

Recipes from Senegal and Kenya

Senegalese Milk Drink Sow

(pronounced “so”)

In Senegal, this is made by letting fresh cow’s milk sit outside to sour, then mixing it with lots of sugar and ice.

Makes about 5 quarts

3 quarts buttermilk	2 cups sugar
6 cups vanilla yogurt	1 tablespoon vanilla extract
2 cups sour cream	

Combine all ingredients and mix well. Add lots of ice and serve.

Recipe from Smithsonian Folklife Cookbook by Katherine S. and Thomas M. Kirlin, Smithsonian Institution.

Jollof Rice

serves 4-6

This dish is common throughout West Africa, and can be made with chicken, beef, goat, pork, etc.

2 ½ to 3 pound broiler-fryer chicken, cut up	1 cup uncooked rice
2 onions, sliced	½ teaspoon cayenne
2 cups water	1 teaspoon salt and ½ teaspoon pepper
1 large can Italian plum tomatoes	1 chicken bouillon cube (optional)
1 small can tomato paste	¼ teaspoon thyme
8 ounces green beans, fresh, or 10 ounces frozen	

In a large skillet or stew pot, brown the chicken pieces in 1 to 2 tablespoons oil. Remove from pan and keep warm. In the same pan, brown the onions until golden. In a large stew pot or Dutch oven, put in the chicken, onion, tomatoes with liquid, tomato paste, water, seasonings, and bouillon cube and bring to boiling. Reduce heat, cover and simmer 30 minutes or until the chicken is nearly done. Stir as needed. Add rice, green beans and additional water if necessary. Continue cooking for 20 minutes or until rice is tender and chicken is done. Can be served over additional rice.

Recipe from Evangelical Lutheran Church in America (ELCA) Global Mission

Chai Cha Tangawizi (Kenyan Ginger Tea)

Serves 4

2 cups of water	5 teaspoons black tea leaves, or 4 black tea bags
1 tablespoon ginger root, diced, or 1 tablespoon ground ginger	2 cups of milk
4 teaspoons sugar	

Bring water to a boil. Add ginger and sugar and simmer for 10 minutes (simmer longer for more flavor). Add black tea and simmer 3-5 minutes, stirring occasionally. Add milk. Heat until very hot, but do not boil. Strain to remove ginger and tea.

Recipe from Extending the Table...A World Community Cookbook, Joetta Handrich Schlabach, Mennonite Central Community.

Samaki na Embe (Fish with Mango, Kenya)

Serves 6

2 pounds white fish steaks or fillets, cut in large pieces	2 mangoes, peeled and chopped
3/4 cup water	1-2 chili peppers, seeded and chopped
1 onion, thinly sliced or chopped	1/2 teaspoon salt
2 tomatoes, peeled and chopped	

Combine all ingredients in frypan. Cover and simmer gently for 20 minutes, or until cooked through.

Recipe from Extending the Table...A World Community Cookbook, Joetta Handrich Schlabach, Mennonite Central Community.

Dhal (Kenyan Curried Split Peas)

Serves 4-6

East African cooking has been influenced by contact with India, the neighbor across the Indian Ocean.

1 cup yellow split peas	2 tablespoons curry powder
3 1/2 cups water	2 teaspoons ground cumin
2 medium onions, chopped	1 teaspoon salt
4-6 garlic cloves, crushed	2-4 tablespoons cilantro, chopped
2 tablespoons olive oil	

Soak split peas overnight in water, or heat to boiling, turn off heat, and let stand one hour. Bring to a boil, then simmer until soft, about 45 minutes. In separate frypan, saute onions and garlic in oil over medium heat. Add curry powder, cumin and salt. Fry for 1 minute. Mix with cooked split peas. Add cilantro. Simmer briefly to blend flavors. Serve with rice or chapatis.

Recipe from Extending the Table...A World Community Cookbook, Joetta Handrich Schlabach, Mennonite Central Community.

Kenyan Chapati Flat Bread

Makes 10 chapatis

In India and East Africa, pieces of chapati are used instead of utensils to scoop up curry and other dishes.

2 cups whole wheat flour
1 teaspoon butter or margarine, melted
pinch of salt
1/2 cup (or more) lukewarm water
Flour for rolling

Combine flour, butter or margarine and salt. Gradually add water and form into a dough. Knead until soft. Cover with a damp cloth and let rest 1 hour. Divide dough into 10 pieces. On floured surface, roll each piece into a 4-inch circle, about a quarter of an inch thick.

Heat a heavy, ungreased frying pan. Cook each chapati until it starts to bubble on the bottom, turn, fry other side, and remove. Stack in tea/dishtowel to keep warm

Recipe from Extending the Table...A World Community Cookbook, Joetta Handrich Schlabach, Mennonite Central Community.

Sukuma Wiki (African Greens)

Serves 4-5

This simple dish of greens is a cheap, nutritious staple meal for many Kenyans. Kale is the closest substitute in North America, but spinach or swiss chard can also be used.

leaves from 1 bunch of kale, finely chopped	1 large onion, thinly sliced
1 green pepper, chopped	2 tablespoons tomato paste
salt to taste	1 clove garlic
1 tablespoon olive oil	

In a small amount of water, cook kale, green pepper and salt until just tender. Brown onion in oil over medium heat. Add tomato paste and garlic and fry until oil separates. Add cooked kale and mix thoroughly. Serve with rice or chapatis.

Recipe from Extending the Table...A World Community Cookbook, Joetta Handrich Schlabach, Mennonite Central Community.