

## African recipes – simple, but tasty!

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The ingredients used in these recipes are grown widely in many African countries and are available to buy in the UK. Using these recipes will help students experience new and exciting flavours from across Africa and help you to teach about where their food comes from and how African families grow most of the food that they eat.

### Here are some ideas of how to use these recipes:

- List all of the ingredients and see whether they can be grown (or produced) in the UK as well as the area of Africa that they are from.
- Find out more about the countries where people eat these foods.
- Work out what kind of garden/farm you would need if you wanted to produce the food used in these recipes on your land.
- Have a tasting session where you make small amounts of various recipes - why not charge pupils for each 'taste' and raise money for the charity Send a Cow?
- A step on from the idea above, you could even turn your assembly hall into a giant map of Africa and have stands for 'tastes' where classes present information about each area of Africa and pupils use photocopies of an African currency to buy 'tastes' in exchange for real money.

Send a Cow is a charity that works with families across Africa to help them grow a variety of different fruit and vegetables that may not have been in their diets before. This means that children grow up healthily and are able to play, concentrate at school... and eat tasty meals like these!

**Find out more at:** [www.sendacow.org.uk/schools](http://www.sendacow.org.uk/schools)

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**Chapatis** are a flat, round unleavened bread are popular in East Africa, especially among the Swahili people and in Swahili-speaking countries. The Malay and Indian populations of South Africa also eat chapatis.

**What you need:**

- two cups all-purpose flour (or whole-wheat flour, or a mixture of the two), sifted
- one teaspoon salt
- warm water
- cooking oil

**How to make it:**

- All ingredients should be allowed to come to room temperature if they have been in the refrigerator.
- Mix flour and salt in a bowl. Slowly mix in enough water to make a thick dough. Mix in one spoonful oil.
- Knead dough on a cool surface for a few minutes, adding a few spoonfuls of dry flour. Return dough to the bowl, cover with a clean cloth, and let it rest for thirty minutes.
- Lightly grease (with cooking oil) and pre-heat a skillet or griddle.
- Divide the dough into orange-sized balls. Flatten them into six-inch circles. Fry them in the skillet or griddle, turning once, until each side is golden brown and spotted.
- Cover the finished chapatis and place them in a warm oven until they are all done.
- Serve with butter, and any curry, soup, or stew.

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**Pepper Soup** is popular in many countries of Western Africa. It is usually made with goat meat, but can also be made with other types of meat like lamb.

**What you need:**

- two pounds of goat meat, lamb or stewing beef cut into cubes
- one or two roughly chopped onions
- two or three sliced (mild) chillies
- pepper soup seasoning\*
- four cups of meat broth or stock
- half a cup of prawns or shrimp
- one small bunch of chopped fresh mint leaves
- a few chopped spinach leaves
- seasoning to taste

**How to make it:**

- In a deep saucepan, combine the meat, onions, chilli peppers, and a cup of water. Bring to the boil for twenty to thirty minutes, until the meat is cooked, adding water to keep the saucepan from becoming dry.
- Add the pepper soup seasoning and the broth or stock and simmer over a low heat for ten to twenty minutes.
- Add the prawns/shrimp, mint leaves, and spinach. Season and simmer ready for serving.

\*You can make your own pepper seasoning mix from allspice, anise pepper, cloves, coriander seeds, cumin seeds, dried ginger, fennel seeds, and tamarind pulp.

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**Kashata** is a popular sweet snack from East Africa. They are usually made with grated coconut and peanuts over a fire or stove. You can leave out the peanuts if you have concerns about allergies.

**What you need:**

- two cups of sugar (preferably Fairtrade!)
- two cups moistened, grated coconut
- two cups of roasted peanuts\*, briefly heated in a lightly oiled frying pan
- half a teaspoon of ground cinnamon and/or cardamon
- a pinch of salt
- half a cup of wheat flour\*

**How to make it:**

- In a hot frying pan, melt the sugar until it begins to brown.
- Quickly reduce the heat and add the other ingredients, stirring well.
- Stir for one minute, mixing all the ingredients well.
- Place the mixture onto a lightly greased tray.
- Leave for five minutes.
- Cut into shapes while still warm.
- Leave to cool and then serve!

\*these ingredients are optional.





**Mandazi** are a type of fried bread from East Africa that are similar to doughnuts. They are eaten as a snack or as an accompaniment to meals.

**What you need:**

- two cups of warm water
- two teaspoons of baking powder
- four cups of flour
- half a cup of sugar (Fairtrade!)
- quarter of a teaspoon of spice (cardamom, cinnamon, allspice, ginger)
- two tablespoons of butter
- quarter of a cup of warm milk
- one lightly beaten egg
- a pinch of salt
- oil for deep frying

**How to make it:**

- Combine the flour, baking powder, sugar, and spice in a bowl.
- Mix the water, butter, milk, and egg together. Gradually add this mixture to the flour and knead into dough.
- Knead for fifteen minutes until an elastic dough is made.
- Leave the dough for several minutes.
- Divide the dough into biscuit-sized pieces and press the pieces into circles a couple of centimetres thick.
- Heat a few cups of vegetable oil to 300F in a deep sided frying pan.
- Fry the dough in the hot oil, leaving space for them to float and turn a few times, until they are golden brown.
- Place on paper towels to drain.

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In East Africa this hot tea with added cardamom is quite a popular thirst quencher.

**What you need:**

- cold water (three to six cups)
- three or four teaspoons of tea (plain black tea – Fairtrade!)
- ground cardamom
- sugar or honey (Fairtrade!)
- warm milk (optional)

**How to make it:**

- Heat the water nearly to boiling in a saucepan.
- Pour water into a teapot and add tea leaves. Strain as normal.
- Pour into cups and add a little cardamom to each cup.
- Add sugar, honey, and warm milk to taste.

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**Pea soup** is made at harvest time in East Africa. This is a filling meal, but relies on access to several spices, which are mainly found close to cities and large towns

#### What you need:

- two chopped onions
- two tsp crushed garlic
- one tsp grated fresh ginger
- one tbsp garam masala
- half tsp ground black pepper
- one tsp coriander
- one tsp cumin
- a quarter tsp cardamom
- one tsp turmeric
- two chopped tomatoes
- one diced sweet potato
- three cups water
- three cups of peas

#### How to make it:

- Heat the onions and garlic in a saucepan for 5 minutes.
- Mix in the ginger and spices and cook for a few minutes
- Add the tomatoes and sweet potato.
- Add one and a half cups of water.  
Bring the soup to boil then reduce heat and cover, let simmer for 5 minutes.
- Add the peas and simmer for 10 minutes.
- Reduce the heat and add the remaining one and a half cups of water.

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In Tanzania, **Coconut and Bean Soup** is eaten as an accompaniment to a main dish or used as a meatless main course by adding more beans and rice.

#### What you need:

- half a cup of finely chopped onions and a spring onion
- half a cup of finely chopped green peppers
- one tsp of curry powder
- a quarter of a tsp of pepper
- three tbsp of butter
- one cup of diced fresh tomatoes
- two and a half cups of red kidney beans
- two cups of coconut milk
- three cups of water
- half a cup of cooked rice (Fairtrade!)

#### How to make it:

- Gently fry the onions and peppers with the curry powder and pepper in butter until soft but not brown.
- Add the tomato and simmer for a few minutes.
- Add the rinsed kidney beans, coconut and water and gently simmer for fifteen minutes.
- Add the cooked rice and stir in.
- Garnish with shredded coconut and spring onions.

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