

# Baked fish and aubergine



## INGREDIENTS

- 1lb filleted fish
- 1 large aubergine, peeled and diced
- 1 tin of tomatoes, or a few fresh ones, chopped
- 1 onion, chopped
- 1 cup water
- Cayenne or red pepper, black pepper, salt

## METHOD

- put aubergine, onion, tomatoes, spices and water in large pot
- cover and simmer until vegetables are tender
- remove from heat and mash
- place half mash in greased baking tin
- layer fish over vegetables
- top with remaining mashed vegetables
- cover with foil
- bake until fish is fully done

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# African chicken stew (serves 6)



## INGREDIENTS

- 1 tbsp olive oil
- 1x3lb chicken, deboned and cut to bite-sized pieces
- 2 cloves garlic, crushed
- 1 onion chopped
- 1 large potato, diced
- 1 tsp ground cumin
- 1 tsp ground coriander seed
- 1 tsp ground black pepper
- 1 tsp crushed red pepper flakes
- 1 tsp salt
- 1 cup water
- ¾ cup unsalted peanut butter
- 1x15 oz can garbanzo beans (chickpeas), drained and rinsed

## METHOD

- Heat oil over medium high heat in a large pan with a tight fitting lid
- add chicken and brown quickly, remove from pan
- reduce heat to medium low, add garlic, onion and potato
- sauté for 2-3 minutes, making sure garlic doesn't brown
- season with cumin, coriander, black pepper, red pepper and salt
- add water and chicken, plus any accumulated juices
- simmer covered for 10-15 minutes, stirring occasionally
- remove lid, stir in peanut butter and beans
- blend well
- simmer, covered, until chicken is cooked through and potatoes are tender (about ten minutes)
- remove from heat, adjust seasoning and serve

This recipe contains peanuts. Check that none of your guests are allergic to them.

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# Boboti (serves 6 to 8)



## INGREDIENTS

- 1kg minced beef
- 2 onions
- ½ tsp cloves
- ½ tsp onion salt
- 2 tsp salt
- 1 tsp turmeric
- ½ tsp ground nutmeg
- 1 tbsp sugar
- 1 tsp ginger
- 1 tbsp vinegar
- 1 tbsp water
- 1 tbsp chutney
- 2 tsp curry powder
- 1 beaten egg
- 2 tbsp vegetable oil

## METHOD

- Brown onions and mince in oil
- add 1 cup of water and simmer for ten minutes
- mix the dry ingredients with the water and vinegar, then add the mince mixture
- simmer for ten minutes stirring continuously
- pour into oven dish and cover with beaten egg
- bake at 200c for 15 minutes

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# Samosas



## INGREDIENTS

### Meat filling

250g minced meat, 4 onions, 2 cloves of garlic, a piece of fresh ginger, 1 carrot, 1 tspn curry powder, coriander leaves, 1 small green pepper, 2 chopped green chillies, 2 tbs cooking oil, 2 tspn of salt

### Vegetable filling

200g green peas, 1 tspn curry powder, 3 onions, 2 diced carrots, 1 chopped green pepper, 2 tbs cooking oil

### Envelopes

250g baking flour, 1 tspn shortening, quarter tspn salt, 125ml warm water, cooking oil for deep frying

## METHOD

### For the meat filling

- put meat in pan with a little salt - cook until dry
- heat the oil and fry the onions and garlic lightly, add the meat salt and curry powder and cook lightly
- add the coriander, ginger and chilli
- remove from heat and add grated carrot and green pepper and leave to cool

### For the vegetable filling

- cook the peas until just tender (do not overcook)
- heat the oil and fry the onions lightly
- add the curry powder, peas, carrots and green pepper

### Making the envelopes

- put the flour in bowl and rub in the fat and salt
- add the water and mix to a smooth dough
- make into 12 balls
- smooth out and leave to rest for 20 minutes
- flatten out, put oil on and pair them out
- roll out to about 7 or 8 inches in diameter
- cook lightly on a hot dry frying pan
- separate the thin cooked dough
- when the cooking is complete cut the rounds in half
- make a thin paste from flour and water
- make the half round into a cone, stick with flour paste
- put 1 tbs filing in each
- fold in and tuck the one side and stick the other flap over to make a triangle.
- deep fry for about 10 minutes
- drain onto kitchen paper
- serve with lemon wedges

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