



BLACK HISTORY MONTH

1ST – 31ST OCTOBER

MINI RECIPE BOOK

WITH THANKS TO THE AFRICAN
CARIBBEAN SOCIETY

NIGERIAN JELLOF RICE

A ONE POT RICE DISH POPULAR IN MANY WEST AFRICAN COUNTRIES

INGREDIENTS

- 4 red bell peppers
- 2 medium to large onions
- 3 bulbs of garlic
- 2 teaspoons salt
- 1/2 a Scotch bonnet pepper
- 1/4 pound plum tomatoes
- 1/4 cup sunflower oil
- 1 teaspoon dried thyme
- 1/2 teaspoon ground ginger
- 1/2 teaspoon cayenne pepper or alternative
- 1/4 teaspoon smoked paprika
- 1 heaping teaspoon tomato paste
- Generous 2 cups chicken stock
- 1 teaspoon red palm oil
- 1 1/4 cups white basmati rice

METHOD

1. Finely slice the peppers and onions. Make a paste out of the garlic and 1 teaspoon of salt. Seed and slice the Scotch bonnet pepper, dice the tomatoes and set them aside. Soften the onions and peppers in the



sunflower oil over high heat for 5 minutes, stirring frequently. Add the pasted garlic, Scotch bonnet pepper, tomatoes, and dry seasonings and cook for another 10 minutes over medium heat, stirring frequently. Add the tomato paste, cook for another minute or so, then remove from the heat.

2. Blend the mixture with a generous $\frac{3}{4}$ cup of chicken stock. If this was prepared in advance, reheat it first. Add another $\frac{3}{4}$ cup of stock and blend until the mixture is smooth. Add the palm oil, a final teaspoon of salt, and then pour $2\frac{1}{2}$ cups of this mixture back into the pot. Heat the sauce until it is lightly bubbling. Measure out your rice, then add to the pot. The pot should have a tight-fitting lid, but if it doesn't you can use some foil with the shiny side facing down to retain the heat. Stir gently so that all the rice is coated with the red sauce, then reduce the heat to a very low flame—the lowest possible.
3. Cover and simmer for 10 minutes. Open the lid and stir gently again. It is important to get under the center of the pan so all the rice cooks at the same rate. Cover and simmer for another 10 minutes. Open and stir for a final time, then simmer for a final 10 minutes. This makes 30 minutes cooking time in total. Turn the heat off and allow to steam, covered, for another 15 minutes. It's tempting to open the pot here but it's very important to trust the process and allow the rice to cook residually. This improves the final taste and texture of the rice.
4. Open the lid then leave to stand for 5 minutes, uncovered. Then fluff with a fork to separate the rice, slowly working inward from the edge of the pan in a

swirling motion. If the rice is not completely cooked, add the remaining 1/2 cup stock, stir gently, then place back over low heat for another 10 minutes. Spoon the rice out onto a separate dish and serve.



PUFF PUFF

A TRADITIONAL AFRICAN SNACK MADE FROM FRIED DOUGH

INGREDIENTS

- 125ml Milk
- 250g Flour
- 60g Sugar
- 2 Eggs
- 2tsp Yeast
- Vegetable oil (for deep frying)

METHOD

1. **Proof the yeast:** Both instant yeast or active yeast will work perfectly for this recipe. If you are using instant yeast, you can skip proofing the yeast. If using active yeast, it's advisable to proof the yeast.
2. **Make the batter:** Combine the dry ingredients with the wet ingredients and mix well
3. **Leave to proof:** The batter needs to proof in a warm place for about an hour. A little more or less or till the batter rises about twice or thrice it's original size.
4. **Fry:** Be sure to let your oil get hot before frying the puff puff. If the oil is not hot enough, the resulting puff puff will soak up the oil. You don't want that.

CHAPATI

A KENYAN-STYLE FLATBREAD COOKED QUICKLY IN A HOT FRYING PAN.

INGREDIENTS

- 3 cups of flour
- 1 1/2 cups of warm water
- 1 tsp of salt
- 1 tsp of sugar
- Rapeseed or any vegetable oil for frying

METHOD

1. Add 3 cups of flour in a bowl.
2. Add salt, sugar, 2 tbsp of oil and 1 ½ cups of water in a separate jar/ bowl. Stir until the salt and sugar dissolves.
3. Add the liquid mixture in step 2 in the flour bowl (step 1) and mix well.
4. Keep kneading for 10 minutes and add flour if needed until the dough becomes non-sticky. Add 2-3 tbsp of oil and continue kneading until the oil mixes well and the dough is soft. Cover the dough and leave it for 40 minutes.
5. After the 40 minutes, divide the dough into 10 - 15 equal parts making ball like shapes. Arrange them in a flat surface dusted with flour (Cover with a damp tablecloth to avoid drying).
6. Dust flour in the flat place and take one of the balls and start rolling with a rolling pin to a circular shape, brush oil on top and roll it inwards to form a shape-like a rope, then create a coil-like shape and press the ball down with your palm to

make it flat. Repeat this process to the rest of the remaining balls of dough.

7. Next, start rolling each of the coil-like shape doughs with the rolling pin to form a circular shape again.
8. In a hot pan, place the rolled out circular chapati and fry each side with little oil until its golden brown on medium heat. Place your cooked chapati in a flat plat and cover with an aluminum foil.
9. Repeat this step to the rest of the coil-like dough. *Serve with your favourite stew.



MOIN MOIN (NIGERIAN BEAN PUDDING)

A NIGERIAN STEAMED BEAN PUDDING MADE FROM A MIXTURE OF WASHED AND PEELED BLACK-EYED PEAS, ONIONS AND FRESH GROUND RED PEPPERS

INGREDIENTS

- 1lb of African honey beans
- 1 red bell pepper (chopped)
- 1/2 a large onion (chopped)
- 1 1/2 small habanero peppers (chopped)
- 1/2 cup vegetable oil
- 2 1/2 Maggi stock cubes (beef flavored bouillon cubes)
- 1 teaspoon of salt
- 1/2 teaspoon of seasoned salt
- 100g shelled prawns or crayfish
- 3 tatashe peppers, or 800g passata
- Optional: Hard boiled eggs, corned beef, cooked bone marrow

METHOD

1. About three hours before cooking the moi moi, soak and wash the beans to remove the coat. When the entire coat has been removed, place the beans in a bowl and pour enough water to cover it. Leave to soak for three hours. This is so that the best consistency will be achieved when you blend the beans.

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2. It is advisable to use one of eggs, bone marrow or corned beef, not the three at the same time. If you will use eggs, cook till hard boiled, cut into small pieces and set aside. If you prefer bone marrow, cook it with salt and Maggi / Knorr cubes and set aside the stock. If it is corned beef you will go for, open the can and separate the beef into small lumps.
 3. Now go ahead and prepare the moi moi containers by following the directions here:
<https://www.allnigerianrecipes.com/howto/cook-moi-moi-foil/>.
 4. Wash the tatashe pepper (if using it). Ensure you remove the tatashe seeds as they have a tendency to give meals a bitter taste.
 5. Cut the onions into pieces, grind the crayfish with a dry mill.
 6. Crush the stock cubes and set aside. Wash the habanero/scotch bonnet peppers and set aside.
 7. Now that the beans is soaked (the bean seed is tender when you pinch it), it is time to blend it. It is very important that you use a very good blender for this purpose. The taste and feel of your Moi Moi depends so much on the consistency of the blend. If in doubt, put a small quantity of bean seeds in your home blender and grind to the best of its ability using as small quantity of water as possible. Feel the resulting paste with your fingers and if you notice any tiny pieces at all, then the blender is not good for Moi Moi.
 8. Blend the beans, tatashe or tomato puree, onions, crayfish, habanero pepper and ground nutmeg together with some of the water and pour the mix into a big enough bowl.
 9. Add the vegetable oil and the bone marrow stock (if this is what you have chosen to add to your moi moi).

10. Slowly add the remaining water and stir the mixture at the same time till you get a good mix of all the ingredients.
11. Add salt to taste and stir very well.
12. Note: Moi Moi is one of the Nigerian food recipes that is prepared cold. All the mixing and adding of ingredients is done off the stove. That is to say, once you start cooking, there is no going back! You cannot decide to add more salt or seasoning or a new ingredient later. So getting it right at the mixing stage is very important.
13. Pad the base of a big pot, pour some water and set on the stove. The depth of the water should be at most 1 inch.
14. Dish the Moi moi mix into containers of your choice, add egg/bone marrow/corned beef to each container, seal/cover and set them in the pot.
15. Add as small quantity of water as possible at a time while cooking the Moi Moi as detailed in preparation and use of moi moi containers so that the moi moi will not become watery when done. This is the case especially when using aluminium foil or uma leaves.
16. The length of time you will cook your Moi Moi depends on the quantity and the Moi Moi container you used.
17. The Moi Moi that gets done quickest is the one wrapped in Uma or Banana leaves, followed by Moi Moi wrapped in aluminum foils then the one that takes the most time is Moi Moi cooked in aluminium or plastic plates.
But whatever Moi Moi container you use, it is advisable to cook your Moi Moi for at least 1 hour, before checking it. Confirm that it is done by putting a knife through it, if the knife is stained with Moi Moi paste, then the Moi Moi is not done, but if the knife just has a slight smear of Moi Moi, then

it's done. Also, when you cut through the Moi Moi, the insides will be set and not watery.

If you are cooking a few wraps of Moi Moi in a small pot on high heat, then it will only take about 45 minutes to get done while when you are cooking a large pot of Moi Moi, it will definitely take more than one hour.

Serve with chilled fruit juice or coconut juice.

