

RECIPE

MAAFE

A West African Groundnut Stew

Groundnut Stew (chicken and peanut) is a popular dish in West Africa. It works perfectly served with simple steamed rice - or fried plantains - if you want to replicate the African tradition.

Ingredients (Serves 8):

- 1kg chicken thighs or drumsticks
- 3 tbsp veg oil
- 1 white onion, thinly sliced
- 8 garlic cloves, crushed
- 3-inch piece of ginger, peeled and finely chopped
- 1.5kg sweet potatoes, peeled and chopped into chunks
- 1 400g tin of chopped tomatoes
- 1 litre chicken stock
- 1 cup peanut butter (smooth or crunchy)
- 1 tbsp ground coriander
- 1 teaspoon paprika
- Salt and pepper
- ½ cup chopped coriander

Note - this dish can be scaled up to make a larger batch for a Harvest Lunch or Supper. It can be cooked in the slow cooker or on the hob, depending how much time you have.



Instructions:

1. In a pan heat the oil on a medium-high heat. Add the chicken pieces and brown well (if you're making larger quantity you may need to do this in batches). Once nice and golden, remove to a plate.
2. Put the pan back on the heat and add the onions - soften for 3-4 minutes.
3. Add the ginger and garlic and sauté for another couple of minutes.
4. Add the sweet potatoes and stir to combine.
5. Add the chicken stock, tinned tomatoes, peanut butter, ground coriander, paprika and chicken. Bring to a simmer, adding a good pinch of salt.
6. If cooking on the hob - turn the heat to low, cover and simmer for 90 minutes - stirring occasionally. If cooking in the slow cooker - transfer to the pot, turn to low and leave for between 6 and 10 hours.
7. After this time, the chicken should be nice and tender. Remove the pieces of meat from the pot and pull the meat from the bone (this should be very easy). Add the meat back to the pot.
8. Taste and add salt, pepper and more paprika if needed. Stir through the fresh, chopped coriander and serve.

RECIPE FATMATA BINTA'S FONIO JOLLOF

Fatmata is a trailblazing chef based in Ghana, who last year became the first African to win the Basque culinary world prize for her work showcasing nomadic food culture.

Slice onions. Heat a frying pan and cook the onions in oil on a low heat until they caramelise. Add curry powder and let it simmer for two minutes.

Blend garlic, tomato and chilli together to a pulp. Add the pulp to the onion and curry mixture and cook on a medium-low heat until it thickens (about 10 minutes).

Add tomato paste, bay leaf and salt to taste (you could add some allspice if you like) and cook for 10 minutes on medium-low heat. Then divide the sauce in half.

Add fonio to half of the sauce, simmer on a low heat and keep stirring for three minutes. Then add one or two cups (two if the sauce is really thick) of stock and thyme leaves and simmer for another 10 minutes. (If you cook it with rice you might need more stock and may need to cook it until the rice is soft).

Add the finely chopped mixed vegetables. Cook until vegetables are cooked through but still have a little bite. Serve the fonio with the other half of the sauce.

Top with some thinly cut spring onions and grilled pepper, if you like.



Serves 6

- 500g fonio (or if not available, rice)
- 500g yellow onions
- Oil
- 500g fresh plum tomatoes
- 1 abanero pepper or any spicy chilli (or to taste)
- 2 tsp curry powder
- 1 bulb garlic
- 1 small handful fresh thyme leaves
- 1-2 cups chicken or vegetable stock
- 1 cup mixed vegetables, finely chopped (carrots, peppers, spring onions)
- 200g tomato paste
- 3 Bay leaves

Recipe

HARVEST SUPPER - **ETHIOPIAN CHICKPEA WAT**

Harvest is traditionally a big celebration for the whole community - so throw open your doors and invite people to share a meal!

Why not give your event a unique twist this year with our inspiring African meal:



Ingredients:

Serves 6

- 2 tablespoons extra virgin olive oil
- 1 large red onion, finely chopped
- 2 carrots, finely chopped
- 1 potato, peeled and chopped
- ½ teaspoon cayenne pepper
- ½ teaspoon paprika
- ½ teaspoon ginger
- ½ teaspoon salt
- ½ teaspoon black pepper
- ¼ teaspoon cumin
- ¼ teaspoon cardamom
- 1 tablespoon tomato paste
- 1 cup chickpeas, drained and rinsed
- 1 ½ cups of water
- 1 cup of frozen peas, thawed

Directions:

1. Heat the oil in a large pot over medium heat.
2. Add the onion, cover and cook until softened (about 5 minutes). Add the carrots and potato, cover and cook (10 minutes).
3. Remove from heat and stir in cayenne, paprika, ginger, salt, pepper, cumin, cardamom and tomato paste. Add chickpeas and water and bring to a boil.
4. Reduce heat to low and simmer, covered, until vegetables are tender and the flavour is developed (about 30 minutes) adding a bit more water if needed.
5. About 10 minutes before the stew is ready, stir in the frozen peas and taste to adjust seasonings.



Recipe

HARVEST SUPPER - KUNDE

Kenyan black-eyed peas and tomatoes

Harvest is a time of celebration and gratitude. It provides time to connect with neighbours, reflect and express thanks for the harvest. This year make your gathering extra special with our delicious Kenyan Kunde. Welcome everyone together to share a meal and meaningful conversations.



Ingredients:

- 2 teaspoons of oil
- 1 onion, finely chopped
- 480g tomatoes
- 400g black-eyed peas
- 60g peanut butter or roughly ground peanuts
- 60ml water
- 1 teaspoon ground turmeric
- 1 teaspoon ground coriander
- Salt and pepper to taste

Directions:

1. Warm the oil over medium heat in a saucepan.
2. Add the chopped onion and stir until softened (about 5 minutes).
3. Add diced tomatoes, coriander and turmeric. Stir until the liquid from the tomato has evaporated and the mixture is quite dry, about 5 minutes.
4. Add the black-eyed peas, peanut butter and water. Increase the heat and bring the mixture to a boil. Add more water as needed to get a stew-like consistency.
5. Reduce the heat and simmer just until the peas have absorbed the flavour, about 5 minutes.
6. Season to taste and serve while hot! Enjoy.

