. Pour the rice and the peanut mixture into the pan with the other ingredients.
6. Use a spoon to mix the soup. Cook over low heat for at least 30 minutes.