

# Introduction

Welcome to the 4<sup>th</sup> edition of Peace Corps Guinea's cookbook, *Where There Is No Restaurant*.

While most of these dishes can be produced with easily found ingredients, some require a trip to the regional capital or even a stay in Conakry. But Peace Corps Volunteers always need to stay nourished no matter where they are. Whether you are cooking for 1, 2 or 20, enjoy trying out new recipes or perfecting an old stand-by. We hope this cookbook and reference guide will suffice for all your cooking needs as a Peace Corps volunteer up-country or an Ex-pat in Conakry.

We are very grateful to the volunteers of Gabon who put together a fabulous cookbook, *Gabon Gourmet*, and were kind enough to share their creativity with us. We also want to thank all the Peace Corps volunteers (and former volunteers) who submitted new recipes, modified old recipes, and gave suggestions to make this cookbook what it is today.

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1 June 2004

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## SALADS

### Mixed Salads

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#### tossed salad

lettuce or other greens  
sliced hard-boiled eggs  
sliced onion (red onions are best)  
carrots, grated or chopped  
cold sweet corn, drained  
chopped fresh parsley  
cucumber, peeled and seeded  
chopped green pepper  
radishes  
chopped olives  
sardines or anchovies  
slices of ham or chicken  
avocados  
cheese (Roquefort or Bleu recommended)  
etc, etc.

Wash lettuce or other greens well. Tear or cut lettuce into manageable pieces. Place in a bowl and add ingredients to your liking. Dress with a vinaigrette or other salad dressing. Mix and Serve.

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#### COLESLAW

1 medium cabbage, finely chopped  
1 onion, finely chopped  
6 small grated carrots  
2 green peppers, chopped  
Stir together and marinate in oil, 2&1/2 TBSP vinegar, 1 tsp salt, 1 tsp pepper, and 1 or 2 sugar cubes. Mayo is optional.

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#### CUCUMBER SALAD

1 large cucumber, peeled and sliced  
1 small onion, thinly sliced  
1 cup of yogurt or milk w/vinegar  
salt and pepper to taste

Mix all ingredients together and let marinate for at least one hour.

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#### GREEN BEAN SALAD

2-3 cups of cooked green beans  
1 small onion, chopped  
1 medium tomato, chopped

1/4 cup of oil  
2 TBSP vinegar  
salt, pepper, thyme, sage

Mix all the ingredients together and let 'em marinate for an hour. Add other cooked beans if desired.

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#### LABE MARKET SALAD

Wash lettuce, hand tear. Add, chopped:

Tomatoes  
Hard boiled eggs  
Cooked potatoes  
Cucumber  
Onion  
Grated carrot

Squeeze in juice from one citron, 1-2 Tbsp mayo, eat with bread.

Optional: bit of ground Maggi, spices. Or, instead of mayo, use a Tbsp each of oil and vinegar—it will have that creamy look from the potatoes and eggs.

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#### MANGO SALAD

2 semi-ripe mangos, chopped  
1 onion, chopped  
1 Maggi cube  
Piment to taste—as spicy as you can stand

Pile all ingredients together until they resemble a chutney or salsa. Can be eaten plain or with bread or tortilla.

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#### TOMATO SALAD

Chopped tomatoes  
4 cloves chopped garlic  
Maggi cube  
Salt, pepper  
1-2 Tbsp Mayo

Mix and mash together. Eat with fresh bread.

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#### SALAD NICOISE

2 large bundles of salad leaves  
3-4 big tomatoes (or 8-9 small ones)  
6 potatoes  
1 can of chick peas ("pois chiches")  
3 hard-boiled eggs

## SALADS

**2 small tins of tuna**  
**3 big lemons**  
**3-4 big onions (6 small ones)**  
**lots of garlic**  
**black pepper**  
**1 tin of anchovies (*cher*, and therefore optional)**

Canned chick peas should be reconstituted in lemon juice first for better flavor, so you will want to soak the peas in the juice of the lemons for an hour or two prior to prep. (If you don't have time or can't find lemons, add salt generously to this salad to balance flavors). Wash leaves, peel them off their stems, and drain as thoroughly as possible. Sauté the garlic and the onions together in the oil. Mix together with the remaining ingredients, including some leftover lemon juice. You won't need to add oil or vinegar because some of the oil from the onions and tuna inevitably gets into the salad, along with the lemon juice (which takes place of the vinegar). Bonus hint: boiled potatoes are often easier to peel.

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### BIZARRE BANANA SALAD

**4-6 bananas**  
**2 onions**  
**3-4 tomatoes**  
**3-6 TBSPs mayo**  
**optional: peanuts, diced mango**

Cut up bananas, onions, and tomatoes. Add mayo (slowly) to taste. Weird.

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### BERMUDA SALAD

**1&1/2 lb fresh green beans, trimmed**  
**3/4 cup oil**  
**1&1/2 cups thinly sliced red onion**  
**3/4 cup vinegar**  
**salt, pepper**  
**crushed garlic**

Steam beans. Add hot to prepared dressing. Cool. Add onion, cover, and refrigerate if possible. Marinate at least 2-3 hours before serving.

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### CUCUMBER ONION SALAD

Mix:

**1 or 2 cucumbers, sliced**  
**2 tsp sugar**

**onion, sliced**  
**1/2 tsp salt and pepper**  
**1/4 cup vinegar**  
**1/4 cup water**

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### EGGPLANT AND PEANUT SALAD

**2 medium eggplants, peeled and chopped**  
**1/2 tsp salt**  
**3 tsp olive oil**  
**juice of one lemon**  
**1/4 cup of peanuts, finely chopped**  
**1 clove garlic, minced**  
**Tabasco to taste**  
**4 tsp olive oil**

Cover eggplant in water. Cook for 30 minutes. Drain and press to remove excess water. Mix eggplant with remaining ingredients. Sauté in olive oil for 5 minutes. Mash together.

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### GERMAN POTATO SALAD

**1/3 cup of oil**  
**1/3 cup vinegar plus enough water to make 1/2 cup of fluid**  
**1 beaten egg**  
**1 tsp salt**  
**1 tsp sugar**  
**1/4 tsp pepper**  
**5 cooked potatoes**  
**1/2 onion, chopped**

Heat and stir in the first 6 ingredients until thickened. Add potato and onion. Toss and heat through.

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### GREEN BEAN AND CHICKPEA SALAD

**1 pound green beans, trimmed and cut into 2 inch pieces**  
**1 can (16 oz.) chickpeas, drained and rinsed**  
**1/4 chopped onion**  
**2 tsp red wine vinegar**  
**1 tsp chopped fresh basil**  
**1/4 tsp black pepper**  
**1 large garlic clove, crushed**  
**1&1/2 tsp olive oil or salad oil**

## SALADS

Steam the green beans until they are “tender-crisp” (about 5 minutes). Place beans chickpeas, and onion in a large bowl. In a small bowl, combine all the dressing ingredients. Add the dressing to the bean mixture, tossing the ingredients well.

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### LENTIL SALAD

- 1 cup dried lentils**
- 3 cups of water**
- 1 medium onion, finely chopped**
- 2 large garlic cloves, minced**
- ½ cup diced celery**
- ½ bell pepper, finely chopped**
- 1 tsp chopped fresh mint**
- 1 tsp chopped fresh parsley**
- 1 tsp dried oregano**
- 1 tsp dried basil**
- ⅛ tsp cayenne pepper or piment**
- 4 tsp olive oil**
- 1 tsp Dijon mustard**
- 3 tsp red wine vinegar**
- ¼ cup black olives, chopped**

Bring water to a boil while you pick over, wash and drain lentils. Place lentils in boiling water, cover, and cook until tender (about 30 minutes). Drain. Combine vegetables and seasonings with olive oil, mustard, and vinegar. Add lentils and black olives, mixing thoroughly. To be prepared and eaten while rocking out in full adolescent angst to 4 Non Blondes for best results.

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### MACEDONIAN SALAD

- 2 small eggplants**
- 1 medium tomato**
- 2 scallions**
- 1 cuke**
- 1 green pepper**
- 1 sweet red pepper**
- chopped parsley**

Marinade:

- 2 cloves of crushed garlic**
- 2 tsp dry red wine**
- juice from 1 lemon**
- ¼ cup olive oil**
- ¼ cup safflower oil**
- ½ cup wine vinegar**
- ½ tsp salt**
- 1 tsp basil**
- ½ tsp oregano**
- ½ tsp thyme**

Peel, slice into ½ inch pieces, and salt the eggplant. Let stand for 10 minutes. Broil it on an oiled tray until brown on both sides. “Don’t overcook or undercook” (actual phrase from original recipe; duh—this holds true for every dish in this cookbook and throughout you culinary life). Slice should be just tender enough to slide a fork into them. Prepare marinade. Chop the still warm eggplant into bite-sized cubes. Cover with marinade and let it absorb as it cools. Just before serving, cut the other vegetables into small chunks. Toss with eggplant.

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### salade niçoise 2

- tomatoes, quartered**
- 1 can tuna, drained**
- 1 peeled cucumber, finely sliced**
- 12 black olives, chopped**
- lettuce (use two different varieties, if possible)**

Rub salad bowl with a clove of garlic. Place all ingredients within. Serve with vinaigrette.

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### TANGY MIXED SALAD

- 1 large carrot, peeled and chopped**
- 1 celery stalk, peeled and chopped**
- 1 green apple, peeled and chopped**
- 1 medium orange, peeled**
- and....sectioned**
- 4 TBSP raisins**
- 2 TBSP pine nuts**
- 1 head'o'lettuce**

Dressing:

- ½ cup of yogurt**
- 4 tsp honey**
- 1 TBSP lemon juice**
- pinch'o' cinnamon and nutmeg**

In a mixing bowl, combine dressing ingredients. Whisk until thoroughly mixed. Wash and trim lettuce leaves. Drain. Pat dry. Avoid tearing leaves. In a large bowl, combine fruits, veggies, raisins, and pines nuts. Add dressing. Toss. Lettuce leaves on each plate. Spoon into salad leaves. Eat.

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### minted carrot and green bean salad

*Peace Corps Gabon*

## SALADS

2 tablespoon mint, chopped  
1/2 teaspoon minced garlic  
1 tablespoon olive oil  
2 tablespoon red wine vinegar  
pepper  
1 carrot (or half a can of carrots)  
1 handful green beans, chopped into  
1" pieces (or half a can)

Whisk together the first five ingredients for the dressing. If using a fresh carrot, boil it for about 4 minutes, then drain. Pour dressing over carrots and green beans.

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### Greek goddess salad

*Peace Corps Tonga*

1 eggplant  
lemon juice  
1 teaspoon salt  
1 teaspoon oregano  
1/4 teaspoon garlic salt  
1/2 cup olive oil  
2 cups cooked, diced lamb  
1 cup minced parsley  
1 cup chopped celery  
1/4 cup sliced (green) onion  
2 tomatoes, sliced  
dressing:  
1 tablespoon sugar  
1 tablespoon lemon juice  
2 tablespoons vinegar  
1 teaspoon mint  
1/8 teaspoon pepper

Cut the eggplant in half lengthwise. Scoop out the flesh and dice. Brush the inside of the shells with lemon juice. Cook and stir diced eggplant, salt, oregano, and garlic salt in hot oil until tender. Put in a bowl. Add lamb, parsley, celery, green onion, and tomatoes. In another bowl, mix sugar, lemon juice, vinegar, mint and pepper. Pour over salad. Cover and chill for 2 hours. Fill eggplant shells to serve.

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### tabbouli

1/4 cup prepared chick peas  
1+1/2 cups prepared bulgur wheat (or prepared couscous)  
3/4 cup green onions or shallots, finely chopped  
3/4 cup fresh mint leaves (or 2 tablespoon dry)

1+1/2 cup fresh chopped parsley  
1/3 to 1/2 cup lemon juice  
1/4 cup olive oil  
3 tomatoes, sliced  
salt, basil

Drain and rinse chick peas. Cook bulgur for 10 minutes in 2+1/2 cups boiling water. Remove from heat and let rest for 15 minutes. Chill. Once bulgur is cold, add peas, onion, parsley, and mint. Make a dressing with lemon juice and oil. Pour over salad and toss with a fork. Add tomatoes and season to taste with basil and salt. Good served with pita bread. Chill well before serving.

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### gabbouli

*Peace Corps Gabon*

1 cup bulgur wheat  
1+1/2 tablespoons dried parsley  
2 teaspoons dried oregano  
1 teaspoon basil  
1 teaspoon herbes de provence  
2 cups water, boiling  
1/4 cup oil  
1/2 cup lemon juice  
1+1/2 teaspoons salt  
1 teaspoon pepper  
1 medium red onion, finely chopped  
2 fresh tomatoes, diced.

Mix the bulgur wheat in a large bowl with all the dried herbs (if you have mint, use that instead of oregano and basil; but most people don't have mint). Add the two cups of boiling water, stir briefly to mix, then cover and let stand for ten minutes. If there's any excess water, drain it off. Add the olive oil, lemon juice, salt and pepper, and onion and stir well. Add the fresh tomatoes last, sprinkling them across the top. Chill before serving, if possible.

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### fruit salad

pineapple, cubed  
papaya, cubed  
orange segments  
apples, cubed  
bananas, sliced  
grapefruit segments  
lemon juice  
cinnamon, nutmeg, sugar

## SALADS

Combine three or more of the above fruits. Add lemon juice to keep apples and bananas from browning and to add flavor to papaya. Season to taste with cinnamon, nutmeg and sugar. Good served with yogurt.

### Pasta Salad

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#### **pasta salad**

**pasta "the more interesting, the better" (the tri-colored kind is recommended)**  
**tomatoes and onions, chopped**  
**olives, pitted and chopped**  
**garlic and piment, minced**  
**mushrooms**  
**juice of a couple of citrons**  
**a bit of red wine vinegar and about half as much olive oil**  
**basil, pepper**  
**cheese, chopped up into little cubes (if you've got it)**

Boil pasta in salted water until tender, then drain. Meanwhile, sauté garlic and piment in a little bit of the oil. Add onions, then mushrooms and olives. Sauté until onions are tender but firm. Remove from heat. Add remaining ingredients except cheese. Serve with garlic bread.

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#### **Italian pasta salad**

*Peace Corps Gabon*

**half a package of pasta (corkscrews or shells are nice)**  
**1 tablespoon chopped red piment**  
**1 tablespoon minced garlic**  
**1 small can of mushrooms, drained**  
**2 medium onions, diced**  
**basil, herbes de provence**  
**1 chunk of cheese**  
**1 big lemon or a few small limes**  
**red wine vinegar**  
**olive oil**  
**4-5 medium tomatoes, diced**

Bring a large pot of water to a boil. Meanwhile, heat up a skillet and sauté the garlic and piment in a little butter or olive oil. Add mushrooms. Sauté for a while, then add onions with a little more butter. Add

salt, ground pepper, several pinches of basil, and a couple of pinches of herbes de provence. Cut cheese in two; dice half of it, finely grate the rest. Once water is boiling, add pasta. Take onions off the heat. Into a glass, squeeze lemon; remove seeds. Add equal parts red wine vinegar and olive oil. When pasta is ready, drain it and then add it to the sautéed vegetables. Pour the dressing over the top and add the cheese. Stir everything thoroughly. Serve immediately with garlic bread.

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#### **salade de coquilles**

**3 tablespoons wine vinegar**  
**8 tablespoons olive oil (1/2 cup)**  
**lemon juice (a few drops)**  
**1 tablespoon mustard**  
**1 clove garlic, minced**  
**salt, pepper**  
**2 cups pasta (sea shells), cooked**  
**1/2 cup black olives**  
**2 tablespoons parsley, chopped**  
**1 small onion, finely chopped**  
**3 tomatoes, cut into quarters**  
**1/2 can artichoke hearts, drained**

Make a dressing by whisking the vinegar, oil, lemon juice, mustard, garlic, salt, and pepper together in a small bowl. Combine remaining ingredients in another bowl. Cover with dressing. Let marinade at least 30 minutes before serving. Chill.

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#### **PASTA SALAD**

Cook and cool any available macaroni product. Dice assorted vegetables: carrots, cucumbers, onions, eggplant, tomatoes, etc. Mix macaroni and veggies with dressing (we recommend a vinaigrette, or mayo mixed with vinegar salt pepper. Experiment).

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#### **PASTA AND PEANUT SALAD**

**1 lb pasta**  
**1 tsp oil**  
**1/2 lb green beans, blanched and cut into 8/17 inch pieces**  
**2 large carrots, sliced thinly crosswise**  
**2 large cucumbers, quartered, seeded, sliced thinly**  
**8 scallions (with green tops) sliced into 9/35 inch pieces**

## SALADS

**1/3 cup roasted peanuts, coarsely chopped**

Dressing:

**1/2 cup peanut butter**

**2 tsp soy sauce**

**2 tsp lemon juice**

**1 tsp hot water (boiled, filtered, and bleached beforehand, of course)**

**piment to taste**

**1/4 tsp ground cumin**

**1/8 tsp tumeric**

Cook the pasta until just tender in plenty of boiling water to which 1 TBSP of oil has been added. Drain the pasta, rinse it with cold water and drain it again. Place the pasta in a large bowl. Add the blanched beans, carrots, cucumbers, and scallions and toss the ingredients to combine them. In a small bowl, combine all the dressing ingredients. To serve, add the dressing to the pasta-vegetable mixture, and toss the salad well. Sprinkle the salad with the chopped peanuts. For maximum flavor, prepare and consume this salad by yourself while listening to the Beatles' Rubber Soul at the end of a hard day.

## Soups

### Hints for Soup:

- ★ You can counter an over-salted soup with a little sugar.
- ★ A potato dropped into a pot absorbs the grease from the top of soup. It will also absorb excess salt. Remove the potato and throw it away as soon as it has served its purpose.

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### gazpacho

*Peace Corps Gabon*

**2 large cans whole tomatoes**  
**2 onions**  
**1 or 2 green peppers**  
**4 or 5 cucumbers (peeled and seeded)**  
**1/3 cup lemon juice**  
**1/3 cup vinegar (optional)**  
**1/3 cup oil (optional)**  
**4 cloves of garlic**  
**salt, pepper, thyme, oregano, dill, parsley,**  
**chives, tarragon, coriander**

Chop everything that's choppable, not including your fingers. Combine all ingredients and season to taste. Chill. For a smoother soup, you can grate the vegetables with a hand grater. For an even smoother soup, blend all ingredients in a blender or food processor.

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### vichyssoise

**1 large onion**  
**1/4 cup butter**  
**4-8 potatoes, sliced**  
**4 cups water**  
**1+1/2 to 2 teaspoons salt**  
**2 cups milk**  
**1 cup heavy cream**  
**pepper**  
**scallions or chives**

In a large pot, lightly brown onion in butter. Add in sliced potatoes and water and boil until potatoes are tender. Add in salt. Purée and strain. Whisk in milk, 1/2 cup cream, and pepper. Heat to boiling point but do not allow to boil. Chill until cold. Add in remaining cream and scallions before serving.

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### "cool as a cucumber" soup

*Peace Corps Gabon*

**3 cups fresh yogurt**  
**1 large cucumber**  
**3 cloves garlic, minced**  
**1 onion, chopped**  
**salt, pepper**

Peel the cucumber and smash it together with garlic and onion. Mix in yogurt. Salt and pepper to taste. Put in the fridge overnight. Serve cold.

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### yogurt soup

**2 cucumbers or avocados, peeled and seeded**  
**1 tablespoon chopped onion**  
**3 cups yogurt**  
**salt**

Grate cucumber or mash avocados. Add other ingredients and blend well. Make this in a blender if you have one. Garnish with dill (if using cucumber) or lime (if using avocado).

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### Potato Cabbage Soup

**12 small potatoes, peeled and chopped**  
**1/2 head cabbage, sliced**  
**2 cups milk**  
**1 cube Maggi**  
**1/2 teaspoon paprika**  
**1/2 teaspoon thyme**  
**salt and pepper to taste**  
**3 cloves garlic, minced**  
**2 Tablespoons oil or butter**

Boil potatoes with Maggi until soft. Sauté garlic and cabbage in butter or oil, then add salt and pepper. Combine cabbage with potatoes, then add milk, paprika, and thyme.

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### Curried Carrot Soup

**1 Tablespoon butter**  
**1/2 large onion chopped**  
**6 carrots, peeled and chopped**  
**1 celery stalk, chopped**  
**1 garlic, minced**  
**2 Tablespoons curry**  
**8 cups chicken stock**  
**black pepper**  
**salt to taste**

In a 3 quart pot melt butter. Add veggies and garlic and sauté 5 minutes. Add curry powder and cook several minutes more. Add stock and bring

## SOUPS

to a boil then lower heat and simmer 30 minutes. Purée and season to taste.

Sprinkle with chives to make the soup pretty.

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### MINESTRONE

Olive oil  
1 head of garlic, minced  
3-6 onions, chopped  
1 small cabbage, shredded  
3-4 tomatoes, chopped  
3-4 potatoes, chopped  
As much fresh basil from your garden as you can spare  
3 TBSP dried basil  
3 TBSP dried oregano  
¼ bag of macaroni  
1 large or 2 small Maggi cubes  
Salt and pepper to taste

Sauté garlic and onions in olive oil. Add the rest of the vegetables and the rest of the herbs and spices and continue to sauté, mixing thoroughly. Add 4 cups of water and bring to a boil, then let simmer for, ideally, at least an hour. The longer you let it simmer, the more flavor you'll get. Ten minutes before you want to eat, add the macaroni and cook until done. Serve with bread warmed in a Dutch oven. Tastes even better left in, after the spices have settled in.

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### CHINESE TOMATO SOUP

1 Tbsp peanut oil  
1 scallion or onion  
Tomatoes, lots  
5 cups of chicken or beef broth (use Maggi cubes)  
1 slightly beaten egg  
1 ¼ tsp salt  
Dash of pepper

Fry scallion in hot oil for 1 minute. Add tomatoes and stir fry for 1 minute. Add broth and bring to a boil. Slowly stir in egg, salt and pepper. Cook until egg is lightly set (about 30 seconds). Eat.

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### GABONESE GOMBO SOUP

1 Tbsp red palm oil  
½ onion, chopped  
3 cloves of garlic, chopped  
1 piment, minced  
6 big okra (gombo), sliced  
1 maggi chicken cube  
2 ½ cups water  
½ cup cooked rice  
½ cup cooked lentils

1 tsp crushed dried okra  
2 tomatoes, chopped

Sauté onion and garlic in oil until soft. Add piment, gombo, water and Maggi. Cook until gombo is soft. Add remaining ingredients and cook 10-15 minutes. Season to taste.

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### SQUASH SOUP

2 Tbsp butter (marg. or oil)  
2 Tbsp chopped onion  
½ tsp ginger  
1 Tbsp flour  
2 cups prepared (boiled) squash or pumpkin  
2 cups chicken bouillon (use Maggi chicken cube)  
2 cups milk  
Salt

Sauté butter, onion and ginger. Stir in flour. Add squash and cook 5 minutes. Gradually add chicken stock and milk. Add salt to taste. Simmer for at least 5 more minutes.

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### CARROT SOUP

Wash, peel, and chop carrots. Cook in one finger of water until soft. Mash them up with a fork and add milk (enough to make it a soupy consistency), butter, salt, pepper, and parsley. Serve when nice and hot; enjoy with fresh bread.

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### CHEESY POTATO-CORN CHOWDER

10 onions  
¾ head garlic  
Potatoes, chopped  
Water  
Corn kernels  
Maggi, basil, oregano, chili powder, pepper  
6 pieces of vache  
1 can evaporated milk

Sauté onions, garlic; add potatoes. Add water to cover, corn and spices. Cook until potatoes can be mashed with a fork. Then mash them roughly. Turn heat low, add cheese and milk. Let flavors blend together.

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### TOMATO SOUP

Tomatoes, chopped and de-seeded (add tomato paste if you are short on fresh)  
Onions  
Garlic

## SOUPS

**Oil, peanut or olive**  
**Salt/pepper**  
**Parsley**  
**Nestle crème legère**  
**Bit of sugar**

Sauté onions/garlic in oil. Add tomatoes. Simmer until mushy. Add paste. Simmer. Add sugar to taste (to cut down on acidity) and other spices. At the very end, add parsley and crème. Great with grilled cheese sandwiches.

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### TOMATO SOUP, for two people

**1 onion, sliced**  
**olive oil**  
**2 large tomatoes (8 small), chopped and skinned (save the juice)**  
**½ cube bullion**  
**salt to taste**  
**2 Tbsp Water**  
**½ cup of milk**

Sauté onion in oil until it is clear, add tomatoes with their juice and simmer until bubbly. Add ½ cube bullion and salt to taste. Cook at simmer until tomato is thoroughly cooked (make sure bullion is mixed in - you don't want chunks!), about 10 minutes. Add water and turn down heat. Then stir in ½ cup milk, and let cook for 3-4 minutes (don't scald milk!) or until warm. Serve

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### Harira (North African Vegetable Soup)

Supposedly this is a Carem (Ramadan) soup. This recipe was taken from the Moosewood Cookbook, minus a few unavailable ingredients.

**6 onions**  
**4-6 potatoes**  
**1 can chick peas**  
**3 big lemons**  
**1 tsp turmeric**  
**1/4 tsp. Cayenne**  
**lots of garlic**  
**1 large eggplant, chopped and salted**  
**4-6 tomatoes**  
**2-3 carrots**  
**1 large eggplant**  
**6 or so cups water**  
**2 tsp. ground coriander seeds**  
**1/2 tsp. cinnamon**  
**salt and pepper**  
**1/2 to 1 cup curly vermicelli (optional but traditional)**

As in the salade nicoise, prepare your chickpeas in advance by soaking in lemon juice. You can add all the leftover juice to the soup. Sauté the

onions, spices, and garlic in oil. Use enough water to cover all your ingredients. If you add ingredients as the soup is cooking, do the potatoes first, because they seem to take the longest. Simmer everything until done, garnish with chopped fresh parsley, if available. Serves 5-6 people.

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### EGG SOUP, A LA MUSTAFA

**1½ cups dried forest shrimp**  
**big green and red piment to taste**  
**2-4 medium onions**  
**1 or 2 Maggi cubes**  
**some vermicelli (spaghetti)**  
**2-4 eggs**  
**1 large clove garlic**  
**2 whole bay leaves**  
**black pepper**  
**cooking oil**

Prepare vermicelli, set aside. Heat up oil. Chop onions and crush garlic. Sauté onion, garlic and piment until onions are semi-transparent. Add several cups of water, Maggi cubes and shrimp. Cover and let it come to a rolling boil (very important). While water boils, crack eggs and drop into pot one at a time. Let eggs cook for 4-6 minutes. Add cooked vermicelli, cover, and take off heat. Serve.

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### CABBAGE SOUP

**½ large cabbage chopped**  
**2 large onions, sliced**  
**4 cups water**  
**½ tsp salt**  
**1 cup milk**  
**2 Tbsp margarine**  
**8-10 cloves garlic, minced**  
**2 Maggi cubes**  
**½ tsp pepper**  
**optional: caraway seeds and dill**

Melt butter and sauté onions and garlic. Add cabbage and mix until the cabbage is coated. Add water and spices. Cook until soup has reached desired consistency. Add milk just before serving.

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### CREAM OF ONION SOUP

**2-3 Tbsp butter or oil (not margarine)**  
**3 cups sliced onion**  
**1½ tsp. salt**  
**2 cups water**  
**2-3 Tbsp flour**  
**2 cups milk**  
**2 Maggi cubes**

## SOUPS

Sauté onions in the butter until tender. Then add the flour, salt, Maggi and other spices. Mix into a paste with the oil and onions. Quickly add milk. Stir constantly until it bubbles and thickens.

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### FRENCH ONION SOUP

Use recipe from cream of onion soup but don't add milk. Serve with chunks of French bread on top and grated cheese, if you have it.

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### TOMATO AND AVOCADO SOUP

2-3 tomatoes per person  
corn starch or flour  
salt  
pepper  
1 tsp sugar  
¼ avocado per person

Cover chopped tomatoes with water in saucepan. When well-cooked, mash and thicken with cornstarch or flour. Add salt, pepper and sugar to taste. Mash avocado and cover with soup. Mix well.

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### POTATO LEEK SOUP

1 Kg potatoes, peeled and cubed  
1 Tbsp oil or butter  
1 can Gloria  
1 head garlic, chopped  
1 cup dried shrimp (optional)  
4 large leeks, chopped OR 1 large onion  
1 Maggi cube  
3 cups water  
1 tsp shaved ginger

Sauté garlic and leeks. Add water and bring to a boil. Add potatoes, ginger and Maggi. Boil until potatoes are soft. Boil shrimp for 10 minutes, remove water and discard. Add milk and shrimp; salt and pepper to taste. C'est tout!

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### MINISTRONE VEGETABLE SOUP

1 chopped onion  
\*1 chopped green pepper  
4-5 fresh chopped tomatoes  
½ can tomato paste  
salt and pepper  
\*1 small chopped cabbage  
\*eggplant, chopped  
3 Tbsp oil  
1 bay leaf  
basil, oregano  
2 Maggi Cubes  
\*3 cubed potatoes

\*green beans, cut  
handful of broken spaghetti  
\*Not all of these vegetables are necessary,  
use what you can find fresh or canned.

Sauté onions and green pepper in oil. Add fresh tomatoes and cook a few minutes. Add tomato paste and 1 Liter of water. Add Maggi cubes and other seasonings, simmer for at least 20 minutes covered, until tender. 10 minutes before serving, add pasta. Serve with garlic toast.

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### LENTIL SOUP

Combine and cook until tender:

1 cup lentils  
8 cups water  
1-2 cups chopped meat  
Fry:  
2 Tbsp oil  
1 cup chopped onion  
6-8 cloves garlic  
2-3 tomatoes chopped  
salt to taste  
cumin  
sage

Add soup and simmer for 15 minutes.

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### SPICY POTATO SOUP

1-2 large Maggi cubes  
2-4 small onions, diced  
1 cup instant mashed potato flakes  
1½ cup water  
2 cups milk  
salt, pepper, other spices

Put onion, Maggi and water in a pot. Bring to a boil. Slowly add milk, mashed potato flakes and seasonings, stirring constantly. Heat to boiling. Remove from heat and let stand for 5 minutes. Stir and serve.

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### LENTIL STEW

1 cup water  
½ cup lentils  
1 large Maggi  
1 can tomato paste  
seasonings to taste  
chopped vegetables

Boil lentils to death (about 45 minutes). Add other veggies. Boil some more (add water as needed). Add everything else. Bring to a boil one more time, remove from heat and serve. Note: for an Indian variety, fry garam masala or curry powder with 1 Tbsp of oil prior to boiling lentils.

## SOUPS

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### SUNNY'S CURRY SQUASH STEW

1 medium sized squash  
3-4 Tbsp peanut butter  
3-4 Tbsp Patak's Red Curry Paste (available at Hyper Bobo and A-Z)  
¼ cup oil  
2-3 onions, chopped  
2-3 bay leaves  
2-3 tomatoes, chopped  
1 head garlic, crushed  
½ tsp minced ginger  
1 jumbo Maggi chives  
1 Tbsp sugar  
salt, pepper, piment, etc. to taste  
Other veggies may be added

Chop squash into 5-6 large chunks and put into a marmite of boiling water. Boil until soft. Drain water and remove squash skin. Put the squash flesh in a bowl and smash until the lumps are gone. Heat oil in marmite. Sauté onions, garlic, tomatoes, ginger, bay leaf and any other veggies.

Combine peanut butter and curry paste and mix it with a little water in the bowl until completely dissolved. Add to marmite and stir well. Cook for 15 minutes and then add the squash, Maggi and spices. Cook over medium heat until a stew has formed. Serve over rice or eat with bread.

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### CHILLED CREAM OF CUCUMBER SOUP

3 medium cucumbers  
1 medium onion  
3 cups chicken stock  
salt and pepper  
3 tsp corn flour  
1 small bag of yogurt  
1 cup milk  
2 blades of chives, chopped

Peel and roughly chop cucumber. Simmer onion in stock for 15 minutes. Cool slightly and liquidize. Strain and return to pan to season with salt and pepper. Mix corn flour in 1 Tbsp of soup and then add to pan. Simmer without boiling until lightly thickened. Stir in yogurt, milk and chives.

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### TOMATO LENTIL SOUP

4 Tbsp unsalted butter  
2 cups chopped celery  
2 cans stewed tomatoes or equivalent  
½ cup dried lentils  
½ cup dry red wine  
½ tsp black pepper

¼ tsp grand cloves  
2 cups chopped onions  
6 cups chicken stock  
1 cup parsley  
4 cloves garlic, minced  
½ tsp salt

Melt butter in large soup pot. Add onions and celery and cook over low heat stirring until veggies are wilted (10 minutes). Purée tomatoes by smashing in a mortar and pestle and add to veggies. Add chicken stock (or Maggi and water equivalent) and lentils, bring to a boil. Reduce heat and simmer uncovered, stirring occasionally for 20 minutes. Add ½ cup of parsley, wine, garlic, pepper, salt and cloves. Stir well and simmer another 25 minutes. Add remaining ½ cup parsley and simmer another 5 minutes.

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### PEANUT BUTTER PUMPKIN SOUP, 8 servings

4 Tbsp unsalted butter  
2 cups mashed sweet potatoes  
6 cups chicken stock (or Maggi equivalent)  
1 tsp salt  
4 cups cooked pumpkin  
1 cup peanut butter  
1 tsp black pepper  
fresh chives

Melt butter in soup pot over medium heat. Stir in pumpkin, sweet potatoes and peanut butter. Add stock, salt, pepper, and stir well until smooth. Reduce heat and simmer to cook for 20 minutes. Before serving, garnish with chives.

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### HOT AND SOUR VEGETABLE SOUP

carrots, thinly sliced  
onions, sliced  
cabbage, chopped  
green beans, sliced  
zucchini, sliced  
green onions, chopped  
garlic, sliced  
½ - 2 tsp piment, to taste  
2-4 Tbsp vinegar, to taste  
1 tsp sugar  
4 cups boiling water  
2 Maggi cubes or 3 Tbsp salt

Bring water to a boil. Add vegetables, Maggi, piment, vinegar and sugar. Cook until vegetables are tender.

## SOUPS

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### SUNNY'S CORN CHOWDER

- 3 onions
- 5 potatoes
- 2 ½ cups corn kernels (cooked) or 1 can of cooked corn
- salt, pepper
- 1 shrimp Maggi cube
- 5 heaping spoons of powdered milk and 1 quart of water or 2 cans of Omela

Cut onions very small. Fry in a little oil until brown, stirring constantly to prevent burning. Pour off extra oil if necessary. Add diced potatoes and cook until done. Add the corn, salt and pepper and mix well. Add milk and crumble Maggi cube. Bring to a boiling point but do not boil.

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### soup du jour

*Peace Corps Gabon*

- 1 onion, chopped
- 2 or 3 garlic cloves, minced
- 1 teaspoon minced piment, or to taste
- 2 tablespoons olive oil or other oil
- 1/2 cup small dry lentils, washed
- 6+ cups water
- 1/2 cup rice, well washed
- 2 chicken bouillon cubes
- 1 small can tomato paste
- 2-3 tomatoes, cut up
- 2-3 small zucchini or other green vegetable
- curry powder, if desired
- salt and pepper, to taste

Sauté onion, garlic, piment and olive oil in a large pot. Add lentils and 3 C water. Cook 20 minutes or so. Add rice, 3 C water and bouillon cubes and cook for 20 more minutes. Add tomato paste, tomatoes, zucchini and more water if soup is too thick. Cook about 10 more minutes, until the green vegetables are tender. Season to taste.

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### minestrone

- 1 can whole tomatoes
- 1 can tomato paste
- 1 large chopped onion
- 3-4 cloves of garlic, minced
- 2 chopped bell peppers
- 3-4 sliced carrots
- 5-6 chopped okra (or zucchini)
- 1 can corn, or chopped potatoes (optional)
- 2-3 maggi cubes
- 1 teaspoon each: oregano, basil, rosemary
- 2 bay leaves
- 1 handful of shell shaped pasta

Sauté the onion and garlic. Add tomatoes, tomato paste, and chopped vegetables, along with 1 or 2 cups of water. Simmer until vegetables are cooked but not too soft. Add pasta, Maggi cubes and seasonings; add pepper to taste. Simmer on low heat until pasta and vegetables are tender. Sprinkle with Parmesan cheese and serve with garlic bread, if desired.

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### gombo jumble

*Peace Corps Gabon*

- 2 cups chicken broth
- 1 cup cooked, deboned chicken
- 1 medium onion, diced
- 1 green pepper, diced
- 5-8 okra (gombo), sliced
- 1 can (400 g) ratatouille (or whole tomatoes)
- 1/2 teaspoon cayenne
- 1/2 teaspoon basil
- 1/2 teaspoon oregano
- 1 bay leaf
- piment to taste
- 3/4 cup uncooked rice (well washed)

Put all ingredients except rice in a large pot. Bring to a boil. Reduce heat and simmer for about 10 minutes. Then stir in rice. Simmer covered until rice is tender, about 20 minutes, stirring occasionally. Correct seasoning to taste. Serves 2-3.

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### mom's chicken soup

- 1 chicken, cleaned and cut up (leave skin on)
- 2 to 4 bouillon cubes (Maggi cubes)
- 2 or 3 cloves garlic
- 1 onion, chopped
- 1 can whole tomatoes
- 1/2 can carrots
- 1/2 can mushrooms (optional)
- 3 or 4 diced potatoes
- 1 small can corn
- 1/2 can peas
- 1 cup uncooked rice, pasta, or couscous
- 1 bay leaf
- salt, pepper, celery salt, cayenne, basil, thyme, parsley, sage

Cover chicken with water. Add pepper, celery salt, and 2 bouillon cubes. Boil until tender. Cool. Remove chicken and debone, taking off skin. Spoon fat off stock. Put chicken back into pot. In a separate pan, sauté garlic, onions, and mushrooms in a small amount of oil and butter. Add to the chicken mixture. Add tomatoes. Bring

## SOUPS

to a boil. Turn down heat and let simmer. Season to taste. Add more cubes if necessary. Add rice (or noodles or couscous) and potatoes. About 10 minutes before rice (*ou quoi*) is done, add canned vegetables. Be careful not to overcook them. Simmer until done, 5-10 minutes.

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### French onion soup

**4 cups chicken or beef bouillon**  
**1+1/2 cups finely sliced onion**  
**3 tablespoons butter**  
**2 tablespoons parmesan cheese, or finely grated Emmental (swiss cheese)**  
**French bread (baguette), sliced and toasted**

Bring bouillon to a boil. Simmer. Sauté onion in butter until transparent. Add to bouillon and simmer 10 minutes. Just before serving, cover with slices of toasted French bread. Sprinkle with cheese. Heat in oven until cheese melts.

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### egg drop soup

*Peace Corps Zaire*

**7 cups clear chicken broth**  
**3 tablespoons cornstarch**  
**1/4 cup cold water**  
**1/2 teaspoon sugar**  
**1/2 teaspoon salt**  
**1/2 teaspoon pepper**  
**2 eggs, beaten**  
**green onions, sliced**

Heat broth to boiling point in large saucepan. Meanwhile, in small bowl, make a smooth paste of cornstarch and cold water. Slowly stir cornstarch mixture, sugar, salt, and pepper into hot broth. Heat to boiling point, stirring constantly. Mixture should be slightly thickened and translucent. Reduce heat. Add eggs, a small amount at a time, stirring to separate them into shreds. Remove from heat, add green onions. Serve at once. Makes 8 servings.

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### Chinese tomato soup

*Peace Corps Tonga*

**1 tablespoon peanut oil**  
**1 scallion, chopped**  
**1 large can tomatoes**  
**5 cups chicken or beef broth**  
**1 egg, slightly beaten**  
**1+1/4 teaspoons salt**  
**dash of pepper**

Heat oil in saucepan over high heat. Add scallion. Stir fry for about 1 minute. Add tomatoes (leave

juice aside). Stir fry another minute. Add broth. Bring to a boil and slowly stir in egg, salt, and pepper. Cook until egg is lightly set (about 30 seconds).

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### Cream of tomato soup

**4 tablespoons butter**  
**1 small onion**  
**2 or 3 cloves garlic**  
**2+1/2 tablespoons flour**  
**3 tablespoons powdered milk**  
**2 small cans of water**  
**1 small can evaporated milk**  
**1 small can whole tomatoes**  
**1 small can tomato paste**  
**(chopped green pepper, parsley, basil, Maggi cubes, all optional)**

Sauté onion, garlic, and any optional ingredients in butter. Stir in flour. Add powdered milk and water and stir until smooth. Add remaining ingredients. Cook over low heat until done. Add salt and pepper to taste.

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### cream of spinach soup

**(1 carrot, optional)**  
**1 onion**  
**1 garlic clove, minced**  
**1 potato, sliced**  
**1/2 kg spinach**  
**1/3 cup butter**  
**1/3 cup flour**  
**2 cups milk**  
**salt, pepper**  
**nutmeg, thyme**  
**fresh parsley or marjoram**

Place carrot, onion, garlic and potato in a pot or skillet. Cover with water and cook until tender. Then purée these vegetables in their own water. In a separate pot, cook the spinach in 1 cup water until wilted. Purée. In a soup pot, melt butter. With a wire whisk, mix in flour until well blended (should be pasty). Gradually whisk in milk. Bring to a low simmer; stir often. When thick, add spinach and herbs. Blend in vegetable purée and adjust seasoning.

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### spinach soup

**1/4 cup butter**  
**1/4 cup minced onion**  
**1 kg fresh spinach, chopped**  
**4 cup chicken broth**  
**nutmeg, salt, paprika**

## SOUPS

Sauté onion in butter. Add spinach. Cover and cook over low flame until tender. Put through a blender or mash with fork. Add broth and season to taste. Bring to a boil. Can be served hot or cold.

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### instant man-handler's soup

*Peace Corps Gabon*

- 1 envelope soup mix (any kind)
- 1 chopped onion
- 1 cup noodles (uncooked, any kind)
- 1 can of whole tomatoes
- anything else that's sitting in your frigo

Here's how to make a meal out of any powdered soup mix: Follow directions on the packet for making soup. Add all other ingredients, mashing the tomatoes into small pieces. Bring to a boil, stirring occasionally to separate noodles. Simmer at lowest heat for at least 30 minutes.

---

### pumpkin soup 1

- 3-4 squash, peeled, seeded and cooked
- 3 cup scalded milk
- 1 tablespoon butter
- 1 tablespoon sugar

Mix all ingredients. Season with a dash of nutmeg and a dash of cinnamon. Heat but do not boil.

---

### pumpkin soup 2

- 2 tablespoons butter
- 2 tablespoons chopped onion
- 1/2 teaspoon ginger
- 1 tablespoon flour
- 2 cups prepared pumpkin
- 2 cups chicken bouillon
- 2 cups milk
- salt

Sauté butter, onion, and ginger. Stir in flour. Add pumpkin and cook 5 minutes. Gradually add chicken stock and milk. Season with salt. Simmer for 5 minutes.

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### easy eggplant soup

*Peace Corps Gabon*

- 2 cups water
- 1 chicken bouillon cube
- 2 cloves garlic, minced
- 1/3 cups potato flakes
- 3 small eggplants, roasted, peeled, chopped

#### salt & pepper

Combine and cook until thickened.

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### cheese and potato soup

*Peace Corps Gabon*

- 1/4 cup butter or oil
- 1 onion, chopped
- 1 clove garlic, minced
- 2 cups milk
- 2 cups chicken broth
- 2 large potatoes, peeled and cubed
- 1 cup packed grated cheese
- bay leaves
- herbes de provence

Sauté onion and garlic in butter or oil. Add potatoes and sauté a bit. Add liquids and spices. Simmer until potatoes are tender. Mash them. Stir in cheese and serve.

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### squash potato soup

*Peace Corps Gabon*

- 1 squash (any size)
- potatoes (as many as you like)
- butter, salt, pepper, celery salt, garlic milk

Cut squash and potatoes into cubes. Boil until soft and drain. Add seasoning and butter and mash, as if you were doing mashed potatoes. Add milk until desired soupiness is achieved.

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### leek and potato soup

- 6 medium potatoes, peeled and chopped
- 3 large leeks, chopped
- butter
- 1 Maggi cube, poulet
- salt and pepper
- 1 small can lait non-sucre

Boil potatoes until tender and reserve the liquid. Sauté the leeks in butter until wilted and add to the potatoes, along with the Maggi cube, salt, and pepper. Add the can of milk and then add potato water until it's the right consistency. Simmer for ten minutes.

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### potato-corn chowder

*Peace Corps Gabon*

- 1 tablespoon olive oil or other
- 1 onion, peeled and chopped
- 2 cloves garlic, minced

## SOUPS

**1/2 piment, minced**  
**2-1/2 cups water**  
**1 chicken bouillon cube (Maggi cube)**  
**2 small potatoes, peeled and diced**  
**1 ear fresh corn kernel**  
**1/4 teaspoon dried thyme**  
**2 tablespoons NIDO (powdered whole milk)**  
**2 tablespoons potato flakes**  
**fresh parsley, minced**  
**salt & pepper**

Sauté onion, garlic and piment in oil until soft. Add 2 cups water, bouillon cube, potatoes, corn and thyme. Cook 10-15 minutes. Add NIDO, potato flakes, and 1/2 cup water, and cook until thickened, about 5 minutes. Add parsley, salt & pepper. Thin with more water if desired.

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### taro soup

*Peace Corps Tonga*

**1 cup grated taro**  
**1 small onion, chopped**  
**2 cups boiling water**  
**2 teaspoons salt**  
**3/4 teaspoon pepper or chili**  
**2 cups milk or coconut cream**

Grate taro and chop onions. Put in boiling salted water and add pepper. Cook until tender (about 15 minutes). Add the milk or coconut cream. Heat over low flame. (Do not boil.)

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### breadfruit soup

*Peace Corps Tonga*

**2+1/2 cups water**  
**1+1/2 teaspoons salt**  
**1/2 medium breadfruit**  
**1 can corned beef**  
**1/2 onion**  
**1 teaspoon curry**  
**1/2 ripe papaya**  
**1/2 ripe coconut**

Bring salted water to a boil. Add breadfruit, corned beef, onion, curry, and papaya. Grate coconut and squeeze in cream just before serving.

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### peanut soup

*Peace Corps Tonga*

**2 cups raw peanuts**  
**4 cups milk**  
**2 teaspoons salt**  
**pepper to taste**

Put peanuts in hot oven for 10 minutes. Remove shells and rub off skins. Finely chop nuts. Add milk, salt, and pepper. Heat until boiling, stirring constantly. Simmer gently for about 10 minutes.

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### West African peanut soup

*Peace Corps Gabon*

**2 cups chopped onions**  
**1 tablespoon oil**  
**1/2 teaspoon dried chilis (piment)**  
**1 teaspoon fresh grated ginger root**  
**1 cup chopped carrots**  
**2 cups chopped potatoes (white or sweet)**  
**4 cups vegetable stock or water**  
**2 cups tomato juice (or 1 large can whole tomatoes)**  
**1 cup peanut butter**  
**1 cup chopped scallions**

Sauté the onions in the oil until translucent. Stir in the chilis and ginger. Add the carrots and sauté a few minutes more. Put in the potatoes and stock and cook until the veggies are tender. Purée the stuff in batches. Add the tomatoes and peanut butter. Season to taste and garnish with scallions.

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### Spanish black bean soup

*Peace Corps Zaire*

**2+1/2 cups dried black beans (or any dried beans)**  
**water**  
**2 tablespoons oil**  
**1 medium tomato**  
**1 bay leaf**  
**1/2 onion, chopped**  
**1/2 green pepper, chopped**  
**1 garlic clove, minced**  
**1 teaspoon oregano**  
**1/4 teaspoon cumin**  
**2 tablespoons vinegar**  
**1/2 teaspoon hot sauce or piment**  
**1 tablespoon salt**

Wash and sort beans. Place in a deep bowl. Cover with water and soak overnight. The next day, drain the beans and put them in a soup pot, with just enough water to cover the beans. Add remaining ingredients except salt and cook slowly until beans are almost tender (about 1 hour). Add salt and simmer until beans are done.

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### Brazilian black bean soup

**2 cups dried black beans**  
**4 cups water**

## SOUPS

**2 teaspoons salt**  
**1 cup chopped onion**  
**3 garlic cloves**  
**1 large carrot, chopped**  
**1 stalk celery, chopped**  
**1 cup chopped peppers (optional)**  
**1 teaspoon coriander**  
**1+1/2 teaspoons cumin**  
**2 oranges (mandarins)**  
**juice of 2 additional mandarins**  
**1 tablespoon dry sherry**  
**1/4 teaspoon black pepper**  
**1/4 teaspoon cayenne**  
**1/2 teaspoon lemon juice**

Clean beans and soak them overnight. Bring them to a boil, then reduce to a simmer for 1+1/2 hours, adding more water if needed. Sauté onion with garlic, vegetables, cumin and coriander. Add to beans. Stir in remaining ingredients. Serve topped with yogurt.

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### lentil soup

**1 large can of prepared lentils, or 4 cups prepared lentils**  
**3/4 cup chopped onion**  
**1 slice smoked bacon (optional)**  
**3/4 cup chopped celery (optional)**  
**1/2 cup chopped green pepper**  
**1 reg. size can whole tomatoes**  
**2 cups diced potatoes**  
**salt, pepper, marjoram, basil, rosemary, thyme, bay leaf, parsley**

Sauté onions and celery with the bacon and a little oil. Add all other ingredients. Cover and simmer over low heat for 30 minutes to an hour. Season to taste. Good served with rice. Celery salt or celery leaf can be substituted for celery. This is also good with sausage. Brown them and then add them to the lentils for the last ten minutes.

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### lentil and couscous soup

*Peace Corps Gabon*

**1 tablespoon oil**  
**1 onion, chopped**  
**1 large clove garlic, minced**  
**2 cups chicken stock (or 2 cups water plus a chicken bouillon cube)**  
**(1 small piment, minced, optional)**  
**1 can (400g) whole, peeled tomatoes**  
**1 can (400g) cooked lentils**  
**1 cup cooked (or 1/2 cup uncooked) couscous**  
**1 bunch gumbo leaves, cut in chiffonade salt & pepper**

Sauté onion and garlic in oil until soft. Add chicken stock, tomatoes, lentils, and couscous and cook until married, about 15-20 minutes. Add gumbo leaves a few minutes before serving. Season to taste with salt and pepper.

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### basic stew

*The St. Pierres*

**1/4 cup oil**  
**1/4 cup flour**  
**2 or 3 small onions, chopped**  
**(1/2 cup chopped green pepper, optional)**  
**1 cut-up chicken browned in oil (or 1/4 kg Ragout)**  
**(3 or 4 diced potatoes, optional)**  
**one 850 ml can of veggies**  
**(1/4 cup chopped parsley, optional)**

Heat oil over low heat. Add flour and stir constantly. Don't let it stick. Stir until mixture turns the color of a wet brown paper bag. Add onions, green pepper (optional), and chicken or Ragout, and continue to stir until onions become soft and clear. Add the canned veggies (choose from mixed veggies, peas, butterbeans, carrots, or string beans) and potatoes and add 2 or 3 cups of water. Let simmer over a medium flame for at least 1 hour (the longer, the better). Add salt and pepper to taste. Add parsley the last 10 minutes. Serve over rice.

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### spicy beef stew

**4 onions, chopped**  
**6 tablespoons butter**  
**1 kg stew meat, cut into bite-size pieces**  
**1 large can tomatoes**  
**1 piment (whole)**  
**1/4 teaspoon cayenne**  
**1/4 teaspoon curry**

Sauté onion in butter. Add meat, tomatoes, and seasonings. Simmer until tender.

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### beef and peanut stew

**1 kg stew meat, cubed**  
**2 tablespoons peanut oil**  
**2 teaspoons salt**  
**2 onions**  
**1 can tomatoes**  
**2 piments, whole**  
**2 cups water**  
**1 cup peanut butter**  
**(6 hard-boiled eggs, optional)**

## SOUPS

Brown meat in oil in a stew pot. Add half of the salt, onions, tomatoes, and piment, and all the water. Cover and simmer for 30 minutes. Mix peanut butter with a cupful of juice from the stew. Stir to a smooth paste. Add to the stew, along with remaining ingredients. Cover and simmer until tender. Serve a whole cooked egg with each bowl.

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### Tanzanian meat stew

- 1 kg meat, cut into bite-size pieces
- 1+1/2 teaspoons salt
- 1 tablespoon lemon juice
- 1 large onion, chopped
- 2 tablespoons oil
- 3 potatoes, peeled and cubed
- 1 cup water
- 2 teaspoons curry

Put the meat into a stew pot with salt, lemon juice, and just enough water to cover. Cook, covered, until tender. Sauté onion in oil. Add potatoes. Add curry powder and stir. Add onions and potatoes to meat mixture. Simmer covered until veggies are tender.

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### chili con carne

*Peace Corps Gabon*

- 1 or 2 onions, chopped
- 2 to 4 cloves garlic
- 1 kg viande hachée (hamburger meat)
- 1 large can red kidney beans
- 1 green pepper, chopped
- 1 large can peeled whole tomatoes
- 1 bay leaf
- salt, pepper
- chili powder, parsley, celery leaf (or celery salt), thyme, basil,

Sauté minced garlic and chopped onion in a small amount of oil. Set aside. Brown hamburger. Season with salt and pepper. Combine all ingredients in a large pot. Bring to a boil and turn down heat. Season to taste. Let simmer for about 1 hour. Good served with tortilla shells and melted cheese. Optional ingredients include 1 can corn (drained), 1 crushed piment, 1 chicken bouillon cube, and 1 tablespoon ground cumin.

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### chili asner

- 1 can corned beef
- 3 cloves garlic, minced
- 2 onions, chopped
- 3 bell peppers, chopped (optional)
- 1 medium can tomato paste

#### cumin, pepper, salt, piment

Put the corned beef in a pan over medium heat. Keep stirring it so it won't stick to the pan. When the meat turns from pink to brown, sprinkle it with cumin and pepper. Add the garlic. Simmer a minute. Add the onions and bell peppers. Stir. Add tomato paste and the same amount of water. Lower heat and simmer, stirring every once in a while. Add piment and salt to taste. Simmer for 30 minutes.

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### Veggies Stew

- 1/2 lb potatoes, cubed
- 1/2 lb eggplant, cubed
- 1 chopped onion
- 1 tsp celery salt
- 2 tsp dried parsley
- 1 tsp garlic salt

Combine all the above ingredients in a large pot. Add a small amount of water and 1/4 cup of oil. Cook slowly until the veggies are tender, stirring occasionally. When almost done, add 3 bouillon cubes dissolved in 1/4 cup hot water.

## Condiments

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### piment

Take several piment. Mash them with a fork or pestle. Add a little oil and a touch of salt if you wish. Other additions include vinegar and lemon juice. Store in a sealed jar, preferably in the refrigerator.

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### tabasco sauce

50 little piment  
 1/4 cup vinegar  
 1/3 cup water, previously boiled  
 2 tablespoons salt

Crush all ingredients. Strain.

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### ANDY'S AJI

Limes  
 Cilantro  
 Red pepper  
 Onion  
 Tomatoes  
 Vinegar  
 Olive oil  
 Salt/pepper  
 Garlic

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### ROASTED GARLIC

1-2 heads of garlic  
 Olive oil  
 Salt and paprika  
 Dutch oven

Peel off some of the outer skin, but keep garlic in one piece. Cut off the very top of each clove. Put in a dutch-ovenalbe bowl. Drizzle olive oil, add salt and paprika and cook until garlic is soft and browned (25-35 minutes). The garlic should come out of its skin easily and be spreadable. Great with toasted bread or toasted bread and Happy Cow.

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### GARLIC BREAD DIP

1 head garlic  
 2/3 cups of olive oil or butter (Jago margarine is okay)  
 Salt, pepper and basil  
 Bread

Heat up until butter melts and garlic is a little cooked. Easy: dip in bread.

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### SOUR CREAM

1 can of Nestle cream  
 1 TBSP of vinegar

Mix and serve with

**Chopped green onion leaves/chives**

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### CUBAN LIME SOUR CREAM

1 can Nestle cream  
 1-2 Tbsp vinegar (red or white)  
 1-2 Tbsp balsamic vinegar

Squeeze in lime juice; add chopped green onions and a little salt.

---

### hot hot sauce

*Peace Corps Tonga*

12 hot peppers, about 1" each  
 1/2 medium green pepper  
 2 425 ml cans tomato paste  
 2 tablespoons curry powder  
 4 tablespoons vinegar  
 1 clove garlic  
 1 medium onion  
 1 teaspoon sugar  
 1+1/2 teaspoons salt

Grind or cut finely: hot peppers, green pepper, garlic, and onion. Combine all ingredients in a saucepan. Simmer for 2 hours. Add chili powder or Tabasco sauce if available.

---

### pili pili

2 cups tomato sauce  
 1/4 cup onion, finely chopped  
 juice of 1 lemon  
 1 teaspoon ground piment

Mix all ingredients together and blend. Store in a covered jar in refrigerator. Serve cold with anything.

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### wine vinegar

Uncork a bottle of cheap red wine. Cover with a piece of foil and let stand a few weeks before using.

---

### mayonnaise 1

2 egg yolks  
 1 tablespoon vinegar  
 1 teaspoon mustard  
 1 teaspoon salt

## CONDIMENTS & DRESSINGS

**1 cup oil**  
**3 tablespoon lemon juice**

Put egg yolks, vinegar, mustard, and salt into a deep bowl and beat until well mixed. Add oil very slowly, in a thin stream, beating constantly until about 1/4 cup oil has been added and mixture starts to thicken. Then add oil in larger amounts until all is used and mixture is thick. Blend in lemon juice.

---

### mayonnaise 2

*Peace Corps Tonga*

**1 egg yolk, beaten**  
**1/2 teaspoon salt**  
**cayenne pepper**  
**1/2 teaspoon dry mustard**  
**1/2 teaspoon sugar**  
**1 tablespoon vinegar**  
**1 cup oil**  
**1/2 to 1 tablespoon vinegar**

Beat egg yolk with salt, cayenne, mustard, and sugar. Add 1 tablespoon vinegar and continue beating. Slowly add oil, drop by drop, being sure to blend thoroughly. After the mixture has thickened, thin to desired consistency with vinegar. Store in a covered jar in the refrigerator.

---

### avocado mayonnaise

*Peace Corps Tonga*

**2 tablespoons milk**  
**1 tablespoon lemon juice**  
**1 teaspoon prepared mustard**  
**3/4 cup mashed avocado**  
**paprika**  
**Tabasco sauce**

Combine all ingredients. Mix well and season with salt. Use as you would mayonnaise. Makes a delicious dip as well.

---

### tartar sauce

**3/4 cup mayonnaise**  
**2 tablespoons minced onions**  
**1/4 teaspoon pepper**  
**1/4 teaspoon cayenne**  
**1 tablespoon vinegar**  
**1 teaspoon minced sweet pickles**

Combine all ingredients in a bowl. Stir until well blended.

---

### Ndjole garlic toast spread

*Peace Corps Gabon*

**1 cup margarine (half of a 450 g tub)**  
**2 small heads garlic, finely minced**  
**1/2 to 3/4 teaspoon rosemary**  
**1/2 to 3/4 teaspoon oregano**  
**1 to 1+1/2 teaspoons basil**  
**(1/4 to 1/2 teaspoon salt, optional)**  
**(1/4 to 1/2 teaspoon pepper, optional)**  
**olive oil**

Put all ingredients except olive oil in a bowl. Add, in 2 tablespoon increments, olive oil, whisking well after each addition. Mixture should be approximately the consistency of ketchup. Store in refrigerator. For garlic toast, spread thinly on halved bread and bake until edges are crunchy. This makes a lot.

## Jams and Jellies

---

### about jams and jellies

*Peace Corps Gabon?*

Jams and jellies are easy to make! Basically, all you do is add equal weights of fruit and sugar. **DO NOT ADD WATER.** Cook the fruit and sugar in your heaviest pot, over a low flame. Do not cover the pot. Stir the mixture often. The mixture has "taken," or jellied when it passes the following test: Take a tablespoon and scoop out a small bit from the mixture. Set the spoon aside and let it cool. When cool, turn the spoon upside down. If it runs off, cook it some more. If not, you've got jelly!

#### Important Hints

- Clean the jars (old jelly or mustard jars) the best you can. In a large pot of water, boil the jars and lids just before pouring in the jelly. Otherwise your jelly will grow mold quickly.
- If the fruit is very tart, you can sweeten it by adding bananas or ripe papaya.
- The skin of the fruit is often necessary to provide pectin, which makes the jelly take.

#### Possible Combinations

**Orange:** Add several peels of orange to make a marmalade.

**Wild cherry:** Needs papaya or banana to make it less tart. Take out pits, leave peel.

**Coconut:** Add a package of sucre vanillé plus one cup of coconut juice per coconut.

**Combine any of the following:** Mango, passionfruit, papaya, banana, pineapple, grapefruit. Season with cinnamon, nutmeg, and allspice. Experiment!

## pineapple-papaya jam

*Peace Corps Gabon?*

- 1 large, firm, ripe papaya, peeled, seeded, and diced
- 1 pineapple, peeled, cored and cut into chunks
- 6 cups sugar
- 1/4 cup water
- 1 coconut, grated

Place the papaya, pineapple, and sugar in a large saucepan. Pour water over the grated coconut, then squeeze out all the milk you can. Add this milk to the fruit mixture. Boil it down until thick and jam-like, about an hour. For a variation, use just grated coconut (no cream) and substitute banana for the pineapple.

## Dressings

### dill sauce

*Peace Corps Tonga*

- 1/2 cup sour cream
- 1/2 cup mayonnaise
- 1 teaspoon dried dill weed
- 2 tablespoons finely chopped dill pickles

Combine all ingredients and chill.

Recommended served with vegetables.

### mustard sauce

*Peace Corps Tonga*

- 1/2 cup mayonnaise
- 1/4 cup milk
- 1/4 cup prepared mustard

Combine ingredients and heat to boiling.

Good over green vegetables.

### tahini dressing

*Peace Corps Gabon*

- juice of half a lemon
- 1/4 cup of tahini
- salt to taste, maybe 1 teaspoon
- water as needed

Add the lemon juice and salt to the tahini in a small bowl and mix it up. This will immediately curdle and start to set, which is not really what you want. Gradually add water, stirring constantly. As you stir, the dressing will thin out temporarily but then

start curdling again. Keep adding water slowly until it holds steady at a thick dressing consistency.

### tahini lemon sauce

- 1+1/2 cups tahini (sesame seed paste)
- 1+1/2 cups plain yogurt
- 1 garlic clove, crushed
- 1/2 cup lemon juice
- 1/4 cup parsley
- 1/2 teaspoon cumin
- tamari (or soy sauce)
- salt, cayenne, paprika

Combine all ingredients and beat with a wire whisk or wooden spoon.

### peanut butter dressing

*Peace Corps Tonga*

- 4 tablespoons peanut butter
- 4 tablespoons evaporated milk
- 4 tablespoons lemon juice
- salt

Mix together and use on fruit salads.

Especially good with bananas.

### green mango chutney

*Peace Corps Gabon*

- 24 sugar cubes
- 1 cup wine vinegar
- 1 teaspoon whole coriander seeds
- 2 onions, sliced thin
- 4 green mangos, peeled and chopped
- 1/4 cup dark raisins
- 1 teaspoon salt
- 1 teaspoon minced fresh ginger
- 1 red piment, minced

Combine and cook 1+ hour. Season to taste. Fills two sterilized 450g jars.

### Chutney

Indian relish--try with chicken or beef. You can vary its sweetness, nonsweetness, or relative spiciness according to your own tastes. Preparation time should include an hour to simmer and several hours (even days) to ripen. Chutney will keep if packaged in a sterile, sealed jar.

1 Quart yield:

- 1 1/2 pounds cooking apples (or pineapple or mango)
- 1 medium minced garlic clove

## CONDIMENTS & DRESSINGS

**1 Tablespoon chopped ginger root**  
**1/2 cup orange juice**  
**1 teaspoon cinnamon**  
**1 teaspoon cloves**  
**1 teaspoon salt**  
**1 cup honey (or more to taste)**  
**1 cup cider vinegar**  
**cayenne to taste**

Coarsely chop fruit. Combine everything in a heavy saucepan. Bring to a boil, then lower to a simmer. Simmer uncovered, stirring occasionally 45 minutes to an hour. Cool before storing in a jar.

---

### oil and vinegar dressing

*Peace Corps Tonga*

**1/4 cup oil (olive or sunflower is best)**  
**1/4 cup vinegar (wine vinegar is best)**  
**3 cloves garlic, minced**  
**1 teaspoon garlic powder**  
**1/2 cup water**  
**1 teaspoon salt**  
**1 teaspoon pepper**  
**2 teaspoons sugar**

Combine all ingredients and mix well. It's easiest to put into a jar and shake. The longer the dressing sets, the better. For a variation, add 1 tablespoon oregano, reduce the water to 1/3 cup, and add 2 tablespoons tomato sauce. For another variation, add 1 teaspoon parsley flakes or 1/2 teaspoon celery seed.

---

### vinaigrette 1

**1/2 teaspoon salt**  
**1/2 teaspoon pepper**  
**(1/2 teaspoon dry mustard, optional)**  
**1/4 cup lemon juice or vinegar**  
**3/4 cup olive oil**  
**1 whole clove garlic, peeled**

Combine spices with 2 tablespoons of lemon juice and 2 tablespoons of oil. Mix well. Continue adding, alternately, a few tablespoons of oil and juice at a time. Mix well after each addition. Drop peeled garlic clove into jar.

---

### vinaigrette 2

**1/4 cup wine vinegar**  
**2 tablespoons Dijon mustard**  
**3/4 cup oil (olive is best)**  
**1/2 teaspoon salt, or to taste**  
**1/2 teaspoon pepper, or to taste**

Mix vinegar and mustard (shake or stir with fork). Add salt and pepper. Add oil, a 1/4 cup at a time,

shaking well after each addition. For more flavor, drop a clove of garlic, sliced in two, into the bottle.

---

### thousand island dressing

**one part ketchup or chili sauce**  
**two parts mayonnaise**  
**salt, pepper**

Mix ketchup and mayonnaise. Add a dash of pepper and 1/4 teaspoon salt for each half cup of mixture. For more flavor, add a pinch of minced fresh or ground piments, finely chopped cucumber, onion, green pepper, hard-boiled eggs, minced chives, chopped parsley, or minced olives.

---

### cheese and herb salad dressing

**1 cup mayonnaise**  
**1/4 cup Parmesan cheese, or any cheese**  
**1/2 cup chopped parsley**  
**2 tablespoons lemon juice**  
**1 teaspoon basil**  
**1 clove of garlic, crushed**

Combine all ingredients (using buttermilk or milk as a thinner, if needed). Refrigerate for several hours before using, to let flavors blend.

---

### yogurt dressing

**1/2 cup plain yogurt**  
**1 teaspoon honey**  
**1/2 teaspoon lemon juice**  
**1 tablespoon parsley or chives, chopped**  
**salt, pepper**

Combine all ingredients. Pour over salad.

---

### Chinese dressing

**1/4 cup lemon juice**  
**1/4 cup soy sauce**  
**1 tablespoon honey (or sugar)**  
**dash ground ginger**

Mix all ingredients. Shake well.

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### lemon soy dressing

**2 tablespoons soy sauce**  
**1/3 cup lemon juice**  
**1/4 cup oil**  
**1/4 cup water**

Mix all ingredients in a bottle and shake.

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## sour cream honey dressing

- 1/2 cup sour cream
- 1 tablespoon honey
- 1 tablespoon orange juice

Blend all ingredients. Serve over fruit salad.

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## sesame oil dressing

*Peace Corps Tonga*

- 1/3 cup oil
- 1/3 cup sesame oil
- 2 teaspoons soy sauce
- 1 teaspoon prepared mustard
- 1/4 teaspoon black pepper
- 1/3 cup lemon juice

Put oil and sesame oil in a bowl. Add soy sauce, mustard, pepper, and lemon juice. Beat thoroughly.

Excellent on rice, bean sprouts, or Chinese cabbage salads.

---

## Cleveland dressing

*Peace Corps Tonga*

- 1 teaspoon salt
- 1/2 cup sugar
- 1 teaspoon dry mustard
- 1/4 cup vinegar
- 1 teaspoon paprika
- 1 cup salad oil

Mix all ingredients except oil. Let set overnight. With beater, beat in oil. Beat until thick.

Recommended for fruit salads.

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## Avocado Dressing

- 1 cup yogurt
- 1 avocado, mashed
- 2 tsp chopped red onion
- 1 clove garlic
- 1 tsp lemon juice
- dash Tabasco
- 1 tsp Maggi arome, to taste

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## Honey Poppy Seed Dressing

- 3/4 cup mayo
- 1/3 cup honey
- 2 tsp poppy seeds
- 1 tsp mustard
- salt
- pepper

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## Ranch Dressing

- 1 cup yogurt (plain)
- 1 cup mayo
- 1 tsp parsley
- 1/2 tsp onion/onion salt
- 1 tsp garlic salt
- chives

---

## Eli's Salad Dressing

- 4 small or 1 large lemon, juice only
- 3 Tbsp peanut oil
- 1 Maggi cube
- 1 hard-boiled egg yolk

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## Vinaigrette I

- 1 clove garlic
- 2/3 cup oil
- 1/2 cup vinegar
- 1/4 tsp mustard
- salt
- pepper
- spices to taste

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## Vinaigrette II

- 4 Tbsp Oil
- 1 Tbsp mustard
- 2 Tbsp vinegar
- seasonings to taste

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## HONEY MUSTARD DRESSING

- 4 Tbsp mustard
- 4 Tbsp honey
- Oil and vinegar
- 2-3 cloves garlic
- 1 small onion
- Salt and pepper

Cut up and mix together. Great on everything.

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## MIDDLE EASTERN-STYLE YOGURT SAUCE

- Mild kosan or unsweetened yogurt
- Fresh mint
- Cucumber (peeled, seeded, chopped)
- Fresh parsley
- Chopped onion (optional)
- Green onion leaves (chives)
- Salt and pepper to taste

Good to accompany falafel.

## General Sauces

### Hints for sauces:

- For clearer sauce without lumps, substitute cornflour mixed with water for regular flour.
- To prevent lumpy gravy, add a little salt to the flour before adding the water.
- If your gravy or sauce is too lumpy, put it through a fine strainer, then reheat it in a clean pan, stirring constantly.

---

### tomato sauce

**2 tablespoons olive oil**  
**1 medium onion, chopped**  
**3 cloves garlic, minced**  
**1 small can tomato paste**  
**1 large can whole tomatoes**  
**1/2 teaspoon pepper**  
**1 tablespoon chopped fresh basil**  
**Italian seasoning**  
**salt**  
**(oregano, optional)**  
**(1 sugar cube, optional)**

Heat the oil in a heavy saucepan. Sauté the onion and garlic for 3 minutes. Stir in the tomato paste, tomatoes, pepper, and basil. Simmer for 30 minutes. If sauce becomes too thick, add a little water. Cook 15 minutes more, then add salt to taste.

Add shredded carrot, if available, with the onion and garlic. You can also add piment with the onion and garlic if you want.

---

### garlic sauce

*Peace Corps Tonga*

**1/4 cup oil**  
**2 or 3 mashed garlic cloves**

Heat oil with garlic. Pour oil over cooked spaghetti. Toss. For variations, you can add 1 teaspoon oregano, 1 tablespoon chopped parsley, or 1 cup cooked clams just before removing oil from pan.

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### Rouge

**8-10 diced tomatoes**  
**1-2 diced onion**  
**a pinch of salt and pepper**  
**other Italian seasonings**  
**3-4 minced garlic cloves**  
**1 tsp. Dried basil**  
**2 tsp. Oil (olive oil if possible)**  
**1 tsp. Sugar**

Sauté onions and garlic in oil. Do not burn. Add tomatoes, salt, pepper, basil, rosemary, oregano, etc. Simmer 15-20 minutes until a little thick. Serve over noodles.

---

### Jaune

Garlic, salt, and pepper sautéed in butter or olive oil. The bare minimum.

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### Vert (Pesto)

**1 bulb garlic chopped**  
**1 bunch fresh basil or 3 Tbsp. Dried basil**  
**1/2 cup oil (olive if possible)**  
**Parmesean cheese if possible**

Sauté garlic and basil in oil. Toss with hot pasta. Add cheese from care package. Write thank you note home.

---

### Easy Cream Sauce for Pasta

**1 cup water**  
**2 shrimp Maggi cubes**  
**1 chopped onion**  
**2 cloves garlic, minced**  
**1 1/2 cups chopped green onions/ scallions**  
**3-4 Tbsp. Dry milk**  
**1-2 Tbsp. Flour**  
**1/4- 1/2 cup water**

Bring 1 cup water, Maggi cubes, onions and garlic to a boil in a pan. Boil until onion is tender. While they are boiling, mix the flour, milk, and 1/4- 1/2 cup water together in a bowl. Stir well in order to remove the flour lumps. When the onions are tender pour flour/milk mixture all at once into pan. Stir until thick. Toss with pasta. Note: For a thicker sauce

## SAUCES

make up more flour and water and add to pan. For a thinner sauce, decrease the amount of flour in the flour/milk mixture.

Variations: Cook original onions, garlic, and Maggi cubes in butter. Bring water to boil Add butter mixture and flour/milk mixture to water. Stir until thick. Stir fry, steam, or boil 1-2 cups of any type of veggies. Add to finished sauce. Toss with pasta.

---

### Spaghetti Sauce

**2 medium onions, chopped**  
**2-4 cloves garlic, chopped**  
**2 small eggplants**  
**1 small can tomato paste**  
**4 small tomato paste cans of water**  
**½ tsp sugar**  
**4-5 medium tomatoes**  
**1-2 Maggi cubes**  
**Salt to taste**  
**1 tsp Italian seasoning, optional**

If available or desired you can add eggplant, okra, canned mushrooms, green peppers, meat, red wine, etc. ...Be creative!

Sauté onions, garlic, eggplant and salt. Add any other veggies and browned meat. Add tomatoes and cook for a few minutes. Add tomato paste, sugar and water. Stir well. Simmer for 20-30 minutes. Serves 4.

---

### Spaghetti Sauce à la Celibataire

**1 medium onion**  
**2-3 brochettes**  
**1 big Maggi cube**  
**1 can tomato paste**  
**1- 1½ cups water**  
**garlic**  
**1 Tbsp. Oil**  
**Spices: Tabasco, chili powder, oregano, etc.**  
**Anything else lying around the house that you can chip into tiny bits**

Heat up oil in flat-bottomed pot. Diced up beef, onion, garlic, and other things lying around the house. When oil is hot, fry the hell out of everything until it's ready. Add water, tomato paste, Maggi cube, and spices. Stir. Let boil for at least five

minutes. Pour over spaghetti. Serves one happy celibataire.

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### Beer Cheese Spaghetti Sauce

**2 Tbsp. Margarine**  
**Dash of pepper**  
**2 Tbsp. Flour**  
**1 cup milk**  
**¼ tsp. Salt**  
**1 wheel, Vache Qui Rit**  
**½ can beer**

Melt margarine over low heat, stirring constantly. Gradually add one package of Vache Qui Rit. You may want to break it up so it melts better. Stir in beer. Simmer 10-15 minutes. Makes about 1 ½ cups sauce. Serve over spaghetti.

---

### BORO-BORO CREAM SAUCE

**Onions and garlic**  
**Maggi cube**  
**200 FG bora bora leaves**  
**1 can evaporated milk**  
**Vache qui rit, 4 pieces**  
**spices: basil, oregano, salt, pepper**  
**pasta**

Sauté onions and garlic in oil; wash and finely chop leaves (remove stems), add to garlic and onions with a bit of water and cook until they are shriveled. Add cheese and milk, spices. Turn the heat down low and cook for 5 more minutes. Serve over pasta.

---

### TOMATO-CREAM SAUCE

**1 small can tomato paste**  
**Onions, garlic**  
**1 can evaporated milk**  
**Basil, oregano, piment, maggi**  
**4 vache pieces**

Sauté onions and garlic in olive oil add a little water, tomato paste and spices. Let simmer. Add milk and cheese, simmer for 5 more minutes. Serve over pasta.

## SAUCES

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### coconut cream sauce

*Peace Corps Tonga*

- 1 coconut, grated
- 1/2 onion, finely chopped
- 1 teaspoon salt

Squeeze gratings in a cloth until all juices are in pan. Add onion and salt. Bring to a boil, stirring until sauce thickens.

---

### shrimp sauce

- 1 cup thick tomato sauce
- 1 cup Basic White Sauce, page 26
- 1/2 teaspoon Worcestershire or chili sauce
- 1/4 cup shrimp (chopped)
- 1/4 cup canned mushrooms, drained
- 2 tablespoons chopped parsley
- salt, pepper, celery salt

Mix all ingredients and bring to a boil. Recommended for baked or boiled fish.

---

### sweet and sour sauce

*Peace Corps Tonga*

- 1 tablespoon vegetable oil
- 2 cloves garlic (whole)
- 1/4 teaspoon ground ginger or 1 teaspoon shredded ginger root
- 1/2 cup brown sugar
- 1/2 cup cider vinegar
- 2 tablespoons soy sauce
- 1 cup pineapple syrup (from canned pineapple) ★
- 1/2 cup water
- 2 tablespoons cornstarch dissolved in 4 tablespoon water
- 1 pineapple, chopped
- 1 green pepper, sliced thinly

Heat 1 tablespoon oil in saucepan over medium heat. Brown garlic and ginger. Blend in brown sugar, vinegar, soy sauce, pineapple syrup, and water. Remove garlic. Bring to a boil. Stir in cornstarch mixture, pineapple chunks, and pepper. Bring to boil and cook one minute, or until sauce is clear. Pour sauce over fish or chicken. Serve immediately.

★ If you don't have pineapple syrup from canned pineapple, boil some pineapple juice and sugar.

---

### easy sweet and sour sauce

*Peace Corps Gabon*

- 2 tablespoons corn starch
- 1 cup sugar (brown is best, but you can mix or just use white)
- 1/3 cup soy sauce
- 1/3 cup vinegar
- 2 cloves garlic, minced
- 1 teaspoon ground ginger (or fresh ginger, minced)
- salt and pepper to taste
- 1 medium can of pineapple

Mix cornstarch and sugar in a saucepan on low heat. Add, stirring constantly, soy sauce (or Maggi Arome) and vinegar. Add the juice from the can of pineapple. Stir in spices and bring to a boil. Reduce heat and cook until thickened. Cut the pineapple into chunks and toss in just before serving. If you have green peppers, you can add them during the last minute, just enough to soften them.

---

### Cream Sauce

- 2 tsp butter
- 2 tsp flour
- 1-2 cups milk

Melt butter. Add flour and then slowly add milk.

---

### Sweet and Sour Sauce

- 2 cups fresh cubed pineapple
- 1/2 cup vinegar
- 1/2 cup sugar
- 70 grams tomato paste
- 1 cup water
- 1 bouillon or Maggi cube
- 1 tsp soy sauce
- 1/2 tsp fresh ginger
- green pepper

Mix in big pot. Heat on low flame until thick and bubbly. Pour over cooked rice.

---

## Grammy Bick's Sweet and Sour Sauce

- 1 can of pineapple chunks with juice
- OR
- 2 cups of fresh pineapple and 1 cup of pineapple juice
- 1/3 cup vinegar
- 1/2 cup brown sugar
- 2 Tbsp soy sauce
- 1 Tbsp corn starch

Mix in a pot before heating. Heat on low flame until thick, stirring constantly.

---

## Tomato and Eggplant Sauce

- 2 medium zucchini
- 2 large tomatoes
- 1 medium eggplant
- 1 large onion
- Olive or salad oil
- Salt
- 2 tsp vinegar
- 1 tsp sugar

Chop up everything. Heat 1 tsp oil in skillet and cook zucchini with salt until lightly brown. Set aside. In same skillet, heat 2 tsp oil and cook eggplant, onion and salt until browned. Add tomato, vinegar, sugar, 1 cup water and salt. Add cooked zucchini. Cover and simmer until tender, about 10-15 minutes.

---

## Brown Gravy-good for Thanksgiving!

Remove meat from the pan where it was cooked and pour off most of the fat. Put over the fire and add a Tbsp of flour and stir until it browns. Add water and stir until it boils. Season as desired and boil for 5 minutes. Strain and serve.

---

## White/Cream Gravy

- 2 Tbsp butter or oil
- 2 Tbsp flour
- salt, pepper, etc
- 1 chicken Maggi
- 3/4 cup milk

Heat oil. Add flour and spices. Mix into a paste. Quickly add the milk and stir constantly until bubbly and thickened. Great on biscuits, bread, potatoes, etc.

---

## basic white sauce

- 2 tablespoons butter or oil
- 2 tablespoons flour
- 1 cup milk
- salt, pepper

Melt the butter in a heavy saucepan. Stir in flour (preferably with a wire whisk) to make a paste. Let the paste bubble a bit, but don't let it brown. Add milk and continue to stir as the sauce thickens. Bring to a boil. Salt and pepper to taste. Lower heat and cook, stirring, 2-3 additional minutes. Remove from heat.

---

## faux alfredo sauce

*Peace Corps Gabon*

- Basic White Sauce, page 26
- garlic
- herbes de provence
- Vache Qui Rit

Prepare Basic White Sauce, page 26. Add the garlic at the same time as the flour. Add the herbes de provence at the same time as the milk. Add the Vache Qui Rit during the last 2 minutes of cooking.

---

## cheese sauce

- Basic White Sauce
- 1/2 cup grated cheese
- (cayenne pepper or dry mustard, optional)

Prepare Basic White Sauce, page 26. During the last two minutes of cooking, stir in 1/2 cup grated cheese along with a dash of cayenne or dry mustard if you like. Vache Qui Rit may be substituted for cheese.

Recommended for vegetables, rice, macaroni, and egg dishes.

---

## cucumber sauce

- Basic White Sauce
- 1/2 cup shredded cucumber

## SAUCES

### dash of cayenne pepper

Prepare Basic White Sauce, page 26. After bringing the sauce to a boil and reducing the heat, stir in 1/2 cup thinly sliced or shredded cucumbers and a dash of cayenne pepper. Simmer for 5 minutes.

Recommended for fish.

---

## curry cream sauce

### Basic White Sauce

**1 teaspoon curry powder**  
**1/4 teaspoon ginger powder**

Prepare Basic White Sauce, page 26. During the last two minutes of cooking, add 1 teaspoon curry powder and 1/4 teaspoon ginger powder.

Recommended for chicken, lamb, shrimp, and rice.

---

## dill sauce

### Basic White Sauce, page 26

**1 teaspoon fresh dill, minced or 1/2  
teaspoon dill weed**  
**dash of nutmeg**

Prepare Basic White Sauce, page 26, but add 1 teaspoon minced fresh dill or 1/2 teaspoon dill weed and a dash of nutmeg to the flour. Continue like normal.

Recommended for spicing up bland meat or fish.

---

## egg sauce

### Basic White Sauce, page 26

**2 hard-boiled eggs, finely chopped**

Prepare Basic White Sauce, page 26. During the last two minutes of cooking, stir in 2 finely chopped hard-boiled eggs.

Recommended for salmon or other fish.

---

## light supreme sauce

**2 tablespoons butter**  
**1 tablespoon flour**  
**1 cup chicken broth**  
**1/4 cup heavy cream**  
**salt, pepper**

Melt butter. Stir in flour and make a smooth paste. Slowly add broth and blend smooth. Let simmer 10 minutes. Add cream. Season with salt and pepper. Serve 3 tablespoons of sauce on a plate and place crisp browned fish on top.

---

## lemon pepper cream sauce

*Peace Corps Gabon*

**1 tablespoon oil**  
**1/2 onion, chopped**  
**2 garlic cloves, minced**  
**1 tablespoon flour**  
**2 or 3 tablespoons NIDO**  
**1/2 to 1 cup water**  
**2 sections Vache Qui Rit**  
**black pepper, to taste**  
**basil, minced**  
**juice of 1 or 2 lemons**  
**1 small can veggies, drained**

Sauté onion and garlic in oil. Remove from heat. Mix in flour and NIDO. Add water, return to heat, and cook until thick. Add Vache Qui Rit, lemon juice, and spices. Cook until smooth. Stir in veggies and cook until hot.

---

## brown-onion sauce

*The Fannie Farmer Cookbook*

**2 tablespoons butter**  
**4 tablespoons onion, finely chopped**  
**1/4 teaspoon pepper**  
**2 tablespoons flour**  
**1 cup milk or broth**  
**salt**

Melt butter in a saucepan and add onion. When the butter is barely brown, stir in the pepper and flour. Cook slowly until the flour is brown. Gradually add broth and boil gently for one minute. Add the salt and simmer for 15 minutes. Add more liquid if necessary.

---

## brown curry sauce

**Brown-Onion Sauce**  
**1 teaspoon curry powder**  
**1/4 teaspoon mustard**

## SAUCES

Prepare Brown-Onion Sauce as above. Add 1 teaspoon curry powder and 1/4 teaspoon mustard in the final simmering stage.

---

### **brown gravy**

*The Fannie Farmer Cookbook*

**2 tablespoons fat**  
**1+1/2 cups liquid (water, broth, or wine)**  
**2 tablespoons flour**  
**salt, pepper**

Pour all pan juices into a measuring cup. When the fat rises to the top, spoon off 2 tablespoons fat and return it to the pan. Discard the rest of the fat left in the cup, but save whatever juices are left. Put the pan over a burner and heat gently. Add the flour to the fat. Make a paste. Cook thoroughly for several minutes, stirring to keep it smooth. Add enough additional liquid to the juices to make a total of 1+1/2 cups. Slowly stir the liquid into the pan and cook for 5-6 minutes. If the gravy is too thick to flow easily from a spoon, add more liquid and cook for 1 minute. Season with salt and pepper.

---

### **pan gravy**

**2 tablespoons melted fat from cooked meat or chicken**  
**1/2 cup water or broth, boiling**  
**salt, pepper**

Spoon off all but 2 tablespoons fat from the roasting pan or skillet in which meat has been cooked. Using a spatula or a wooden spoon, stir or scrape the bits from the bottom of the pan over low heat. Deglaze by pouring 1/2 cup boiling water or broth into pan. Season with salt and pepper. Cook 1 minute. Can be seasoned with celery salt, parsley, and cayenne.

For a thicker gravy, mix 1-2 tablespoon cornstarch or flour with 1-2 tablespoons water. Stir into gravy mixture and thicken over low heat, stirring constantly.

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### **pan gravy with wine**

**Pan Gravy**  
**1/2 cup red or white wine**

Prepare Pan Gravy as above, but substitute 1/2 cup red or white wine for water.

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### **creamy pan gravy**

**Pan Gravy**  
**1/2 cup milk or cream**

Prepare Pan Gravy as above, but substitute 1/2 cup milk or cream in place of water, and cook down rapidly for a minute.

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## African Sauces

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### **peanut sauce 1**

*Peace Corps Gabon*

**2 or 3 tablespoons oil**  
**1 teaspoon hot pepper, minced**  
**1 or 2 onions, chopped**  
**3 or 4 cloves garlic, chopped**  
**1 tablespoon fresh ginger, minced**  
**3+ cups water**  
**1 bouillon cube (Maggi cube)**  
**1 tablespoon soy sauce (Maggi Arome)**  
**1 150 g can tomato paste**  
**3 tablespoons peanut butter (chicken, turkey, or fish, cooked and cut, optional)**

Sauté pepper, onions, garlic, and ginger in oil. Add water, bouillon, soy sauce, tomato paste, and peanut butter and cook 20 minutes. Add meat (optional).

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### **peanut sauce 2**

**1 cup peanuts, roasted, shelled, skinned, and mashed (or simply use peanut butter)**  
**2 cups water**  
**1/2 teaspoon salt**  
**1/4 teaspoon cayenne or 1 whole piment**  
**2 tablespoons oil**  
**2 tablespoons minced onion**

Put peanut paste, water, salt, and cayenne in saucepan. Simmer for 10 minutes. Sauté onion in oil until yellow; add to sauce. Stir and simmer for another 10 minutes. Serve hot. (May be served as soup.)

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## Thai peanut sauce

*Peace Corps Gabon*

1 medium onion, chopped  
 (1/2 green plantain banana, diced, optional)  
 2 tablespoons oil  
 2 tablespoons flour  
 1 teaspoon salt  
 2 teaspoons curry powder  
 2 cups chicken broth or 2 cups water and a Maggi cube  
 1/2 cup coconut milk  
 2 cubes of sugar  
 1/2 cup peanut butter

Sauté the chopped onion and the diced plantain banana (optional) in the oil over a medium flame, but don't overcook the onions. Add 2 tablespoons of flour, 1 teaspoon of salt and 2 teaspoons of curry powder, stirring constantly over a low to medium flame. Be careful not to burn this stage. When this is heated thoroughly and begins bubbling, add 2 cups of broth. If you don't have broth use 2 cups of water and a Maggi cube. Bring that to a boil, stirring frequently. When that boils, add half a cup of coconut milk (store-bought or homemade). If you made the coconut milk yourself, and if the solid coconut is grated finely enough, then you can add the coconut shavings at this point as well. Bring to a boil again. Add 2 cubes of sugar and half a cup of peanut butter and cook it until it is smooth and thoroughly combined. Stir constantly so that it doesn't burn. Serve on rice or chicken.

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## SAUCE D'ARACHIDE

Place potatoes in water (covered) and bring to a boil. Add Maggi cube. Add peanut butter and 1/2 can tomato paste. In mortar, add piment, one tiny onion and salt: pound. Add to the boiling mixture for 20 minutes, more or less. Add one chopped up tomato at the end. Serve on rice.

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## SUPER FUSION PEANUT SAUCE

Olive oil

One head of garlic, minced  
 Three onions, chopped  
 Three cups water  
 One cup peanut butter  
 One bunch of fresh tatsoi leaves from your garden (substitute a little canned spinach or a handful of manioc leaves bien piléd)  
 One bunch of fresh basil from your garden  
 One TBSP dried basil  
 One TBSP oregano  
 One tsp dried chili powder or piment  
 1 tsp paprika  
 2 tsp ginger  
 2 tsp curry powder  
 Handful of fresh peanuts  
 Maggi, salt, and pepper to taste

Sauté garlic and onions in garlic oil. Add water and peanut butter. Break up the peanut butter with a spoon (or your hand) until the consistency is smooth, even, and virtually chunkless. Add leaves and fresh basil and stir. Add the rest of the herbs and spices and the peanuts. Add a little more water if you think the mixture is in danger of burning. Let the sauce cook for ten to twenty minutes, stirring frequently so that it doesn't stick, until it achieves a thick, soupy consistency (thicker than Guinean peanut sauce). Serve over rice or couscous.

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## VEGETARIAN PEANUT SAUCE

Sauté onion and garlic, adding a little water and a heaping tablespoon of peanut butter. Mash it together until the peanut butter is completely dissolved (not unlike how Guinean women are seen doing with their hands [feel free to use a spoon if that's better for you]). Continue to add plenty of water until it's all very liquidy (NOTE: water tends to cook down very quickly). Stir it all up and add to it

**Maggi and/or other spices on hand**  
**Salt'n'peppa**  
**Chili powder**  
**1/2 a can of tomato paste**

Let it all simmer. Add potatoes and sweet potatoes (chopped, peeled, boiled) and cook until thick. When sweet potato is almost dissolved in the sauce, it's done. Serve over rice.

## SAUCES

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### **AUTHENTIC MAFE TIGA**

Mix :

- 1 liter water**
- 4 potatoes, cut up**
- 1 piment**
- 1-2 TBSP peanut butter**

Boil. Add tomatoes (2), onion (4 small ones), garlic (2 or more cloves), and desired spices (salt, pepper, ½ a large Maggi square, a tsp of garam masala if you've got it).

Cook it all down for 45-60 minutes. Serve over rice. So good, your guests will think it's Guinean-made.

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### **Laurie Clark's Maffe Hakko (Leaf Sauce)**

- 1/2 cup palm oil**
- 2 1/2 heaping large bunches sweet potato leaves, cut finely**
- 1 medium onion, chopped**
- salt, to taste**
- 2 or 3 spoonfuls of dried, pounded, or cooked fish or beef**
- 1 large Maggi cube**
- piment, to taste**

Cut up the leaves, or buy them already cut. Heat the palm oil in a pot until just before it starts to smoke. Sauté the onion until translucent. Start adding handfuls of leaves into the pot, stirring and letting each handful cook down a minute or two. Pour in enough water to cover the leaves by two inches. Add piment, and bring the sauce to a rolling boil. Add fish or beef, and stir in. Boil until no water is left on the surface, just a layer of oil. There will be lots of little bubbles, but not the large bubbles as with water as in a rolling boil. Stir often at the end. Serve over rice. (May also be prepared with plain vegetable oil).

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### **Dan Lissit's Gombo Sauce**

- 4 cups diced gumbo (okra)**
- 2 medium onions, chopped**
- meat, if desired**
- salt and pepper, to taste**
- piment, to taste**
- palm oil**
- 2 Maggi cubes**

Sauté onions and piment (and meat) in lots of palm oil. Add gumbo and continue cooking. Add water to at least double the volume. Add Maggi, salt and pepper. Simmer until water is gone (great with curry seasoning too).

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### **Shannon's Peanut Sauce**

- 5-6 small onions, chopped**
- 5-6 small tomatoes**
- 3-4 small eggplants**
- 2-3 globs of peanut butter ( sold in 100 FG/glob)**
- 1 cube Maggi**
- salt and pepper to taste**
- optional--fish or meat, cooked well prior to adding**
- potatoes, ignames, or manioc, boiled separately until soft before adding**

Boil 2-3 cups of water, add eggplant and cook. Add peanut butter. Stir frequently until peanut butter is fully blended, adding more water if necessary. Add onions, tomatoes, Maggi, salt, pepper, and other desired vegetables. Continue boiling until sauce becomes thick and the oil from the peanut butter surfaces abundantly. Keep stirring over low heat. Serve sauce over rice.

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### **Footi Sauce (à la Robin Clark)**

- 4 Bonga (smoked fish)**
- 3 piment**
- 1 medium onion, chopped**
- 2 Maggi cubes**
- salt, to taste**
- 3 Tbsp. tomato paste**
- 3 cups oil**
- 1 African eggplant (green and bitter)**

Pound the bonga, piment, onion, Maggi, and salt to a paste. Heat up the oil until extremely hot, and add all of the bonga paste, tomato paste, and eggplant. Cook until the oil bubbles disappear into the sauce. Serve over rice. (If you are impatient and too hungry to wait, take the bonga paste and spread it on bread; it tastes like a tuna salad sandwich.)

## SAUCES

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### Footi Sauce à la Nene Galle Diallo

- 1 can tomato paste
- 2 smashed tomatoes
- 2 small eggplants, chopped
- 2 medium onions, chopped
- 2 Maggi cubes
- 1/2 kg pounded meat
- 1 1/2 cups oil
- okras, if desired

Combine first 5 ingredients, then cook meat in the oil. When meat is well cooked, add the tomato mixtures, and cook for 30 minutes. Cook the okras in the sauce, and when finished cooking, pound the okras (alone) and then mix pounded okra into the rice. Serve sauce over rice. (An additional topping to sprinkle on top of the sauce can be made by pounding Maggi cube with odji).

### Marinades and Barbecue Sauces

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#### teriyaki sauce/marinade

*Peace Corps Gabon*

- 1/4 cup Maggi Arome
- 1 tablespoon fresh lemon juice (or vinegar)
- 1 tablespoon oil
- 1 heaping tablespoon brown sugar (or 4 sugar cubes or 2 tablespoon honey)
- 2 or 3 cloves garlic
- 2 or 3 teaspoons minced fresh ginger
- fresh ground pepper
- 1 cup beer

Combine all and use as marinade and basting sauce for grilled meat or poultry.

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#### Middle Eastern marinade

*Peace Corps Gabon*

- lots of ground cumin
- lots of cloves of garlic, smashed
- salt and pepper
- plain yogurt

Add cumin (more or less, to taste), garlic, salt, and pepper to plain yogurt. Marinate chicken or meat in this mixture several hours before grilling.

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#### marinade for "jerked" meat

*Peace Corps Gabon*

- 2 onions
- 3 piments
- 2 tablespoons fresh ginger
- 3 tablespoons peppercorns
- 2 tablespoons allspice
- 2 tablespoons thyme
- 1/4 cup vinegar
- 1/4 cup Maggi Arome

Pound the first 6 ingredients in mortar. Add vinegar and Maggi. Use to marinate meat and chicken. Cook down for sauce.

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#### orange zest barbecue sauce/marinade

*Peace Corps Gabon*

- 1 tablespoon slivered orange zest (the colored, outer skin of the orange)
- 1/4 cup catsup (or tomato paste)
- 1/4 cup soy sauce (or Maggi sauce)
- 1/4 cup orange juice
- 1 tablespoon honey (or 2-3 sugar cubes)
- 2 tablespoons oil
- 1 teaspoon freshly ground pepper

Combine all and use as marinade and basting sauce for pork, chicken, or beef.

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#### barbecue sauce

- 6 tablespoons Worcestershire sauce
- 6 tablespoons lemon juice
- 2+1/4 cups tomato paste
- 2 tablespoons sugar (4 cubes)
- 3+1/2 cups water
- 1 clove garlic, minced
- 2+1/4 teaspoons ground piment
- 1 tablespoon salt
- 1/4 teaspoon pepper

## SAUCES

Combine all ingredients in a saucepan. Bring to a boil, reduce heat, and let simmer about 20 minutes.

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### royalty meat sauce

- 1 cup ketchup**
- 2 tablespoons vinegar**
- 1/2 teaspoon dry mustard**
- 1/4 cup oil**
- 1 tablespoon brown sugar**

Mix all ingredients together in a small saucepan and cook for 5 minutes. Recommended for barbecued food, burgers, etc.

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### BBQ sauce

- 2 tablespoons sugar**
- 1/4 teaspoon pepper**
- 1 clove garlic**
- 6 Tablespoons Worcestershire (or use beer...)**
- 3 1/2 cups water**
- 1 Tablespoon salt**
- 2 1/4 teaspoons piment**
- 6 tablespoons lemon juice**
- 2 1/4 cups tomato paste**

Combine all ingredients in a saucepan. Bring to a boil, reduce heat, simmer for 20 minutes.

## Cheese

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### cottage cheese

*Peace Corps Tonga*

- 4 cups (1 liter) milk**
- 1/2 to 1 cup lemon juice or vinegar**

Bring milk to a full rolling boil; add lemon juice or vinegar to separate whey from curd. Drain. Salt to taste.

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### gabo ricotta

*Peace Corps Gabon*

- 2 cups water**
- 1 cup NIDO**
- 1/4 cup lemon juice or vinegar**
- 1 teaspoon salt**

Add the NIDO to the water in a medium saucepan and stir it until it is milk. Scald the milk over a low flame. Bring it almost to a boil (but don't allow it to boil) and then turn off the flame. Add the lemon juice or vinegar right away. Let this stand for 2 to 12 hours, depending on how firm you want the ricotta. The longer you let it sit, the more firm it will become. I let it stand for two hours, because I'm impatient.

Next, line a colander with a bandana or cheesecloth. Make sure it's a bandana you never want to wear again. Put the colander in another bowl. Pour the wet cheese from the pot into the bandana and let it drip through the colander into the bowl. If you don't have a colander, try tying the bandana like a lid over the bowl, and letting that drip directly. Let this drain and dry for 3 hours. Every once in a while you should squeeze out the cheese in the bandana. Otherwise it will take a really long time to dry out.

For a variation, add more salt in the initial step, scald the milk like normal, and then let it curdle for a long time, until it's fairly solid. Then drain it for a long time and squeeze it out well. This makes something vaguely reminiscent of feta cheese.

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### quickie ricotta à la gabonaise

*Peace Corps Gabon*

Combine Vache Qui Rit with yogurt in proportions that give desired consistency.

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### cheese enchiladas

*Peace Corps Tonga*

- 4 cups (1 kg) cheese, grated**
- 2 onions, diced**
- 1/2 cup milk powder**

Mix cheese, onion, and milk powder together to make a filling.

- 2 small cans tomato paste**
- 2 tablespoons oil**
- 1 onion, diced**
- 3/4 cup water**
- 1 teaspoon garlic powder**
- 1+1/2 teaspoons chili powder (adjust to taste)**
- 1 teaspoon salt**
- 1/2 teaspoon cayenne**
- 20 tortilla shells**

In another bowl, mix the tomato paste with oil, the other onion, water, and seasoning for the sauce. Dip tortillas in the sauce. Place some cheese mixture on each tortilla and roll them up. Place enchiladas, flap side down, in baking dish. Pour the sauce over the enchiladas. Bake at 375°F (190°C) until bubbly (about 30 minutes).

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### cheesy pie

- 1 deep, baked pie shell**
- 1 egg white**
- 400 ml lait idéal**
- 1 cup grated cheese**
- salt, paprika, cayenne**
- 1 teaspoon minced onion**
- 3 eggs**

When pie crust is cooled, brush with the egg white. Preheat oven to 325°F (165°C). Heat milk to boiling point, but do not allow to boil. Turn down heat and add cheese. Stir until cheese is melted. Add seasoning. Remove from heat and beat the eggs in, one at a time. t. Pour mixture into pie crust and bake 45 minutes, or until firm.

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### Mock Cheese Soufflé

Butter several slices of bread. Place one layer of bread in casserole dish. Sprinkle with grated cheese. Repeat 2-3 times as needed. Mix 2 eggs with 3 cups of milk and pour over bread. Cover. Cook at 200 degrees for 45 minutes.

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### cheese soufflé

*Peace Corps Tonga*

3 tablespoons butter  
 3 tablespoons flour  
 1 cup milk  
 dash cayenne  
 1/4 teaspoon dry mustard  
 1/2 teaspoon salt  
 2 to 3 cups grated cheese  
 6 to 8 eggs, separated

Preheat oven to 375°F (190°C). In pan, melt butter and stir in flour until smooth. Blend in milk and dry ingredients. Cook and stir until thick. Add cheese and stir. Remove from heat and add egg yolks. Whip egg whites to form peaks. Gently fold them into the sauce. Pour into greased 1+1/2 quart soufflé dish. Bake for 35 minutes. You can also add 1/2 cup chopped onions or 1 cup chopped, cooked spinach.

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## fondue

1 garlic clove, halved  
 3 cup (800 g) grated Gruyère or Emmental  
 4 cups dry white wine  
 pepper  
 3 tablespoons kirsch (or cognac)  
 1 teaspoon corn starch  
 French bread, cut into cubes

Rub the interior of a heavy pan (preferably enameled) or a fondue pot with the clove of garlic. Put in the cheese and wine. Add pepper. Bring to a boil, stirring constantly. In a small cup, mix the kirsch (cognac) and the cornstarch. Add to the cheese mixture. Stir well. Put the saucepan over a warmer on the table. Let each guest dip their bread into the fondue. Good served with fruit and hot tea.

## Yogurt

### Hints for Making Yogurt

- If your yogurt turns out too sour and watery, this may also be caused by too high a temperature or too long a fermentation period. Experiment with times and temperatures.

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## Yogurt

2 cups powdered milk  
 2 Tbsp yogurt to start  
 4 cups tepid water

Mix powdered milk and water with a wire whisk and heat to a rolling simmer. Cool and add yogurt. Cover with a cloth and let sit 5-7 hours. Add sugar and fruit to taste.

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## making yogurt from yogurt 1

*Peace Corps Gabon*

1 liter warm milk  
 3 tablespoons yogurt  
 1 sealable container (1 liter or 2 liter)  
 1 small sealable container  
 1 blanket, wool sweater, or something that will keep in heat

Mix 1 liter warm milk with 3 tablespoons yogurt. The 3 tablespoons of yogurt acts as the starter. Beat with wire whisk and proceed as above. Put some of the mix in the large container and some in the small. Wrap it in the blanket for 5 to 8 hours and refrigerate when it firms up.

### **DON'T USE TOO MUCH STARTER YOGURT!**

This will result in an "overcrowding" of the bacteria and the yogurt will turn out sour and watery instead of rich and creamy.

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## making yogurt from yogurt 2

*Peace Corps Gabon*

3 cups powdered milk  
 3 cups water  
 2 cups hot water  
 1 cup yogurt (starter)

Another method is to combine the above ingredients and put it in jars. Let the jars stand in a pot of warm (not hot) water for approximately 7 hours or overnight. Makes almost 2 quarts.

## Meat

### Hints

Green papaya can be used as a meat tenderizer. Smother a tough piece of meat in slices of green papaya, cover, and cook for 3/4 of the cooking time called for in the recipe. Remove papaya and continue cooking meat, uncovered, until finished.

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### the perfect steak

Heat the frying pan over high heat. Add a small amount of butter if your steak is very lean (probably not the case). Put the steak in the skillet and sear for 1 minute on each side. Reduce heat and continue cooking until desired doneness is achieved. (Approximately 10 minutes.) Season to taste with salt and pepper. You can also put a small piece of butter to melt on the steak.

---

### roast beef

**1 or 2 kg *filet de boeuf***  
**2 or 3 cloves garlic**  
**butter or margarine**  
**Dijon mustard**  
**pepper, salt**

Preheat oven to 550°F (275°C), that is, HOT! The fillet should be at room temperature. (If frozen, it's best to thaw it out in the refrigerator. This way you'll lose less juice.) Cut off all the remaining fat and sinew. Put meat into roasting pan. Cut garlic into long, thin pieces. With the help of a small knife, insert the garlic into the fillet at various intervals. Pepper the meat generously. Spread butter on the top of meat. Spread mustard over the butter. Cook roast on high heat for 20 minutes. This sears the meat and locks in the juices. Turn heat down to 350°F (180°C). Continue roasting until done. You must figure approximately 40 minutes to the kilo for medium rare. When required doneness is obtained, remove roast from oven and let set 10 minutes before carving. Use the pan drippings for gravy. Any leftovers (if there are any) make for a heavenly roast beef sandwich the next day.

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### beef teriyaki

**1/3 cup water**  
**1/3 cup soy sauce**  
**1/4 cup sugar**  
**1/2 teaspoon ground ginger**  
**2 or 3 cloves garlic, minced**  
**1/2 lemon, thinly sliced**

### 1/2 kg *faux filet* or *filet*

Combine water, soy sauce, sugar, ginger, garlic and lemon. Stir until sugar dissolves. Cut meat into strips and marinate 15 minutes or longer. Separate meat from the marinade. Stir-fry beef until just tender (do not overcook). Add marinade. Thicken sauce with cornstarch or flour mixed in a small amount of water. Serve over rice.

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### beef stroganoff

**1 kg *filet* (or hamburger)**  
**1 small onion, grated**  
**1/4 cup dry white wine**  
**salt, pepper, nutmeg**  
**butter**  
**1 can of mushrooms, rinsed well**  
**1 cup sour cream (or plain yogurt)**

Sauté onion and mushrooms in a small amount of butter. Set aside. Brown *filet* (cut into bite-size strips) in skillet. Mix onions and mushrooms with beef. Season to taste. Over medium heat, add wine and sour cream. Heat well, but do not boil. Serve with noodles.

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### Spanish rice beef

**1/2 kg ground beef**  
**2 onions, chopped**  
**(1 green pepper, chopped, optional)**  
**1 large can tomatoes**  
**2 cups water**  
**1 cup rice**  
**1 teaspoon salt**  
**1 teaspoon Worcestershire sauce**  
**2 teaspoons cayenne**  
**1/4 teaspoon pepper**

In a large skillet, cook beef, onions, and green pepper until meat is browned. Drain off fat. Stir in the rest of the ingredients. Simmer covered 25-30 minutes, or until liquid is absorbed and rice is tender.

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### beef enchiladas

***Tortillas***  
**1 tablespoon chili powder**  
**1 onion, chopped**  
**250 g (1 cup) ground beef**  
**1 cup tomato paste**  
**salt, pepper, cumin**

Sauté onion in a small amount of oil until golden. Add remaining ingredients except beef. Brown beef in another skillet. Drain off fat. Add beef to sauce. (If desired, the sauce may be thinned with a bit of water or bouillon.) Spread mixture in center of tortillas and fill with chopped raw onion

## MEAT CHICKEN FISH EGGS

and grated cheese. Place in a baking dish. Bake for about 15 minutes.

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### STUFFED GROUND BEEF ROLLS

- 1 lb ground beef
- 1 egg white
- 1 tsp salt
- 1/4 tsp black pepper
- 1/4 fine dry breadcrumbs
- 1/2 cup water
- 3 oz cream cheese
- flour to coat rolls
- 2 TBSP butter or margarine
- 2 TBSP flour
- 1.5 cups beef broth
- 1/2 cup sour cream
- 1 tsp dried tarragon leaves

In a bowl, combine beef, egg white, salt, pepper, breadcrumbs, and water (mixture will be quite moist--don't panic). Cut a strip of waxed paper ~20 inches long and moisten the top side. Cut cream cheese into 8 sticks and place along the length of the ground beef (on the waxed paper) end to end. Use waxed paper to roll meat lightly over filling to form a lengthwise roll. Cut crosswise into 8 pieces. Dust each piece on all sides with flour. In a frying pan heat 2 TBSP butter. Add meat rolls and brown all sides. Cover and cook 10-15 minutes. Remove to warm plate. Stir in pan drippings. Slowly whisk in broth to make a smooth sauce. Cook until thickened. Stir in sour cream and tarragon. Pour over meat rolls. This is a stupid recipe.

---

### Fajitas

1/2 kg filet cut into 1/4" strips

Marinate in:

- 2 onions
- 4 cloves garlic
- 1 tsp. chili powder
- 1/2 tsp. salt
- 1/4 tsp thyme
- 1/2 minced piment
- 1/2 tsp. cumin
- pepper

After marinating the meat for 1 hour, sauté in 1 tbs olive oil until meat is cooked (about five minutes). Serve with tortillas, guacamole and salsa.

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### Taco Filling

Brown: 1/2 kg hamburger or chicken

Add:

- 3/4 cup water
- 1 medium onion, chopped

- 2 tsp. chili powder
- 1 tsp. salt
- 1/2 tsp. ground cumin
- 1 clove garlic, crushed

Heat to boiling. Simmer uncovered until thickened (about 10 minutes).

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### Donley Roasted Termites

- termites, with wings removed
- water (very small amount)
- Maggi or salt

Boil all ingredients until water evaporates. ("better than popcorn, but not as good as Cracker Jacks")

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### COCKTAIL MEATBALLS

- 1 lb. (1/2 kilo) of ground beef
- 1/3 cup minced onion
- 1 egg
- 1 tsp salt
- 1/2 tsp Worcestershire sauce
- 1 twelve ounce bottle of chili sauce
- 1/2 cup bread crumbs
- 1/4 cup milk
- 1 TBSP chopped parsley
- 1/8 tsp pepper
- 1/4 cup shortening
- 1 ten ounce jar of grape jelly

Mix all but the last three ingredients. Shape into one-inch meatballs. Melt shortening in a skillet and brown the meatballs. Remove them, pour off the fat. Heat chili sauce and melt the jelly. Add meatballs and simmer 30 minutes. Makes five dozen of the suckers. Feel free to substitute other jelly flavors or chili sauces.

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### beef lasagna

- 1/2 kg ground beef
- 1 cup onion, finely chopped
- 2 cloves garlic, crushed
- 1 large can tomatoes
- 1 medium can tomato paste
- 1/2 cup water
- salt, cayenne, basil, marjoram, 1 bay leaf, oregano
- lasagna noodles
- cream cheese (or cottage cheese)
- cheddar (or mozzarella), grated
- Parmesan cheese
- oil

Brown ground beef, onion, and garlic in a small amount of oil. Add tomatoes, paste, water, and seasonings. Simmer over low heat until thick. Cook lasagna noodles in boiling, salted water (al dente). Drain and let dry. Spread cream cheese

## MEAT CHICKEN FISH EGGS

over noodles. Grease a 9" x 13" baking pan. Put a thin layer of sauce in pan. Add a layer of noodles and cheddar. Continue building, alternating with sauce, noodles, and cheese. Top the dish with Parmesan. Bake at 350°F (180°C) for 40 minutes to an hour.

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### Hamburgers

- 1 kilo ground beef
- 1 egg
- Tbsp mustard
- 2 Tbsp ketchup
- 3 Tbsp ice water
- ½ small onion, chopped
- 2 Tbsp bread crumbs
- Salt, pepper, spices if you wish

Combine in a bowl. Rinse hands in cold water and form 6 patties. Cook in cast iron skillet (8 minutes on each side for medium rare). Flip only once to preserve the juice. Cut into center to make sure it is cooked.

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### Corn Beef and Cabbage Stew

- 1 can corn beef-Spam variety
- 5 carrots cut in chunks (optional)
- 5 medium potatoes, quartered
- 1 heaping Tbsp Dijon mustard
- salt and pepper to taste
- 1 medium cabbage
- 1 onion, sliced
- 1-2 Maggi cubes
- 3 Tbsp oil

Heat oil and sauté onions. Add cut up corn beef. Add about 2 cups of water, Maggi, mustard, and pepper. Mix thoroughly and add veggies. Simmer until veggies are tender and water has boiled down a bit.

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### Chicken Fried Steak

- Thinly sliced beef
- 2 beaten eggs
- 2 Tbsp milk
- 1 cup flour
- ¼ cup oil
- salt and pepper

Mix eggs and milk. Dip meat into mix. Let sit for 1 minute and dip into flour. Brown both sides in hot oil. Cover and cook over low heat for at least 1 hour until well done.

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### Beef Stroganoff

- 1 lb. ( ½ kilo beef steak)
- ½ lb. Mushrooms

- 10 oz. Beef broth or bouillon
- 1 garlic clove, minced
- 3 Tbsp flour
- 3-4 cups cooked noodles
- 2 Tbsp margarine
- 1 medium onion, minced
- 2 Tbsp catsup
- 1 tsp salt
- 1 cup sour cream

Cut meat into short strips. Melt butter in large skillet. Add onion and mushrooms, stir until onion is tender. Remove from skillet. In same pan, brown meat strips. Reserving ⅓ cup broth, stir remaining broth into meat, add catsup, garlic, salt. Cover and simmer 15 minutes. Blend reserved broth with flour, stir into meat mixture. Add mushrooms and onions. Heat to boiling, stirring constantly. Boil and stir 1 minute. Stir in sour cream, heat. Serve over noodles.

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### Roast Beef Sandwich

- Meat
- Oil
- Vinegar
- Spices: pepper, herbs de provence, onion, salt

Buy a chunk of lean meat and cut it into small, thin slices. In a small bowl, add about 3 Tbsp oil (enough to cover the meat) and spices. Mix well. Add the meat and let sit for a few hours. Heat up oil to cover the bottom of the pan and cook meat until done. Can cook with sliced onions if desired. Put in bread (can be toasted) with lettuce, tomato, mayo, and mustard.

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### Caribbean Kebabs (serves 6)

- Steak or chicken for 6
- Pineapple chunks and juice
- 3 Tbsp molasses
- salt and pepper
- 2 papayas
- 3 Tbsp water
- 6 small onions
- 4-5 ripe plantains or bananas

Mix ⅔ cup pineapple juice with vinegar, molasses, salt and pepper to make marinade. Cut meat into cubes and place into marinade for at least 1 hour. Cut plantains and papaya into 1" pieces. Quarter onions and whatever else you want to grill. Thread all ingredients alternately on 12-18" skewers (you can buy or borrow from brochette vendors). Cook on a BBQ for 10-15 minutes until meat is tender and fruit and veggies are soft and brown. Turn kebab and brush with marinade every few minutes.

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## Meat with Peanut Butter Sauce

- 2 tsp oil
- 1 onion, chopped
- 2 lbs. Chopped meat
- salt, pepper
- 1 tsp chopped parsley
- 1 can tomato paste
- 1 bay leaf
- ¼ tsp ginger
- ¼ tsp cloves
- ¼ tsp thyme
- 1 cup peanut butter

Heat oil. Brown onions and meat. Add seasoning and 1 cup water. Cook 10 minutes. Add peanut butter softened in water and about 4 more cups of water. Cover and simmer until tender. Good with chicken too.

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## Sloppy Joes

- 1 Kg ground meat
- 1 cup chopped onion
- 1 ½ green pepper, chopped
- 2 large cloves on a toothpick (discard before serving)
- 1 tsp chili powder
- 1 tsp brown sugar
- 1 tsp salt
- ½ tsp black pepper
- 2 cups tomato sauce (or 1 cup tomato paste and 1 cup water)
- 1 tsp Worcestershire sauce
- 1 ½ Tbsp vinegar
- 1 ½ cups hot water
- 2 beef bouillon cubes

Brown meat. Add other ingredients and simmer. Serve over hot rolls.

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## Grammy Bick's Waikiki Meat Balls

- 1 ½ lbs ground beef
- ⅔ cups cracker crumbs
- ½ cup minced onions
- 1 egg
- 1 ½ tsp salt
- ¼ tsp ginger
- ¼ cup milk

Mix all ingredients together, shape into balls. Bake at 350 degrees for 20 minutes.

Waikiki Meat Ball Sauce:

- 2 Tbsp cornstarch
- Juice from can of pineapple chunks
- ½ cup brown sugar

- ⅓ cup vinegar
- 1 Tbsp soy sauce

Mix all, heat until thick, and then add pineapple chunks and meatballs. Serve hot. Note: add other chunks of veggies for variety.

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## meat sauce for spaghetti

- 1 onion, chopped
- 3 or 4 cloves garlic, minced
- olive oil
- 1 can mushrooms, rinsed well
- 1 can whole tomatoes
- 1 small can tomato paste
- 1/2 kg ground beef
- (1/2 green pepper, chopped, optional)
- salt, cayenne (or paprika), oregano, bay leaf, basil, parsley

Sauté onions and garlic in a small amount of oil. Add mushrooms. Add tomatoes and paste. (Perhaps you will need to add a small amount of water.) In another skillet, brown ground beef and drain off fat. Mix all ingredients together. Season to taste. Simmer uncovered for 30 minutes to an hour.

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## sweet and sour meatballs

*Peace Corps Tonga*

- 4 slices bread, coarsely crumbled
- 1 egg
- 250 g ground beef
- 2 teaspoons tomato sauce
- 2 teaspoons soy sauce
- pepper
- 1 onion, finely chopped
- 2 tablespoons milk
- 1/2 teaspoon salt
- 1/2 cup flour
- cooking oil

To make meatballs, mix all the above ingredients thoroughly except flour and oil. Make meatballs and roll in flour. Brown in oil.

- 1 pineapple, cut up (save juice)
- water
- 1/4 cup white vinegar
- 2 tablespoons brown sugar
- 2 tablespoons soy sauce
- 2 tablespoons corn flour
- 1/2 cup peas
- 1 green pepper, finely chopped

To make the sauce, combine pineapple juice with enough water to make 1+1/2 cups liquid. Add sugar, vinegar, soy sauce, and corn flour to make a paste. Add remaining ingredients. Simmer until

## MEAT CHICKEN FISH EGGS

thick and pepper is tender. Add meatballs to sauce. Heat and serve with rice.

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### barbecue meatballs

*Peace Corps Tonga*

1/2 kg ground beef  
1/4 cup breadcrumbs  
1/2 cup milk  
1/2 cup chopped onions  
1 teaspoon salt  
1/2 teaspoon pepper  
1/2 teaspoon oregano  
1 egg

Combine the above ingredients and form into 1" size meatballs. Brown in skillet and drain off excess fat. Add the following to the skillet:

1 large can (310g) tomato paste  
1/4 cup molasses  
1/4 cup brown sugar  
1/4 cup vinegar  
1 teaspoon sweet basil

Simmer (covered) for about 15 minutes to allow the flavor to blend. Delicious over rice or noodles.

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### barbecue sloppy joes

*Peace Corps Tonga*

6 small peppers (5 green, 1 red)  
2 small onions  
2 tablespoons butter  
1/2 kg ground beef  
1 tablespoon vinegar  
1 tablespoon Worcestershire sauce  
1 to 1+1/2 cups ketchup  
1/4 cup brown sugar  
1 tablespoon vinegar  
salt, pepper

Finely chop peppers and onions. Sauté them in butter until soft. Slowly add ground beef and brown. Pour off excess fat. Add vinegar, Worcestershire, ketchup, and brown sugar. Simmer mixture for 1 hour. Season to taste. Serve over bread.

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### meatloaf

1+1/2 lb. ground beef  
1 egg  
1 large onion, chopped  
salt and pepper  
1 cup tomato juice (or dilute tomato paste)  
2/3 cup oats

Mix all ingredients together in a bowl. (Best done with your hands.) Shape into a loaf and bake at 350°F (180°C) for 1 to 2 hours.

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### steak and beans

1 kg stew meat, cut into bite-size pieces  
2 onions, chopped  
2 cloves garlic, minced  
2 tablespoons oil  
1 large can beans (any kind)  
1 medium can tomato paste  
2 teaspoons cayenne  
1/2 teaspoon oregano

If stew meat is used, first cook until tender. Then quickly brown meat, onions and garlic in hot oil. Add the rest of the ingredients, stirring well. Add water if too thick. Simmer 20 minutes. Serve warm.

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### boeuf aux feuilles de manioc

750 g stew meat  
2 paquets de feuilles de manioc  
3 tablespoons palm oil  
piment, salt  
1/2 bowl of peanut butter

Cut meat into bite-size pieces. Boil in water to remove the juice. Cook manioc leaves in another pot. Heat palm oil. Brown meat at high heat. Turn down heat and continue cooking. Add the feuilles de manioc pilées, piment, and the remaining meat juice. Let simmer for an hour and a half. Mix the peanut butter with a small amount of water and add to mixture. Serve with manioc.

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### boeuf à la sauce tomate

1 kg stew meat  
1 clove garlic  
1 can peeled tomatoes  
3 tablespoons oil  
1 onion  
thyme, salt, piment, parsley

Wash the meat and cut it into pieces. Put it in a pot with some salted water. Cook for at least one hour. Separate the juice from the meat. Heat oil in another saucepan. Brown the meat. Add garlic, onion, and tomatoes. Mix well. Add reserved juice and seasonings. Let simmer for an hour and a half. Serve with plantains, banane pilée, or manioc.

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### beef curry

1 kg beef, cut into bite-size pieces  
3 tablespoons palm oil

## MEAT CHICKEN FISH EGGS

**2 onions, chopped**  
**1 teaspoon curry (or more, to taste)**  
**salt, piment**

Heat oil. Sauté onions until soft. Add meat, salt, and piment. Put the curry in a glass of water. Stir well and add all at once to the beef. Simmer for one hour.

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### beef bourguignon

**1+1/2 kg meat, cubed**  
**1 tablespoon butter**  
**2 tablespoons oil**  
**4 tablespoons flour**  
**1+1/2 cups red wine**  
**1+1/2 cups beef bouillon, hot**  
**salt, pepper**  
**2 tablespoons butter**  
**1 can mushrooms, rinsed well**  
**1 onion, chopped**  
**3 cloves garlic, minced and mashed**  
**1/2 teaspoon thyme**  
**1 tablespoon parsley**  
**2 or 3 bay leaves**

Sear the meat in 1 tablespoon butter and 2 tablespoons oil. Sprinkle flour over meat. Add wine, beef bouillon, salt, and pepper. In another pan, sauté mushrooms, onion, and garlic in 2 tablespoons butter. Sprinkle with thyme and parsley. Add bay leaves. Mix all ingredients together. Put in an oven safe pot. Cook in a medium oven for 1 hour (covered). This tastes even better the next day. It can be frozen for up to a month.

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### hash

*Peace Corps Gabon*

**1 can corned beef**  
**potatoes or sweet potatoes, boiled then diced**  
**1 onion, chopped**  
**salt, pepper**  
**(2 TBSP milk, optional)**  
**2-3 tablespoons butter or margarine**

Combine all ingredients, except butter. Melt butter in a skillet and add other ingredients. Cook 40-45 minutes, or until golden brown. If desired, break an egg over everything 10 minutes before done; cover and let cook.

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### corned beef burgers

*Peace Corps Zaïre*

**1 can corned beef**  
**1 egg**

**onions, finely chopped**  
**powdered potatoes or mashed potatoes**

Combine all ingredients. Season with black pepper and brown on both sides in hot oil. Serve with ketchup or barbecue sauce.

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### corned beef patties

*Peace Corps Tonga*

**1 can corned beef**  
**1 cup soft breadcrumbs**  
**1 tablespoon Worcestershire sauce**  
**1 egg**  
**1/2 cup milk**  
**1 cup flour**  
**1 cup oil**

Flake corned beef, add breadcrumbs and Worcestershire sauce. Form into patties. Mix egg, milk, and flour into a batter. Heat salad oil in a skillet. Dip corned beef patties into the batter and fry in oil until golden.

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### corned beef, cabbage and peppers

*Peace Corps Tonga*

**1 medium-sized head of cabbage**  
**1 large onion**  
**2 red bell peppers**  
**2 cans corned beef**  
**1 cup water**  
**4 drops Tabasco**  
**2 teaspoons soy sauce**  
**2 tablespoons vinegar**  
**1 teaspoon sugar**

Cut cabbage into 1" wide wedges. Slice onion in rings. Remove stems and seeds from peppers and slice them in 1/4" wide strips. Cut corned beef in thin slices. Using a Dutch oven or other heavy pan, arrange half the cabbage on the bottom; top with half the onion, peppers, and beef slices. Repeat layers using remaining ingredients. Combine water, Tabasco, soy sauce, vinegar, and sugar. Pour over foods in pan. Cover, bring to a boil, reduce heat and simmer gently until tender, about 30 minutes. Serve in wide soup bowls or deep plates.

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### breakfast burritos for the interior

**1 can of corned beef**  
**3 to 6 eggs, scrambled**  
**1 large onion**

**Mexican seasoning**  
**Tortillas**  
**Salsa**

Brown the corned beef as you sauté the onion. Add the scrambled eggs and seasoning and cook a little bit to mix. Serve on tortillas with salsa.

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## **lamb and eggplant ragout**

*Peace Corps Tonga*

- 2+1/2 lbs. (1 kg) eggplant**
- 1/2 to 3/4 cup oil**
- 1 medium onion, sliced**
- 1 lb. (500 g) ground lamb or lean beef**
- 2 cloves garlic, finely chopped**
- 1/8 teaspoon each: cayenne, nutmeg, and cinnamon**
- 1 teaspoon salt**
- 3/4 cup uncooked rice**
- 1/2 cup sliced, toasted almonds or cashews**
- 1/3 cup seedless raisins**
- 1 + 1/3 cup beef bouillon**

Pare eggplants; cut lengthwise into 1/4" thick slices. Heat 1 tablespoon of the oil in skillet over medium heat. Cook eggplant slices in oil, a few at a time, until golden, about 30 seconds on each side. Add remaining oil as needed to keep eggplant from sticking. Drain thoroughly on paper towels. Cook onion in 1 tablespoon oil until tender. Set aside. Mix lamb (or beef) with garlic and spices. Spread rice in lightly oiled shallow 9" x 13" baking dish. Layer 1/3 each of the eggplant slices, lamb mixture, almonds, raisins, and onions over rice. Repeat layers twice, ending with onion. Heat oven to 350°F (180°C). Pour beef bouillon over mixture and cover with foil. Bake until mixture bubbles and rice is tender, 35-45 minutes.

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## **Italian style liver**

*Peace Corps Tonga*

- 2 tablespoons fine dry breadcrumbs**
- 1 tablespoon Parmesan cheese**
- 1 teaspoon minced parsley**
- salt, pepper**
- 4 teaspoons wine vinegar or dry red wine**
- 6 slices liver**
- 4 teaspoons oil**

Combine crumbs, cheese, parsley, and seasoning and place on a plate. Pour wine into a shallow bowl. Dip each slice of liver quickly into the wine and then into crumb mixture, coating both sides. Sauté lightly and quickly in hot oil.

## **Chicken**

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### **roast chicken**

Use the largest chicken you can find (2+ kg). Clean the bird. Rub the inside and outside with garlic. Put garlic and onions inside the cavity. Then rub the chicken with butter (or margarine) and pepper. Bake at 350°F (180°C) for about 60 minutes, turning the chicken over after 30 minutes for even browning. For best results, baste chicken every 15 minutes with pan drippings.

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### **stuffed chicken**

- 1 chicken**
- 2 cups day-old breadcrumbs**
- 1/4 to 1/2 cup melted butter**
- 1/2 cup chopped onion**
- grated carrot (optional)**
- 1/4 cup chopped parsley**
- celery seed, salt, sage, tarragon, pepper, paprika, nutmeg**

Combine all ingredients and stuff chicken. Don't pack the dressing too much; it will expand while cooking. If you want more dressing, bake it in a casserole dish for approximately 1 hour. You can use beaten eggs or milk to make a moister dressing. Also good with chopped pecans or walnuts.

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### **Mertes' baked chicken**

*Peace Corps Gabon*

- 1 chicken**
- 1 or 2 cups flour**
- 3 or 4 cloves garlic, minced**
- 1 or 2 teaspoons salt**
- 1 teaspoon pepper**

Clean and cut up chicken. Combine remaining ingredients. Dip pieces into beaten egg (optional). Dip moist pieces into flour mixture and cover until well coated. Place pieces on a greased cookie sheet. Bake for approximately 60 minutes at medium heat.

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### **chicken teriyaki**

*Peace Corps Gabon*

- 1 kg poulet (not poule)**
- 1/4 cup honey**
- 1/4 cup Maggi Arome**
- 1 tablespoon minced fresh garlic**
- 1 tablespoon minced fresh ginger**

## MEAT CHICKEN FISH EGGS

Pierce poulet all over with the tip of a knife. Mix together remaining ingredients and pour over poulet, coating all sides. Cover and marinate at least 6 hours in fridge. Bake, basting with sauce, until tender. Serve with steamed rice.

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### honey chicken

*Peace Corps Tonga*

- 1 chicken, cleaned and cut
- 1/2 cup honey
- 1/2 cup prepared mustard
- 1 teaspoon salt
- 1 teaspoon curry powder
- 1/2 cup melted butter

Mix all ingredients but chicken in a flat pan. Add chicken and coat with sauce. Bake at 325°F (165°C) for 45 minutes, basting chicken with sauce once or twice.

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### DEVILED CHICKEN

- 1 chicken, cut up
- 1/3 cup flour
- 1/2 tsp pepper
- 1/2 tsp garlic salt
- 1/2 tsp mustard
- 2 tsp chili powder
- 1 chicken bouillon cube
- 1 cup boiling water
- 1 half-ounce tomato paste cans
- 1 TBSP sugar
- 1/2 tsp paprika
- 3 TBSP margarine

Mix flour, pepper, garlic, mustard, paprika, and chili powder. Dip chicken in skillet with melted margarine. Brown slowly. reduce heat. Mix bouillon cube, water, and another tsp chili powder and tomato paste. Add chicken. cover and simmer for 40 minutes. Remove chicken and make gravy: leave all drippings and sauce in the pan. Add a couple of TBSPs flour and mix with a fork. Add milk and stir well until desired consistency.

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### CHICKEN CACCIATORE

- 2 small chickens, sent to their deaths and thoroughly dismembered
- flour, salt, pepper, paprika
- olive or peanut oil
- 2 tsp butter or margarine
- 1 large onion, chopped
- 1 can o mushrooms, drained
- 2 cloves of garlic, minced
- 1 cup of wine or beer
- 1 can tomato paste
- 1 TBSP herbs

### 2 bay leaves

Mix flour, salt, pepper, paprika, and roll chicken in it. Sauté chicken in 4 TBSP oil, set it aside. In butter sauté onion and mushrooms until lightly browned. Add the garlic, alcohol, tomato paste, and spices. Return the chicken to the pan. Add salt n pepper if necessary. Simmer one hour or until tender.

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### FRIED CHICKEN FROM THE DIRTY SOUTH (good with coleslaw, y'all)

Chicken, cut up and rinsed

In one bowl: raw eggs, scrambled; a little milk

In another bowl: flour; salt and pepper; breadcrumbs (optional); garam masala (optional)

Heat up a big pot of oil two fingers deep. Dip the chicken twice into each of the two pre-prepared bowls and put it in enough hot oil to cover most of it. The oil should be over flame for 10-15 minutes to heat before putting in chicken. Cook 30 minutes, flip the pieces over, cook another 20 minutes. Keep a low flame. Chicken takes a long time to cook, so be patient. If you keep the flame low enough, you can avoid burning the chicken: BIG FLAME = BURNT, RAW CHICKEN. Patience. Cut open a piece to test.

After you've fried, save the oil and us it again! Strain out the leftover food bits.

This recipe is good with regular village chicken, but damn fabulous with the ready-to-cook, imported chicken you can buy in the Taouyah market.

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### YOGURT CURRIED CHICHEN

- 2 Tbsp mild curry paste (or 2 Tbsp curry powder and 1 Tbsp oil)
- 2/3 cup yogurt
- Lemon juice
- 1 cut up chicken

Combine curry yogurt and lemon juice. Coat chicken on both sides with mixture. Bake/Broil 12-15 minutes. Turn chicken and cook another 10 minutes. Add salt to taste.

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### Arroz Con Pollo

- 2 tsp oil
- 4 lbs chicken
- 1 cup rice
- 1 green pepper, finely diced
- 1 onion, finely diced

## MEAT CHICKEN FISH EGGS

**1/2 tsp chili powder**  
**2 large tomatoes**  
**1 tsp salt**  
**1/2 tsp pepper**  
**1 clove garlic, minced**  
**2 cups boiling water**

Preheat oven to 350 degrees. In a skillet, heat oil and brown chicken. When brown, transfer to casserole with tight fitting cover. In same skillet, brown rice. Turn rice into casserole with chicken. Add all other ingredients. Cover and bake for 40 minutes. Uncover, blend ingredients lightly. Taste and adjust seasoning. If moisture is not absorbed bake another 15 minutes uncovered.

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### Poulet Yassa (Senegal)

**3 to 4 lb chicken**  
**6 lemons, squeezed**  
**2 cloves garlic, minced**  
**6 onions, sliced in rounds**  
**1 or 2 red peppers or 1/4 to 1/2 tsp. cayenne**  
**4 to 6 Tbsp oil (Africans use more oil)**  
**bay leaf**  
**salt and pepper to taste**  
**cooked rice for 4-6 people**

Wash and dry chicken, and cut into pieces. Marinate chicken in mixture of lemon juice, onions, garlic and 2 to 3 Tbsp of the oil for several hours, turning occasionally as that all parts are covered. Remove chicken and grill, broil, or braise until all pieces are lightly browned on all sides. Drain onions and garlic, but retain the marinade. Use a heavy casserole, Dutch oven, or fryer chicken; sauté onions and garlic in the remaining oil until soft. Add chicken, bay leaf, peppers or cayenne, salt and pepper. Simmer until chicken is tender (1 to 1 1/2 hours) or bake covered in medium (325 degree) oven. Add marinade now and then so the at the mixture remains moist. Serve over hot rice.

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### Yassa Au Poulet

**1 chicken, cut up**  
**8 Tbsp. lemon juice**  
**2 Tbsp vinegar**  
**1/2 cup oil**  
**pinch of dry piment**  
**1/2 cup water**  
**3 large onions**  
**1 tsp. salt**  
**1/2 tsp. pepper**

Put chicken in a bowl with 2 Tbsp. oil, vinegar, lemon juice, salt, pepper, and piment to marinate for 1/2 to 1 hour. Heat the remaining oil in a skillet or marmite and sauté chicken until brown. Remove and set aside. Sauté onion until yellow.

Add marinade, chicken, and 1/2 cup water. Cover and cook until tender.

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### Chicken in Orange Sauce

**6 chicken pieces**  
**3 Tbsp flour**  
**salt and pepper**  
**oil for frying**  
**2 cups orange juice**  
**2 Tbsp white vinegar**  
**2 Tbsp brown sugar**  
**1 tsp grated nutmeg**  
**2 cloves garlic, crushed**  
**2 segmented oranges**

Coat chicken in seasoned flour. Fry in hot oil until golden brown on both sides and transfer to casserole. Add orange juice, vinegar, sugar, nutmeg and garlic. Cover and simmer for about 45 minutes. Garnish with orange segments and cook another 5 minutes.

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### orange chicken

*Peace Corps Tonga*

**1 chicken**  
**1 cup orange juice**  
**1 small onion**  
**1 cup breadcrumbs**  
**1 teaspoon salt**  
**1/2 teaspoon pepper**  
**1 teaspoon oregano**

Combine orange juice and onions in a shallow baking pan. Marinate chicken in this mixture 2+ hours in the fridge. Combine breadcrumbs, salt, pepper, and oregano and pour over chicken. Dot chicken with butter and bake in oven until brown.

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### baked chicken parmesan

**1 chicken, cleaned and cut**  
**1 onion, chopped**  
**4 cloves garlic**  
**2 teaspoons mustard**  
**(1 to 2 teaspoons Worcestershire, optional)**  
**1/2 stick butter or 1/2 cup oil**  
**2 cups breadcrumbs (or flour)**  
**salt, pepper, cayenne**  
**1/2 cup Parmesan (or any available cheese)**

Preheat oven to 350°F (180°C). Sauté onions and garlic in butter about 5 minutes. Remove from heat and stir in mustard, Worcestershire, pepper, and cayenne until well blended. Dip chicken in sauce, then roll in breadcrumbs. Arrange in baking dish. Pour remaining sauce over chicken.

## MEAT CHICKEN FISH EGGS

Bake 50 to 60 minutes. Sprinkle with cheese the last 10 minutes.

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### chicken cacciatore

6 or 7 chicken breasts  
flour, salt, pepper  
butter or oil for frying  
2 green peppers, sliced  
1 large onion, sliced  
1 can mushrooms, drained and rinsed  
oregano, basil, thyme, parsley  
1 large can tomatoes  
1+1/2 to 2 bouillon cubes

Combine flour, salt, and pepper. Dredge chicken in flour mixture. Brown chicken in a small amount of butter or oil. Set aside. Sauté green peppers, onions, and mushrooms. Season with spices and add tomatoes. Let simmer 7 minutes. Pour over chicken in 9" x 13" pan. Cover with foil. Bake at 350°F (180°C) for 25 minutes or until chicken is just done.

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### yogurt chicken

1 chicken, cut up  
2 or 3 cloves garlic  
1/2 teaspoon fine herbs (basil, oregano, etc.)  
1/4 teaspoon pepper  
3 cups plain yogurt  
3 tablespoons lemon or orange juice  
1+1/2 teaspoons soy sauce (or Maggi)  
2 onions, chopped  
3/4 teaspoon ginger  
(1/2 teaspoon cinnamon, optional)  
(1/2 teaspoon cloves, optional)

Rub chicken with garlic, herbs and pepper. Combine remaining ingredients in a large bowl. Add chicken, turning to coat. Cover and marinate at least 1 hour (if possible, overnight). Preheat oven to 350°F (180°C). Remove chicken from marinade and place in baking dish. Bake 30 minutes, basting occasionally with marinade. Turn chicken and bake another 30 minutes, or until browned.

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### groundnut chicken

1/2 cup peanut oil  
1/2 teaspoon cayenne or piment  
1 cup peanut butter  
1 cup tomato paste  
1 chicken, cut  
1/2 cup water

Heat oil until very hot. Add cayenne and stir. Heat for a few minutes. Brush on chicken. Mix

remaining oil with peanut butter and tomato paste to make a thick sauce. Spread on chicken and bake or broil about 45 minutes, basting with sauce. Thin down the sauce with water and serve with couscous.

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### Cuban beer chicken

1 kg chicken thigh, cut up  
3 cups rice, sorted and washed  
3 chicken bouillon cubes  
1 onion, diced  
1/2 jar pitted green olives  
3 cups (about one 660 ml bottle) beer  
1/4 teaspoon turmeric (essential)  
oil

Boil chicken until done, and save the broth. In a medium pot, cook onions until clear. Add bouillon cubes, crushed. Add rice, fry briefly. Add beer to rice. Add 2 to 3 cups chicken broth, according to preference. Add chicken, olives, and turmeric. Cook over low flame until rice is done.

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### chicken tetrazzini

1 boiled, deboned chicken  
250 g spaghetti, cooked  
1 can of mushrooms, drained and rinsed  
salt, pepper, cayenne  
3 tablespoons butter  
2 tablespoons flour  
2 cups chicken broth  
4 heaping tablespoons powdered milk  
(3 tablespoons dry white wine, optional)  
grated Parmesan or Emmental

Preheat oven to 375°F (190°C). Put the cooked spaghetti in the bottom of a greased 9" x 13" pan. To make the white sauce, melt the butter. Whisk in flour and make a thick paste. Add chicken broth and powdered milk. Blend well and cook over low heat, stirring frequently. Remove from heat, add wine. Add chicken and mushrooms to sauce. Pour mixture over spaghetti. Sprinkle with cheese. Bake in oven until cheese is melted and dish is lightly browned. You can substitute turkey for chicken.

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### turkey nyembwe

*Peace Corps Gabon*

4 pieces turkey legs  
4 cups (approx) palm nuts  
1 onion, sliced  
1 head garlic cloves, smashed  
1 piment, minced  
1 chicken bouillon cube  
1 small can (70g) tomato paste

**1 teaspoon ground okra**

Put palm nuts in pot and cover with water. Cook until very tender. Pilez in mortar. Put piléed nuts back in cooking liquid and cook until soft. Strain. Add to remaining ingredients in casserole and cook until meat is tender. Season with salt and pepper.

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**chicken with lemon,  
tomatoes, and onions**

*Peace Corps Gabon*

**thighs and drumsticks from 1 chicken**  
**1 lemon**  
**2 tomatoes, chopped**  
**2 onions, chopped**  
**spoonful of minced garlic**  
**2 tablespoons red vinegar**  
**2 tablespoons mustard**  
**basil, pepper**  
**butter**

Squeeze lemon thoroughly. Remove seeds from juice. Marinate chicken in lemon with pepper and basil (as much as you can afford) until you need it. Sauté onions and garlic in a little butter over high heat, until golden brown and tender. Remove to a plate. In same skillet, with a bit more butter, sear chicken on both sides until brown. Return onions to skillet. Turn down heat. Add a tablespoon butter; stir in mustard, vinegar, and lemon juice. Add tomatoes and a lot of pepper. Cover and simmer until chicken is no longer pink (about 20 minutes). Serve over couscous. Serves 1 with leftovers for one other meal. Also good with garlic bread.

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**chicken curry**

**1 chicken, cleaned and cut**  
**salt, pepper**  
**2 tablespoons oil**  
**2 onions, sliced**  
**1 green pepper, chopped**  
**2 tomatoes, chopped (or 1 can tomato paste)**  
**2 cloves garlic, minced**  
**1 piment**  
**2 teaspoons curry**  
**salt, pepper**

Heat oil. Salt and pepper chicken. Brown chicken in oil for about 20 minutes. Remove chicken and add remaining ingredients. Bring to a boil. (Add a little water if necessary.) Put chicken back in pot, cover, and simmer for 45 minutes.

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**chicken in red cumin sauce**

**1 chicken, cleaned and cut**  
**1 large can tomatoes**  
**1 medium can tomato paste**  
**2 onions, chopped**  
**3 cloves garlic, minced**  
**1 teaspoon cumin**  
**salt, pepper, cayenne**

Combine all ingredients except chicken. Let sauce simmer for about 30 minutes. Add chicken and cook another 30 minutes. Serve warm with rice, manioc, taro, etc.

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**chicken vindaloo**

**1/2 cup vinegar**  
**1/2 teaspoon ground cloves**  
**1/4 teaspoon ground cinnamon**  
**1/2 teaspoon turmeric**  
**1 teaspoon ginger (or 1 tablespoon fresh)**  
**1 teaspoon black pepper**  
**1/2 teaspoon red pepper**  
**1 tablespoon mustard**  
**1 tablespoon cumin seed**  
**2 tablespoons ground coriander**  
**3 chilies, cut and seeded**  
**2 large onions, finely minced**  
**4 garlic cloves, minced**  
**3 lbs. chicken, cut up**  
**salt to taste**  
**water**

Mix spices together. Sauté onions and garlic in oil. Add spice mixture and cook 5 minutes. Add chicken and about 1/2 cup water. Cover and simmer until done. Salt to taste. Serve with white rice and lots of water.

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**Tunisian chicken**

*Peace Corps Gabon*

**chicken (enough for 2 servings)**  
**1 or 2 tablespoons olive oil**  
**2 medium onions, sliced**  
**1 large bell pepper, sliced**  
**1 teaspoon minced garlic**  
**2 teaspoons ground coriander**  
**1 tablespoon mint**  
**2 tomatoes, sliced (canned will work if you don't have fresh)**  
**4 tablespoons red wine vinegar**  
**black pepper to taste**

Wash and pat chicken parts dry. Heat oil in a skillet and sear chicken until golden. Add onions, green pepper, garlic, and coriander. Cook and stir for 7-10 minutes, until vegetables are soft. Add mint, vinegar, and pepper. Simmer for 15 minutes.

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Add tomatoes and cook for a few more minutes to soften tomatoes. Serve over couscous.

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### chicken with épinards

**1/2 kg chicken, washed and cut**  
**1 onion, thinly sliced**  
**1 Maggi cube, crumbled**  
**1/2 cup oil**  
**1/2 cup water**  
**1 bunch épinards, shredded**  
**3/4 can whole peeled tomatoes**  
**1/4 cup water**  
**salt to taste**

In a saucepan, combine the chicken, onion, Maggi cube, and oil. Cover and cook for a while. Then add 1/2 cup water, stir, and cook for a while longer. Meanwhile, shred the épinards by gathering them in a bunch in one hand and shredding the bunch with your other hand. Add the shredded leaves and the tomatoes. Bring to a boil, then simmer to incorporate everything. Add 1/4 cup water if necessary, and salt to taste. Cook until the chicken is no longer pink. Serve with manioc, rice, or tubercule.

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### fried chicken

**1 chicken, cleaned and cut**  
**2 eggs**  
**1 cup flour**  
**1/4 teaspoon salt**  
**1/8 teaspoon pepper**  
**oil for frying**

Beat eggs and keep them in a separate bowl big enough to soak 1-2 pieces of chicken. In another bowl (or plastic bag), mix flour, salt, and pepper. Put oil in a frying pan until it's approximately 2 cm in depth. Heat over a medium flame. Dip pieces of chicken in beaten eggs, then roll (or shake) them in the flour mixture. Make sure chicken is completely covered with flour. Place chicken in hot oil. Don't turn pieces until after the first five minutes of cooking. Turn regularly to prevent burning. Cook for 25-30 minutes or until chicken is cooked through. Place on paper towels to drain.

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### poulet nyembwe

**1 chicken, cleaned and cut**  
**3 kg palm nuts**  
**2 large yellow piments**  
**4 Maggi cubes**  
**1 large tomato, sliced**  
**onion, garlic, salt, bay leaf**

Extract palm oil from nuts. (Have a local show you how.) Sauté onion and garlic in palm oil. Add piment, tomato, salt, and Maggi cubes. Simmer for 45 minutes. Fry chicken until brown. Add chicken to sauce. Serve with banane pilée, rice, or banane mûre.

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### ginger cream chicken

**1 chicken, cleaned and cut**  
**3/4 cup flour**  
**1 teaspoon salt**  
**1/4 teaspoon pepper**  
**1+1/2 teaspoons ginger**  
**6 tablespoons butter or oil**  
**2 onions, chopped**  
**1 clove garlic, minced**  
**3 tablespoon flour**  
**1+1/2 to 2 cups milk or water**

Combine 3/4 cup flour with salt, pepper, and ginger. Coat chicken pieces well. Heat butter or oil and fry chicken until golden. Remove chicken when done but keep warm. Sauté onions and garlic 2 or 3 minutes. Remove from heat and add 3 tablespoons flour. Stir constantly until it begins to thicken. Put back on heat and add milk while stirring. Add enough to make a medium thick sauce. Add 2 teaspoons ginger; salt and pepper to taste. Pour sauce over chicken and serve.

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### chicken Tchibanga

*Peace Corps Gabon*

**the breasts of three chickens (skinned, boned, and halved)**  
**1 onion, finely minced**  
**1 spoonful of minced garlic, or more**  
**a handful of local greens**  
**half a "stick" of butter**  
**1 egg beaten with 1 tablespoon water**  
**1/2 cup flour**  
**1/2 cup breadcrumbs**  
**1 tablespoon butter**  
**1 tablespoon palm oil**

Rinse and dry chicken. Pound each breast flat by placing under a Tupperware® lid and hammering with a meat mallet, hammer, or rock. Sprinkle with salt and pepper. Chop greens and sauté in a little butter with garlic and onions. Place a spoonful of this mixture in the center of each piece of chicken. Place a spoonful of butter on each piece as well. Roll up breasts, sealing the filling inside by pressing the edges. Secure with toothpicks. Coat each roll with flour, then dip into egg mixture, then coat with breadcrumbs (to make your own, slice bread thinly, toast, and smash; add basil, oregano, parsley). Melt butter in a skillet; add oil. Brown

## MEAT CHICKEN FISH EGGS

chicken over medium-high flame, then simmer for 20 minutes (or, if you have a functioning oven, bake at 400°F/205°C for 20 minutes). Spoon drippings over rolls. Serves 6.

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### Italian stir-fry chicken

**1 or 2 chickens, boiled and deboned**  
**3 tablespoons olive oil**  
**2 cloves garlic**  
**3 onions, chopped**  
**(1/2 cup green pepper, optional)**  
**1 large can tomatoes**  
**1/2 teaspoon lemon or lime juice**  
**salt, pepper, cayenne, oregano**

Heat oil until very hot in a large skillet. Add garlic, onions, and green pepper. Add chicken. Stir fry for 1 minute. Add tomatoes and seasonings. Cook another 10-15 minutes. Serve with rice, couscous, manioc, etc.

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### Chinese stir-fry chicken

**4 boneless chicken breasts, cut into small, even pieces (1" x 1")**  
**pepper**  
**1/2 teaspoon ground ginger**  
**1 tablespoon soy sauce**  
**1 teaspoon cornstarch**  
**1 tablespoon peanut oil (plus more for stir frying)**  
**2 or 3 fresh vegetables of your choice, chopped: cabbage, carrots, bean sprouts, broccoli, mushrooms, green pepper, snow peas, tomatoes, etc.**

Add the following ingredients to chicken, one by one, mixing well after each addition: pepper, ginger, soy sauce, cornstarch, and peanut oil. Let stand for 15 minutes. In a large saucepan, sauté garlic and onions in a small amount of oil until transparent. Remove from skillet. Stir fry chicken in a small amount of oil. This needs to be done quickly, on high heat. Do not overcook. Remove from skillet when chicken is no longer pink. Save juice. Now stir fry vegetables in small amounts of oil. Begin cooking those which take the longest to cook (e.g., carrots, broccoli) and end with those which don't need much cooking. Do not overcook the vegetables. They should be crisp, not soggy. Season with pepper, soy sauce, and salt. Add chicken, onions, and garlic and mix. Correct seasoning and serve immediately over rice. This recipe can also be adapted to beef or pork.

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### tandoori chicken

*Artists' Colony, a South African restaurant*

**4 large chicken breasts, skinned and boned**  
**2 cups plain yogurt**  
**1 tablespoon tandoori chili mix**  
**2 tablespoons olive oil**  
**3 tablespoons butter**  
**1 tablespoon garam masala**  
**2 tablespoons ginger and garlic paste**

Combine yogurt, chili mix, and olive oil for a marinade. Pour marinade over chicken and marinate in the refrigerator about 10 hours. Grill chicken and baste with marinade. Combine butter, garam masala, ginger and garlic in a sauce. Cook sauce and serve on top of grilled chicken.

## Fish

### Hints for Fish

- ★ To prevent fish from sticking to frying pan, add 1 tsp. salt to oil or fat before frying.
- ★ Fish can be fried without flour. Just make sure to have it very dry, so that the grease won't spatter and burn you. It's easiest to fry fish in a Teflon pan as it has a tendency to stick in any other type skillet.

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### basic baked fish

Lightly grease a shallow baking pan with oil or butter. Slit the sides of the cleaned fish. Place it in the pan. Dot it with butter. Place slivers of garlic in the slits. Add salt, pepper, and lemon. Season to taste with your choice of thyme, rosemary, onions, parsley, paprika, and basil. If you wish, pour a sauce over the fish (tomato, white, etc.). Bake at 350°F (180°C) for 20-40 minutes, depending on the size of the fish.

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### baked fish in tomatoes

*Peace Corps Tonga*

**1 kg fish, cleaned and filleted**  
**chopped parsley**  
**2 tablespoons breadcrumbs**  
**2 or 3 cloves garlic, crushed**  
**salt, pepper**  
**2 or 3 tomatoes (fresh or canned)**  
**1/2 pint olive oil**  
**4 tablespoons dry white wine**  
**2 tablespoons tomato paste**  
**juice of 1 lemon**

Clean, wash, and cut the fish into portions. Sprinkle with salt. Mix the chopped parsley with breadcrumbs and garlic. Add salt and pepper to taste. Put a layer of the parsley mixture in a greased Pyrex dish and lay the fish cutlets on top.

Cover with the rest of the parsley mixture. Peel and slice the tomatoes and place on top. Blend the oil, wine, tomato paste, and lemon juice and carefully pour over all. Cook in a moderate oven for 30-40 minutes.

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## baked fish nicosia

*Peace Corps Gabon*

1/2 cup olive oil  
4 garlic cloves  
pinch of cayenne  
salt  
2 teaspoons cumin  
2 teaspoons basil  
3 cups breadcrumbs  
1 kg white fish  
3 tomatoes  
2 garlic cloves, pressed  
1/2 cup chopped parsley  
1/4 cup lemon juice  
salt, pepper

Heat the oil, then add the garlic and spices. Add the breadcrumbs and stir till they are coated in oil and mixed with the spices. Sauté until golden brown. Set aside. Place the fish in an oiled baking dish. Top with the tomatoes, garlic, parsley, lemon juice, salt, and pepper. Sprinkle with breadcrumb mixture. Bake for 20 minutes, or until fish gets flaky, at 350°F (180°C).

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## patrani machi

*Peace Corps Gabon*

1 cup grated coconut  
2 small chilis  
3 crushed garlic cloves  
1 tablespoon ginger root, peeled and minced  
1/2 cup parsley  
1/4 cup lime juice  
1/2 teaspoon salt  
1 kg firm fish fillets  
6 to 8 banana leaf pieces  
1/4 cup melted butter  
2 tablespoons lime juice

This is Bombay style fish. Preheat oven to 350°F (175°C). Blend the first 7 ingredients together, adding water if necessary, to make a chutney. Put a piece of fish on a leaf and spread it with a generous spoonful of the chutney. Fold the leaf and tuck in the edges to make a packet. Place them in a dish and drizzle with butter and lime juice. Bake for 30-40 minutes.

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## CEEB U JEN

fish and paste:  
2 bunches parsley  
2 or 3 scallions or 1 bunch of chives  
2 large onions  
4 cloves of garlic  
2 TBSP soy sauce  
salt, pepper, oil  
3 or 4 lbs of whitefish  
stew and rice:  
2 or 3 onions  
3 or 4 hot peppers  
3 TBSP soy sauce  
4 oz tomato paste  
4 carrots  
1 small cabbage  
2 eggplants  
2 sweet potatoes  
1/2 cup rice per mouth to feed

Puree paste ingredients. Cut deep slits in fish and stuff with puree. Fry fish in oil. Drain fish and pour out all but a few TBSP oil. To fish oil add onions, soy sauce, tomato paste, and 6 cups of water. Chop up vegetables and drop into a pot--cook until tender. Add fish for several minutes, remove fish and vegetables and keep warm. Add rice to leftover broth. Depending on amount of rice, you may need to add water (remember 1 cup o rice needs 2 cups o water). Cook rice until tender. To serve, spread rice in a large bowl and add fish and vegetables on top.

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## STEPHANIE'S MOM'S TUNA CASSEROLE

2 six oz cans o tuna  
1 cup cooked macaroni  
1.25 cups shredded sharp cheddar cheese  
1.5 cups corn flakes  
1 cup milk  
2 eggs slightly beaten  
1/2 cup chopped green pepper  
1 TBSP chives  
1 tsp salt  
1 tsp salt  
1/4 tsp pepper  
2 cups crushed corn flakes  
1 TBSP melted and clarified butter (Belgian virgin heifer's milk, double-churned)  
1/4 tsp paprika

Heat oven to 351 degrees Fahrenheit. Combine tuna, macaroni, 1 cup o cheese, cornflakes, milk, eggs, green peppers, chives, salt, and pepper. Spoon into a shallow baking dish. Mix the 2 cups of crushed corn flakes and the remaining 1/4 cup o cheese with the butter and paprika. Sprinkle over

## MEAT CHICKEN FISH EGGS

the top of the tuna mixture. Bake uncovered for 40-45 minutes until crumbs are lightly browned.

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### Harris Bostic's Mango and Smoked Fish

- 6 or 7 ripe mangoes
- 1 1/2 cups boned, smoked fish
- 2 small onion, chopped
- palm oil
- 1 piment, diced
- salt, to taste
- 1 Maggi cube

Peel mangoes and boil in water until soft, but not too mushy. Heat oil in pot, and add remaining ingredients. Then add mangoes, and bring to a boil; simmer until well done.

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### Tuna Melt

- Can of tuna
- Bread
- 1 tomato
- 2 small onions
- Bama
- 2-3 cloves garlic
- 1 green onion (great substitute for green pepper)
- 2-3 wedges of Vache or Happy Cow
- Salt and pepper

Fry up onion (rings) and garlic. Put them on bread with tuna, and cheese on the sides (for meltage), tomatoes, etc. Butter outside of bread and heat up!

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### TANGY MANGO FISH

- 1 cup diced mango
- 3 scallions, thinly sliced
- 1 jalapeno pepper, seeded and finely chopped
- 1 lime, cut in half
- 2 shallots, very thinly sliced
- 1 lb. Haddock, cod or grouper fillets

In a bowl, combine mango, scallions, half of the chopped jalapeno and half the lime juice. Add salt to taste. Set aside.

Preheat oven to 450F. Coat a baking dish large enough to hold the fish with nonstick cooking spray. Lay the fillets in the dish. Sprinkle with shallots and the remaining chopped jalapeno. Squeeze the remaining lime over the top. Sprinkle with salt.

Bake until the blade of a knife pierces the fillets easily and the fish flesh is no longer translucent, about 10 minutes.

\*\*Mango and jalapeno get along swimmingly in this fast seafood supper. Serve with white rice mixed with black beans and tossed green salad.

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### TUNA SALAD

- 2 cans tuna, drained
- Mayo
- Lemon juice
- Chopped onion
- Hard boiled egg
- Carrot
- Salt/pepper

Mix together.

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### SOUPE SAUCE

- 3 fresh fish
- 1 jumbo Maggi
- 1 small tomato paste
- 5 small onions
- 2-4 cloves garlic
- Oil
- Salt/pepper
- Piment

Clean and cut fish into chunks. Heat oil in a marmite, when it is really hot, lay in fish gently (there should be enough oil to almost cover the fish). Cook fish on each side for a few minutes. When it is cooked thoroughly, remove from oil. Mix 1 can of tomatoes paste with some water. Add onions, garlic, pepper, and Maggi. Add this to the hot oil. Add about 1 liter of water. Boil rapidly for 5-10 minutes. Add fish and piment (fresh and whole) and cook for another 5-10 minutes. Serve on rice, of course.

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### Fish Cakes

- 2 cups cooked fish
- pepper
- 1 onion, chopped
- 2 cups mashed potatoes
- 1 beaten egg

Mix ingredients and form cakes. Fry in hot oil until brown.

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### Fish in White Sauce

- 4-5 cups milk, or 3 cups Gloria and 2 cups water
- 1/2 cup margarine
- filleted fish

**1 large onion, sliced**  
**salt and pepper to taste**

Roll fish filets and attach with thread. Sauté onions in margarine until tender. Add milk and fish. Cook about 20 minutes, or until fish is done. Garnish with parsley if available and serve over rice.

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## Tuna and Veggie Pot Pie Mix

**2-3 eggplants**  
**1-2 onions**  
**3-4 cloves garlic**  
**3-4 large potatoes**  
**1 cans peas**  
**¾ cup milk**  
**1 can tuna (optional)**  
**2 cups water**  
**1 chicken Maggi cube**  
**2 Tbsp oil/butter**  
**2 Tbsp flour**  
**salt, pepper, etc.**

Dice potatoes and then boil them in 2 cups water with peas (drain the peas first) and the chicken Maggi cube. Meanwhile, chop the eggplant, onion and garlic and add desired spices. When the potatoes are tender, remove from heat and set aside. Sauté veggies and spices in oil. Then add flour and make a paste. Pour veggies and milk into the potatoes, peas and water. Add the tuna. Cook over medium heat until it starts to bubble and thicken. Let thicken to desired consistency. Serve hot over biscuits, breads, etc. Will keep overnight but not much longer.

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## stuffed and baked poisson rouge

**6 tablespoons butter**  
**1 small can sliced mushrooms, drained and rinsed**  
**2 onions, finely chopped**  
**1/2 cup breadcrumbs (grated stale bread)**  
**1/2 teaspoon rosemary**  
**1/2 teaspoon pepper**  
**1/2 teaspoon salt**  
**(2 or 3 tablespoons white wine, optional)**  
**1 poisson rouge (1 to 1+1/4 kg)**

Preheat oven to 400°F (205°C). Melt 5 tablespoons of butter in a skillet. Add the mushrooms and onions and sauté for about 10 minutes. Mix in the breadcrumbs and seasonings. Fill the cavity of the fish with stuffing and skewer or sew it closed. Brush the fish with leftover butter and some wine, if desired. Bake for 30 minutes, basting at least twice with butter.

---

## poor folks' fried fish

**fish**  
**flour**  
**salt and pepper**  
**oil**

Put flour on a plate. Season with salt and pepper. Roll a cleaned fish in the flour until it's completely covered. Heat oil (about 3/4"). Carefully place fish in frying pan. Cook fish completely on one side before turning (about 3 or 4 minutes). Turn fish and finish cooking. Remove from oil and drain on paper towels.

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## rich folks' fried fish

**fish**  
**1 or 2 eggs, beaten**  
**seasoned flour, breadcrumbs, or cornmeal**  
**oil**  
**salt, pepper**

Dip fish in the egg, then roll in flour. Place in preheated oil and fry on both sides until crisp and nicely browned. Remove and drain on paper towels. Salt and pepper to taste.

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## batter fried fish

**1 cup flour**  
**1 egg**  
**1 teaspoon sugar**  
**1 teaspoon baking powder**  
**1 teaspoon salt**  
**1 teaspoon seasoned salt**  
**3/4 cup water**

Combine all ingredients and mix well. Dip fish in batter before frying.

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## Malian style fish

*Peace Corps Gabon*

**fish**  
**oil**  
**ripe plantains**  
**1 big African onion**  
**2 or 3 cloves garlic**  
**1/2 chicken Maggi cube**  
**salt, onion salt, pepper**

Clean fish. Heat oil in a skillet (1/2" deep). Salt and fry fish until brown. Drain. Pour out most of the oil and save for frying plantains. In remaining oil, sauté onion and garlic. Add pepper, onion salt. When onions are soft, add 1 cup water and 1/2 Maggi cube. Add lemon or lime peel. Put fish back in and simmer, turning occasionally. Heat the rest of the oil and fry sliced plantains until soft.

If you fry them slowly they'll be more like those at the marché. Serve over rice.

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## fish cakes

- 2 onions, chopped
- 2 cloves garlic, minced
- 1 can tomatoes
- 1 small can tomato paste
- 1/2 teaspoon pepper

Combine all ingredients for sauce. Cook over low heat for 20 minutes.

- 1 kg boneless fish
- 2 eggs beaten
- 1 clove garlic
- 2 teaspoons salt
- 1/2 teaspoon cayenne
- 2 tablespoons cornstarch
- (1 teaspoon prepared mustard, optional)
- (1 tablespoon mayonnaise, optional)
- (polenta or flour, salt, cayenne pepper, black pepper)
- 1 cup oil for frying

While sauce is cooking, prepare cakes. Poach fish in water (just enough to cover fish) until tender. Drain. Chop fine. Add eggs, garlic, salt, cayenne, and cornstarch. Add mayonnaise and mustard, if desired. Form into 3" cakes. Roll the cakes in polenta or flour seasoned with pepper, if desired. Heat oil. Fry cakes until golden brown on both sides. Serve cakes with sauce.

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## fish balls

*Peace Corps Gabon*

- 1 kg boneless fish
- day-old bread (for breadcrumbs)
- 1 or 2 eggs
- 1 onion, finely chopped
- 2 or 3 cloves garlic, minced
- chopped parsley (beaucoup)
- salt, pepper, cayenne
- oil for frying

Buy a big fish. Clean it and scrape the flesh from the bones. Discard the skin. To make breadcrumbs, reheat some day-old bread in the oven. Then break into fairly small chunks. The bread should be hard and brittle. Roll the chunks with a rolling pin. Mix all ingredients except oil. If mixture still seems too dry and balls don't hold together, add another egg or a little milk. Form balls. For even browning, roll in cold oil. Heat about 1/2" oil in a Teflon skillet. Brown several balls at a time, turning them when necessary. When done, remove from skillet and drain well on paper towels. Best served piping hot. Serve with jambalaya and a green salad or coleslaw.

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## poisson aux épinards

- 1 large fish, cleaned and cut
- 3 tablespoons oil
- 1 onion, chopped
- 2 or 3 cloves garlic
- 1 small can tomatoes
- spinach leaves
- salt, piment

Heat oil. Add fish, garlic, and onion. Add a glass of water and cover. Let simmer 15 minutes. Add tomatoes. Wash and cut the spinach. Add to fish and tomatoes. Let cook another 5-10 minutes. Season to taste.

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## poisson à la tomate

- 3 medium fish
- 3 lemons
- 3 cloves garlic, minced
- 2 onions, chopped
- 4 tablespoons oil
- 1 can tomatoes
- salt, pepper, piment

Clean fish and cut into pieces. Season it with salt and piment. Add the juice of 2 lemons mixed with 2 cloves of garlic. Marinade fish in lemon juice in the refrigerator for 4 or 5 hours, turning occasionally. Sauté onions and remaining garlic in oil. Add tomatoes, bring to a boil, and cook 10 to 15 minutes. Place drained fish into oiled baking dish. Cover with tomato sauce. Bake in preheated oven 20 to 30 minutes or until bubbly.

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## poisson au citron

- fish
- 1 onion, chopped
- 1 lemon, juiced
- salt, piment

Clean and wash fish. Cut it into slices if it's big. Place in casserole. Add onion, lemon juice, salt, and piment. Pour in about 1 liter of water. Gently cook (simmer) for about 20 minutes, or until fish is done.

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## lemon cold fish

- 1 kg firm, white fish
- 1/4 cup peanut oil
- 1 clove garlic, minced
- juice of 2 lemons
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 2 teaspoons curry powder
- 1/2 cup minced parsley

## MEAT CHICKEN FISH EGGS

Put oil into a large skillet and sauté garlic for 3 minutes over medium heat. Put fish in pan. Mix together remaining ingredients and pour over fish (adding a little water if needed). Cover pan. Turn down heat. Poach gently until fish flakes easily when tested with a fork. Let cool. Transfer fillets to a serving platter. Chill for 30 minutes before serving.

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### fish curry

- 1/2 kg any white, firm fish
- 4 tablespoons vinegar
- 1 teaspoon sugar
- 1 teaspoon curry
- 1/2 teaspoon cayenne
- 2 tablespoons peanut oil
- 1 onion, chopped
- 1+1/2 cups tomato sauce
- 1/2 bell pepper, seeded and sliced

Clean and debone fish. Then cut into serving pieces and lay in a shallow baking dish. Mix ingredients for marinade (vinegar and spices) and pour over fish. Let marinade for 1 hour. Sauté onions in peanut oil until yellow. Add tomato sauce and green pepper. Simmer gently for 10 minutes. Add fish and marinade. Simmer for another 15 minutes or until fish is tender.

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### fish stew

- 3 potatoes, peeled and cubed
- 2 sweet potatoes, peeled and cubed
- 1/2 cup oil
- 1 onion, chopped
- 1 small can tomato paste, diluted with 1 cup water
- 1 kg deboned fish, cut into bite-size pieces
- 1/2 head cabbage, shredded
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 bay leaf

In heavy stewpot, sauté potatoes in oil until brown. Remove potatoes and set aside. Add onions and sauté until yellow. Add tomato sauce, fish, spices, and 3 cups water. Simmer until all ingredients are tender.

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### eggplant and fish stew

- 1/2 kg fish (fillet of sole is recommended), seasoned with salt and pepper
- 1 large eggplant, peeled and diced
- 1 onion, chopped
- 1 can tomatoes
- 1+1/2 teaspoon salt
- 1/2 teaspoon cayenne (or less)
- 1 cup water

### 2 tablespoon peanut oil

Preheat oven to 350°F (180°C). Combine eggplant, onion, tomato, and spices with water in a stewpot. Cover and simmer until vegetables are tender. Remove from heat and mash. Oil a shallow baking pan with peanut oil. Put half of mashed vegetables in dish. Make a layer of fish on top. Spread the rest of the veggies over fish. Bake uncovered for 20 minutes or more, until fish is tender and flakes easily. Serve with steamed rice.

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### dongo dongo

*Peace Corps Gabon*

- 2 onions
- 6 cloves garlic
- 2 piments
- 18 okra (*gombo*)
- 2 Maggi cubes
- poisson fumé* or *poisson salé*

Dongo Dongo is fish with okra. To make it, cut up all vegetables and mince. Sauté onions and garlic in oil. Add cubes. Add piment and *gombo*. Stir fry for about 3 or 4 minutes. Add enough water to cover *gombo*. Add fish (or browned meat). Cook thoroughly. Serve with rice, fofou, manioc, or *banane pilée*.

If you prefer a thicker sauce, add a pinch of baking soda or a small piece of the potash (a rock that you can buy at the market). If you prefer a thinner sauce, add a small can of tomato paste and some water, or a can of whole tomatoes.

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### sautéed sardines

- 1 can sardines (per serving)
- 1 large onion
- 2 cloves garlic, minced
- 4 tablespoons butter
- salt, pepper, cayenne to taste

Melt butter in skillet and sauté onions and garlic (about 5 minutes). Drain the can of sardines and add to skillet. Season and sauté for 10 minutes. Serve over rice or noodles or with *baton de manioc*.

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### creamed sardines

- 1 can sardines
- 1/4 cup butter
- 1/4 cup flour
- 1 cup milk
- 2 hard-boiled eggs, finely chopped
- salt, pepper

## MEAT CHICKEN FISH EGGS

Drain sardines. Remove the backbones and mash the fish. Melt the butter and add flour, stirring constantly. Add milk while stirring. Heat thoroughly. Stir in the sardines and eggs. Season to taste. Serve over rice.

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### baked canned mackerel

**1 can mackerel, drained and deboned**  
**juice of one lemon**  
**3 tablespoons butter**  
**1 onion, finely chopped**  
**1/2 teaspoon basil**  
**1/4 teaspoon pepper**

Mix all ingredients together in a baking dish and let stand for 30 minutes before baking. Bake at 350°F (180°C) for 20 minutes. This recipe can be adapted for tuna as well.

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### tuna cakes

*Peace Corps Tonga*

**2 eggs**  
**1 can (7 oz.) tuna, drained**  
**1 small onion, minced**  
**4 slices bread, cubed**  
**salt, pepper**  
**mayonnaise**

In a bowl, beat eggs slightly. Add remaining ingredients. Mix well to moisten all ingredients. Form into 4 to 6 patties. Fry in skillet or on griddle until golden brown, turning once. Serve with mayonnaise or ketchup.

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### tuna croquettes

*Peace Corps Gabon*

**1 egg**  
**1 can (185 g.) tuna, drained**  
**squeeze of lemon**  
**1/2 onion, minced**  
**1/2 teaspoon minced piment**  
**2 tablespoons minced fresh herbs (parsley and/or basil, etc.)**  
**1/2 cup fresh breadcrumbs**

Place egg, tuna, and lemon in bowl and mash with fork. Add remaining ingredients and mix well. Form into patties and sauté in little oil until crisp on the outside, a few minutes on each side.

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### tuna spaghetti

*Peace Corps Gabon*

**1 small can tuna**  
**1 small can tomatoes**

**3 squares KIRI (cream cheese)**  
**curry, salt**  
**enough pasta for two**  
**1 teaspoon oil**  
**(sweet bananas, optional)**

Drain the tuna and put it in a saucepan with tomatoes. Add salt and curry to taste. Cook pasta. Drain and stir in the cream cheese and oil. Add the tomato sauce. Serve immediately. You can also add on a few chunks of *banane douce* just before serving.

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### tuna fish loaf

*Peace Corps Tonga*

**2 cups canned tuna fish**  
**3/4 cup soft breadcrumbs**  
**1/3 cup milk**  
**1 tablespoon chopped parsley**  
**1 teaspoon salt**  
**cayenne**  
**1 tablespoon lemon juice**  
**2 eggs**

Drain oil from fish and flake. Cook breadcrumbs in milk for 5 minutes. Stir in eggs, seasonings, and fish. Turn into buttered loaf pan. Bake about 40 minutes.

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### hurry curry tuna

*Peace Corps Tonga*

**2 tablespoons butter**  
**3 tablespoons flour**  
**1 cup evaporated milk**  
**1 teaspoon curry**  
**1/2 teaspoon paprika**  
**1 clove garlic**  
**1 can tuna, drained**  
**3 tablespoons flaked coconut**  
**1/2 cup chicken broth**

Melt butter. Stir in flour. Slowly add milk and chicken broth. Stir until thickened. Add curry powder, paprika, and garlic. Add tuna and coconut. Heat well. Serve over rice.

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### banana curry tuna

*Peace Corps Tonga*

**1/3 cup butter**  
**1 onion, minced**  
**6 tablespoons flour**  
**2+1/2 tablespoons curry powder**  
**1+1/2 tablespoons sugar**  
**1/4 teaspoon ground ginger**  
**2 cups milk**

## MEAT CHICKEN FISH EGGS

**1 cup chicken bouillon**  
**2 cans tuna, drained**  
**1 tablespoon lemon juice**  
**salt**  
**4 bananas, sliced**  
**1 tablespoon butter**  
**3 cups hot cooked rice**

In a saucepan, melt butter. Add onion and sauté for 2 or 3 minutes. Blend in flour, curry powder, sugar, and ginger. Gradually stir in the milk and bouillon. Cook over low heat, stirring until thickened. Add tuna and lemon juice. Salt to taste. In a small skillet, sauté sliced bananas in butter until lightly browned. Put rice in a serving dish. Spread bananas over top of rice, then pour curry sauce over everything.

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### preparing shrimp

Shrimp should be dry and firm if they are fresh. Rinse. prepare a pot of boiling water (you can season it with bouillon if you wish). Drop shrimp into boiling water. Turn down heat. Let simmer for 3 or 4 minutes. They will turn a nice pink color. Remove them from the heat before they begin to shrivel up. Do not overcook. Drain immediately. To shell, pull off head. Tug to release rest of shell from tail. De-vein (remove blackish-orange substance along the back of shrimp) by running the pointed end of a small knife along its back. Good served with lemon or sautéed in garlic and butter.

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### Egg Rolls

**1 cup flour**  
**2 eggs**  
**1/2 teaspoon salt**  
**2 cups water**

Mix everything using enough water to make the batter smooth. Pour in 1 Tablespoon of batter into a 6" skillet over low heat. When it shrinks away from the sides turn over and cook. Rolls should be set, but NOT brown and crispy.

Filling:

**1/2 cup chopped celery**  
**3/4 cup shredded cabbage**  
**Bill in 1/2 cup water then drain:**  
**1/2 cup diced shrimp**  
**1 clove crushed garlic**  
**4 chopped scallions**  
**1/4 cup maggi or soy sauce**  
**1/2 cup water chestnuts**

Heat 3 tablespoons oil. Stir fry shrimp for 3 minutes. Add celery, cabbage, and remaining ingredients. Cook for 5 minutes. Place 4 Tablespoons filling in each roll. Fold envelope

style. Seal with past of 1 tablespoon flour and 2 tablespoons water. Fry until golden brown.

## Eggs

### Hints for Eggs

- ★ When adding eggs to any recipe, you may choose to break them individually into a cup. This way if one is rotten, it won't ruin the rest of the eggs or other ingredients.

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### boiled eggs

Fill a saucepan with cold water. To prevent eggs from cracking while boiling, poke a small hole in the larger end of the egg using a needle. Bring water to a boil. Reduce heat. Let eggs simmer. Time according to desired solidity:

<b>soft</b>	3 to 4 minutes
<b>medium</b>	4 to 8 minutes
<b>hard</b>	15 to 20 minutes

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### REAL WOMAN'S QUICHE

Filling:

**onions and garlic**  
**potatoes**  
**5-6 eggs**  
**wheel of vache**  
**spices (oregano, basil, chili)**

Crust:

**1 1/2 cups flour**  
**2 Tbsp margarine or oil**  
**salt**  
**little bit of water**

To make the filling: sauté onions and garlic, add chopped potatoes, sauté until softened, and add spices. In bowl mix raw eggs and chopped up vache. Add salt and pepper and the onion mix.

To make the crust: add salt to flour, mix with oil and add a little water so you can knead into a dough. Press into a greased pan that will fit in your Dutch oven.

Now: pour filling into the crust. Bake 45 minutes (or until done) on medium temperature in a Dutch oven.

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### Real Men's Quiche

**4 wedges fake cheese**  
**4-6 eggs**  
**2 small onions or 4 leaks**  
**1/3 can of concentrated milk or thick powdered milk mixed with water**  
**water**

**1 cup flour**  
**½ tsp salt**  
**salt and pepper**

Combine the cheese, eggs, onion or leeks, milk and seasoning to make the filling. For the crust, combine the flour, salt and oil. Mix with a fork until crumbly and then slowly add water one spoonful at a time until the dough forms a solid ball with out being sticky. Knead by twisting apart and smashing together until you are satisfied that it is ready to roll. Using a Nalgene bottle, roll the dough ball on the plastic nonstick cover or your cookbook. When you have a flat circle larger than the diameter of your shallow, well-greased baking dish, fit the crust in place and pinch the edge to make it pretty. Pour in the filling and bake until a fork stuck in the middle comes out clean. Try varying the filling with tomatoes, potatoes, herbs and spices.

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## deviled eggs

**6 hard boiled eggs**  
**3 tablespoons mayonnaise**  
**1 tablespoon prepared mustard**  
**salt and pepper to taste**  
**(paprika, optional)**  
**(1 tablespoon minced parsley, optional)**

Peel, cool, and cut eggs in half, lengthwise. Take out yolks and mash in a small bowl, using a fork. Add mayonnaise, mustard, salt, and any other seasonings such as lemon juice. Stir to mix. Fill egg whites with yolk mixture. Sprinkle paprika or parsley over the top. Refrigerate. May be garnished with olives. You can also use vinaigrette or sour cream instead of mayonnaise.

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## poached eggs

**eggs, room temperature**  
**1 teaspoon vinegar**  
**1/2 teaspoon salt**

Poached eggs are cooked out of their shells in simmering liquid. In a frying pan, bring about 2 inches of water to a simmer. Add vinegar and salt, and carefully crack and drop in eggs. Simmer for 3-5 minutes. Remove with a slotted spatula.

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## Egg Salad

**3-4 hard-boiled eggs, chopped**  
**1 small cucumber, chopped**  
**2 Tbsp mustard**  
**1 small onion**  
**½ cup mayo**

Mix mayo and mustard and toss with eggs and veggies.

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## Huevos Africanos

**2-3 small piment, chopped**  
**1 ½ Tbsp red palm oil**  
**5 cherry tomatoes, quartered**  
**salt to taste**  
**2 med. Sweet potatoes, thinly sliced**  
**small chunks ginger**  
**1 large onion, diced**  
**handful of okra, sliced**  
**1-2 eggs**

Start piment and ginger frying in oil and throw in onions and sweet potatoes, stirring until brown. Add tomatoes, okra and salt. Cover and let cook, stirring occasionally. Finally, throw in eggs, scramble, contemplate mixture, remove from fire and garnish with grace. Goes with sweet white wine (palm variety).

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## fried eggs

In a skillet, melt a small amount of butter or heat a bit of oil. Slip broken eggs into skillet. Reduce heat. Cook gently until done.

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## scrambled eggs

**eggs**  
**milk or cream**  
**salt and pepper**  
**paprika or cayenne**

For each egg, add 1 tablespoon milk or cream, a dash of salt, and a dash of pepper, paprika, or cayenne. Beat with a fork. Heat a small amount of butter or oil in a skillet. Pour in eggs. When eggs begin to thicken, stir occasionally, allowing uncooked portions to flow to the bottom. For more flavor, add one or more of the following: chopped onions, green peppers or tomatoes, ham, grated cheese, fresh chopped parsley.

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## the perfect omelet

**4 eggs**  
**4 tablespoons milk or cream (evaporated milk works well)**  
**1/2 teaspoon salt**  
**dash of pepper or cayenne**  
**butter or oil**

Beat eggs, adding in milk and seasonings. Melt a small amount of butter or oil in a skillet. Pour in egg mixture. As the omelet cooks, lift the edges with a spatula, allowing the uncooked portion to flow underneath. Cook slowly over low heat. When desired doneness is achieved, fold omelet and slide onto plate.

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## tropical omelet

*Peace Corps Tonga*

**1/4 cup butter**  
**2 onions, finely chopped**  
**2 green peppers, finely chopped**  
**2 tomatoes, chopped**  
**2 ripe plantain bananas, chopped**  
**1 tablespoon curry paste (or powder)**  
**pinch of salt**  
**6 eggs**

Heat the butter and add onions, peppers, and tomatoes. When almost done, add bananas and then the curry paste and salt. Stir until curry is dissolved and oily. Separate the eggs, beat the egg yolks, then beat the whites until stiff (separately). Fold the whites into the yolks and pour over the curried fruit and vegetables in the pan. When it begins to set, divide it into 4 sections, so that each section can be turned over to finish cooking.

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## potato omelet

*the St. Pierres*

**butter**  
**2 or 3 small potatoes, cut in small cubes**  
**1/2 onion, chopped**  
**chopped green peppers or mushrooms**  
**2 or 3 eggs**  
**1/4 cup milk**  
**salt, pepper**  
**(grated cheese, optional)**

Sauté potatoes in a small amount of butter until brown. Add chopped onions and any other vegetables you want. Cook until onions are clear. Mix milk with eggs and season. Add this mixture to the potatoes and onions. Reduce heat and cover. When eggs are firm enough to be flipped, cut omelet into 4 sections and flip each individually. Allow other side to cook. Place grated cheese on two of the sections. Place the two remaining sections over those covered with cheese. Let melt.

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## Italian frittata

*Peace Corps Tonga*

**1/2 cup chopped green pepper**  
**1/2 cup chopped onion**  
**4 tablespoons butter**  
**1 large tomato, peeled and chopped**  
**1 teaspoon salt**  
**1/4 teaspoon oregano**  
**8 eggs**  
**dash pepper**

### **1/4 cup shredded cheese**

Sauté green pepper and onion in 2 tablespoons butter until soft. Add tomato and spices. Cook slowly for about 10 minutes, until all liquid is absorbed. Set aside. Beat eggs with the remaining 1/2 teaspoon salt. Add pepper. Heat skillet and melt rest of butter. Pour in egg mixture. Cook until omelet is firm. Spread tomato mixture over top. Sprinkle with cheese. Cover to melt cheese. Cut in wedges and serve.

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## egg casserole

*Peace Corps Gabon*

**4 eggs, beaten**  
**1/2 loaf French bread, shredded**  
**1 teaspoon dry mustard (optional)**  
**2 cups milk**  
**1 teaspoon salt**  
**1 onion, chopped and sautéed**  
**4 or 5 sections Vache Qui Rit, chopped**  
**ham, sausage, or bacon, chopped**

Mix all ingredients and refrigerate overnight. Bake on low heat for 1 hour. If you've got foil, cover before baking, but remove the last 15 minutes. Casserole is ready when knife inserted in center comes out clean.

## Rice

Feeling lost now that you can't find any Minute Rice? Do not despair! Cooking rice is easy, if you follow the hints below.

### Hints for Rice

- ★ The general rule for rice is that you add 2 parts water for every one part dry rice.
- ★ Wash rice well, at least three times with clean water. See tips on how to clean rice in the appendix.
- ★ Pick through rice for rocks and husks.
- ★ If you're planning a dinner, estimate 1 cup of uncooked rice for each guest.
- ★ Use a fork to stir or fluff rice. Anything else will crush the grains.
- ★ To reheat cooked rice, place it in a heavy pan with a tightly fitted cover. Sprinkle water over rice (about 2 tablespoon water for every cup of rice). Cover and heat over low heat 5-10 minutes, or until hot.

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### preparing rice 1

**1 cup uncooked rice**  
**1+1/2 to 2 cups water**  
**1/2 to 1 teaspoon salt**  
**(1 tablespoon oil, optional)**

This is the easy method to cook rice. Heat water, salt and oil to boiling in a medium saucepan. Add rice, reduce heat to simmer, and cover the pot. Leave covered for exactly 20 minutes. After that it should be done, with steam vents just forming. Fluff with a fork before serving.

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### preparing rice 2

Method 2 involves browning the rice first in oil, and then adding the appropriate amount of water. Add 1 Maggi cube for every 1+1/2 cups dry rice.

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### rice cook-ins

**a bouillon cube or a few shakes of Maggi.**  
**chopped onion.**  
**peanuts (raw or roasted).**  
**Add these at the beginning of the cooking process.**  
**chicken or beef stock**  
**fruit juice**

Substitute these for part or all of the water. Go easy on the fruit juice.

---

### rice stir-ins

**chopped parsley or any other fresh herbs**  
**2 tablespoons minced onion sautéed in 2**  
**tablespoons butter**  
**1/2 cup shredded carrot + 2 tablespoons**  
**melted butter**  
**canned peas and/or carrots (drained)**  
**canned sweet corn (drained)**  
**chopped omelet**  
**browned butter (butter heated until light**  
**brown in color)**  
**lemon butter (2 teaspoons lemon juice + 2**  
**tablespoons melted butter)**

Stir these in the rice after it has cooked.

---

### oven-steamed rice

**1+1/2 to 2 cups boiling water**  
**1 cup uncooked rice**  
**1 teaspoon salt**

Heat oven to 350°F (180°C). Mix all ingredients thoroughly in an ungreased baking dish. Cover tightly. Bake 25-30 minutes or until liquid is absorbed and rice is tender.

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### rice with lentils

*Peace Corps Gabon*

**1/2 cup dried lentils**  
**2 or 3 tablespoons oil**  
**1/2 to 1 teaspoon salt**  
**1+1/2 cups water**  
**3/4 cup good rice**

Wash the dried lentils and soak them for two hours. Drain. Bring the water, salt, and oil to a boil in a saucepan. Add the rice and the soaked lentils. Cover the saucepan tightly and reduce heat to low. Come back in twenty minutes, not before.

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### Spanish Rice

**1 1/4 cups water**  
**3/4 cups rice**  
**oil 1/2-3/4 cups cooked tomatoes with**  
**liquid**  
**chili powder, salt, pepper**  
**onions, chopped**

Cook rice in water. When almost soft, add other ingredients and heat through.

---

## Rice-a-roni

- 2-3 tsp curry powder
- 2 Tbsp butter
- ¾ cups rice, washed
- 20 strands of spaghetti broken into ½" strands
- 1 medium onion, chopped

Melt butter and sauté all ingredients in a medium-sized pan for 5 minutes over medium heat. Add 2 cups of water. Stir, cover and cook over low flame until done (about 10 minutes). Makes 2-3 servings.

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## Fried Rice

- 3 cups cooked rice
- 2 Tbsp oil
- 3 eggs
- ⅓ cup green onions, chopped

Heat oil in a pot and add the rice. Stir until rice is well coated. Add onions and stir. Form a well in the center of the rice and crack the 3 eggs in the well. Wait until the eggs are partially set and toss until they are finished cooking. Makes 4 servings.

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## MEXICAN RICE

Wash rice, put in a pot with lots of water. Add:

- 1 head of garlic
- Chopped onion
- Maggi, herbs and spices
- Tomato paste
- Salt and pepper
- Cumin
- Piment
- Chili powder
- 1 Tbsp oil
- Green onions, chopped
- 2-3 limes, juice from
- Tomatoes, cut up
- Fresh parsley, chopped

Cover rice, bring to a boil, then turn down low and cook until rice is done about 30-40 minutes.

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## Mexicali Rice

- 1 Tbsp butter or oil
- 1 onion, chopped
- 1 green pepper, chopped
- 70 grams tomato paste
- 2 cups water
- ½ cup rice
- ¾ tsp salt
- ½ tsp pepper

- ½ tsp mustard
- ½ tsp powdered cumin
- ¼ tsp cayenne pepper, opt

Melt butter in a pan and sauté onions and pepper. Add tomato paste and water. Mix well and then add rice, salt and spices. Cover and cook until rice is done. Stir so the tomato paste doesn't stick to the bottom. Add more water if necessary. Makes 2 servings.

---

## Mexicali Rice II

- 1 cup rice
- 2 cups water
- 1 Tbsp butter
- 1-2 onions
- 2-4 large cloves garlic
- 1 sm. can tomato paste
- 1 meat Maggi cube
- Seasoned salt, chili pepper, etc.

Put all ingredients into the pan and bring to a boil. Turn down heat and leave simmering until the rice is done (20 minutes). Stir in more water as necessary.

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## Indian Fried Rice

- 1 cup cooked rice
- 2 Tbsp oil
- 1 onion, chopped
- ½ tsp cumin seeds
- ½ tsp turmeric powder
- salt and cayenne pepper
- coriander leaves
- lemon juice

Heat oil in a pot. Add cumin seed and turmeric to hot oil. Sprinkle cayenne and salt on cooked rice. Add onions to the oil and fry for a few minutes so the onions are soft. Add the rice to the oil and stir until the rice is coated, yellow, and hot. Garnish with coriander leaves, and sprinkle lemon juice on top if desired. Also good with yogurt. Makes 1 cup rice.

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## Curried Fried Rice

- 3 cups cooked rice
- 1 small cabbage, chopped
- 1 onion, finely chopped
- 4-5 finely chopped carrots
- 2-3 eggs
- 2 chopped green peppers
- 1-2 Tbsp curry powder
- 4 Tbsp oil
- 1 Maggi cube

Heat oil in skillet, stir fry vegetables, adding onions and carrots first. Cook until tender but not mushy. Add curry and other seasonings, mixing well. Add rice and fry until hot and mixed with veggies. Eggs can either be scrambled separately and added to rice or fried and eaten with rice.

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## Muthya

- 1 cup cooked rice**
- ½ cup wheat flour**
- ½ cup gram flour**
- 1 onion, chopped**
- hot pepper, chopped and seeded to taste**
- 1 small piece of ginger, minced**
- 1 tsp salt**
- ½ tsp turmeric**
- 1 Tbsp oil**
- 2 Tbsp milk or yogurt**

Mix rice, flours, vegetables and spices together. Add oil and milk. Add more milk if necessary to make manageable but not sticky dough. Form sausage-like shapes (about the size of a D battery) with your hands. You should get 8-10 muthyas. Place a metal colander in a pot with boiling water, making sure that the level of water is below the bottom of the colander. Place the muthyas in the colander, cover and steam until hard, about 30 minutes. Add more water if the water level gets too low. They are good plain or dipped in sauce, such as garlic butter. Makes 2 servings.

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## Vegetarian Jambalaya

- 3 cups cooked rice**
- 1 medium onion, diced**
- 2 ½ cups mushrooms, optional**
- 2 Tbsp butter**
- 2 medium green peppers, chopped**
- 1 stalk celery, chopped, optional**
- 2 large tomatoes, peeled and chopped**
- ½ tsp paprika**
- 2 Tbsp parsley**
- oregano, to taste**
- sweet basil, to taste**
- thyme, to taste**
- ½ cup butter, melted**

Sauté onion and mushrooms (if available) in butter until onion is transparent. Combine all of the vegetables with the rice. Add seasonings and butter and mix well. Place in a 1-quart pan and bake covered, until desired consistency. Makes 4 servings.

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## Spinach Rice I

- 1 ½ cups rice, uncooked**
- 3 cups chopped spinach**
- 5 Tbsp butter**
- 1 clove garlic, minced**
- salt and pepper, to taste**

Cook the rice in water, but 5 minutes before it is ready add the spinach. In another pot, melt the butter and sauté the onion and garlic. Add rice, salt and pepper and mix everything well. Serve hot. Makes 4 servings.

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## rice with peanuts

*Peace Corps Gabon*

- 1 cup raw peanuts**
- 2 tablespoons oil**
- 1/2 teaspoon salt**
- 1+1/2 cups water**
- 3/4 cup good rice**
- (1 tablespoon curry powder, optional)**

In a small saucepan, add the peanuts and cover with water. Bring it all to a boil, then reduce the heat and let it simmer for twenty minutes. This gives the peanuts a head start on the rice. Remove the peanuts and drain. In another saucepan, bring the oil, salt, and water to a boil. Add the rice and partially cooked peanuts. Cover the pot tightly, reduce heat to low, and simmer for twenty minutes. Don't lift the cover before twenty minutes! This one is good for those days when you just really want there to be peanuts in your rice. A tablespoon of curry powder is a good addition to this dish.

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## rice cakes

- 2 cups cooked rice**
- 1/2 cup flour**
- 2 tablespoons sugar**
- 1/2 teaspoon salt**
- 1/2 teaspoon levure chimique**
- 1 beaten egg**

Combine all dry ingredients and mix thoroughly. Add the egg and stir with a fork until all ingredients are wet. Shape into cakes about 2" in diameter and 1/4" thick. Coat the sides with additional flour. Place in hot oil and sauté on both sides until light brown. Serve plain or with jelly and butter.

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## curried rice

- 2 medium onions, chopped**

- 1 large apple, chopped
- 2+1/2 tablespoons curry powder, or to taste
- 1/2 teaspoon cayenne, or to taste
- 1 teaspoon cumin, or to taste
- 2 cups water
- (1/2 teaspoon salt, optional)
- 1 cup uncooked rice
- peanuts, raisins

Simmer apple and onions in butter or oil. Add curry, cayenne, and cumin to taste. Continue to simmer until brown. Add remaining ingredients. Bring to a boil, cover, reduce heat and cook until rice is done, about 20 minutes. Serve with yogurt.

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## riz creole

- oil
- 1 onion, sliced
- 1 small can tomato paste
- 1 can mushrooms, drained
- 1 can peas, drained
- 1 tomato, sliced
- salt, pepper
- 2 cups uncooked rice
- 3 portions Vache Qui Rit
- 1 tablespoon butter

Heat a thin film of oil in a casserole or pot with a tight-fitting lid. Sauté the onions. Add 2 teaspoons of tomato paste and the mushrooms. Two minutes later, add the peas, then add the tomato, salt, and pepper. Cover the casserole and let simmer for 3-4 minutes. Pour 4 cups water into casserole. Salt. Bring it to a boil and pour in the rice. Once the contents come to a boil for the second time, add cheese and butter. Stir. Cover tightly and cook over low heat for 15 minutes, or until all water is absorbed.

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## rice pilaf

*Gaboprix Gourmet, Peace Corps Gabon*

- 1/4 to 1/2 cup butter or oil
- 2 cups uncooked rice
- 2+1/4 cups tomato juice (or paste and water)
- 1+3/4 to 2 cups chicken broth (Maggi poulet)
- pinch sugar

Sauté rice in butter until golden. Mix with other ingredients in an oven safe marmite. Cover and bake about 45 minutes at 375F. Fluff and let sit covered for 5 minutes before serving.

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## chicken rice pilaf

- 1 tablespoon butter
- 3 tablespoons chopped onion
- 1 tablespoon chopped parsley
- 1 cup rice
- salt, pepper
- 1 can whole tomatoes (800 ml)
- 1+1/2 cups cooked, deboned, diced chicken
- 1 bay leaf
- 1/2 teaspoon tarragon
- 1+1/4 cups hot chicken bouillon
- 1/2 cup peas

Sauté onion in butter. Add rice and brown for 3 minutes. Add salt, pepper, tomatoes, chicken, spices, and bouillon. Bring to a boil and lower heat. Let simmer (covered) for about 10 minutes. Five minutes before the rice is done, add peas and parsley. Stir with a fork.

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## paella

- 1/4 cup olive oil
- 3 cloves garlic
- 2 cups uncooked rice
- 4 cups hot chicken bouillon
- saffron (1/4 - 2 teaspoon)
- 10 slices Chorizo, or any hard, spicy sausage
- 1 chicken, cleaned, cut, and cooked (sautéed, baked, or boiled)
- 1 can peas, drained
- 10 raw shrimp
- 20 clams, well rinsed, in their shells

Heat oil and garlic in a deep, large casserole. Remove garlic and add rice. Cook until lightly browned. Add bouillon and saffron. Add sausage. Place chicken on the top of the mixture. Cover and bake at 350°F (180°C) for about 15 minutes. Remove from oven and stir in peas. Place shrimp and clams on top. Steam another 10 minutes, or until seafood is done. If clams are unavailable, use more chicken and shrimp.

## Pasta

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### preparing pasta

Use a large pot, large enough to hold a sufficient amount of water for the quantity of pasta you plan to cook. The general rule is 3 parts water per 1 part pasta. Bring water to a boil. Add salt (2 teaspoons salt/liter water). You can also add oil. Gradually add pasta, so as not to disturb the boiling. Boil (uncovered) for about 5-10 minutes,

## CEREALS, GRAINS & PASTA

depending on the size and shape of the pasta. Test. If not done, continue boiling and test every two minutes or so. Do not overcook, or you'll end up with a unappetizing mush. Drain in a colander. Serve immediately. Good with parsley, butter, and Parmesan cheese.

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### home made noodles

*Peace Corps Tonga*

**1 egg, slightly beaten**  
**1/2 teaspoon salt**  
**2 cups flour**  
**(1 tablespoon olive oil, optional)**

Beat egg, optional oil, and salt together. Mix in enough flour to make a stiff dough. Knead for 5 minutes on a lightly floured board. Cover with towel and let stand 20 minutes. Divide dough into four equal portions and, one at a time, roll each portion paper thin. Cut into strips of any width. Spread out to dry. Store in a tightly covered container, preferably refrigerated.

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### lasagna noodles

*Peace Corps Gabon*

**1 egg**  
**1/4 teaspoon salt**  
**2/3 cup flour**

Beat the egg in a mixing bowl and then add the salt and the flour. Knead the mixture until doughy and no longer sticky. Only add flour if the dough is sticky. Return the dough to the bowl and cover. Let stand for 30 minutes. Then roll it out flat and cut it into any shape you want. You can use them right away or leave them sitting out until they dry, which will take several hours. You can store dried pasta in the refrigerator for long periods of time. If you don't have a refrigerator, you might not want to leave them sitting around for too long because at this point the egg is still uncooked.

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### lasagna Lebamba

*Peace Corps Gabon*

**Lasagna Noodles**  
**Gabo Ricotta**  
**spaghetti sauce**  
**(store-bought cheese, optional)**

Boil the noodles in water with a little bit of oil and salt. Cook them *al dente*, being careful not to overcook them since they are still going to be baked for awhile. Grease a baking pan with a little oil. Add one third of the sauce. Then add a

layer of noodles, using half of the noodles. Add half of the ricotta in another layer. If you have store-bought cheese, add that over the top of the ricotta (but it isn't necessary). Continue to layer the lasagna with another layer of sauce, another layer of noodles, another layer of ricotta, and another layer of real cheese. The last layer is a final layer of sauce. Bake this for 30 minutes. This recipe works in a marmite oven!

Good additions to lasagna include mushrooms, olives, canned spinach, green peppers, extra garlic, extra herbs, fresh herbs, and eggplant. Local greens might even work but they're more risky. Don't be afraid to add some things, but don't try to add everything at once

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### faux fettuccini alfredo

**1/2 pkg. noodles**  
**2 tablespoons butter**  
**2 tablespoons flour**  
**1 large clove garlic, pressed or minced**  
**salt, freshly ground black pepper**  
**optional spices: basil, oregano, parsley,**  
**cayenne**  
**1 cup milk or lait idéal**  
**4 sections Vache Qui Rit**  
**canned peas or corn, or any fresh, steamed**  
**vegetables**

Put water on for noodles. Meanwhile, melt butter and whisk in flour. Add garlic and seasoning and let cook 1 minute. Gradually stir in milk and heat to boiling point. Chop up Vache and toss in. Let Vache melt, stirring frequently. Boil noodles until al dente. Add veggies and noodles to sauce, correct seasoning, and heat through. [If it gets too thick, add more milk. If it gets too thin, add more Vache.] Serve with garlic bread.

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### pastitsio

**3/4 cup dried lentils (or 1 can prepared)**  
**1 large eggplant**  
**3 tablespoons olive oil**  
**3 tablespoons butter**  
**2 onions, finely chopped**  
**1/2 teaspoon cinnamon**  
**1/2 teaspoon oregano**  
**salt, pepper**  
**1 garlic clove, pressed**  
**1 kg tomatoes (fresh or canned)**  
**1 large can tomato paste**  
**1/2 to 1 cup grated cheese**  
**1 pkg. (500 g) noodles**  
**3 tablespoons butter**  
**3 tablespoons flour**  
**3 cups milk**

## CEREALS, GRAINS & PASTA

### 3 eggs

If using dried lentils, cook them first. Meanwhile, heat olive oil and butter together in a large skillet. Add chopped onions. Wash eggplant and chop into small pieces. Add to the onions, along with garlic and spices. Cover skillet and let sauté about 10 minutes, stirring occasionally. Chop up tomatoes and add them. When the lentils are ready, add them as well (with whatever liquid remains). Let cook, stirring every now and then, until thick. Blend in tomato paste, heat it through, and correct the seasoning. Set aside.

Boil the noodles until just barely done (al dente). Butter a large baking dish and put half the noodles evenly across the bottom. Sprinkle cheese over them, then carefully cover with half the sauce. Repeat layers.

To make a custard sauce, begin by melting butter in a saucepan. Whisk in flour and let cook a couple minutes. Gradually whisk in milk. Beat eggs in a bowl and pour white sauce over them slowly, stirring with the whisk. Pour this sauce over entire casserole. It should fill in the voids and bind everything together. If it rests on top, slide a knife through the layers in a few spots. Add a little cheese on top and cover. Bake at 400°F (205°C) for 1 hour.

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### Nolan's Cheese Pasta

- 1 large onion, chopped
- 1 green vegetable, chopped
- 2 Tbsp. Oil
- 4 cloves garlic, crushed
- salt, pepper, and herbs to taste
- bag of pasta (twirls or elbows)
- 1 wheel of Vache
- 1 can condensed milk

Sauté onion, vegetable, oil, garlic, salt, pepper, and herbs in a marmite. Add to this mixture uncooked pasta, entire wheel Vache, entire can condensed milk, and enough water to cover the mixture by at least 1 inch. Cook until good, creamy, and pasta is soft.

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### Kwik-N-Tastee Pasta Salad

- 2 Tbsp. Dijon mustard
- 1 Tbsp. Minced green onion
- 1 tsp. Minced garlic
- 2 Tbsp. vinegar
- 1 Maggi cube
- dash salt and pepper
- ½ package pasta
- 6 small tomatoes
- 1 onion

### 2 small cucumbers or avocados

### 1 lemon

Mix mustard, green onion, garlic, vinegar, and Maggi cube together in a cup. Slowly add oil constantly stirring. Add salt and pepper. Cook pasta in salted water about 5-7 minutes. Cut up tomatoes in small pieces, dice onion, and cut up cucumber or avocado into small pieces. Squeeze lemon over all to keep fresh. Set aside. Drain pasta. To cool it down, pour cool, treated water over it and drain. Repeat. Add veggies to pasta and add vinaigrette. Best to let it sit awhile before eating.

---

### Curried Pasta Salad

#### Shell or macaroni pasta

1 large or 2 small onions, chopped

1 cup mayonnaise

2 Tbsp. curry

As available:

1 large or 2 small carrots chopped very small

1 green pepper, chopped

1 small cucumber, chopped

Cook pasta until tender, drain and set aside to cool. Chop veggies. In a small bowl mix mayo, curry powder, salt and pepper. Add veggies and onion to pasta and mix in sauce until everything is well coated. Note: if you don't want a curry sauce, use Mayo and 2 Tbsp. Dijon mustard and spices.

---

### Mock Pasta Primavera

2 Tbsp. Butter

spices to taste

1 cup milk

garlic, onions, tomatoes—chopped

½ Tbsp. flour

1 large Maggi cube

pasta

Sauté garlic, onions and add tomatoes, near the end. Empty pot. Melt butter and add flour, stirring until thick. Add sautéed mixture, milk, Maggi, and spices. Let cook, stirring until thick (about 5 minutes). Add cooked noodles. Any other vegetables can be added and sautéed with onions and garlic.

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### Easy and Quick Alfredo

### Noodles African Style

A handful of spaghetti (circumference of a 50 FG coin)

1 triangle of vache cheese

## CEREALS, GRAINS & PASTA

**1 Tbsp. powdered milk**  
**½ tsp. Margarine**  
**garlic**  
**salt and pepper**

Boil noodles until done. Drain most of the water leaving 1-2 Tbsp. Add margarine, milk powder and cheese and stir until melted. Add garlic, salt, and pepper to taste. Let set a couple of minutes before eaten as sauce will thicken.

---

### **Peanut Curry Spaghetti (Thai Style)**

**¼ lb spaghetti**  
**¼ cup oil**  
**1 large chopped onion**  
**4 cloves crushed garlic**  
**3 tsp curry powder**  
**1 tsp chili powder**  
**1 cup water**  
**½ tsp chopped fresh ginger**  
**2 1-oz packages of peanuts**  
**1 chopped carrot**  
**4 chopped green peppers**  
**2 tsp honey**

Cook spaghetti and set aside. Heat the oil and sauté the onion, garlic, and ginger. Add curry, chili, carrots and peppers. Stir in the water, honey, and one ounce of peanuts, and bring to a boil. Keep simmering until the ingredients form a sauce. Crush the remaining peanuts. Serve sauce over spaghetti and top with crushed peanuts.

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### **KATE & SUSANNA'S STANDFAST SWEET POTATO "POTSTICKERS" RAVIOLI**

The dough

(NOTE: we didn't really measure; these amounts are all approximate. Just work with it until you have the consistency of pasta dough):

**2 eggs**  
**2 TBSP oil**  
**½ cup of water**  
**2-2 ½ cups of flour**  
**Pinch'o'salt**

The filling:

**1 kilo of sweet potatoes**  
**½ head of garlic (pre-sautéed)**  
**2-3 onions (also pre-sautéed)**  
**Salt, pepper, piment, and Maggi to taste**

**1 TBSP margarine**

Assemble dough ingredients, wet ones first and then the dry ones. Knead into a ball. Let sit 30 minutes. Roll out flat and cut into triangles.

Boil sweet potatoes until soft. Drain water and mash. Mash in margarine, garlic, onions, and spices.

Put a dab of filling onto each triangle of dough and fold it closed into a pyramid-like object. Drop about 6 at a time into a pot of boiling water. When pot stickers rise to the surface, they're done. Remove, and put in your next batch.

Serve with soy sauce. Makes about 23 pot stickers. Even better left over.

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### **PASTA PRIMAVERA**

Cook spaghetti and tomato sauce. Just after sauce is done, add cooked, chopped veggies: squash, green beans, green peppers, peas, carrots, egg plant... Heat through and toss with pasta.

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### **Nils' Spicy Sesame Spaghetti**

**⅛ cup peanut butter**  
**1 ½ Tbsp water**  
**1 Tbsp each: white vinegar and water**  
**1 Tbsp soy sauce**  
**½ Tbsp ginger, minced**  
**1 tsp Oriental chili oil**  
**½ tsp sugar**  
**½ tsp sesame oil**  
**4 oz spaghetti**

Mix all ingredients vigorously. Pour over cooked pasta.

---

### **macaronia kima**

*Peace Corps Gabon*

**2 lbs. macaroni**  
**2 lbs. ground or chopped beef**  
**2 onions, finely chopped**  
**3 cloves garlic, minced**  
**4 tablespoons butter or oil**  
**12 oz tomato paste**  
**1/4 teaspoon ground cloves**  
**1/2 teaspoon ground cinnamon**  
**bay leaves**  
**1 cup white wine**

Sauté onion and garlic in oil. Add meat and brown well. Add spices and tomato paste. Mix well. Add wine and simmer about 1 hour, adding

wine or water as necessary. Serve with macaroni (which ideally has been coated with browned butter and garlic).

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## creamy tomato pasta

*Peace Corps Gabon*

a spoon of flour  
 a few spoons of NIDO  
 basil or other spices  
 black pepper  
 salt, to taste  
 onion  
 garlic  
 canned tomatoes  
 2 to 4 sections of Vache Qui Rit  
 250g pasta, cooked

Mix flour, and NIDO with 1 cup water or juice from tomatoes. Add spices. Sauté onion and garlic in oil. Add tomatoes and flour mixture. Cook until hot. Add Vache and stir until smooth. Stir in pasta.

---

## basic macaroni and cheese

salted boiling water  
 250 - 350 g elbow macaroni  
 2 tablespoons butter or margarine  
 2 tablespoons flour or cornstarch  
 1/2 cup grated cheese, or 4 sections Vache Qui Rit  
 1 cup milk  
 salt, pepper, cayenne to taste

Cook macaroni in boiling water; drain and set aside. In a small saucepan, melt butter. Add flour and stir to make a thick paste. Add milk and stir well with a wire whisk. Add cheese and spices. When cheese is melted and sauce is smooth, pour over macaroni. Stir. If desired, reheat macaroni for a few minutes over low heat, stirring constantly.

## Couscous

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### preparing couscous

1 cup couscous  
 1+1/2 cups water

The basic ratio for couscous is 1 part couscous to 1+1/2 parts water. Boil the water. Add it to the dried couscous, cover, and let sit for 5 minutes. You can also boil the water, add the couscous, cover the pot and let simmer on low for 5 minutes.

---

## couscous with lentils

*Peace Corps Gabon*

2 cups prepared lentils (or 1 can)  
 1/4 cup oil  
 1 onion, chopped  
 3 cloves of garlic, chopped  
 1 small can of tomato paste (70g)  
 1 Maggi cube (onion)  
 1+1/2 cups water  
 basil, herbes de provence, oregano  
 1 cup dry couscous

If you're using dried lentils, prepare them as described in *Preparing Dried Lentils* (page **Error! Bookmark not defined.**). In a separate saucepan, heat the oil. Cook the onions and garlic just for a minute, to soften them up. Add the tomato paste, Maggi cube, and water. Season this with lots of herbs. Bring this to a boil, reduce heat, cover, and simmer for a minute or two. When you're bored of waiting, add the couscous and prepared lentils. Cover again and let cook for 5 minutes on the lowest flame possible.

## Other Grains

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### granola 1

*Peace Corps Gabon*

1 can of oatmeal  
 1 cup sugar, or 1/2 white sugar and 1/2 brown sugar, or use honey  
 1 cup margarine or butter  
 1 teaspoon salt  
 1 tablespoon cinnamon  
 3/4 cup peanuts, roasted and chopped  
 3/4 cup squash seeds, crisp in skillet (wheat germ, optional)  
 (sunflower seeds, optional)  
 (1 cup roasted grated coconut, optional)  
 raisins  
 (1 bar of dark chocolate, chopped, optional)

Mix all ingredients, except the raisins and optional chocolate. Bake on a flat pan in a low oven until desired doneness is obtained (300°F/150°C for 20-25 minutes). Remove and add raisins and chocolate immediately, mixing while still warm.

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### granola 2

*Peace Corps Tonga*

800 g (2-1/2 cups) oatmeal  
 1/2 cup walnuts

## CEREALS, GRAINS & PASTA

2 cups wheat germ  
3/4 cup melted butter  
1+1/4 cup honey  
1 fresh coconut, grated  
1/2 cup sunflower seed kernels  
1+1/2 tsp. salt  
1/3 cup water  
1 cup raisins

Mix all ingredients, except raisins, and spread about 1/2" thick on cookie sheets. Place in 250°F (120°C) oven and bake for 1-1/2 hours, stirring occasionally. After removing from oven, add the raisins.

1/3 cup water  
6 cups water  
1 cup sugar  
juice from 1 orange or 2 limes

Boil 6 cups of water in a marmite. While the water is boiling, mix the flour with 1/3 cup water in a calabash. Add the water little at a time, continuously mixing with your hands to form tiny little bouillie balls. May need to shake it around and break large balls into smaller forms. At a rolling boil, add the bouillie balls to the pot. Stir continuously to make sure they don't clump. Cook for about 20-30 minutes. Add sugar and juice and stir. Cook until it thickens. Note: Adjust sugar and juice amount to suit your taste.

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### granola 3

*Peace Corps Gabon*

1 can Quaker oatmeal  
1 stick of butter  
20 to 35 sugar cubes  
cinnamon to taste  
(raisins)  
(roasted peanuts)  
(toasted grated coconut)

Follow the directions for Granola 2.

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### gorp (trail mix)

roasted peanuts  
toasted grated coconut  
raisins or other dried fruit  
bits o' chocolate

Mix all ingredients together. Mange. If they're available, you'll probably want to add walnuts, cashews, and/or almonds.

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### "THANK GOD FOR THE LEBS" (aka OATMEAL FOR BREAKFAST)

Cup or two of boiling hot water  
5 TBSP oatmeal  
Few TBSP milk powder  
Few TBSP sugar  
2 shakes cinnamon, nutmeg

Stir constantly for about 2 minutes, testing for done-ness. Should be bubbly and frothy, sort of milky. To make it heartier, add a banana and mash it up in there and/or raisins from ("THANK GOD") the Leb store. Good with a side of bread.

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### Bouillie

2 cups corn, manioc, or rice flour

## Mixed Vegetables

### Hints for Vegetables

For over-salted vegetables, add a bit of lemon juice, cream, or sugar.

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### sautéed vegetables

**A combination of the following: Chinese cabbage, eggplant, peppers, onions, carrots, tomatoes, parsley, radishes, etc., etc., etc.**

**2 tablespoons oil  
1 tablespoon soy sauce  
1/4 cup water  
1 teaspoon curry  
1 teaspoon thyme  
1/4 teaspoon salt**

Wash and chop raw vegetables. Mix the other ingredients into a sauce. (If you are making enough vegetables to serve more than 3 people, you'll want to make more sauce.) Boil sauce. Put vegetables in a large pot. Pour sauce over veggies and cover pot. Cook over medium high heat until vegetables are done. Serve with Fried Rice or Beef Teriyaki.

---

### Fried Veggies

Use:

**okra  
eggplant  
green tomatoes  
green peppers, etc.**

Mix::

**Flour  
Salt  
Pepper  
Garlic  
other spices.**

Slice veggies and dip in beaten egg first, then in flour mixture until covered. Deep fry until brown.

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### Marinated Vegetables

**4 cups assorted fresh vegetables  
1/2 cup vegetable or olive oil  
1/3 cup lemon juice  
1 tsp dried thyme leaves**

**1 tsp basil leaves  
1 tsp granulated sugar  
1/2 tsp black pepper  
1/4 tsp dry mustard  
1/4 tsp salt  
1/4 tsp garlic salt**

Note: choose 4 different types of veggies and use 1 cup of each. Sliced carrots, cherry tomatoes, zucchini, sliced mushrooms, green pepper strips and green beans are all fine choices. This dish keeps very well in the refrigerator for up to 5 days.

In a 1-quart jar, combine vegetables. In a separate jar, combine remaining ingredients. Shake vigorously until blended. Pour marinade over vegetables. Cover. Refrigerate for 4 hours or overnight, shaking the jar several times during the marinating to coat all vegetables. Drain marinade from the jar.

---

### Vegetable Stir Fry

**2-4 Tbsp oil  
Veggies (combination of anything: carrots, onions, green peppers, eggplant, green beans, mushrooms, cabbage, etc.)  
Spices (garlic, ginger, cumin, piment, etc.)  
Soy sauce or Maggi  
1 Tbsp sesame oil  
Optional: peanuts, pineapple, bamboo shoots, water chestnuts, beef strips, or chicken.**

Heat oil and add veggies that take the longest to cook, like carrots. Cook for a few minutes and add other veggies. Cook only until veggies are done but not soft: still crunchy. Add spices while cooking veggies. Toss with sesame oil and serve with rice.

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### Guinean Goulash

**4 small eggplant, thinly sliced  
2 med. onions  
6 small tomatoes  
1/2 bulb garlic  
1/4 cup oil  
2 small Maggi cubes  
1 cup water  
1/2 can tomato paste  
1 package Bonne Vache  
1 bag pasta  
salt and pepper**

Cut up veggies and fry in oil until soft. Add tomato paste, water and minced garlic; let simmer a few minutes. Add Maggi cubes. Cut up 8 wedges of cheese and add to sauce stirring until it melts. Once melted, allow sauce to simmer partially

covered. If sauce is too thin, add cheese; if too thick, add water. Salt and pepper to taste. Cook noodles and add sauce. Meat eater can add 1 can of corned beef to sauce.

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## Vegetable Curry

- 2 medium onions, chopped
- 5 cloves garlic, chopped
- 2 ½ Tbsp curry powder
- 1 med. head cabbage, chopped
- 4-5 small potatoes, cubed
- 3 Tbsp oil
- 1 tsp cumin
- 1 cup tomatoes, chopped
- 3 med. carrots, diced
- 2 cups green beans

Heat oil in marmite or large frying pan and sauté onions and garlic for 4-5 minutes. Add curry powder and cumin and continue frying mixture. Add tomatoes and cook briefly until thick sauce results. Add cabbage, carrots, potatoes, and beans and stir well until all is covered by sauce. Add 1 tsp salt and reduce heat. Simmer 30-40 minutes. Add water anytime level drops below ¾ depth of veggies. Salt if necessary. Serve with rice.

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## Sunny's Korean Pancakes

- 1 bunch scallions, chopped
  - 2 medium onions, chopped
  - 3 cloves garlic crushed
  - \*1 cup zucchini cut into small match sticks
  - \*1 cup carrots cut into small match sticks
  - 4 cups flour
  - salt
  - pepper
  - piment
  - water
  - 1 Maggi cube, crumbled
  - oil for frying
- (These \* veggies are not necessary if not available. Substitute finely chopped eggplant.)

In a bowl, mix the vegetables. In a separate bowl, mix flour, salt, pepper, piment, Maggi. Add water to this mixture gradually until you get a pancake-batter consistency. Add the vegetables to the batter and mix well. Heat frying pan. In a really hot pan, fry one ladle at a time, with one Tbsp oil per pancake. Cook until brown and crispy on both sides. Watching carefully so that they don't burn. Serve hot with a dash of soy sauce.

---

## ROASTED VEGGIES

Potatoes, eggplant, corn, tomatoes  
(whatever is in season)

- ½ head garlic
- 3-4 onions
- 3-4 Tbsp oil
- Salt, Maggi cube, paprika, pepper, piment, basil, etc.

Put veggies in Dutch-ovenable bowl with the veggies that take longest on the bottom (potatoes or corn). Layer veggies. Put oil, spices and cut up oil and garlic over the top. Flip veggies halfway through. After done cooking, the oil, onions, garlic and spices make a good dressing, especially mixed with a little flour.

---

## Veggie Pizza

- 2-3 eggplants
- 3-4 cloves garlic
- 1 sm. can tomato paste
- salt to taste
- 6 pieces Vache cheese
- 1-2 onions
- 2 Tbsp butter or oil
- 2 small cans water
- 1 beef Maggi cube
- 1 ½ loaves bread

Chop and sauté eggplant, onion and garlic in butter. Add season salt. In a pan combine tomato sauce, water, spices and sautéed veggies. Bring to a boil stirring frequently. Set aside

Halve the bread and then cut open and apart. Smoosh one piece of cheese on each of the 6 pieces of bread. Top with sauce. Cook in Dutch oven until crispy. (10 minutes?)

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## SPRING ROLLS

Sauce:

- 10 small tomatoes
- 2/3 cup red vinegar
- 2/3 cup sugar
- 3 slices pineapples

Boil until thickened and add pineapple, simmer. Set aside. Cornstarch and a little water can help thicken, if needed.

Wraps:

- 2 1/3 cups flour
- Water
- Oil

## FRUITS, VEGETABLES & LEGUMES

Mix water in small amounts into flour, forming into dough. Add a few drops of oil if too dry. Roll into thin wraps, 5-6 inches in diameter.

Filling:

**Shredded potatoes**  
**Cabbage**  
**Carrots**  
**Onions**  
**Green onions**  
**Okra**  
**Eggplant**  
**Etc.**  
**1 package butter**  
**3 large Maggi cubes**  
**Oil**

Chop veggies and stir fry in melted butter and crumbled Maggi cube mixture until done.

Assembly and preparation:

Spoon into wraps, but do not overfill, and carefully fold them shut. Fry rolls in hot oil until golden brown. Drain and serve with sauce.

---

### Tempura Batter

**12 oz beer**  
**1 ½ cups flour**  
**½ tsp salt**

Combine ingredients in a medium sized bowl. Allow mixture to stand for one hour before using. Dip raw vegetables, chicken, or fish cut into bite-sized pieces and fry in two inches of hot oil until golden brown. Best if used cold.

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### ratatouille

**1/3 cup olive oil**  
**1 large onion, thinly sliced**  
**2 or 3 cloves garlic, minced**  
**4 green peppers, sliced like matches**  
**3 cups peeled, diced eggplant**  
**3 cups zucchini, cubed**  
**2 cans whole tomatoes**

Put olive oil in the bottom of a heavy skillet or casserole. Sauté onions and garlic; remove. Sauté green peppers; remove. Sauté eggplant; remove. Sauté zucchini; remove. Now combine all ingredients. Salt and pepper to taste. Sprinkle with some more olive oil if you like. Simmer, covered over low heat for 30-45 minutes. Uncover and heat a little longer to evaporate some of the liquid. Can be served hot or cold.

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### Ratatouille

**¼ cup oil**

**2 med. peeled and cubed eggplant**  
**6 med. tomatoes, cubed**  
**2 med. onions, sliced**  
**2-3 green peppers, cut in strips**  
**5-6 cloves garlic**

Sauté onions and garlic for 5 minutes. Remove half. Add half of the eggplant and half the tomatoes. Sprinkle salt, pepper, basil, thyme or Herbs de Provence if available. Then layer the rest of the tomatoes, onions and eggplant. Simmer covered for about 20 minutes. Serve hot or chilled.

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### Okra Ratatouille

**2 medium onions, chopped**  
**1 clove garlic, crushed**  
**a little oil**  
**6 okras, sliced crossways**  
**2 medium eggplants, cubed**  
**3 chopped green peppers**  
**5 tomatoes**  
**1 tsp oregano**  
**salt and pepper**

Fry onion and garlic in just enough oil to cover the bottom of the pan. When soft, add all other ingredients. Cover and simmer for about 30 minutes, stir occasionally to prevent sticking. Season to taste.

---

### tempura

*Peace Corps Gabon*

**1 large egg yolk**  
**1 ¼ cup ice water**  
**1 ¼ cup flour**

Mix the above ingredients for the batter. Dip whatever fresh vegetable you have in this batter, and then deep-fry it. A recommended sauce contains ¼ cup soy, 2 tablespoon ginger, 1 teaspoon sugar, and 1 cup beef broth...but you can improvise.

### Avocado

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### avocado appetizer

**1/2 avocado**  
**1/2 sm. onion, chopped**  
**1/2 sm. tomato, chopped**  
**thyme, salt, vinaigrette**

Halve avocado lengthwise, clean out hollow where seed has been and fill with mixture of tomato and onion. Sprinkle with thyme and salt.

Pour dressing until hollow is almost full. Spoon out segment of avocado from other half and add the shell as a lid, if desired.

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## AVOCADO SANDWICH

Bread  
Mayo  
Avocado  
Salt  
Pepper  
Tomato slices  
Cucumber slices

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## GUACAMOLE

Mashed avocado  
Chopped or piléd onions  
Garlic  
Tomato  
Citron juice  
Cumin  
Salt and pepper  
Cilantro and/or parsley  
Chili powder

Serve on fresh bread or over salad or as part of a Mexican feast.

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## guacamole

1 or 2 ripe avocados  
lemon juice  
parsley (minced)  
1/2 onion, finely diced  
a little tomato pulp  
paprika or cayenne

Mash avocados and add remaining ingredients. Serve on crackers or toast.

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## Guacamole

2 ripe avocados (seed will shake around inside)  
1 tsp. oil  
1 tsp. lemon juice  
1 tsp. chili powder  
1 tsp. minced onion  
1 tsp. minced green pepper  
1 tsp. minced tomato

Mash up avocados and add everything else. If you put the discarded seed on top, it will keep everything from turning brown.

## Bananas

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### Loco (Sheila McCarthy)

palm oil  
onions, chopped  
plantains  
2 Maggi cubes

Cover bottom of pot with a good amount of palm oil. When the oil is sizzling, slice in big chunks of plantain. Leave the plantain in until it is browned and crisp on the exterior, then remove. Add the onions and Maggis to the oil and sauté. Spoon the oil-onion mixture over the plantains.

---

### Banana Chips

Bananas, or green or yellow loco  
oil  
salt

Slice bananas as thinly as possible. Heat oil, add a little salt. Fry bananas in oil, until browned (you can also make patties.)

---

### bananes pilées 1

green plantain bananas

Steam bananas in their skins. Cook until done. Peel. *Pilez* with mortar and pestle until they're nice and sticky and they hold together in a little ball (this will take a while). Use a little oil if they stick to your hands. Form a ball and cut into pieces. Serve with a sauce and meat, chicken, or fish.

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### bananes pilées 2

*Peace Corps Gabon*

ripe plantain bananas

Peel ripe plantains and cut into chunks. Place in cold, salted water and bring to a boil. Cook until very tender, about 20-30 minutes. Mash with some of their cooking liquid in mortar. Serve like mashed potatoes.

---

### fried plantain bananas

*Peace Corps Gabon*

very ripe plantains  
oil  
white sugar  
cinnamon and/or quatre épices

Peel bananas and slice lengthwise or in rounds. Heat oil in a skillet. Place slices in hot oil (they should be covered). Turn once for even cooking. When golden brown, remove from oil and drain on paper towels. Coat with mixture of sugar and spice. Let cool so you don't burn your tongue!

## plantain chips

*Peace Corps Zaire*

**several green plantain bananas**  
**frying oil**

Peel large plantains. Cut into thin slices. Fry in small batches, one layer deep, in hot oil, like potato chips. Drain and salt.

## spicy baked plantains

*Peace Corps Gabon*

**plantain bananas**  
**piment**  
**sugar**  
**salt**

Cut peeled plantains into one inch chunks and roll these in a shallow "bath" of oil, ground piment (exact amount of piment depends on your tolerance), a good pinch of sugar and a good pinch of salt. Stand the plantain pieces up, shoulder to shoulder, in an oiled marmite. Sprinkle with water, cover, and bake until tender, about 30 minutes, depending on ripeness of plantain and heat of oven.

## bananes au gratin

**6 large ripe plantain bananas**  
**70 g (5 tablespoons) butter**  
**salt**  
**2 tablespoons breadcrumbs**  
**50 g (1/4 cup) Gruyère cheese, grated**

Peel the bananas. Cut them in half lengthwise. Melt butter on cookie sheet. Place bananas on sheet. Season with salt. Sprinkle with breadcrumbs and grated cheese. Dot with butter. Bake for about 15 minutes.

## Beans

### Hints for Beans

- ★ Don't add sugar or salt until the end of the bean cooking process, because they change the way beans absorb water.

## preparing dried beans

*Peace Corps Gabon*

**dried beans**  
**lots of water**

Pick through beans very carefully. I find rocks in every single bag of beans. Also try to weed out straw, wrinkled beans, insect eaten beans, and mutant beans. Rinse the beans thoroughly, several times. Dirt builds character but it also makes your food gritty. Rinse the beans several times until the water stays clear. Remove anything that floats. Add some extra beans to your measurement so you will not be stingy about how many bad beans you pull out.

Put the beans in a pot or a bowl with about 4 times their volume of water. Cover the bowl or pot and let beans soak for 8 hours, or overnight. Don't soak beans too long or in warm temperatures, or they will ferment and make you sick.

Once they've soaked, there is some debate about whether or not you should discard the soaking liquid. Some people say you should drain the beans and add fresh water to make the beans more digestible. Other sources say to cook the beans in their soaking liquid as long as it is not bitter, to preserve more water-soluble vitamins. We have not ever noticed a problem with digestion, but then again neither have we noticed an increase in vitamins. If you're a "Better Safe Than Sorry" person with a weak constitution, you'll probably want to change the liquid. But if you're a vitamin-chasing badass, you'll know what to do. The debate is not likely to be resolved, so the decision is left up to personal preference.

**(1 bay leaf, optional)**  
**(1/4 cup oil, optional)**  
**(2 cloves garlic)**

At this point, you have the option of adding a bay leaf, oil and cloves of garlic. A bay leaf is definitely a good addition. If nothing else, it makes your kitchen smell good. Soaked beans should be covered by about an inch of water when you start cooking them. Bring beans slowly to a boil and then simmer on a low flame for the cooking time, 1 to 2 hours. It's hard to get beans exactly right (thoroughly cooked but still firm and whole), and not mushy or hard. One test for doneness is to blow on a cooked bean and see if the skin ruptures. But I prefer just eating a spoonful to see whether or not I can deal with them yet. After cooking, remove the bay leaf and cloves of garlic, if they were used.

## dried beans, quick soak method

*Peace Corps Gabon*

**dried beans**  
**lots of water**

Pick through and thoroughly rinse beans. Instead of leaving them to soak, put them directly in a pot with 4 times the volume of water. Bring this pot to a boil, and let it boil for 2 minutes. Then turn off the flame and let the beans soak in the warm water for an hour. After that hour the beans will be adequately soaked and you can continue with the cooking process.

**(1 bay leaf, optional)**  
**(1/4 cup oil, optional)**  
**(2 cloves garlic)**

At this point you can add the optional bay leaf, oil and garlic. Bring the beans back to a boil and then turn the flame to low and let them simmer. After an hour of cooking, check them occasionally for doneness (eat a few of them). Cooking time depends on the type and age of the bean. After cooking, remove the bay leaf and garlic, if they were used.

## Gabobeans

*Peace Corps Gabon*

**2 cups dried red beans**  
**1 cup palm oil**  
**1 small can of tomato paste (70g)**  
**2 Maggi cubes (onion)**  
**1 onion, sliced**

Pick through, rinse, and soak beans as in *Preparing Dried Beans*. Cook the beans in a large pot. When the beans are fully cooked, drain them in a colander and discard the cooking liquid. Return the empty pot to the fire, add the liter of oil, and increase the flame to high. Slice the onion on a separate plate and crumble the Maggi cubes on this plate as well. When the oil is hot, add the onion and Maggi cube. Let that cook briefly, and add the can of tomato paste. Stir constantly at this point to try to incorporate the tomato paste into the oil. After a minute or two, add back the cooked beans from the colander. Stir them thoroughly with a big spoon, so as not to break the beans. Let the beans cook on a high flame for five or ten minutes, stirring several times. They are done when it is all cooked together and the beans are lightly fried.

## red beans

*Peace Corps Gabon*

**2 cups dried beans**  
**1/4 cup oil**  
**1 large onion, chopped (or 2 small)**  
**3 to 5 cloves chopped garlic**  
**3 tablespoons flour**  
**1 Maggi cube (onion)**  
**1+1/2 to 2 cups bean liquid**  
**1 small can tomato paste (70g)**  
**1 to 2 teaspoons salt (+/-)**  
**1 tablespoon cumin**  
**(other spices, pepper)**

Pick through, rinse, soak, and cook the dried beans (using the optional bay leaf, oil and garlic) as described in *Preparing Dried Beans*. When the beans are well done, drain them in a colander, remove the garlic and bay leaf, and conserve the liquid. Return the empty pot to a medium to high fire and add the oil. When the oil is hot, add the onion, garlic and then the flour. Stir to make a paste. Cook this mix until the onions and garlic are soft, about 3 minutes. Stir constantly so it doesn't stick, but try to brown the flour a little. Add the Maggi cube to this paste. Add 1+1/2 cups hot bean liquid to the roux. Then add the tomato paste and stir to incorporate. Add bean liquid if necessary to sneak up on the right consistency. Bring the sauce to a boil. Add the salt, cumin and any other seasonings. When this sauce is done, add the drained beans to it and stir them in. Correct the seasoning. Serve immediately.

## plaki beans in tomato sauce

*Peace Corps Zaire*

**2+1/2 cups dried beans**  
**1/2 cup oil**  
**3 cloves garlic**  
**4 onions, sliced**  
**2 tablespoons minced parsley**  
**1 tablespoon oregano (or marjoram)**  
**1/4 teaspoon thyme**  
**1 bay leaf**  
**6 tomatoes, peeled and diced (or 1 large can whole tomatoes)**  
**1 teaspoon salt**

Soak beans overnight. Drain. Heat the oil in a heavy casserole and add the garlic, onion, and herbs, and sauté until onions are soft. Add tomatoes and simmer until well-blended. Add beans and water to cover beans. Bring to a boil, then turn heat to low and simmer covered for 1

## FRUITS, VEGETABLES & LEGUMES

hour. Remove cover, add salt, and simmer 1 hour longer. Remove bay leaf. Serve with rice.

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### Plaki

**1 lb dried beans**  
**½ cup oil**  
**3 cloves garlic**  
**4 onions, sliced**  
**¼ tsp oregano**  
**¼ tsp thyme**  
**1 bay leaf, crumpled**  
**2 tsp parsley, minced**  
**6 tomatoes, peeled**  
**1 tsp salt**

Soak beans overnight. Drain, reserving soaking water. Heat oil in heavy casserole, then add garlic, onions, and herbs. Sauté until onions are soft. Add tomatoes and simmer until well-blended. Add beans and soaking water along with additional water to cover beans. Bring to a boil and then turn heat to low and simmer covered for one hour. Remove cover, add salt, and simmer one hour longer.

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### BRAZILLIAN BLACK BEANS

Wash and soak beans in water overnight. In the morning, start simmering 2-3 hours before you want to eat, in twice as much water with 2 bay leaves. After the beans are done and saucy, heat oil in a skillet. Sauté garlic and just as it turns brown add beans and sauce. Simmer on medium heat for 30 minutes. Add water as needed to prevent burning. After 30 minutes, add cumin to taste. Cook until flavors meld. Possible additions: piment, onions, tomatoes, parsley, chili peppers, chili powder, citron...

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### TANGY BEANS

Use cooked beans from your market day or make your own. Add

**Onions and garlic**  
**Cumin**  
**Cinnamon**  
**Chili powder**  
**Maggi cube**  
**Salt and pepper**

Let 'em cook until most of the water is gone and the beans are saucy.

---

### refried beans

**2 cups dry beans (pink, pinto, red)**

**2 teaspoons salt**  
**1/2 teaspoon pepper**  
**5 tablespoons oil**  
**bean liquid**

Pick through, rinse, soak, and cook the dried beans as described in *Preparing Dried Beans*. Cook the beans until tender. You may even want to overcook them a little. Add salt and pepper. Heat the oil in a large skillet. Drain one cup of beans and put in the skillet. Mash thoroughly, adding 1/2 cup of the reserved bean liquid. Add and mash more beans with more of the reserved liquid. Repeat until all of the beans have been used and the mixture is creamy.

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### Refried Beans

Find a dry bean that looks most similar to a pinto. Soak overnight or boil for 3 minutes and let stand for 1 hour. Cook with onions and piment until very soft. Overcooking them makes is easier to mash. Drain, saving the juice in case the beans are too dry. Mash. Traditionally refried beans are refried with lots of grease, crushed with the back of a wooden spoon. So add butter or grease as your conscience allows. Spice as desired: garlic, cilantro, cumin, chili powder, salt, pepper.

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### REFRIED BEANS, REVISED

**250-350 Francs of pre-cooked market beans, if available**  
**½ head garlic**  
**¾ small onions**  
**½ clump green onions**  
**2 tomatoes**  
**1-2 piment**  
**1 Maggi cube, lots of salt, cumin, chili powder, pepper and hot sauce**

This works best with pre-cooked market beans (with or without the oil on them). If they are not available use dried beans and boil for a long time.

Boil market beans for a little while with not much water. When water has evaporated a little, add oil, onions, garlic, piment and fry up with the beans. Add a little more water. Add green onions and tomato and let it boil down again. Add more oil and spices, let fry and mash up with a fork quickly so they won't burn.

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### EZ Beans

**2 cups of beans**  
**4 tomatoes**  
**1 Tbsp sugar**  
**1 Tbsp curry**

2-3 onions, chopped  
 ½ tsp cumin powder  
 salt and pepper  
 3 bay leaves  
 1 can tomato paste  
 1 tsp dried basil  
 3 sm. Maggi cubes  
 3-6 cloves garlic, chopped  
 ½ Tbsp minced ginger

Start boiling beans about 3 hours before you plan to eat. Chop up the ingredients while the beans boil. After about 2 hours, add the chopped onions, garlic and ginger, basil and bay leaves. Wait 20 minutes and add tomatoes. When the water has almost all evaporated, add Maggi cubes, tomato paste, sugar and spices. Continue to boil and stir frequently until water has totally evaporated. Serve with tortillas and rice and salsa (if available). To avoid wasting gas, soak the beans overnight and change the water before cooking. Or, bring the beans to a boil. Let boil for 3 minutes. Turn off the gas and cover for an hour or more.

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## Haitian Black Beans

2 cups dried black beans, cleaned, rinsed and soaked overnight  
 4 cups water  
 2 large onions  
 1 cup chopped green pepper  
 1 tsp minced garlic  
 2 bay leaves  
 ½ tsp salt  
 ¼ tsp black pepper  
 ¼ tsp oregano  
 ¼ tsp thyme  
 3 tsp cider vinegar

Drain the soaked beans and add them to the water in a medium sauce pan. Bring the water to a boil, then reduce heat. Cover the pan and simmer the beans for 30 minutes. Add the onions, green pepper, garlic, and spices. Simmer the ingredients 1 hour longer. Check after 40 minutes and add more water as necessary. Stir in the vinegar and simmer for another minute.

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## Bean Burgers

Cook beans. Add spices, onions, garlic and cook until beans are moldable. Mix with cooked rice or potatoes. Add tomatoes, onions, carrots. Mix in an egg (or two) and 1 tsp flour. Add any other seasonings: pepper, curry, etc. Form into patties. Let stand 1 hour. Fry in oil over medium heat. Serve on bread with toppings.

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## Chili

cooked beans (3 cups cooked, 1 1/2 cups dry)  
 tomato paste  
 fresh tomatoes, diced  
 onion  
 chili or piment powder to taste  
 meat (optional)  
 cube Maggi (any flavor)  
 corn  
 cumin  
 basil  
 garlic, minced  
 water  
 salt, pepper

Cook beans beforehand. In saucepan cook tomatoes with some water. Add tomato paste. Dump in everything else and cook for several hours. Spice to taste. You can mash up 2 cups of the beans to make the chili really thick.

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## Vegetarian Chili

2 1/2 cups raw kidney beans  
 1 cup tomato juice  
 1 1/2 cups chopped onion  
 2 cups chopped tomato  
 1 tsp cumin  
 salt and pepper  
 cayenne pepper  
 1 cup raw bulgur  
 4 cloves crushed garlic  
 1 cup each, chopped celery, carrots, green peppers  
 juice of 1/2 lemon  
 1 tsp. chili powder  
 3 tsp. tomato paste  
 olive oil for sauté

Put kidney beans in a saucepan and cover them with 6 cups of water. Soak 3-4 hours. Add extra water and 1 tsp salt. Cook until tender (about 1 hour). Watch the water level and add more if necessary. Heat tomato juice to a boil. Pour over raw bulgur. Cover and let stand at least 15 minutes (it will be crunchy so it can absorb more later). Sauté onions and garlic in olive oil. Add carrots, celery, and spices. When vegetables are almost done, add green peppers. Cook until tender. Combine all ingredients and heat together gently.

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## Bean Burgers--serves 4-6

2 cups cooked beans  
 1 cup cooked rice  
 1/2 cup flour

- 1 egg (oil works too)
- 1/2 teaspoon salt
- pepper to taste
- Plus: garlic, cayenne pepper, ginger, basil, onion....

Combine all ingredients into a sticky mush by mashing in a large bowl. Let stand for 30 minutes to 1 hour. Form into patties and fry in oil.

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## black bean tostada

*Peace Corps Gabon*

- 1+1/3 cup dried beans
- 3 medium onions, chopped
- 3 garlic cloves, minced
- 1+1/2 teaspoons cumin
- 1+1/2 teaspoons ground coriander
- 1 teaspoon minced chilis
- 1/4 cup oil
- 1 medium tomato
- lemon juice or other citrus juice
- salt
- (fixings for tostadas: 8 tortillas, guacamole, shredded lettuce, salsa, grated cheese)

Pick through, rinse, soak, and cook the dried beans as described in *Preparing Dried Beans*. Cook the beans until tender. Sauté the onions, garlic, cumin, coriander, and chilis in the oil for five to ten minutes. Drain the cooked beans and add them. Mash it around with a spoon or potato masher until most of the beans are mashed. Add the tomatoes and citrus juice. Cover and simmer for 10 minutes or so, stirring to avoid stick-age. You may want to add more salt and pepper. Layer beans, lettuce, cheese, guacamole, and salsa on lightly fried tortillas. For a tortilla recipe, check page **Error! Bookmark not defined..**

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## Vegetarian Taco Filling

Mix:

- 15 oz cooked beans
- 8 oz cooked corn
- piment to taste
- 1 large tomato, diced
- 2 tsp fresh cilantro
- lime or lemon juice
- salt
- pepper

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## Hummus

- 1 1/3 cups dried chickpeas, soaked, cooked and drained
- 1/2 head garlic, crushed
- 1 Tbsp tahini (sesame paste)

- 3 Tbsp olive oil
- 2 Tbsp lemon juice

Add everything together and cook until the peas can be mashed.

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## Falafel 1

- 1 cup dried chick peas, soaked, cooked and drained
- 1 egg beaten
- 1 large onion, chopped
- 2 Tbsp parsley
- 1 garlic clove, crushed
- 1 tsp coriander
- 1 tsp cumin
- 2 tomatoes
- 1/2 cucumber

Mash chickpeas and add egg, onion, parsley, and spices. Coat balls with flour and sauté for 3 minutes.

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## Falafel 2

- 4 cups cooked chickpeas (2 cups soaked 1/2 hours and boiled until very soft)
- 3 medium cloves garlic
- 2 beaten eggs
- 1/2 cup each: finely minced celery and scallions
- 3 tsp tahini
- 1/2 tsp ground cumin
- 3 tsp flour or fine breadcrumbs
- 1/2 tsp turmeric
- 1/4 tsp cayenne pepper
- 1 1/2 tsp salt

Mash chickpeas well. Combine other ingredients. Chill well. With floured hands, roll into 1 inch diameter balls. Dust lightly with flour. Heat 2 inches pool of oil to 365 degrees in heavy skillet and deep fry until golden brown.

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## falafel

- 2 cups dried chickpeas (or 1 large can)
- 2 eggs, beaten
- (1/2 cup celery, chopped, optional)
- 1/2 cup scallions (or onion), chopped
- 3 garlic cloves, minced
- 3 tablespoons tahini
- 3 tablespoons flour or breadcrumbs
- 1/2 teaspoon cumin
- 1/2 teaspoon turmeric
- salt, pepper, cayenne

Pick through, rinse, soak, and cook the dried chickpeas as you would for any dried bean (see *Preparing Dried Beans* on page 70). Cook the

beans until tender. Drain. Mash beans. Mix in all of the other ingredients. Chill. Pour 2" of oil in a deep pan and heat it. With floured hands, make 1" diameter balls from the chilled "dough". Dust balls with flour and fry them in hot oil. Serve in a pita with shredded lettuce, pickles, and *Tahini Dressing*.

---

## marinated white beans

**1 cup dried white beans**  
**4 cups water**  
**1 bay leaf**  
**2 large garlic cloves (whole)**  
**pinch of salt**  
**1/4 cup olive oil**

Wash beans and combine with water in a large pot. Bring to a boil over medium-high heat. Let boil 2 minutes; remove from heat and set aside, covered, for 1 hour. Add bay leaf, garlic, salt and the 1/4 cup oil. Simmer until tender but not mushy (1+1/2 to 2+1/2 hours). Drain beans and remove garlic cloves and bay leaf.

**1/2 cup olive oil**  
**1/2 cup vinegar**  
**2 tablespoons parsley**  
**1/2 teaspoon oregano**  
**1/2 teaspoon basil**  
**1/4 teaspoon tarragon**  
**salt, pepper**

Combine all the above ingredients for the dressing. Place beans in storage container and cover them with dressing. Refrigerate overnight.

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## village-style beans and okra

*Peace Corps Gabon*

**fresh plantation beans**  
**oil**  
**okra**  
**garlic**  
**onion**  
**1 Maggi cube (onion)**  
**water**

Use fresh beans from the plantation, and not store-bought. Boil the beans until done (about 45 minutes). *Pilez* the beans after they're soft. Mix equal parts water with the mashed beans.

Wash the okra. Heat oil in a pan. Slice up okra, garlic, and onion, and sauté them with the Maggi cube. Dump the watered down beans into the oil. Stir continuously. Cook until all water is boiled off.

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## hummus 1

*Peace Corps Gabon*

**2 cups prepared chickpeas or one small can**  
**1 tablespoon lemon juice**  
**3 tablespoons tahini**  
**2 cloves of raw garlic**  
**1/2 teaspoon cumin**  
**1/4 teaspoon salt**

Prepare dried chickpeas (as described in "About Beans" on page **Error! Bookmark not defined.**) or use one small can of prepared chickpeas. In either case, drain the chickpeas and conserve the liquid. Mix all of the ingredients in a blender or with a mortar and pestle and add back bean liquid to achieve the right consistency. If you are using prepared dried chickpeas, you will need to add more salt than is called for (about a teaspoon).

If using a blender, add the ingredients in small parts along with small amounts of bean liquid so the blender doesn't have to struggle.

If using a mortar and pestle, crush the garlic and a few of the chickpeas first to make sure the garlic gets thoroughly crushed. Then crush the rest of the dry ingredients. Wait until the end to start adding the wet ingredients so it doesn't splash everywhere. As a last step, add bean liquid gradually until it's a good dip consistency.

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## red bean spread

**1/2 onion, finely chopped**  
**1 clove garlic, crushed**  
**1 tablespoon oil**  
**1 tablespoon tomato paste**  
**1 teaspoon fresh basil, chopped**  
**1 cup cooked red beans**  
**salt**

Prepare dried red beans or use canned beans. In either case, reserve the liquid. Sauté onion and garlic in oil until soft. Stir in beans, tomato paste, and basil. Simmer for 3 minutes. Purée in a blender, or with a mortar and pestle, or rub through sieve. Add extra liquid from the beans to produce a cream spread of the right consistency. Salt to taste.

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## Middle Eastern bean dip

*Peace Corps Gabon*

**2 cups dried white beans or 4 cups prepared white beans**  
**1/3 cup olive oil**

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**1/3 cup lemon juice**  
**4 garlic cloves**  
**salt, pepper**  
**1/4 teaspoon cayenne**  
**2 tablespoons olive oil mixed with 1/2  
teaspoon paprika**  
**parsley**

Prepare the dried beans as for any dried legume . Cook until very tender. Drain most of the water, then purée the beans with the oil, lemon juice, and garlic. Add the salt, pepper, and cayenne. Garnish with paprika oil and parsley. Serve with pita (see Breads, page **Error! Bookmark not defined.**).

## Breadfruit

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### breadfruit salad

*Peace Corps Tonga*

**2 cups cooked breadfruit, cubed**  
**1 cup fish (tuna, salmon, or crab)**  
**2 boiled eggs, chopped**  
**1/2 cup grated carrots**  
**1/2 cup shredded cabbage**  
**3 tablespoons chopped onion**  
**salt and pepper**

Combine all ingredients. Add dressing and serve.

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### breadfruit pudding

*Peace Corps Gabon*

**1/2 breadfruit**  
**2 cups coconut milk, unsweetened**  
**1/2 cup brown sugar**  
**1 teaspoon tamarind syrup, optional**  
**1 teaspoon cinnamon**

Peel the breadfruit, remove the seeds, and cut into chunks. Add the chunks to a pot of salted boiling water. Reduce heat, cover and simmer for 20 minutes. Drain and leave to cool. Butter a pie dish. Preheat oven to 350°F. Mash breadfruit and beat in coconut milk, sugar, syrup, and cinnamon. Turn the mixture into the pie dish and bake until the pudding is golden brown, about 40 minutes.

## Cabbage

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### cabbage salad

*Peace Corps Tonga*

**1/2 cup vinegar**  
**1/4 teaspoon salt**  
**1 tablespoon butter**  
**1 small onion, minced**  
**1 small cabbage, shredded**

In a saucepan, combine vinegar, salt, butter, and onion. Simmer until onion is soft. Add to cabbage and mix well.

---

### coleslaw

**cabbage**  
**vinaigrette**  
**salt, pepper**  
**(paprika and parsley, optional)**

Wash cabbage and remove outer leaves. Chop or shred. Moisten with vinaigrette (do this fairly close to serving time). Season to taste. Garnish with paprika and chopped parsley. You can also use mayonnaise or sour cream instead of vinaigrette.

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### hot slaw

*Peace Corps Tonga*

**1 medium cabbage, shredded**  
**1/4 cup chopped onion**  
**1/2 cup sour cream (or plain yogurt)**  
**1/2 cup mayonnaise**  
**1 teaspoon prepared mustard**  
**1 teaspoon lemon juice**  
**pinch of sugar**  
**salt to taste**

Place shredded cabbage in a small amount of boiling, salted water. Cover and cook rapidly until tender-crisp (3-5 minutes). Drain. Add onion, sour cream, mayonnaise, mustard, and lemon juice. Blend in sugar and salt. Stir over low heat until heated through.

---

### mustard cabbage

**1 head cabbage, shredded**  
**4 tablespoons butter**  
**1/2 teaspoon pepper**  
**1 onion, chopped**  
**2 tablespoons mustard**  
**salt to taste**

Melt butter in skillet and sauté onions and cabbage. Add about 1/2 cup water and cover. Let steam for 10 minutes. Add remaining ingredients and season to taste. Simmer another 10 minutes. Serve hot.

## Indian cabbage

*Peace Corps Tonga*

- 3 tablespoons peanut oil
- 1 teaspoon turmeric
- 1 teaspoon mustard seed
- 1/2 teaspoon salt
- 1 head cabbage, finely chopped

Heat oil and add turmeric, mustard seed, and salt. Simmer until mustard seed pops. Add 4 cups cabbage. Stir briskly over heat.

## KABEJI (KENYAN CABBAGE)

- Olive oil or peanut oil
- 1 head of garlic, minced
- 2-4 onions, chopped
- 1 can tomato paste
- 1 small cabbage, shredded
- 1 large or two small Maggi cubes
- 2 tsp curry powder
- Salt and pepper to taste

Sauté garlic and onions in oil. Add cabbage, tomato paste, spices, and a little water to prevent sticking. Continue to sauté until the cabbage has cooked down a bit. Kenyans cook it until it loses all crunch and becomes mushy, but I like to leave some crunchiness. Serve with chapattis or bread.

## Sautéed Cabbage

- 1 small head cabbage shredded
- 2 Tbsp butter
- 1/2 tsp salt
- 1/4 tsp paprika
- 5 cloves garlic
- 1 medium onion
- 1 cup sour cream

Sauté cabbage in butter and add onion, garlic, and spices. Place in a baking pan and add sour cream. Bake for 20 minutes

## cabbage in sweet and sour sauce

*Peace Corps Tonga*

- 3 tablespoons oil
- 1/2 cup onions, thinly sliced
- 1+1/2 cabbage, cut into 1/4" strips
- 3 lg. tomatoes, chopped
- 2 tablespoons vinegar
- 2 teaspoons salt
- pepper
- 1 tablespoon sugar (2 cubes)

Heat oil in a skillet. Add onions and cook over moderate heat for 2-3 minutes. Stir in cabbage, tomatoes, vinegar, salt, and pepper. Simmer covered for about 20 minutes, until cabbage is tender. Stir in sugar and cook 2 minutes longer.

## stir-fried spiced Chinese cabbage

*Peace Corps Tonga*

- 1/2 kg Chinese cabbage
- 2 tablespoons sugar
- 2 tablespoons white vinegar
- 1 tablespoon soy sauce
- 1 teaspoon salt
- 1/4 teaspoon cayenne
- 1 tablespoon oil

Wash and trim cabbage. Cut each stalk into 1" x 1+1/2" pieces. In a small bowl, combine sugar, vinegar, soy sauce, salt and cayenne. To cook, set large skillet over high heat. Add oil. Turn down to moderate heat. Add cabbage and stir fry for 2-3 minutes, just until tender, but still crisp. Remove from heat. Stir in soy mixture. Transfer cabbage to a platter and let cool to lukewarm before serving. May also be served cold.

## fried Chinese cabbage

*Peace Corps Tonga*

- 1/2 cup water
- 1 teaspoon soy sauce
- 1/2 teaspoon crushed ginger
- 1 teaspoon sugar
- 1 teaspoon cornstarch
- 1 teaspoon sherry (optional)
- 1+1/2 tablespoon oil
- 1 clove garlic, minced
- salt to taste
- 1/2 kg Chinese cabbage

Mix water, soy sauce, ginger, sugar, cornstarch, and sherry. Stir well. Put oil in a very hot skillet. Add garlic and salt. Cut cabbage leaves into 1" sections with the stem slanting about 45°. Put white stems in and stir fry 2 minutes. Add green leaves and fry another minute. Add prepared mixture. Stir for 1 minute. Cover and cook for 2 minutes.

## Carrots

### carrot casserole

- 2 cups milk

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**1 cup cooked rice**  
**1 tablespoon brown sugar**  
**1 teaspoon salt**  
**5 medium carrots, shredded**  
**2 eggs**  
**3 tablespoons butter**  
**1/3 cup breadcrumbs (or wheat germ)**

Preheat oven to 375°F (190°C). In a mixing bowl, combine milk, rice, sugar, salt, carrots, and eggs. Pour into well buttered casserole dish. Melt butter in a separate pan and stir in breadcrumbs. Sprinkle over top of casserole. Bake for 40 minutes or until top is lightly browned.

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### carrot tzimmes

*Peace Corps Tonga*

**1 kg carrots, sliced 1/4" thick**  
**cold water to cover**  
**1/2 teaspoon salt**  
**3/4 cup honey**  
**1 tablespoon lemon juice**  
**3 tablespoons butter**  
**3 tablespoons flour**

Cook sliced carrots in water until almost tender. Add salt, honey, and lemon juice. Let simmer with lid partially off until liquid has been reduced and carrots are tender. Brown flour in melted butter and add to carrots while shaking or stirring to distribute evenly. Cook a few minutes longer.

---

### glazed carrots

**10-12 medium carrots**  
**4 tablespoons butter**  
**1/2 teaspoon salt and pepper**  
**2 tablespoons sugar**  
**2 tablespoons parsley**

Peel carrots and cut into pieces 2" long. Bring all ingredients, except parsley, to a boil over moderate heat. Cover and simmer over low heat. Shake skillet occasionally to roll carrots around. If liquid cooks away too fast, add some water. In 20-30 minutes, carrots should be tender and liquid should be a brown, syrupy glaze. If liquid is not reduced enough, remove carrots and boil liquid down. Roll carrots in glaze and sprinkle with parsley. You can also do this recipe with small onions in place of carrots.

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### oriental carrots

**3-4 cup sliced carrots**  
**boiling salted water**  
**1 tablespoon oil**

**1-2 teaspoon ginger**  
**1-2 cloves garlic, minced**  
**1 tablespoon water**  
**1 teaspoon sugar**  
**1/2 teaspoon salt**

Cook sliced carrots until tender in boiling water (about 5 minutes); drain. Heat a skillet and add oil, garlic, ginger. Stir and cook for about 30 seconds. Add carrots, water, sugar, and salt.

## Coconut

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### coconut milk 1

**1 cup grated coconut**  
**2 cups hot water**

To acquire "coconut milk", grate the meat of a fresh mature nut. To each cup of coconut meat, add 2 cups of hot water. Let soak 30 minutes. Squeeze through a piece of cheesecloth to extract all of the liquid.

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### coconut cream

**2 cups grated coconut**  
**1 cup hot water**

To make "coconut cream", add 1 cup hot water per each 2 cups of grated coconut meat and proceed as for *Coconut Milk 1*, above.

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### coconut milk 2

*Peace Corps Gabon*

**2 to 8 tablespoons of fresh grated coconut**  
**1/2 cup warm water**

You can make your life easier by buying grated coconut in Libreville. For that matter you can just buy a can of coconut milk. But let's say you have some fresh coconuts you need to use. Grate it finely into a small mixing bowl. The amount of grated coconut you use varies depending on how strong you want the milk and how excited you are about grating coconut. Add 1/2 cup of warm water, and squeeze the coconut in the water for a couple of minutes to release the flavors and oil. The water should turn white like milk. Let it sit for awhile.

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### toasted coconut chips

**a coconut**  
**some salt**

Remove the meat from a fresh, mature coconut and slice paper thin with knife or potato peeler. Spread on cookie sheet and sprinkle with salt. Bake at 300°F (150°C) until golden brown (about 20 minutes), stirring twice to ensure even cooking. Cool and store in an air-tight container.

## Corn

### corn oysters

*Peace Corps Tonga*

- 1 cup canned corn**
- 1/4 cup flour**
- 1 teaspoon baking powder**
- salt, cayenne**
- 1 egg, beaten**

Mix corn with dry ingredients. Add beaten egg. Drop from spoon onto well-greased griddle or frying pan. Brown on both sides, turning carefully. Drain on paper towels and serve.

### Polenta

- 1 cup cornmeal from market**
- 2 garlic cloves**
- 1 Tbsp salt**
- 1 cup water**
- 1 Tbsp chopped onion**
- 1-2 Tbsp olive oil**

Boil water, salt, onions and garlic. Then gradually add cornmeal and stir with a fork or whisk to avoid lumps. Add oil and minced parsley or green onion. Stir until very thick, usually 3-4 minutes. Cover, let cool to set. Cut into wedges, slices and sauté in oil. Serve with spaghetti sauce.

## Cucumbers

Are you trying to use up some cucumbers? Consider making Dill Pickles. Cucumber is also used in several Dips and several Cold Soups.

### wilted cucumbers

- 3 cucumbers**
- 1/4 cup vinegar**
- salt, pepper**
- (sugar, optional)**

Wash and peel cucumbers. Slice very thin. Salt cucumbers. Add vinegar. You may want to add a little sugar mixed in water. Salt and pepper to taste. Garnish with sliced onion. Chill at least 2 hours before serving.

### yogurt and cucumber dip

- 1/2 medium cucumber**
- 1/2 teaspoon salt**
- 1 teaspoon fresh dill or chives**
- 1/2 clove garlic, crushed**
- 1 cup yogurt**

Peel and grate cucumber. Sprinkle with salt and drain with a strainer. Mix with yogurt and garlic. Add salt and dill. Chill well.

## Eggplant

Unless the recipe specifically says "local eggplant", these recipes refer to the big, purple guys.

### eggplant salad

- 2 medium eggplant**
- juice of one lemon**
- 2 hard-boiled eggs, chopped finely**
- 3 or 4 tablespoons diced cucumber**
- 2 garlic cloves, crushed**
- seasoning**
- 3 or 4 tablespoons mayonnaise**

Bake the eggplants in a hot oven for 30 minutes. Remove the skin and chop the flesh very finely. In a bowl, combine chopped eggplant with lemon juice, eggs, cucumber, cloves, and seasoning. Blend in the mayonnaise. Chill well and serve with crisp French bread or crackers as an hors d'oeuvre.

### Baba Ganouj

- 2 medium-to-small eggplants**
- Juice from one good sized lemon**
- 1/2 cup of tahini**
- 3 cloves of crushed garlic**
- 1/2 cup of finely chopped parsley**
- 1 tsp salt**
- 1/4 cup of finely minced scallions**
- Lots of black pepper**
- 1 tsp olive oil**

Cut off the stem ends of the eggplants and prick the eggplants all over with a fork. Place them directly on an oven rack and let them roast until they are sagging, wrinkled, crumpled, and totally soft. Remove them gingerly from the oven and wait until they are cool enough to handle. Scoop out their insides and squeeze out the water (this removes the bitterness). Mash well. Combine with all other ingredients except the olive oil. Chill the ganouj completely and drizzle the oil over the top just before serving. Note: start this 3 hours ahead

of time as eggplants require slow baking and cooling.

## eggplant spread 1

- 1 large eggplant
- 1 tablespoon oil
- 1 clove garlic
- 1 to 2 teaspoons lemon juice
- salt and pepper

Bake the eggplant thoroughly and let cool. Scoop the flesh out of the skin. Heat oil and sauté garlic. Add the meat of the eggplant and let simmer a few minutes. Season with lemon juice, salt, and pepper.

Sautéed onions, tomatoes, and green peppers may also be added for variation.

## eggplant spread 2

*Peace Corps Gabon*

- 2 medium-sized eggplants, well washed
- 1/4 cup tahini or peanut butter
- 1 or 2 cloves garlic, minced (or to taste)
- 1 tablespoon freshly squeezed lemon juice
- 2 to 3 tablespoons good quality oil (olive or peanut)
- 1 teaspoon ground cumin (or to taste)
- 1/2 teaspoon each salt and pepper

Pierce the skin of the eggplant with a knife. Place on a baking sheet and roast in the oven until soft (30-40 minutes at 350-400°F). When cool enough to handle, peel off and discard skin. Combine eggplant with remaining ingredients in a bowl. Season to taste. Serve on toasted slices of French bread.

## eggplant cucumber spread

- 2 medium eggplants
- juice of one lemon
- 2 hard boiled eggs, finely chopped
- 3 or 4 tablespoons diced cucumber
- 2 cloves garlic, crushed
- seasoning
- 3 or 4 tablespoons mayonnaise

Bake the eggplants in a hot oven for 30 minutes. Remove the skin and chop the flesh very finely. In a bowl, combine the chopped eggplant, lemon juice, eggs, cucumber, crushed garlic, and seasoning. Blend in the mayonnaise. Chill well and serve with crisp French bread or crackers as an hors d'oeuvre.

## "THE FAINTING IMAM" STUFFED EGGPLANT

- 6 Tbsp olive oil
- 2 small onions
- 4 small eggplants
- Juice of 1/2 lemon
- 4 tomatoes
- 2 oz golden raisins
- 2 tsp ground allspice
- 2 tsp sugar
- 2 garlic cloves, crushed
- 2 bay leaves
- Parsley to garnish

Heat 2 Tbsp of olive oil in a skillet and cook onion gently until soft and just colored. Halve the eggplants lengthwise and scoop out most of the flesh, being careful not to break the skin. Cut flesh into small pieces and sprinkle with lemon juice. Brush the inside of the eggplant shells with the remaining olive oil. Arrange shells on a baking sheet and cook in a preheated oven for about 20 minutes. Meanwhile, add the chopped eggplant to the onions along with the tomatoes, raisins, allspice, sugar, garlic and bay leaves. Cook over medium heat for 15-20 minutes, stirring occasionally. Remove the backed shells and fill with cooked mixture. Garnish with parsley. Serve with rice.

## local eggplant

- local eggplants (*aubergines*)
- oil
- onion, chopped
- salt
- piment

Boil local eggplants in water. When they are tender, drain them and crush them in the pot with a wooden spoon. In another pot, heat the oil. When the oil is hot, add the onion. Cook until the onions just turn tender, then add the purée of eggplants. Season to taste with salt and piment.

## Eggplant Parmesan

- 3 med or 2 large eggplants
- 1 cup flour
- 1/2 tsp pepper
- milk
- 1/2 tsp. salt
- 1/2 cup oil
- spaghetti sauce (see sauces)

Mix flour with salt and pepper. Cut eggplant into 1/2" thick slices. Dip them into milk, then flour

## FRUITS, VEGETABLES & LEGUMES

mixture. Heat oil in skillet and fry eggplant for about 10 minutes or until soft. Serve with spaghetti sauce and top with Parmesan cheese if available. This is also good without the sauce.

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### eggplant fries

*Peace Corps Tonga*

**1 eggplant**  
**4 teaspoon butter**  
**minced garlic**  
**basil, oregano**  
**grated cheese**

Cut eggplant into 1/2" slices. Melt butter in a frying pan. Add eggplant and sauté for a few minutes. Turn and sprinkle liberal amounts of garlic, basil, and oregano. Add cheese slices on top. When eggplant is soft, place pan in the oven for a few minutes to melt cheese, or cover skillet. If you like, place on slices of toasted bread, and grill until cheese is melted.

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### breaded fried eggplant sticks

*Peace Corps Tonga*

**1 eggplant, peeled**  
**1 egg, beaten**  
**1/2 cup flour**  
**1/4 cup cornstarch**  
**1 teaspoon salt**  
**1/2 teaspoon pepper**  
**oil for frying**

Cut eggplant into sticks about 3/4" thick and 3-4" long. Dip into beaten egg. Mix together flour, cornstarch, salt, and pepper. Roll eggplant in mixture. Coat well. Heat about 1" of oil in skillet. Fry eggplant until golden, turning often. Remove and drain on paper towels. Serve with ketchup.

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### eggplant marrakech

*Peace Corps Gabon*

**2 medium eggplants**  
**1 cup chopped onion**  
**1/4 teaspoon cayenne**  
**1 teaspoon paprika**  
**1 teaspoon cumin**  
**1/4 teaspoon cloves**  
**3 tablespoons olive oil**  
**2 tomatoes, chopped**  
**2 tablespoons olive oil**  
**1/2 cup broken spaghetti**  
**1 cup water**  
**1 cup cooked rice**  
**1 cup cooked or canned chick peas**

**1/2 cup raisins**  
**3 tablespoons lemon juice**  
**1/4 cup chopped parsley**  
**salt, pepper**  
**1/2 cup grated feta or other cheese**

Preheat oven to 375°F (170°C). Slice eggplants in half lengthwise and place them cut side down on an oiled baking sheet. Cover with foil (if available) and bake 45 minutes. Sauté the onion, garlic, and spices in the 3 tablespoons oil. Stir often to prevent burning. Add tomato and simmer, covered, 3-4 minutes. Meanwhile, in a separate pot, heat the 2 tablespoons olive oil. Toss the spaghetti in the hot oil for a couple of minutes until it turns golden brown. Add a cup of water, bring it to a boil, and simmer for five minutes, covered. Add the rice, chickpeas, and raisins. Stir in the onion-tomato mixture, lemon juice, and parsley. Add salt and pepper to taste. Take the eggplants out of the oven, turn them over, and mash the pulp a little with a fork, taking care not to break the skins. Push the pulp aside to make a place for the stuffing. Mound a quarter of the filling on each half. Cover and bake an additional 20 minutes. Sprinkle on cheese and serve.

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### stuffed eggplant

*Peace Corps Tonga*

**3 medium eggplants**  
**1 medium onion, finely chopped**  
**1 clove garlic, crushed**  
**1/2 cup oil**  
**250 g (1 cup) hamburger, browned**  
**chopped parsley**  
**1 teaspoon salt**  
**1/4 teaspoon white pepper**  
**(rice)**  
**2 tablespoons tomato paste**  
**1 egg**

Preheat the oven to 350°F (180°C). Cut the eggplants in half and scoop out the flesh, leaving 1/4" around the sides. Sauté the onion and garlic in oil. Add hamburger and chopped eggplant. Sauté for 3-5 minutes. Season with parsley, salt, and pepper. Stir in rice and tomato paste. Cook for 2-3 minutes. Remove from heat and beat in 1 egg. Arrange eggplant shells in casserole. Fill with mixture. Pour remaining oil over eggplants. Cover with lid or foil and bake for 1 hour. Equally good hot or cold.

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### eggplant-squash supreme

*Peace Corps Tonga*

**1 can whole tomatoes**

## FRUITS, VEGETABLES & LEGUMES

**1 teaspoon salt**  
**2 tablespoons flour**  
**2 tablespoons butter**  
**1/4 teaspoon cloves**  
**1/4 teaspoon pepper**  
**bay leaf**  
**1/2 kg (2 cup) hamburger**

Drain tomatoes but save the juice. Put tomatoes into a saucepan. Heat and stir. Add salt, butter, and flour. Stir until flour is well dissolved. Add rest of ingredients and simmer for 20 minutes to make a tomato sauce.

**1 small eggplant**  
**1 small squash**  
**2 green peppers, sliced**  
**2 onions, sliced**  
**1/2 teaspoon rosemary**  
**1/4 cup water**  
**grated cheese**

Slice eggplant and squash into rounds. Place in large skillet. Add peppers and onions. Sprinkle with rosemary. Add water. Pour tomato sauce over vegetables. Cover and cook over medium heat for 10-15 minutes, until eggplant and squash are tender. Sprinkle cheese on top and cover until cheese melts. Use 2 eggplants if no squash is available.

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### Skillet Eggplant

Heat in a skillet or saucepan:

**2 tsp oil**

Add:

**2 cups eggplant, diced**  
**1 cup onion, thinly sliced**  
**1 large green pepper, chopped**  
**1 large tomato, diced**  
**¼ cup water**  
**½ tsp salt**  
**¼ tsp pepper**  
**1 tsp sugar**  
**spices to taste**

Mix well, simmer covered until eggplant is tender, about 20 minutes. Add additional water if necessary.

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### eggplant lasagna

*Peace Corps Tonga*

**2 quarts water, salted with 1 teaspoon salt**  
**1 teaspoon oil**  
**1/4 kg lasagna noodles**  
**1 medium eggplant**  
**1 can (6 oz.) tomato paste**  
**1 cup red wine**  
**1/2 cup grated Parmesan cheese**

**1/2 cup hot water**  
**1 clove garlic**  
**1 teaspoon basil**  
**1 teaspoon ground turmeric**  
**pepper, salt**  
**2 cups chopped green pepper**  
**10 black olives, pitted and chopped**

Heat the salted water and oil to boiling. Cook the lasagna noodles for 12-15 minutes. Drain and arrange the noodles on a platter. Slice the unpeeled eggplant crosswise into 1/4" rounds. Fry on both sides in heated oil until tender. (They cook quickly and absorb a considerable amount of oil, which must be added constantly.) Drain on absorbent paper. Combine the tomato paste, wine, water, garlic, and spices. Simmer for 5 minutes. Add green peppers and olives. Cook for 5 minutes longer. Arrange a layer of lasagna in a buttered shallow baking dish. Cover with a layer of eggplant slices and several spoonfuls of the sauce. Sprinkle with cheese. Repeat until all the ingredients are used. Bake in a preheated moderate oven (350°F/180°C) for 30 minutes.

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### eggplant-tomato sauce for pasta

*Peace Corps Gabon*

**2 small eggplants**  
**1 onion, peeled and chopped**  
**2 or 3 garlic cloves**  
**1 or 2 tablespoons olive oil**  
**1 can whole tomatoes**

Wash eggplants and pierce in several places with a knife. Roast eggplants by placing on a baking sheet and bake until soft, about 30 minutes for small eggplants and 60 minutes for large ones. Cool, peel, and chop. Sauté onion and garlic in oil. Add tomatoes and cook 20 minutes. Add eggplant and cook about 10 minutes more. Season with salt & pepper, and fresh, minced basil, if available.

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### FRIED EGGPLANT

Peel, slice and soak eggplant in salt water, 1 hour. Drain well. Dip slices in beaten egg, salt and pepper. Fry until brown and top each slices with tomato sauce and grated cheese (ha!) if desired.

You can also:

Dip in bread crumbs before frying

Dip in "fritter batter" and deep fry

## FRUITS, VEGETABLES & LEGUMES

Cut eggplant into small cubes, fry until soft with 1-2 tsp oil, chopped onions, and tomatoes. Omit egg. Add salt, pepper, garlic and chopped parsley. Mash, sprinkle with flour. Add boiling water to make a rich sauce. Pour into baking dish, top with grated cheese (or not) and breadcrumbs. Bake until browned.

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### SCALLOPED EGGPLANT

Pare and cut into dice: a 1.5-2 lb. eggplant. Simmer it until tender in ½ cup boiling water. Drain well. Sprinkle with chopped parsley (optional). Chop 1 small onion and sauté with butter until golden. Add to eggplant with ½ cup milk, 2 well-beaten eggs (optional). Mix ½ cup breadcrumbs and 3 Tbsp melted butter. Place layers of eggplant and layers of crumbs in baking dish. Season with salt and paprika. The top layer should be crumbs, cover with cheese (or vache). Bake for ½ hour. Serves 4.

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### YASSA EGGPLANT

Follow yassa recipe but substitute eggplant (duh). Just make sure to marinate the eggplant separately from the bulk of the onions and other stuff, or the eggplant flavor will be too strong.

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### Stuffed Eggplant

- 1 medium eggplant
- ½ cup chopped onion
- 1-3 cloves garlic, minced
- 1 Tbsp snipped parsley
- 3 Tbsp butter or margarine
- ¾ cup soft breadcrumbs
- ¼ cup chopped pitted ripe olives (if available)
- 2 Tbsp chopped canned green chili peppers (or substitute ½ tsp dry piment)
- 2 Tbsp cooking oil
- 2 Tbsp lemon juice
- ¼ tsp salt
- ¼ tsp crushed dried basil
- ¾ cup shredded provolone cheese (or substitute 4-5 wedges Vache)
- 4-6 tomatoes

Halve the eggplant lengthwise: scoop out the reserve pulp, leaving a ¼ inch shell. Cook shells covered in enough boiling water to cover for 2 minutes or until tender. Drain. Finely chop uncooked pulp. Cook pulp with onions, garlic, and parsley in butter until tender. Stir in breadcrumbs, olives, chili peppers, oil, lemon juice, basil and salt. Stir in ½ cup of the cheese. Pile into shells.

Bake covered in oven for 20 minutes. Top with tomato slices, brush with cooking oil. Top with remaining cheese. Bake uncovered for 5-10 minutes.

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### Eggplant with Garlic Sauce

Peel 1 large eggplant or several small ones, and boil until soft. Stir fry 5-6 cloves crushed garlic and 1 chopped onion. Add drained eggplant, 1 tsp soy sauce, piment, and chopped tomatoes.

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### eggplant parmesan

- 1 medium eggplant
- 1 or 2 cups breadcrumbs
- 1 egg, slightly beaten with 2 tablespoons water
- 2 cups grated cheese
- 3 tablespoons Parmesan cheese
- Tomato Sauce (page Error! Bookmark not defined.)
- oil

In one bowl, mix the egg and water. In a second bowl, add the breadcrumbs (you can season breadcrumbs with 1 tablespoon oregano, if desired). Peel eggplant and cut it into 1/4" slices. Dip it first into the egg mixture, and then into the crumbs. Sauté the breaded eggplant slices in an oiled frying pan until brown. When done, drain on absorbent paper and set aside. Repeat with the rest of the eggplant slices. In a baking pan, put a layer of tomato sauce, a layer of eggplant, and a layer of grated cheese. Sprinkle with Parmesan cheese. Repeat the process until all eggplant is used up. Finish with a layer of cheese. Put in a very hot oven until cheese is melted.

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### curried eggplant

- 1 small eggplant
- oil for frying
- 6 or 7 teaspoons fine yellow cornmeal or flour
- 1/2 teaspoon salt
- 1 teaspoon cayenne or 1/8 teaspoon chili powder
- 1 teaspoon curry powder
- 2 egg whites, beaten until stiff

Cut the eggplant into 1+1/2" cubes. Heat oil in a medium saucepan to 375°F (190°C). Mix cornmeal, salt, and spices. Coat eggplant cubes with egg white and roll in the cornmeal mixture. Fry the eggplant cubes until golden, about 1 minute. Drain on paper towels. Sprinkle with salt, and serve immediately.

## Green Beans

All of these recipes would be much better with fresh green beans, because the canned ones tend to be too soft. It's not that hard to grow fresh green beans either.

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### green bean salad

*Peace Corps Tonga*

- 1 lb. fresh green beans
- 1/2 cup water
- 1 teaspoon salt
- 1/3 cup wine vinegar
- 1/3 cup oil
- 1 onion, thinly sliced
- 1 clove garlic, split
- 1/4 teaspoon oregano

Wash beans and add water and salt. Cook until tender. (If fresh beans are unavailable, omit this first step. Instead, drain and rinse canned beans.) Drain, reserving water. To 1/2 cup cooking water, add vinegar, oil, onion, garlic, and oregano. Pour over beans and let stand for at least 6 hours.

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### string beans

- 1 kg string beans, or canned beans (drained)
- 1 clove garlic, minced
- butter
- 1 tablespoon parsley
- juice of 1/2 lemon
- salt, pepper

Sauté beans and garlic in butter for 7 minutes. Add parsley. Cook until just tender. Just before serving, add lemon juice and salt and pepper.

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### green beans au piment

*Peace Corps Gabon*

- green beans (fresh or canned)
- mushrooms
- chopped onion
- minced garlic to taste
- minced red piment to taste
- olive oil or butter

Steam the green beans if fresh. Sauté the piment and garlic in olive oil or butter for a minute. Add onion, then mushrooms after a while. Turn off flame and add beans and toss. Serve with pasta (this is handy because you can steam the beans above the boiling pasta).

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### GREEN BEAN CASSEROLE

- 1 bag or large can of green beans
- 1 large can of mushrooms with juice
- NIDO
- 2 cans of evaporated milk
- 1 box of vache
- 1 Maggi cube
- 3 medium onions
- 3 cloves of garlic
- 2 packages of dried onions from marché
- Salt and pepper to taste

Cook green beans until almost done. In another bowl pour in the can of mushrooms and juice. Mix juice with NIDO powder; add spices, Maggi, evaporated milk, onions, garlic, and cheese. Mix with cooked green beans (drained). Put dried onions over the top and bake in the oven for 30-40 minutes.

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### GREEN BEANS

- Green beans, 2 handfuls
- 2 Tbsp oil
- 2-3 cloves of garlic
- Soy sauce or maggi arome
- Salt and pepper

Boil green beans until slightly cooked, but not soft. Drain. Add oil and fry up beans with other ingredients.

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### hot beans

- 1 tablespoon Dijon mustard
- 1 tablespoon sugar
- 2 tablespoons butter
- salt
- 1 tablespoon lemon juice
- 1 tablespoon vinegar
- 2 cans green beans, drained and heated

Mix mustard, sugar, butter, and salt in a saucepan. Heat slowly, stir often. Add lemon juice and vinegar. Stir well. Pour over cooked green beans.

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### Italian green beans

- 6 tablespoons chicken stock
- 2 tablespoons oil
- 1 can whole tomatoes
- 1/2 kg fresh string beans
- pinch of dried herbs
- salt, pepper
- chopped parsley

Combine stock, oil, and tomatoes and bring to a boil. Add beans and herbs. Cover and simmer until beans are almost tender. Remove lid and continue to simmer until excess liquid has evaporated. Season to taste. Sprinkle with parsley.

## Lentils

Lentils are similar to dried beans in how they are cooked. However they do not necessarily need to be presoaked. Usually it's enough to cook them slowly. But there are also other times when soaking lentils can help you achieve certain culinary goals.

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### preparing dried lentils

*Peace Corps Gabon*

**3/4 cup dried lentils**  
**1+1/2 cups water**  
**2 tablespoons oil**  
**1 teaspoon salt.**

Rinse the dried lentils several times to remove dirt and debris. Put the washed lentils in your smallest saucepan. Add the water, oil and salt. You don't even have to stir it. Put this saucepan on your smallest flame. Walk away and don't look back. Check them after thirty minutes. Stir them once and look in the bottom of the pan. If all the water is gone, they're done. This makes the same amount of prepared lentils as 1 can, but they taste better and are less mushy.

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### GREEN MAMBA LENTILS (aka FARTLESS WONDER BEANS)

**Green lentils**  
**Onions**  
**Garlic (lots)**  
**Cloves, maggi, oregano, basil, salt, pepper,**  
**chili powder**  
**1 lemon**

Sauté onions and garlic. Add lentils, potatoes and water. Add spices. Cook for a very long time and squeeze juice from lemon in at the end.

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### LENTILS

**1/2 cup dried lentils**  
**5-6 small potatoes**  
**Onion**  
**Garlic**  
**Piment**  
**Garam masala**

**Olive oil**  
**Salt**

Wash and soak lentils overnight. Boil with plenty of water. When they are 15-20 minutes from being done, add potatoes. Keep boiling. In a separate pan, sauté olive oil, onions, garlic, piment and garam masala. Remove excess water from lentils and add to onions. Mix thoroughly and cook a few minutes more. Serve in fresh tortillas or over rice.

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### Lentil and Bulgur Patty Sandwiches

**1 1/2 cup lentils**  
**1 large onion, chopped (1 cup)**  
**2 large cloves garlic, crushed**  
**4 cups water**  
**1 cup bulgur**  
**1 1/4 cups minced fresh parsley**  
**2 tsp oil**  
**1/2 tsp salt**  
**1 tsp paprika**  
**1/4 tsp black pepper**  
**1 cup finely chopped scallions with tops**  
**6 pitas**

In a medium saucepan, combine the lentils, onion, garlic and water. Bring to a boil, reduce heat, cover the pan and cook for 20-25 minutes or until very tender. Add the bulgur, 1/4 cup parsley, oil, spices. Stir well. Cover and cook over low heat for 2 minutes. Let the mixture cool to lukewarm in the covered pan. Then shape into 12 patties. Combine the remaining parsley and the scallions on a dish and press the patties into this mixture on both sides. Serve the patties cool or chilled in the pitas.

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### curried lentils

*Peace Corps Gabon*

**1/4 cup chopped onion**  
**1/4 cup butter or margarine**  
**2+1/2 tablespoons flour**  
**1/2 to 2 tablespoons curry powder**  
**1 cup chicken broth**  
**1 cup milk**  
**2 cups prepared lentils (1 can)**  
**(ginger and piment, optional)**  
**cooked rice**

Sauté onions in butter until tender, add flour and curry, and cook about 4 minutes. Slowly add the chicken broth and milk. When it begins to thicken, add lentils. Once the lentils are hot, take out about half and mash them (can be done in the

pan if you have a masher). Put mashed lentils back in and stir well. Let sit about 20-30 minutes. This can be spiced with ginger and/or piment. When done, pour over cooked rice and serve. For an added taste, dab yogurt on top.

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## **dal**

*Peace Corps Gabon*

**1+1/2 cup dried lentils or split peas**  
**4 cups water**  
**2 whole dried chilis**  
**1/4 teaspoon turmeric**  
**1/2 teaspoon salt**  
**2 tablespoons oil**  
**1/2 teaspoon cumin seeds**  
**1 cup chopped onion**  
**1 cup chopped tomato**  
**1 teaspoon grated ginger**  
**1 tablespoon lemon juice**  
**1 teaspoon garam masala**  
**salt to taste**

Dal is a famous Indian dish. Put lentils and water over high heat. Add the chilis, turmeric, and salt. Bring to a boil, then simmer until tender (30 minutes to an hour, depending on the legume). When nearly done, heat the oil in a small pan, add the cumin seeds, then add the onions and ginger and cook for five minutes. Stir the onion mixture, the garam masala, lemon juice, and salt into the lentils. Serve with rice.

## **Mango**

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### **Boiled Mangoes**

Place peeled mangoes in a pot with water and salt. Let come to a boil and cook until mushy. Eat with a fork or hands.

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### **Mango Bouille**

Heat 1/4 cup of red oil in a pot. Add 4 large mangoes, peeled and cut up. Let cook until mushy. Add 2 small Maggi cubes and 300 FG peanut butter. Let cook really well until mushy, smashing up as necessary. Pour into serving dish and pour red oil on top as you wish. Makes 5-6 good-size servings. Really tasty--kind of like peanut butter and jelly.

## **Manioc**

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### **boiled manioc doux**

Wash manioc well and remove the skin. Put in salted water and boil until tender.

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### **gateau de manioc**

**4 roots of manioc doux (tubercule)**  
**1 handful shrimp or 3 smoked fish**  
**1 cup peanut butter**  
**1 banana leaf**  
**salt**

Wash, peel and grate manioc. Shell shrimp (or debone fish). Mix all ingredients except banana leaf. Place mixture in banana leaf. Tie with a string. Steam for 1+1/2 to 2 hours.

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### **Garri Biscuits**

**5 manioc**  
**3 eggs**  
**6 oz. sugar**  
**nutmeg**  
**milk**  
**a little flour**

Peel the manioc, clean and grate. Beat the eggs and milk together. Add in the manioc, sugar and nutmeg. Sieve in a little flour, mixing well. Roll out and cut into shapes and bake in a Dutch oven for about 15 minutes.

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### **tubercule cakes**

*Peace Corps Tonga*

**2 cups cooked manioc tubercule**  
**2 tablespoons grated onion**  
**2 teaspoons chopped parsley**  
**1 cup cooked fish or meat**  
**1 egg, well beaten**  
**salt, pepper**  
**flour**  
**oil for frying**

Mash manioc. Add onion, parsley, fish or meat, and egg. Mix well. Season with salt and pepper. Form into cakes and roll in flour. Fry in hot oil until golden brown. You can also omit the fish or meat, add an extra cup of manioc, and serve as a vegetable.

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## tubercule french fries

*Peace Corps Gabon*

**several tubercule  
frying oil**

Boil the tubercule first. Then cut into french fries, pat them dry, and deep fry.

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## Manioc yummies

*Peace Corps Gabon*

**several manioc tubercules, rinsed, peeled,  
and cut into chunks**  
**1/3 cup cheddar cheese, grated**  
**1 teaspoon Dijon mustard**  
**1 tablespoon melted butter**  
**3 eggs**  
**1 teaspoon salt**  
**1 jalapeño pepper, minced (or some  
piment)**  
**1/2 teaspoon sugar**

Grate the tubercule and blend it with the rest of the ingredients. When well blended, form the mixture into small balls, about one inch in diameter. Deep-fry until golden, about five minutes. Drain and serve hot.

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## feuilles de manioc

**tender manioc leaves**  
**oil**  
**onion**  
**salt or Maggi cubes**  
**(piment, peanut butter, peanuts, fish, meat,  
etc., optional)**

Pick only tender leaves, that is, only the new, top shoot. Snap off this whole shoot, branch and everything. When you get the shoots back to the house, pull the leaves off the stem and collect them in a wad in your other hand. When you've got a good wad, use a knife to shave off slices, and let the shredded leaves fall into the mortar. When the mortar is half full, pound the shredded leaves into oblivion. Beat 'em to a pulp. Remove the pulverized leaf to a big pot, and repeat this process with the rest of the leaves. When all of the leaves have been ground, add water to them in the pot. Add water just up to the level of the leaves. Cook this on medium to high heat for about an hour. When they're done, they will be dark green, they'll smell cooked, and the water will be gone. In a different pot, heat up a lot of oil. Add chopped onion and some Maggi cubes or salt. You can also add fish or a big scoop of peanut butter at this stage. Add the cooked

leaves to the oil and seasonings, and cook it one last time. You can also add peanuts, eggplant, leeks, termites, and piment to this recipe.

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## ngunza

Buy 2 bunches of manioc leaves for each person. Get a mama to chop the feuilles first, if you haven't got a mortar. If you have got a mortar, clean and separate the leaves. Wilt them in a pan, turning continuously. It's hot! When wilted, let cool. Meanwhile, peel some garlic. Pound the garlic and leaves in a mortar (with piment, if you like). Heat oil in a skillet. Sauté onions until yellow/transparent. Add water, leaves, salt, pepper, etc. Add 3-4 tablespoons peanut butter (depending on the consistency you want). Cook for a while. Add drained mackerel or dried fish if you want, or meat.

## Okra

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### okra and rice

**2 cups okra, diced**  
**1/2 cup uncooked rice**  
**1 cup water**  
**1/2 teaspoon salt**  
**2 tablespoons butter or oil**  
**1 cup tomato sauce**

Place okra, rice, water, and salt into pot. Cook 30-40 minutes. Preheat oven to 375°F (190°C). Turn mixture into greased baking dish and add tomato sauce. Bake 10 minutes.

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### Okra with Onions

**2 onions, finely chopped**  
**5 cloves garlic, chopped**  
**1/2 tsp ginger, chopped**  
**3 Tbsp oil**  
**2 cups sliced okra**  
**1 can tomato paste**  
**1/2 tsp salt**  
**1 Tbsp lemon juice**  
**1/2 tsp cumin**

Sauté onions, garlic, ginger, and cumin. Add 2 Tbsp water and stir well. Add tomato paste and stir. Add okra, salt, lemon juice and about 3 Tbsp water. Cover and cook over low heat about 35 minutes. Stir to prevent sticking. Serve with rice.

## Okra Creole

Fry 1 cup of sliced okra with 2 tsp chopped onions and 2 tsp green pepper in oil. Add 1 chopped tomato, salt and pepper, 1 tsp sugar, and 2 tsp water. Cover. Simmer for 20 minutes.

## Okra and Tomato Casserole

In a casserole dish, sauté:

**¼ cup sliced scallions**  
**2 tsp oil**

Stir in and cook until bubbly:

**1 tsp flour**  
**salt'n'pepper**  
**½ cup milk**

Add:

**¼ grated cheese**

Fold into sauce:

**8 oz okra, cut into ½ inch chunks and steamed 5 minutes until bright green**  
**1 ¾ cup of tomatoes**

Mix 5 minutes over fire:

**¾ cup of breadcrumbs**  
**1 tsp melted butter**

Put on top of casserole. Bake 30 minutes in moderate oven. Serve with beans and rice.

## okra and greens

*Peace Corps Gabon*

**1 small onion, chopped**  
**2 tablespoons palm oil**  
**1 bunch of greens, washed and chopped**  
**16 okra, trimmed and sliced**  
**4 piments, finely chopped**  
**1/2 cup water**

Sauté onion in oil. Add remaining ingredients. Simmer, covered for about 20 minutes.

## bamies me domates

*Peace Corps Zaïre*

**1 medium onion, sliced**  
**1/4 cup oil**  
**1 lb. (1/2 kg) okra, washed and trimmed**  
**4 medium tomatoes (or 1 can)**  
**1/4 teaspoon thyme**  
**1 teaspoon salt**  
**1 teaspoon lemon juice**  
**pepper**

This is Greek tomatoes and onions. Sauté onion in oil until soft. Add remaining ingredients and simmer slowly for one hour.

## gombo

*Peace Corps Gabon*

**1 cup chopped onion**  
**3 cloves garlic, minced**  
**1 tablespoon oil**  
**2 cups chopped okra**  
**2 chilis (or some piment)**  
**2 tomatoes**  
**salt**

Sauté the onions and garlic for ten minutes. Add the okra and chilis and stir. Five minutes later, add the tomatoes and salt. Cover and cook for roughly 30 minutes. Supposedly, if you add lemon juice or vinegar it cuts down on the glueyness of the okra. You can also add bacon, green pepper, or sweet corn to this recipe.

## Indian okra

*Peace Corps Tonga*

**1/2 kg okra (about 2 cups when chopped)**  
**4 tablespoons oil**  
**1 teaspoon salt**  
**2 teaspoons cumin**  
**1 teaspoon turmeric**  
**1/2 teaspoon cayenne**  
**1 teaspoon ground coriander**

Cut okra into thin slices. Heat the oil. Add cumin, salt, turmeric, and cayenne. Throw in okra and stir like mad until covered with oil. Cover and cook over low heat for 5 minutes. Don't add water. Stir again. Cook 10 additional minutes. Add coriander and serve.

## QUICK AND EASY INDIAN-STYLE OKRA

**1/3 cup oil (olive, if you've got it)**  
**1 tsp mustard seed**  
**1 medium onion, sliced**  
**3 cloves garlic, peeled and sliced**  
**¼ tsp cumin seed**  
**1/8 tsp ground turmeric**  
**3 small tomatoes, chopped**  
**3 good sized okra, fresh from your market and sliced**  
**¼ tsp chili powder or piment**  
**1 li'l lemon**  
**Salt to taste**

## FRUITS, VEGETABLES & LEGUMES

Heat oil in a medium skillet over medium heat, and cook mustard seed until it begins to crackle. Reduce heat to low, and mix in onion, garlic, cumin seed, and turmeric. Cook and stir until onion is tender, about 5 minutes.

Stir tomato and okra into the mixture. Gradually mix in piment, lemon, and salt. Cook and stir about 10 minutes, until okra is tender but firm. Serve over rice or with cooked lentils (not lentil soup). Or with plain bread.

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### Okra Curry (Ladies' Fingers)

Handful or two of fresh okra  
3 TBSP oil  
1 cup grated coconut  
½ tsp chili powder  
½ tsp turmeric  
Few dollops of yogurt (or soured milk)  
½ TBSP mustard seeds  
1 red chili, cut into pieces  
1 sprig coriander leaves  
4-6 bay leaves  
½ tsp ground cumin  
some salt

Wash the okra and dry them. Cut into one inch lengths. Heat one TBSP oil and fry the okra for about 2 minutes, turning gently, until all the oil has been absorbed. Remove with a slotted spoon and set aside. Blend the coconut with the chili powder, turmeric, and cumin in a blender, adding one TBSP water to make a smooth paste. Mix this into the yogurt. Heat the remaining oil and when hot, add the mustard seeds and red chili. Let them sizzle for a few seconds, until all the seeds have popped, then add the okra. Turn the heat down and add the yogurt mix. Cook gently for 2-3 minutes, stirring to prevent the yogurt from separating, until hot throughout. Add the coriander and bay leaves and salt to taste.

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### nutty okra and shrimp

*Peace Corps Gabon*

1/2 kg (2 cup) okra, sliced  
3 limes  
salt  
1/2 kg shrimp  
2 tablespoons water  
3 tablespoons olive oil  
4 cloves garlic, crushed  
1/4 cup parsley, chopped  
1 onion, chopped  
1/2 cup roasted peanuts, ground (or peanut butter)

Combine the okra with the juice of 2 limes and a dash of salt. Let stand 15 minutes. In a saucepan, combine the shrimp and the remaining lime juice with the water; cover and simmer 2 minutes. Cook okra in 1/3 cup water in a separate pan until tender; drain. Heat the olive oil and sauté the onion and garlic. Add the shrimp, 2 tablespoons of the liquid from the shrimp, and parsley. Salt and pepper to taste. Add okra and ground peanuts and serve.

## Onion

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### onion peanut casserole

*Peace Corps Tonga*

1 kg onions  
3 tablespoons butter  
3 tablespoons flour  
1+1/2 cup milk  
1/2 teaspoon salt  
2 teaspoons prepared Worcestershire sauce  
1/2 cup salted peanuts, chopped

Boil onions in salted water until tender. Arrange in baking dish. Melt butter, stir in flour, add milk and stir until thick. Add salt, mustard, and Worcestershire sauce. Pour this mixture over the onions. Sprinkle with peanuts. Bake in a 350°F (180°C) oven for 10-15 minutes.

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### Onion Rings

1 cup flour  
1 cup milk  
1 beaten egg  
½ package of baking soda  
salt, pepper, spices

Cut onions into slices and put them in a bowl of cool water. Mix batter ingredients well. If you want thick batter, use less milk. Drop onion into batter and fry in hot oil, turning once, for about 2 minutes each.

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### french fried onion rings

4 large onions  
milk  
1/2 cup flour  
1/2 teaspoon salt  
oil for frying

Peel onions, slice 1/4" thin, and separate into rings. Dip in milk, drain and dip in flour mixed with salt. Fry 4-6 minutes in deep fat. Drain on paper and sprinkle with salt.

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## beer batter onion rings

*Peace Corps Gabon?*

onions, sliced and separated into rings  
flour  
salt  
beer  
oil for frying

Combine flour, salt, and beer to make a pasty batter (the consistency of pancake batter). Dip rings in the batter and fry in hot oil.

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## Papaya

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### grated papaya

one green papaya

Wash, peel, and grate one green papaya (discarding the seeds). Serve with vinaigrette. Garnish with parsley if you wish. This is a good substitute for grated carrots.

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### papaye verte au beurre

1 green papaya  
1 tablespoon vinegar  
4 tablespoon butter  
1 teaspoon chopped parsley

Peel the papaya and remove the seeds. Grate it (not too fine). Put in boiling salted water with vinegar. Boil for 15 minutes. Drain and butter. Garnish with parsley. Serve hot.

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### smothered papaya

*the St. Pierres*

1 papaya, greenish-yellow to green  
water  
cinnamon

Peel papaya, scoop out seeds and finely dice the fruit. Place in a pot large enough that the papaya fills it about halfway. Add water until level is an inch above papaya. Boil for 45-60 minutes. Check occasionally to make sure there's enough water. After about 30 minutes, begin to mash papaya as water continues to evaporate. When papaya is done, it will be completely mashed like mashed squash. Add cinnamon to taste.

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## Peppers

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### Tehran peppers casserole

*Peace Corps Tonga*

4 or 5 green peppers  
1/2 kg (2 cup) ground beef  
3 tablespoons diced onion  
4 tablespoons oil  
2 teaspoons salt  
3/4 teaspoon sage  
1+1/2 cups canned tomatoes  
2 cups cooked rice  
1/3 cup breadcrumbs  
4 tablespoons melted fat

Wash the peppers. Cut off their tops and take out the seeds. Cover with salted boiling water, simmer 5 minutes, and drain. Cook beef and onions in oil. Add salt, sage, tomatoes, and rice. Arrange peppers upright in a baking dish. Fill with the meat mixture. Top with breadcrumbs and melted fat. Grated cheese can be used. Bake in preheated oven at 350°F (180°C) for 35 minutes.

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### Spanish peppers

3 medium peppers  
1 cup celery, chopped (optional)  
1/4 cup finely chopped onion  
2 tablespoons oil  
1/2 teaspoon basil  
1 teaspoon salt  
dash pepper  
1 15 oz. can tomato sauce (or 2 cup homemade)  
garlic croutons

Remove stems, seeds, and membranes from the peppers. Cut them into strips. In a large skillet, cook and stir pepper strips, celery, and onion in oil over medium heat until onion is tender. Stir in seasonings and tomato sauce. Cover. Cook over medium heat 10 minutes, or until pepper strips are tender. Turn into serving dish. Sprinkle with garlic croutons.

To make Garlic Croutons, melt 2 tablespoon butter in small saucepan, stir in 1/4 teaspoon garlic powder. Add 1 cup toasted bread cubes. Toss.

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### grilled marinated peppers

*Peace Corps Tonga*

green peppers  
salt, pepper

## FRUITS, VEGETABLES & LEGUMES

**oil**  
**vinegar**  
**sugar**  
**garlic**

Hold each pepper on a fork over a flame. Char each side. Rinse under cold water to blanch. Remove and discard charred skin. Slice the peppers and place them in a bowl. Season with salt and pepper and toss with a little oil. Prepare marinade of vinegar and sugar. Add a bit of chopped garlic. Pour over peppers and let stand 2 hours in refrigerator.

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### braised sweet peppers

**2 tablespoons butter**  
**1/4 cup oil**  
**4 cups onions, sliced 1/8" thick**  
**1 kg green peppers**  
**3 cups tomatoes**  
**1 teaspoon vinegar**  
**1 teaspoon salt**  
**pepper**

Melt butter with the oil in a large skillet. Add onions and cook 10 minutes. Cut peppers into 1/2" x 1" strips. Add peppers, reduce heat, and cook 10 additional minutes. Add remaining ingredients. Cook uncovered over high heat, stirring gently, until almost all liquid has boiled away. Serve hot or cold.

## Peanuts

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### roasted peanuts

**shelled raw peanuts, with or without skin**

Spread peanuts on a baking sheet and bake slowly in the oven, stirring often. Or, cook peanuts in a large marmite over a low flame on the stovetop stirring often. If you don't stir enough, they will develop burnt spots everywhere that don't taste too good.

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### boiled peanuts

*Peace Corps Gabon*

**raw peanuts, still in the shell**  
**(whole piment, optional)**  
**(large chunk of animal fat, very optional)**

Fill a large pot with water and add raw, unshelled peanuts. Add a lot of salt, enough to make all the water salty. Cook over a medium flame for a long time. It will take about 3-1/2 hours on a gas stove, and 4 to 5 hours on an open fire. Continue tasting

and adjusting the salt periodically. They're done whenever they taste good. If you want, you can drop a whole piment in for the last hour of cooking. At this point you could also add the Deep South additive: a large chunk of animal fat (very optional).

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### curried peanuts

**shelled raw peanuts, salted**  
**curry powder**

Combine salted peanuts and curry in a plastic bag and shake. Use about a teaspoon of curry for every cup of peanuts. Spread peanuts on a baking sheet and bake at 300°F (150°C) for 15-20 minutes. Stir occasionally to prevent burning.

## Pickles

For best results when making pickles, use enameled (non-aluminum) pans and stir with a wooden spoon.

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### dill pickles

*Peace Corps Tonga*

**50 small cucumbers**  
**4 cups (1 liter) mild vinegar**  
**3/4 cup salt**  
**8 cups (2 liters) water**  
**dill sprigs**  
**garlic cloves**

Wash cucumbers. Cover them with cold water. Let stand overnight. Drain and pack into jars. Boil vinegar, salt, and water in a saucepan. Pour over cucumbers. Add dill and garlic to each jar. Seal. Ready in about 2 weeks.

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### dill onion rings

*Peace Corps Tonga*

**4 large onions**  
**1/2 cup sugar**  
**2 teaspoon salt**  
**1/2 teaspoon dill weed**  
**1/2 cup vinegar**  
**1/4 cup water**

Peel and slice onions, break apart, and pack loosely in jar. Combine other ingredients in saucepan and heat until sugar dissolves. Pour over onions. Cover and chill.

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## green papaya pickles

*Peace Corps Tonga*

**1 medium green papaya**  
**2/3 cup onion, thinly sliced**  
**2 tablespoons salt**  
**(1 teaspoon celery salt, optional)**  
**cold water**  
**1+1/3 cups sugar**  
**4 teaspoon dill seed**  
**1+1/3 cups white vinegar**  
**2 cloves garlic, halved**

Peel papaya, remove seeds, and cut into thin, pickle-sized slices. Place papaya, onion, and celery salt (optional) in a large bowl, sprinkle with salt, and just cover with cold water. Let stand for 3 hours. Heat sugar, dill seed, and vinegar to boiling point. Add papaya and heat again to boil. Place half a garlic clove in each of 4 sterilized jars. Add papaya and liquid and seal.

## Potatoes

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### potato salad

*Peace Corps Gabon*

**1 or 2 kg potatoes**  
**vinaigrette**  
**a few hard-boiled eggs, chopped**  
**finely chopped onion**  
**chopped parsley**  
**chopped chives (optional)**  
**chopped cucumber**  
**salt, pepper, paprika**  
**mayonnaise**

Boil potatoes (in their skins), just until done, about 20 minutes. While they're still warm, remove the skins and cube the potatoes. Pour vinaigrette over them, but not too much (enough to give a good flavor; not so much that they're swimming in it). Add a combination of eggs, onion, parsley, chives, etc. Salt and pepper to taste. Chill for at least an hour. Add mayonnaise. Sprinkle with paprika. Chill well before serving. Good served over a bed of lettuce.

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### baked potatoes

**mature potatoes, without spuds or dark spots**  
**butter or margarine**

Wash and scrub potatoes. Dry them and grease them lightly with butter. Bake them for 40 minutes to an hour, depending on their size. When

potatoes are about half done, puncture skin with a fork to let steam escape. Finish baking. Serve at once with butter, sour cream, chopped chives, parsley, plain yogurt, chopped ham or bacon, or grated cheese. It's inadvisable to wrap potatoes in foil for baking. It's expensive and it doesn't allow for as fluffy a potato as one that's baked unwrapped.

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### mashed potatoes

**6 potatoes**  
**3 tablespoons butter**  
**1 teaspoon salt**  
**1/3 cup hot milk**

Wash and peel potatoes. Cook them in boiling salted water. Drain when tender. (If you're making a sauce or gravy, save your potato water and use it for that.) Mash the potatoes with a fork, potato masher, or a pestle. Add remaining ingredients and beat with a heavy whisk until creamy.

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### Garlic Mashed Potatoes

**Potatoes (peeled or not) cubed**  
**Olive oil or butter**  
**Lots of crushed garlic**  
**Salt and pepper**  
**Powdered milk**

Boil the potatoes until they're mashable. Pour off the water. Mash away with a fork. Add milk, oil or butter, raw garlic and seasoning to taste. Taste.

---

### scalloped potatoes

*Peace Corps Gabon*

**3 or 4 potatoes, pared and thinly sliced**  
**2 tablespoons flour**  
**3 to 6 tablespoons butter or oil**  
**(1/2 an onion, sliced or chopped, optional)**  
**(cheese or Vache Qui Rit, optional)**  
**1+1/2 to 1+3/4 cup milk**  
**(3/4 teaspoon salt, optional)**  
**1/2 to 1 teaspoon mustard**  
**1/2 to 1 teaspoon paprika**

Grease a 10" baking dish. Place potato slices in it in 3 layers, sprinkling flour and dotting butter (or drizzling oil) on each layer. Put onion and/or cheese on top of the bottom 2 layers. Heat milk and seasonings and mix well, pour over potatoes. Sprinkle with paprika. Bake at medium heat (350°F or 175°C) for 1 to 1+1/2 hours, until browned.

## FRUITS, VEGETABLES & LEGUMES

For *Scalloped Taro*, reduce the milk to 1+1/4 cups and bake only 45 minutes.

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### POTATO SALAD

**3 large potatoes**  
**2 tsp salt**  
**2 eggs**  
**2 carrots, chopped**  
**1 onion, chopped**  
**5 pickles**  
**2 Tbsp pickle juice**  
**1 tsp mustard**  
**1/2- 3/4 cup mayo**  
**Black pepper**

Wash potatoes, but do not peel. Place in a pot with 1/2 tsp salt and whole raw eggs. Cover with cool water. Bring to a boil for 10 minutes. Remove eggs. Cook potatoes another 20 minutes or until soft when pricked with a fork. Remove from heat, drain, and cool. Peel potatoes, shell eggs. Cut potatoes into cubes, mash eggs with a fork. Mix everything together.

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### french fries 1

*Peace Corps Gabon*

**potatoes**  
**frying oil**

Heat the oil. Scrub and wash potatoes thoroughly so you can use the peel. Cut the potatoes into finger-sized pieces and add them to the hot oil. The oil will bubble vigorously at first. When the bubbling slows up, check the potatoes. Take them out when they are golden brown. The success of your fries will depend on the temperature of the oil. Play around with it. If you're really desperate to have a crispy french fries every single time, check out *French Fries 2*, below.

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### french fries 2

**mature potatoes**  
**oil or shortening for frying**  
**salt**

Peel (or not) and cut potatoes into strips, about 3/8" thick. Soak in water for about 15 minutes. Drain and wipe well with a towel to remove moisture and excess starch. Heat oil to 300-330°F (~150°C). Drop about a cup of potato into hot oil and cook for about 2 minutes. Don't cook too many at a time--you want the temperature of the oil to remain fairly constant. Remove potatoes and drain on paper towels. Cool for about 5

minutes. Heat oil to 375°F (190°C). Fry potatoes for an additional 2-3 minutes. Watch them closely so that they won't burn. They should be golden brown and crisp. Drain on absorbent paper. Salt to taste and serve at once.

If you like an even crisper fry, fry them a third time for just a minute. You can also substitute any local starch for potatoes, like taro, tubercules, sweet potatoes, or breadfruit.

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### BREAKFAST POTATOS

**7-8 small potatoes**  
**2-3 onions**  
**1/2 head garlic**  
**1 piment**  
**3-4 Tbsp oil**  
**Salt, maggi, chili powder**

Cut up potatoes into thin disks or cubes and let fry in oil, flip occasionally. Cut up onions and garlic and add them in. Add the spices. Watch out for the burned onions and garlic. Covering with a lid will make them cook faster and not dry out so much.

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### hot, hot potato wedges

*Peace Corps Gabon*

**1/2 cup oil**  
**4 large garlic cloves, minced**  
**3 tablespoons lime juice**  
**2 teaspoons Tabasco or piment**  
**1/2 teaspoon dried thyme or herbes de provence**  
**2 large potatoes, wedged or sliced**

Mix oil, garlic, lime juice, Tabasco, and spices together. Coat potatoes in 1/2 of the dressing. Let sit 30 minutes. Roast at 400°F, turning occasionally, until crisp, about 1 hour. Drizzle remaining mixture over potatoes.

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### Potato Pancakes

**2 1/2 cups grated raw potatoes**  
**4 Tbsp finely chopped onion**  
**1 tsp salt**  
**2 large eggs, beaten**  
**3 Tbsp dry bread crumbs**  
**a pinch of rosemary**  
**pepper, to taste**  
**grated ginger, to taste**

Grate potatoes and squeeze out the excess water well. Add onions, salt, eggs, and bread crumbs. If the batter is too wet add more breadcrumbs. Add pepper and any other flavorings that you

want. Liberally grease a pan and fry the pancakes until crisp. Serve with sour cream, melted cheese, soy sauce, or plain. Make 2 servings.

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## German Potato Pancakes

**4 large potatoes**  
**1 large or 2 small eggs**  
**1 med onion, chopped**  
**oil for frying**

Peel and grate raw potatoes. Mix in a bowl: potatoes, onions, and egg until the egg coats the potatoes (you may need to add more egg). Heat oil in a skillet (enough to cover the bottom of the pan) until very hot. Place about ½ cup of potato mixture in the skillet and flatten with spatula or spoon. Cook until brown and crispy on both sides. Serve plain or with "Almost applesauce." Mustard is good too.

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## potato pancakes

**1 kg potatoes, peeled and grated**  
**1/4 cup onion, grated**  
**2 eggs, slightly beaten**  
**2 tablespoons flour**  
**3/4 teaspoon salt**  
**nutmeg, pepper**  
**oil or shortening for frying**  
**(applesauce, optional)**

After grating potatoes, drain well, pat dry with a dish towel, and measure 3 cups. Combine with onion, eggs, flour, salt, nutmeg, and pepper. In skillet, slowly heat oil (1/8" deep), until very hot. For each pancake, drop 2 tablespoons potato mixture into hot fat. With spatula, flatten to make pancake. Drain well. Serve with applesauce.

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## potato gnocchi

*Peace Corps Gabon*

**2 lb. baking potatoes (4 kg), unpeeled**  
**1 large egg**  
**1 teaspoon salt**  
**2+ cups flour**  
**parmesan , grated**  
**tomato pesto or sauce**

Boil potatoes until tender. Peel and put through a sieve. Whisk egg and salt and add to warm potatoes. Gently knead in flour, about 5-10 minutes. Form gnocchi balls and poach in salted, simmering water 3-5 minutes. Drain and serve with sauce.

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## CHEESEY GARLIC MASHED POTATOES

Clean and chop lots of potatoes. Boil in salted water; when soft enough for mashing, drain off all but a few Tbsp of water.

Add 4-6 cloves of garlic, chopped, commence mashing potatoes with a fork or masher. When potatoes are mashed, add

**1 can evaporated milk**  
**4-6 wedges of vache**  
**Salt'n'peppa**

Mash together until cheese is dissolved. Add a TBSP of margarine or oil; ass more milk if too dry. Add chopped green onions if they're available and you like 'em.

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## Curried Potatoes with Chick Peas

**¾ cup butter or oil**  
**1 Tbsp mustard seeds**  
**1 Tbsp cumin seeds**  
**2 Tbsp turmeric**  
**1 Tbsp coriander, ground**  
**piment**  
**salt**  
**4 large potatoes, peeled and cubed**  
**1 ½ cups yogurt or Kosan**  
**water**  
**1 can chick peas**

Melt butter in large pan. Add all the spices and stir continuously over low heat. Be careful not to burn butter! It should be dark brown-orange color and smell wonderful. Add potatoes and mix until they are coated with the yellow curry butter. Turn up the heat a little bit. Cook potatoes until some of them are slightly crusty. Stir continuously. Add water to just cover potatoes. Cook until they have the consistency of lumpy mashed potatoes. Add yogurt or sour milk and drained chickpeas. Serve with yogurt or sour milk on the side.

---

## Indian Samosas

Pastry:

**3 cups flour**  
**½ tsp salt**  
**4 Tbsp melted butter or oil**  
**½ cup yogurt (or Kosan)**  
**¼ cup water**

Filling:

**3 Tbsp butter or oil**

## FRUITS, VEGETABLES & LEGUMES

**1 medium onion, finely chopped**  
**1 clove garlic, minced**  
**2 tsp ground cumin**  
**1 tsp turmeric**  
**½ tsp coriander**  
**1 ½ tsp salt**  
**⅛ tsp ground black pepper**  
**¼ tsp crushed red pepper**  
**1 lb. Potatoes, peeled, cooked and cubed**  
**½ cup canned peas**  
**3-4 Tbsp yogurt (or Kosan)**

**Pastry:** Sift flour and salt into bowl. Stir in butter then yogurt, then water. Stir together until blended. Dough will appear dry and lumpy. Lightly flour table surface and roll dough out and cut into 2-3 inch circles.

**Filling:** In a large frying pan, melt butter over moderate heat. Add onion, garlic and sauté until just tender. Add the spices, the salt and peppers, sauté for 5 minutes, stirring constantly. Stir in potatoes and peas. Adjust seasoning. Add yogurt. Chill.

**Assembly:** Place 1 Tbsp chilled filling on dough circle. Fold over to form a semi-circle. Moisten edges with a little water and pinch to seal. Repeat rolling and filling. Place 2 cups vegetable oil in large frying pan and heat over high heat. Fry pastries 4-5 at a time, turning once, until they turn a deep golden brown. Serve hot. Makes 25-30 pastries.

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### Curried Potatoes with Eggplant (aloo baigan sabji)

**½ inch piece of ginger root**  
**1 ¼ cup shredded coconut**  
**½ tsp chili powder**  
**½ tsp garam masala**  
**4 Tbsp butter or oil**  
**1 tsp black mustard seed**  
**½ Tbsp whole cumin seeds (or powder)**  
**6 medium potatoes, boiled and cubed**  
**1 tsp turmeric**  
**1 Tbsp coriander**  
**1 small eggplant in 1 inch cubes**  
**1 tsp salt**  
**3 Tbsp Fresh coriander, chopped**  
**1 Tbsp lemon juice**

Combine ginger, chili powder, and coconut in blender with ⅓ cup of water until smooth. Add garam masala and pulse for a few seconds. Set aside. Heat butter. When hot, add mustard and cumin seeds and fry for a few seconds. Put in the potatoes. Stir fry for 5 minutes then pour in mixture from blender. Add turmeric, coriander, eggplant, salt and half the fresh coriander. Mix

very gently so as not to break the vegetables. Reduce heat and fry very gently until the liquid has evaporated. Mix in lemon juice and remaining coriander greens and serve.

---

### Rosemary Potato Galette

**4 potatoes**  
**1 ½ tsp rosemary or Italian parsley**  
**8 Tbsp butter or marg**  
**¾ tsp dried thyme**  
**black pepper**

Peel potatoes, slice very thin, place in a bowl of cold water. Drain and pat dry. Melt 2 Tbsp butter in 10-inch skillet. Swirl butter to coat surface and remove from heat. Arrange ⅓ potato skins in a spiral, starting at the center. The potatoes should overlap each other and cover the bottom of the skillet. Cut 2 Tbsp butter into small pieces and sprinkle over the potatoes. Sprinkle the potatoes with rosemary and other spices. Place 2 more layers of potatoes, seasonings, etc. Press down on the layers with a spatula. Place the skillet over medium-low heat and cook until the bottom is crispy and golden brown, approx. 45 minutes. Invert the galette onto a flat plate and slip back into the skillet. Continue cooking the other side until golden, 10-15 minutes. Invert galette again onto serving platter, cut into wedges and serve immediately.

## Salsas

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### salsa 1

*Peace Corps Gabon*

**1 pound of tomatoes, seeded and chopped**  
**1 onion, chopped**  
**2 cloves garlic, minced**  
**piment, to taste**  
**juice of 1 lime**  
**2 tablespoons vinegar**  
**1 tablespoon olive oil**  
**1 teaspoon salt**  
**1/3 cup cilantro, if available**  
**1/2 teaspoon oregano**

Combine all, mix, refrigerate.

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### salsa 2

*Peace Corps Gabon*

**1 clove garlic, minced**  
**1/2 to 1 piment, seeded and minced**  
**1/2 red onion, finely diced**

## FRUITS, VEGETABLES & LEGUMES

5 or 6 cherry tomatoes, diced  
1/2 avocado, diced  
some guava, if available  
lime or lemon juice  
olive oil  
salt and pepper

Combine all, mix, refrigerate.

---

### Fresh Salsa

Mix together:

1 cup finely chopped tomato  
1/2 cup finely chopped onion  
1 chopped piment  
1/4 cup tomato juice  
1/4 tsp. salt  
garlic (pressed, minced or powder)  
finely chopped cilantro  
cumin  
finely chopped green pepper  
finely chopped parsley  
chili powder

Combine all ingredients. Adjust seasonings to taste.

---

### Fresh Corn and Tomato Salsa

2 cup chopped tomatoes  
3/4 cup cooked corn kernels  
1/4 cup sliced onion  
2 tsp minced fresh cilantro  
1/2 tsp minced garlic  
1 tsp. minced piment  
1 tsp. fresh lime juice  
1/4 tsp salt

Combine all ingredients in a medium bowl. Toss well to coat. Let stand at room temperature until ready to serve.

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### Salsa Deluxe

3 tsp. olive oil  
1 cup chopped onion  
1/2 cup chopped green pepper  
2 large garlic cloves, minced  
1 tsp dried cilantro  
1 tsp dried oregano  
1 tsp dried basil  
2 tsp cumin seed  
2 tsp chili powder  
3 large tomatoes, chopped  
2 cups tomato purée  
1 6 oz can tomato paste  
1/2 cup ketchup  
1/4-1/2 cup brown sugar  
1 tsp. red wine

1 tsp Worcestershire sauce  
pepper to taste

Heat oil in large fry pan. Sauté onion, peppers, and garlic until tender. Add seasonings and sauté for 2 minutes. Add remaining ingredients, stir and heat. Chill for several hours. Return to room temperature and serve.

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### Salsa

chopped tomatoes, onion, garlic, piment  
small can of tomato paste  
salt to taste  
dash vinegar (optional)  
lemon juice

Mix everything with as much water as necessary to achieve desired consistency (remember some of it will boil away ) and boil for at least 1 hour. Serve with Mexican dishes. Put it in an airtight container (old mayonnaise jars work fine) and it will keep for 2-3 days at room temperature.

Or mix everything minus the tomato paste and let it marinate for an hour or so. This doesn't keep as well.

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### Jeanette's Salsa

diced tomatoes  
5 cloves garlic  
1-2 lemons  
1/2 tsp. cumin  
2 med. onion  
3 tsp parsley/green onions  
salt to taste  
1/2 tsp chili powder

Mix all together and there you have it, an authentic Mexican side dish.

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### Pineapple Salsa

1 1/2 cups chopped pineapple  
1 tbsp. fresh lime juice  
1 tsp minced fresh ginger  
1 Tbsp parsley (if available)  
1 Tbsp sugar  
ground black pepper

Stir together, cover, and chill if possible--delicious!

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### stage 2001 salsa

*Peace Corps Gabon*

8 medium-size tomatoes (or 1 large can of whole tomatoes, drained and chopped)

1 large red onion (or 2 or 3 small yellow onions)  
 juice of 2 or 3 limes  
 1 teaspoon salt  
 1/2 teaspoon pepper  
 4 cloves of garlic, minced  
 1 tablespoon vinegar  
 (cilantro or parsley, chopped, optional)  
 (sweet corn, canned or fresh, optional)  
 (canned white beans, optional)  
 (black olives, optional)  
 (green onions, optional)

Mix all of the ingredients. Of the optional ingredients, the parsley or cilantro and the corn are recommended. This makes 3 to 4 cups. You can half the recipe if you don't have a refrigerator. You can substitute any citrus juice for the lime juice.

## Spinach

### savory spinach dish

*Peace Corps Tonga*

1 kg spinach  
 1/4 cup butter  
 1/2 cup chopped onion  
 1 clove garlic, crushed  
 1/2 teaspoon salt  
 1/4 teaspoon pepper  
 2 eggs, well beaten  
 1/2 cup soft breadcrumbs  
 1/4 cup grated cheese

Wash the leaves and remove any tough stems. Melt butter in a saucepan. Add onion, garlic, spinach, salt, and pepper. Cook with the lid on until spinach is soft. Remove the lid and cook until the moisture has evaporated. Cool. Combine cooked spinach with the well beaten eggs. Place this mixture in baking dish. Brown soft breadcrumbs in a little butter. Combine with cheese and sprinkle over spinach. Bake in moderate oven (~350°F/180°C) for 45 minutes.

### stir fried spinach

spinach leaves, chopped  
 oil  
 2-3 cloves garlic, minced  
 salt, pepper

Put a small amount of oil in a skillet over high heat. Add garlic. Then add spinach leaves. Stir fry for 1 or 2 minutes. Turn heat down to medium. Cover and cook another 2 minutes. Remove from heat and season to taste.

### Saag Paneer (Indian Leaf Sauce)

1 bunch spinach, leaves only (can substitute with wild Guinean spinach)  
 250 grams ricotta cheese, cubed (see recipe for cheese)  
 Oil for frying  
 2 tsp dried fenugreek leaves  
 1 onion, finely sliced  
 2 cloves of garlic, minced  
 1 tsp chopped fresh ginger  
 2 tsp ground cumin  
 1/2 tsp ground turmeric  
 1 medium tomato, chopped  
 1 tsp salt  
 Juice of half a lemon

Boil spinach in water for 5 minutes. Drain, chop, and set aside. Fry cheese to a golden brown and set aside. Heat 3 TBSP oil in a saucepan, stir in fenugreek leaves then onion and fry until soft and golden. Stir in garlic, ginger, cumin, turmeric, tomato, salt, and lemon juice. Cook 'til oil comes to the surface and the mixture is fragrant. Mix in the spinach and cook for a further 5 minutes and gently stir in the cheese cubes. Heat through and serve with rice and accompaniments.

## Squash

### baked squash

Scrub squash. Grease with butter. Place in oven and bake until it can be pierced easily with a fork. Cut it in half, remove seeds, peel and mash the pulp.

### corned beef squash

*Peace Corps Tonga*

1/2 large squash, or 1 small  
 4 onions, sliced  
 1/4 cup butter  
 1 can corned beef

Peel squash, remove seeds, and dice. Put squash, onion, and butter into a large pot and sauté until tender. Add corned beef and simmer about 5 minutes, or until meat is hot. Serve over rice.

### smashed squash

1 medium local squash  
 water to cover

1/2 teaspoon salt, pepper  
 1 tablespoon butter  
 1 teaspoon sugar  
 1/2 cup minced peanuts

Cut squash into pieces. Cook in water until tender. Drain well and mash. Add salt, pepper, butter, and sugar. Garnish with peanuts.

## squashed squash

squash  
 1 tablespoon butter  
 1/4 teaspoon salt  
 warm cream or orange juice  
 1 teaspoon brown or raw sugar  
 dash ginger, allspice  
 sautéed onions

Cut squash in half and remove seeds. Peel and cut into small pieces. Boil in water until tender. Season with any of the remaining ingredients.

## squash with leeks

*Peace Corps Tonga*

3 tablespoons butter  
 1 medium squash, thinly sliced  
 1 teaspoon rosemary  
 1/4 cup grated cheese  
 1 leek with leaves (or spring onions)

Melt the butter in a frying pan. Arrange the squash over the melted butter. Sprinkle rosemary over the squash. Slice the bulb part of the leek, and add to squash. Clean and slice leek leaves, and add them too. Add a little water to prevent burning. Cover and cook over medium heat about 15 minutes, or until squash is tender. Add grated cheese. Cover and let cheese melt.

## Winter Squash

Cook un-peeled squash, cut into small pieces. After about 40 minutes the squash should be tender: scrape flesh from the skin. Mash and combine with butter, spices, salt and pepper. There are many good possible seasoning combinations: brown sugar, caraway seeds, cardamom, cinnamon, cloves, coriander, curry OR ginger, honey, nutmeg, nuts OR onion, oregano, rosemary and thyme.

## Sweet Potatoes and Yams

Sweet potatoes and yams are not the same things.

**Sweet potatoes** are plants that are native to the Americas, and are commonly grown in the Southern U.S. These plants have enlarged, edible roots. Usually these roots have a bright orange flesh, but there are different varieties.

**Yams** are a different kind of plant that grows mostly in the Tropics. They have a large, edible tuber. A tuber is a swollen underground stem that stores food for the plant.

So they're not the same thing. To make the situation more confusing, we don't know if the plants sold in the marché actually correspond to the labels applied to them. Is a patate douce really a sweet potato, or is it a yam? Is an igname really a yam or is it a sweet potato? Does anybody know? I don't. The situation is particularly screwed up because there are two subtly different plants and then two languages competing to name them.

But once you get them in the kitchen, sweet potatoes, yams, patates douces, and ignames all behave about the same. So for the purposes of this cookbook, we can pretend they are all the same thing. They're at least in the same category.

## boiled sweet potatoes

Wash sweet potatoes well. Boil (unpeeled) in a little salted water. Cook for about 30 minutes. Serve with butter, tomato sauce, vinaigrette, or peanut sauce.

## boiled yams

There are two types of yams: short ones and long ones. Short ones are scrubbed and boiled in their skin. Long ones are peeled and boiled with just a little salted water. Boil until tender (may take up to 1+1/2 hours).

## baked yams

Scrub yams. Bake in oven or over coals of a fire. Remove skin when done.

## sweet potato casserole

4 peeled, cooked sweet potatoes  
4 plantains, almost ripe  
butter  
salt, pepper  
1+1/2 tablespoons sugar  
1/2 cup orange juice

Preheat oven to 350°F (180°C). Slice and layer sweet potatoes and bananas. Dot each layer of banana with butter, salt, pepper, and sugar. End with a layer of bananas, and dot with more butter. Pour orange juice over all. Bake until slightly browned.

## French Fries (or Fried Potay)

Scrub but do not peel 4-6 medium sweet potatoes. Cut into lengthwise strips quarter inch by quarter inch. Fry in hot oil until golden brown, about 5-10 minutes. Serve with salt and piment.

## Sweet Potato Pancakes

2 cups mashed sweet potatoes  
1/2 cup coarsely grated onion  
1 tsp grated nutmeg  
1/2 tsp black pepper  
1/4 tsp cayenne pepper  
4 tsp solid vegetable shortening  
2 eggs, slightly beaten  
4 tsp flour  
1 tsp curry  
1/2 tsp salt  
8 Tbsp butter

Combine potatoes and eggs in a medium-sized mixing bowl. Put grated onion in center of a kitchen towel and wring out the excess liquid and then add to the bowl. Add flour, nutmeg, curry powder, black pepper, salt and cayenne. Stir well and refrigerate for one hour. Heat 2 Tbsp butter and a Tbsp shortening in a medium non-stick skillet over medium heat. Form the potato mixture into patties and add to hot skillet, 3 cups at a time. Spread out to form pancakes 1/4 inch thick and 3 inches in diameter. Brown on one side, flip and cook until brown on the other side as well. Arrange on paper towel (newspaper or equivalent) on a baking sheet. Repeat until mixture is all used up, adding more butter as necessary. Serve with chilled applesauce.

## stuffed sweet potatoes

*Peace Corps Tonga*

1 large sweet potato

3 tablespoons canned meat  
1 small finely chopped onion, sautéed  
1 tablespoon butter  
1 sprig parsley  
1 tomato

Cut potato in half and scoop out center. Mix canned meat, sautéed onion, and butter. Stuff sweet potato shell with the mixture. Garnish with tomato and parsley.

## sweet potato cakes

*Peace Corps Zaire*

2 cups cooked sweet potato  
2 cups ground roasted peanuts  
1 cup grated coconut  
1 egg, beaten (or 2 teaspoon flour)  
2 teaspoons salt

Mix all ingredients together. Add a little coconut milk (or regular milk) to moisten. Form into flat cakes and fry in oil or bake in oven until brown.

## Sweet Potato Mash

Place scrubbed, unpeeled potatoes in a large pot and cover with cold water. Gently boil until tender, when pierced with a knife. This usually takes about 45 minutes. Drain and peel as soon as you can handle. Mash with margarine or butter, orange juice and a little grated zest on low heat. This is equally good spiced with cinnamon, nutmeg, brown sugar and honey.

When cooking sweet potatoes always remember that the darker the skin, the sweeter the flesh.

It is better to peel them after cooking because it is easier and retains the vitamins.

## Taro

### boiled taro

Wash taro well and put in salted water. If the roots are too thick, you may want to cut them in half to save on preparation time and gas. They are cooked when you can easily stick a fork through them. Let cool and peel.

### taro chips

*Peace Corps Gabon*

**taro tubers**  
**frying oil**

Slice thin strips of taro with a potato peeler and deep fry. Store in Tupperware unsalted. Salt before serving.

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## taro leaves with tomato

**2 bunches young taro leaves**  
**1 small can tomato paste**  
**1/2 teaspoon pepper**  
**1/2 chopped onion**  
**3 tablespoons oil**  
**1 tablespoon curry**

Wash and cut leaves. Put aside. Heat oil and sauté onions until soft. Add the leaves and a bit of water to steam. Cover and let boil 5 minutes. Add remaining ingredients and a bit more water if needed. Sweet potato leaves may be substituted for taro leaves.

**Notez bien:** Do not undercook taro leaves! Undercooked taro leaves can cause an allergic reaction.

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## creamed young taro leaves

*Peace Corps Tonga*

**1 kg taro leaves**  
**1+1/2 tablespoons butter**  
**2 tablespoons flour**  
**1+1/4 cups milk**  
**nutmeg**  
**salt, pepper**

Boil leaves in salted water until tender (about 5 minutes). Drain and chop. Melt butter and add flour. Add milk and spices. Cook 3-5 minutes. Add leaves and reheat.

**Notez bien:** Be sure not to undercook taro leaves, as they may cause an adverse biological reaction.

## Tomatoes

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### curried green tomatoes

**2 tablespoons butter**  
**2 tablespoons minced onions**  
**1 teaspoon curry powder**  
**green tomatoes, diced or chopped**

Fry onion in butter until yellow. Add curry powder and tomatoes. Cook slowly until well heated. Season with salt and pepper.

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### grilled tomatoes

**Slices of crisp tomatoes, garnished with any of the following:**

**minced parsley**  
**oregano**  
**garlic salt or powder**  
**minced chives**  
**minced onion**  
**grated cheese**  
**bacon bits**

Place on hot grill until browned.

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### stewed tomatoes

**1 can whole tomatoes**  
**1 onion, chopped fine**  
**2 cloves garlic, minced**  
**celery salt (or chopped celery)**  
**pepper, salt**  
**paprika**  
**dash curry**  
**chopped parsley or basil**

Simmer all ingredients in a saucepan until flavors have blended.

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### domates yemistes

*Peace Corps Zaire*

**8 large tomatoes**  
**1/2 cup oil**  
**2 medium onions, chopped**  
**1 cup rice**  
**1+1/2 teaspoon salt**  
**pepper**  
**1/2 cup water**  
**1/3 cup pine nuts or peanuts**  
**2 tablespoons dill**  
**2 tablespoons parsley**

This is a Greek recipe for stuffed tomatoes. Slice tops from tomatoes and reserve for caps. Scoop out pulp and save. Brush tomatoes with oil and sprinkle with salt. Place in a baking dish. Simmer onions in oil until soft. Add rice, salt, pepper, water, and tomato pulp. Cover and bring to a boil; reduce heat and cook 10 minutes. Add remaining ingredients. Spoon mixture into hollowed-out tomatoes, replace tops, and brush with oil. Bake uncovered at 350°F (175°C) for 1 hour.

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### stuffed tomatoes

**4 medium ripe tomatoes**  
**1 slice bread**  
**2 tablespoons parsley**

- 1 clove garlic
- 1/2 teaspoon oregano
- 1/2 teaspoon thyme
- 1/4 teaspoon basil
- dash nutmeg
- 1/4 kg ground beef
- 2 tablespoons oil
- 2 tablespoons Parmesan cheese
- 1 teaspoon salt
- dash pepper
- 1/2 cup breadcrumbs
- 1 tablespoon butter

Preheat oven to 375°F (190°C). Cut a slice off the top of each tomato and scoop out the centers. Invert tomatoes and drain. Soak bread slice in 2 tablespoon water, crumble and combine with spices. Brown meat in hot oil, add to herb mixture. Stir in cheese, salt and pepper. Spoon filling into tomatoes. Mix breadcrumbs and butter and sprinkle over the filling. Bake for 20 minutes.

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## baked tomatoes with french dressing

*Peace Corps Tonga*

- 6 medium tomatoes
- 1 tablespoon sugar
- chopped onions
- 1/4 teaspoon salt
- 1/4 teaspoon dry mustard
- 1/4 cup oil
- 4 teaspoons vinegar
- 1/4 teaspoon Worcestershire sauce
- 1 tablespoon melted butter
- cracker crumbs or breadcrumbs
- (fresh parsley, optional)

Cut thin slices from the top of each tomato. Hollow tomatoes out slightly. Combine sugar, onion, salt, mustard, oil, vinegar, and Worcestershire. Spoon some of the mixture into each tomato. Combine cracker crumbs and butter; sprinkle over top of tomatoes. Place in a shallow baking dish. Bake in 350°F (180°C) oven for 25-30 minutes. Garnish with parsley.

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## Easy Pan Fried Green Tomatoes

- 4 firm green tomatoes
- 1/2 cup of flour
- 1/2 tsp salt
- 1/4 tsp pepper
- 1/3 cup oil

Cut tomatoes into 3/4 inch thick slices. Mix flour, salt, pepper. Dip tomato slices into dry mixture.

Heat oil in skillet. Add tomato slices. Cook, turning once, until golden brown.

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## Nil's Stuffed Tomatoes

- 3/8 cup water
- 1/3 cup of rice
- 1 tsp oil
- 1/2 small onion, minced
- 2 medium tomatoes
- 1 1/2 tsp lemon juice
- 1/4 cup peanuts, chopped
- 1/4 cup spinach

Boil water in a saucepan. Add rice, cover and simmer on low heat for 10 minutes. Transfer it to a bowl to cool. In a skillet heat oil. Add onion and cook, stirring frequently, until onion is limp. Add to rice in a bowl. Cut tomatoes in half. Scoop out and discard seeds and core. Add lemon juice, peanuts, spinach to the rice-onion mix. Stuff tomato halves with mixture. **Variation:** stuff tomato halves with ground meat and then fry them in hot oil.

## Vegetable Dips

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### onion dip

*Peace Corps Gabon*

- 2 tablespoons butter
- 2 tablespoons vinegar
- 2 tablespoons sugar
- 2 eggs
- 1 large package of cream cheese (8 oz.)
- 1 medium onion, finely chopped
- 1/2 green pepper, finely chopped

Mix butter, vinegar, sugar, and eggs in a saucepan. Cook over low heat, stirring constantly, until thick. Break up and add cream cheese. Mix until smooth. Add onion and pepper. Chill.

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### onion-garlic dip

- 1 250g can of reduced cream
- 1 tablespoon vinegar or lemon juice
- 1 package of French onion soup mix
- 2 cloves garlic, crushed

Add vinegar or lemon juice to cream, blending well. Add soup mix and garlic. Let stand 2-3 hours, or refrigerate 2 hours to thicken.

## Yeast Bread

### Hints for Yeast Bread

- ★ Yeast is a tiny living fungus that likes warmth and sweetness.
- ★ Yeast should be stored in a cool, dry place. It will not last forever, so look carefully at the dates on the package, and replace it if it isn't working.
- ★ It's important to have the right temperature water. Cold water will prevent the yeast from growing. Hot water will kill the organisms you're trying to grow. The water should be about 100 to 115°F (38 to 46°C), but who's going to use a thermometer? Not me. Test it with your fingers, and think that it should be only slightly warmer than your body temperature.
- ★ If you store your flour in the refrigerator, bring it to room temperature before you start so it won't cool down your dough.
- ★ For a crispier crust, toss a little water or a few ice cubes into the oven when the bread goes in to bake.
- ★ To test yeast bread for doneness, thump it. It should sound firm and hollow.

### white bread

**1/2 cup lukewarm water**  
**1 tablespoon yeast**  
**1 cup milk**  
**1 cup boiling water**  
**2 tablespoons butter or oil**  
**2 tablespoons sugar**  
**2 teaspoons salt**  
**6-7 cup flour**

Pour the lukewarm water in a large mixing bowl. Sprinkle the yeast over the water and let stand 5 minutes. Stir to dissolve. In another bowl, combine: milk, boiling water, butter, sugar, and salt. Stir until lukewarm. Add to the yeast mixture. Add three cups of flour and mix well. Add more if dough still sticks to the bowl. Stir vigorously. Put 1/2 cup flour on a board and use some to dust the board very lightly. Turn dough out onto board. Cover with inverted bowl and let sit 10 minutes. Knead 5-8 minutes, until dough is smooth and elastic. Grease a bowl that is 3 times the bulk of the dough. Place the ball of dough in the bowl. Turn the ball so that the top will be greased. Cover with a slightly damp cloth and leave in a warm spot to let rise for about 1+1/2 hours, or until doubled in bulk. Punch down dough. Divide into two equal parts. Knead each to make a smooth ball. Cover with cloth and let rise 10 minutes.

Fold and pull to shape loaves. Put in two greased loaf pans, placing the seam underneath. Cover and let rise again about one hour. Bake at 400°F (205°C) for 40-60 minutes.

### simple white bread

*Peace Corps Gabon*

**2 teaspoons yeast**  
**5 cubes of sugar**  
**1 teaspoon salt**  
**1+1/4 cups warm water (not hot)**  
**2 tablespoons oil**  
**4+ cups flour**

Put the yeast, sugar, and salt in a large mixing bowl. Add the warm water, 100 to 115°F (38 to 46°C). See the hints at the head of this section for why water temperature is important. Add the oil and stir all that stuff together. Let that sit for a minute or two (this stuff dissolves quickly). Add two cups of flour and stir it around with a fork until it makes a smooth paste. Add another cup of flour and work that in. Add a fourth cup of flour and stir that in, still with the fork. When it's too tough to stir with a fork, turn it out onto a floured board and knead it for a long time. Add flour little by little if it's too sticky, until you reach a good consistency. It should be not too tough, but not runny and sticking all over the place. You know, like dough. When it's thoroughly kneaded and a good consistency, place it in an oiled mixing bowl and turn it over once so it's oily all over. Cover the bowl and let it rise until doubled (about an hour). Punch the dough down and knead it briefly. Then form it into a loaf and put it in a greased pan. Let it rise as much as possible, then bake it until it's done. This dough can also be used for pizza dough, dinner rolls, sweet rolls, and focaccia. It's all-purpose dough.

### cinnamon swirl bread

*Peace Corps Gabon*

**Simple White Bread**  
**1/4 cup sugar (8 cubes)**  
**1 tablespoon ground cinnamon**

Make *Simple White Bread*, as directed above. After the first rise, punch the dough down and roll it into a square about 1/2 inch thick. Combine the sugar and the cinnamon and sprinkle the mixture over the square. Roll up the square and place it seam-side down in a greased loaf pan. Bake until done.

## BREADS

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### whole wheat bread

- 1 generous tablespoon yeast
- 2 cups warm water
- 2 tablespoons sugar
- 2 teaspoons salt
- 4 cups white flour
- 1/2 cup hot water
- 1/2 cup brown sugar
- 3 tablespoons shortening (butter)
- 4 cups whole wheat flour

Soften yeast in 2 cups warm water. Add sugar, salt and white flour and beat until smooth. Keep the dough in a warm place until light and bubbly (about an hour). Combine 1/2 cup hot water with brown sugar and butter. Stir and let cool to lukewarm. Add to the yeast-flour mixture. Then add 4 cups of whole wheat flour. Mix until smooth. Turn the dough onto a lightly floured surface. Knead until smooth, about 10 minutes. Place in a greased bowl. Turn over to grease the top. Cover and let rise in a warm place until doubled in bulk. Knead down dough. Cut in half with a knife. Shape each half to into a ball. Cover, let rest 10 minutes. With a rolling pin or bottle, roll out each ball into a 10" x 14" rectangle. Break bubbles in surface. Roll up the dough, rolling toward yourself. Seal each loaf with the heel of your hand; seal the ends of the loaves with the side of your hand. Fold the seams under the loaf. Place in 2 lightly greased loaf pans. Cover, let double in bulk. Bake at 375°F (190°C) for about 50 minutes.

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### Low-Cal Bran Bread

- 3 cups flour
- 1/2 cup instant nonfat dry milk
- 1 1/2 tsp salt
- 2 pkgs active dry yeast
- 1/4 cup sugar
- 1 1/2 cups warm water (not hot)
- 2 cups all-bran cereal
- 1 egg
- 1/3 cup butter, softened

Stir together flour, dried milk, and salt. Combine yeast, sugar, warm water, and cereal in large bowl. Let stand 2 minutes. Add egg, butter, and 1 cup of the flour mixture. Beat for two minutes. Gradually mix in the remaining flour by hand to form a stiff, sticky dough. Cover. Let rise in warm place until double in volume. Spoon into greased 9 x 5 inch loaf pan. Bake at 375 degrees for about 40 minutes or until browned. Remove from pan and brush bread with melted butter. Makes 1 loaf.

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### Challah (Jewish Egg Braid)

- 2 Tbsp. dry yeast

- 1/2 cup warm water, not hot
- 2 Tbsp sugar
- 3/4 cup milk
- 1/4 cup butter
- 2 tsp. salt
- 5 cups flour
- 2 eggs

Combine yeast, water, and sugar and let stand. Heat together the milk, butter, and salt, and then allow to cool. Stir in 2 cups of the flour into the milk, and beat well. Add yeast and the eggs to the milk, flour mixture. Beat well. Add 2 more cups flour, and mix well. Turn out onto floured surface, and knead, using the final 1 cup of flour to knead. Knead 8 to 10 minutes. Place in a greased bowl, cover, let rise till double in size. Punch gently braid the 3 strands together and fold the ends under. Place on a large greased baking sheet. Cover with a towel and let rise for about 30 minutes. Brush with glaze (1 egg yolk beaten with 1 Tbsp. water) and sprinkle with poppy seeds if desired. Bake at 375 degrees for 45 minutes.

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### Bonnie bread

*Peace Corps Gabon*

- 1 cube sugar
- 1 cup water
- 1 cup flour
- 1 teaspoon dried yeast

Combine the first list in a bowl and mix well until blended. Cover and allow to ferment (at room temperature) a couple hours or overnight.

- 1 cup boiling water
- 6 cubes sugar
- 1/2 cup bulgur, or Quaker oatmeal, or coarse cornmeal, or a combination
- 2 tablespoons NIDO
- 1 teaspoon salt
- 1 or 2 tablespoons oil

Combine the second list in a bowl and let cool to room temperature. Add both mixtures together with 3+ cups of flour and knead 8-10 minutes. Let rise to double in size (about one hour at room temperature). Punch down, form into loaves and let rise to double. Bake in preheated oven until golden, about 30-40 minutes.

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### multi-grain bread

- 2 cups boiling water
- 1 tablespoon salt
- 2 tablespoons butter
- 2 tablespoons cane molasses or honey (or 4 tablespoons sugar)
- 1 cup cornmeal
- 1 cup oatmeal

**1/2 cup lukewarm water**  
**2 tablespoons yeast**  
**3 cups whole wheat flour**  
**white flour (about 2 cups)**

Pour boiling water over salt, butter, molasses, cornmeal, and oatmeal. Stir and set aside. While waiting for mixture to cool, combine yeast and lukewarm water. When yeast has dissolved and mealy mixture is lukewarm, blend in yeast. Sift in whole wheat flour, stirring vigorously. Add enough white flour to make a stiff dough. Turn dough out onto lightly floured board and knead, adding flour to prevent sticking. When dough is smooth and elastic, form it into a ball. Oil the batter bowl and place dough within, turning once to grease all sides. Cover with a moist towel and let rise until doubled in bulk. Preheat oven to 375°F (190°C). Punch dough down and form two loaves. Place loaves on baking sheet (or in loaf pans) that has been buttered and sprinkled with cornmeal. Allow loaves to rise to nearly double in size. Bake about 45 minutes.

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## focaccia with rosemary

*Peace Corps Gabon*

**2 tablespoons rosemary (or any herbs)**  
**1 cup boiling water**  
**1 tablespoon yeast**  
**1 teaspoon sugar**  
**1 teaspoon salt**  
**3 tablespoons olive oil**  
**2+1/2 cups flour (half of it whole wheat, if possible)**

Crush the rosemary. Pour the boiling water on top in a large bowl. Let the water cool to about 100°F (check it on your wrist like a baby bottle; see page 102 for why temperature is important). Add the yeast and the sugar. After 5 minutes, when the yeast gets bubbly, add the salt and a tablespoon of the oil. Stir in half the flour. Add as much of the rest of the flour to make a dough that pulls away from the sides of the bowl. Knead the dough for 5-10 minutes, adding flour to prevent sticking. Put dough into an oiled bowl and let rise until doubled in bulk (around 1+1/2 hours). Punch down the dough and knead it for a minute. You could also press tomato or onion into the dough at this point, if you were so inclined.

Oil a 12" x 12" pan with olive oil. Stretch the dough into the pan. Cover the pan and let it rise again for 45 minutes. Preheat the oven to 375°F (190°C). Poke the dough with your fingers, to give it dimples. Sprinkle the dough with salt, more rosemary, and the remaining olive oil. Bake for 25 minutes, until golden.

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## ciabatta

*Peace Corps Gabon*

**1 teaspoon yeast**  
**1 cup water**  
**1 c flour**  
**1 teaspoon sugar**  
**1 teaspoon salt**  
**1 tablespoon olive oil**  
**2 to 3 cup flour**

Ciabatta is Italian "slipper" bread. To make it, mix yeast, water and 1 cup flour in one bowl. Mix remaining ingredients in another bowl. Add the mixtures. Beat 10 minutes. Allow to double in size. Pour onto pan and allow to double in size again. Bake for 30 minutes.

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## Herb and Onion Bread

**1/2 cup milk**  
**1 1/2 tsp sugar**  
**1 tsp salt**  
**1 Tbsp. butter**  
**2 tsp. dry yeast**  
**1/2 cup warm water**  
**2 1/4 cups flour**  
**1 small onion, minced**  
**2 tsp. herbs (dill, thyme, rosemary, etc.)**

Scald milk. Dissolve sugar, salt, and butter in the milk, and let it cool. Dissolve yeast in the warm water, and add cooled milk mixture, flour, onion and herbs. Stir the mixture well, until the batter is smooth. Cover with a towel and let the dough rise until triple the size, about 45 minutes. Stir down and beat for a minute, then pour into a greased pan and let stand in a warm place for 10 minutes. Bake until done.

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## Bagels

**1 egg**  
**1 1/2 cup warm water, not hot**  
**1 pkg dry yeast**  
**1 tbsp. salt**  
**3 tbsp. sugar or honey (more for cinnamon raisin)**  
**4 to 6 cups flour**

In large bowl mix water, yeast, add salt and sugar or honey. Cover. Let stand 5 minutes. Gradually add flour until soft to medium (but not stiff) dough. (For cinnamon raisin bagels, add cinnamon--1 tbsp or to taste--and raisins--about 1/2 cup or to taste. Knead 5-10 minutes until the dough is shiny and smooth. Add flour as needed during kneading. Place in greased bowl, turning to grease top. Cover and let rise in a warm, draft free place until doubled, about 30 minutes. Punch down and

## BREADS

knead lightly. ROLL 1/4 cups of dough into a strand 7 inches long and pinch ends firmly together to make bagels. Place close together on a floured board. Cover and let rise 30 minutes in a warm place. As bagels are rising, bring 5" of water to a boil in a pot, turn down heat so water is simmering. When bagels have risen, gently lift one at a time and drop into water. Turn them immediately and simmer 2 minutes, until puffy but not disintegrating. Several may be in the water at once, but don't crowd. Remove to a cloth covered area to drain and cool. When cooled, place on a greased baking sheet. Beat egg with 1 Tbsp. water, brush on top of bagels. Bake.

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### herb bagels

2 teaspoon dried crushed marjoram  
1 teaspoon dried dill weed  
1 teaspoon dried crushed tarragon  
1/2 teaspoon garlic powder.

Add these to the dry ingredients when first starting the dough.

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### onion bagels

1/2 cup onion, finely chopped  
3 tablespoons butter or oil

Cook the onion in the butter until tender but not brown. Brush the onion mixture over the tops of the bagels after the first 15 minutes of baking.

## Rolls

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### rolls

1 tablespoon yeast  
1/4 cup warm water  
1 cup milk, scalded with 1 tablespoon butter and cooled to lukewarm  
1 tablespoon sugar  
1 teaspoon salt  
3+1/2 cups flour

Sprinkle yeast over warm water in another large bowl and let stand 10 minutes. Stir in milk, sugar, and salt. Add 2 cups flour and mix well. Add 1 more cup flour and mix thoroughly. Turn onto floured board and knead in remaining flour until dough is smooth (about 10 minutes). Place in a generously greased bowl, turning to grease entire surface. Cover and let rise in a warm area until doubled in bulk (1+1/2 hours). Punch down the dough and knead several times. Shape into rolls (16) and arrange in greased 10" pans so sides of each roll barely touch each other. Brush with

butter. Let rise until doubled (30-40 minutes). Bake 30 minutes at 375°.

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### onion rolls

Prepare the dough for *Rolls* as described above. Roll the dough into a rectangle after first rising. Sprinkle with sautéed onions and garlic. Roll into a log shape and pinch closed. Cut into cross-sections and allow to rise until doubled. Bake as above.

---

### Easy Cinnamon Rolls

1 pkg yeast  
1/4 cup warm water (not hot)  
1/2 cup sugar  
1/2 cup oil or 1/2 cup butter, melted  
1 egg beaten  
1 cup lukewarm milk  
1/2 tsp salt  
4 1/2 cups flour  
brown sugar  
white sugar  
cinnamon

Dissolve yeast in water in a big bowl without stirring. Then add the following six ingredients and mix. Knead on floured surface. Roll into rectangle. Top with melted butter and sprinkle generously with brown sugar and lightly with white sugar and cinnamon. Raisins or nuts are optional. Roll up the rectangle and cut with a greased string or buttered knife. Place in greased pan. Cover with a towel and let rise until double in size. Bake at 400 degrees for 12-15 minutes, or until golden brown. Do not over bake. Frost while warm, if desired.

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### sweet rolls

2 cups flour  
1 tablespoon yeast  
1 cup milk  
1/3 cup sugar  
1/3 cup butter  
1 teaspoon salt  
2 eggs  
2 to 2+1/2 cups flour

In a mixing bowl, combine 2 cups flour and yeast. Heat milk, sugar, butter, and salt, just until warm (115°F-120°F/~46°C). Stir constantly. Add to flour mixture. Add eggs. Beat until well mixed (about 10 minutes by hand). Stir in as much of the 2+1/2 cups flour as you can with a spoon. Put dough on a floured surface. Knead in enough more flour to make a moderately stiff dough that is smooth and elastic (about 8 minutes). Shape into a ball and

## BREADS

put into a greased bowl. Turn over once. Cover with a plate or damp cloth. Let rise until double (about an hour). Punch down and divide in half. Cover and let rest 10 minutes. Shape into rolls and bake at 375°F (190°C) for 20 to 25 minutes.

---

### cinnamon rolls

Prepare the dough as for *Sweet Rolls*, above, although any similar dough could work. After the first rise, roll the dough into a rectangle (about 1/4" thick). Spread 3 tablespoons melted butter over dough. Combine 1/2 cup sugar and 2 teaspoons cinnamon and sprinkle over dough. Next sprinkle with 3/4 cup raisins. Roll up and seal. Slice into 24 pieces. Place in two greased 9" round pans. Cover and let rise until double. Bake at 375°F (190°C) for 20-25 minutes. Drizzle with powdered sugar icing.

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### caramel rolls

Prepare the dough as for *Sweet Rolls*, above, although any similar dough could work. After the first rise, roll out the dough into a rectangle. Spread with melted butter and sprinkle with cinnamon sugar. Roll up, seal, and slice. In the bottom of greased baking pans, put a thin layer of brown sugar. Put many dots of butter over the sugar. Place rolls over sugar and butter. Let rise and bake. When done, turn over pan and let caramel finish drizzling down over rolls. These could also be flavored with pecans.

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### bread sticks

- 1 cup hot milk
- 1 teaspoon sugar
- 4 tablespoons butter
- 2 teaspoons salt
- 1 tablespoon yeast
- 1/4 cup warm water
- 3 cups (or more) flour
- 1 egg white mixed with 1 teaspoon water

Combine hot milk, sugar, butter, and salt in a large bowl. Let mixture cool. In a small bowl, sprinkle yeast over water and let stand 5 minutes. Add yeast and 2 cup flour to milk mixture. Stir well. Stir in remaining flour until dough pulls away from the sides of the bowl. Knead for 2 minutes and let dough stand for 10 minutes. Knead again until smooth. Put in an oiled bowl and let double in bulk. Punch down. Take golfball size pieces and roll into little "logs", about 1/2" in diameter. Put on a well greased cookie sheet. Let rise again. Brush with egg white and water before baking. Bake at 300°F (150°C) for 30-35 minutes or until

golden brown. Try these bread sticks sprinkled with coarse salt, parmesan, sesame seeds, or poppy seeds.

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### English Muffins (makes 19 muffins)

Heat in saucepan until very warm:

- 1 ½ cups milk
- ¼ cup margarine

In a large bowl combine:

- 2 Tbsp. Sugar
- 1 t. salt
- 1 Tbsp dry yeast
- 1 ½ cups flour

Mix until well blended. Beat in 1 egg and 1 cup flour. Then gradually add up to 2 cups flour (enough to make a stiff dough). Knead until well mixed (2 minutes). Shape into ball and put into greased bowl. Cover and let rise until doubled (1 ½ hours). Punch down. Turn onto lightly floured surface; cover for another 15 minutes. Roll to 3/8" thick. Cut into 3" circles (ovaltine or hot chocolate lids work well). Dip both sides into cornmeal (the Guinean corn cous-cous works well, optional). Cover and let set for 45 minutes. Cook muffins in a skillet on both sides until brown and then cut open and cook the insides (between 3-8 minutes per side, be sure to check it because it's hard to regulate the temperature.)

## Pizza

---

### pizza dough 1

- 1 tablespoon yeast
- 1+1/3 cups warm water
- 1 teaspoon salt
- (2 to 3 tablespoons sugar, optional)
- 2 tablespoons oil
- 4 cups flour

Sprinkle yeast over warm water. Let stand for 5-10 minutes. Add salt, oil, and flour (and optional sugar). Knead on a floured board for about 10 minutes. Shape into a ball. Grease the ball lightly with oil. Put in a bowl and cover with a damp cloth. Let rise 1+1/2 hours, or more. Preheat oven to 400°F (205° C). Press dough into buttered pizza pans. Perforate dough with a fork. Bake 10-15 minutes. Cover with sauce and toppings. Bake an additional 10 minutes, or until cheese is melted and crust is ready.

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## pizza dough 2

*Peace Corps Gabon*

1 cup warm water  
 1 tablespoon sugar  
 1 teaspoon yeast  
 1 tablespoon olive oil  
 1/2 cup yellow cornmeal, if possible  
 1 teaspoon salt  
 2 cups flour

Combine and dissolve water, sugar, and yeast. Add in remaining ingredients and knead 8-10 minutes. Allow to rise until double in size. Roll out and cook, as with pizza 1, above.

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## Pizza Dough, Baking Powder

1 cup flour  
 1/2 tsp. salt  
 1 tsp. baking powder  
 2 tsp. oil  
 water

Mix dry ingredients well. Add oil and mix well. Slowly add water, mixing in with your fingers, until you have a soft dough (do not add too much water, or the dough will be sticky. If this happens, add a little more flour.) Roll out the dough on baking sheet and Bake for 5-10 minutes before putting on the toppings. Makes 1 10 inch crust.

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## Calzones

Dough:

Soften together

1 1/2 teaspoons dry yeast  
 1 Tablespoon honey (or sugar)  
 1 cup warm water

Add

1 1/2 tsp salt  
 2 1/2-3 cups flour

Knead 10-15 minutes. Cover and set in warm place to rise until double the size (takes about 1 hour so start preparing the filling!)

Punch down. Divide into six sections and roll out in rounds 1/4 inch thick. Fill with 1/2-3/4 cups filling, placing filling on one half of circle, leaving a 1/2 inch rim. Moisten the rim with water, fold the empty side over, and crimp the edge with a fork. Pick it here and there.

Bake on an oiled tray in a preheated 450 degree oven for 15-20 minutes or until crisp and lightly browned. Brush each pastry with a little butter as it emerges from the oven.

Filling:

1 pound ricotta cheese  
 2 cloves crushed garlic  
 2 cups grated mozzarella  
 salt, pepper to taste  
 1/2 cup grated parmesan  
 1/2 cup minced onion  
 1 pound spinach (feuille de manioc)  
 2 Tablespoons butter

Wash, stem and finely chop spinach. Steam it quickly on medium high heat, adding no additional water. When wilted and deep green it is done and should be moved to a mixing bowl.

Sauté onion and garlic in butter until translucent and soft.

Combine all ingredients, mix well, add salt and pepper to taste.

Pesto is also a good filling.

## Quick Bread

Quick breads are usually leavened with the help of our friends Baking Soda and Baking Powder. For more information about these two *bandits* and how they operate, see *About Baking Powder and Baking Soda*.

### Hints for Quick Breads

- ★ 1 envelope (11g) of *levure chimique* is approximately 1/2 tablespoon of baking powder.
- ★ Make sure your baking powder is good. Baking powder activates when it is wetted, so be wary of old or damaged packages.

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## Corn Bread

1/2 cup flour  
 2 1/2 tsp baking powder  
 1 Tbsp. sugar  
 3/4 tsp salt  
 1 1/2 cup corn meal  
 1 egg, beaten or 2 Tbsp oil  
 2 Tbsp melted butter  
 1 cup milk

Mix all dry ingredients. Add egg (or oil), butter, and milk, mixing well. Pour into a well-greased enamel plate or pan. Bake at 400 degrees for 20 minutes, or until done. Chopped green onions or hot peppers can be added to the dough.

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## REALLY GOOD CORNBREAD

3/4 cup corn meal  
 1 cup flour

## BREADS

**1/3 cup sugar**  
**3 tsp baking powder**  
**1 cup milk**  
**1 egg**  
**2 Tbsp vegetable oil**

Combine the dry ingredients. Beat egg and combine with oil, then milk. Add to dry mix, stir well. Pour batter into a greased 9"x9" (or equivalent). Bake at 425 F for 20 minutes.

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### BUTTERMILK CORNBREAD

Mix:

**1 cup cornmeal**  
**1 cup flour**  
**1/2 tsp salt**  
**1 tsp baking powder**  
**1 tsp baking soda**

Pour in:

**1/4 cup honey**  
**1 beaten egg**  
**2 cups buttermilk (milk and juice of 2 lemons)**

Pour into cake or loaf pan. Cook in Dutch oven.

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### Beer Bread

**12 oz/ 1 1/2 cups beer of your choice**  
**3 cups flour**  
**3 teaspoons baking powder**  
**1/2 teaspoon salt**  
**6 Tablespoons sugar**

Mix ingredients, bake in greased loaf pan at 350 degrees for 30-45 minutes or until brown

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### peanut butter bread

**2 cups flour**  
**1/3 cup sugar**  
**2 teaspoons baking powder**  
**1/4 teaspoon salt**  
**3/4 cup peanut butter**  
**1 cup milk**  
**1 egg, well beaten**

Preheat oven to 350°F (180°C). Grease a loaf pan. Mix together the dry ingredients in a large bowl. Add the peanut butter, milk, and egg. Mix well. Spoon batter into loaf pan and bake for about 50 minutes. Remove from the pan and let cool on a rack.

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### raisin loaf

*Peace Corps Tonga*

**1 cup seedless raisins**  
**1 cup cold tea**  
**1 cup sugar**  
**2 cups flour**  
**2 teaspoons baking powder**  
**1 teaspoon each cinnamon and nutmeg**

Mix raisins, tea, and sugar and let stand for 2 hours or more. Stir frequently. Sift together dry ingredients and add to the liquid mixture. Bake in a greased loaf pan for 40 to 60 minutes. Serve sliced thin with butter or thin icing.

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### lemon bread

**1 cup sugar**  
**6 tablespoons margarine or butter**  
**1 tablespoon grated lemon rind**  
**2 eggs**  
**1+1/2 cups sifted flour**  
**1/2 teaspoon salt**  
**1 teaspoon baking powder**  
**1/2 cup milk**  
**1/2 cup nuts, chopped**

Preheat oven to 325°F (165°C). Cream 1 cup of sugar with margarine. Add lemon rind. Beat in eggs. Sift flour, salt, and baking powder together. Add alternately flour and milk, beginning and ending with flour mixture. Stir in nuts. Pour into a 9" x 5" loaf pan. Bake for 35 to 40 minutes.

**1/4 cup sugar**  
**3 tablespoons fresh lemon juice**

In a saucepan, heat 1/4 cup of sugar with lemon juice. Heat until sugar is dissolved. Pour over hot bread. Let bread cool in pan. Remove. Slice and serve with butter.

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### orange honey bread

*Peace Corps Tonga*

**1+1/2 cups flour**  
**2 teaspoons baking powder**  
**1/2 teaspoon baking soda**  
**1/2 teaspoon salt**  
**2 tablespoons butter**  
**1/2 cup honey**  
**grated rind of 1 orange**  
**1 egg**  
**1/2 cup orange juice**  
**1/2 cup chopped mixed nuts**

Preheat oven to 350°F (180°C). Sift dry ingredients. In a large mixing bowl, cream butter with the honey and orange rind. Beat in egg. Add dry ingredients and orange juice alternately to the creamed mixture to make a fairly thick batter. Stir in the chopped nuts and beat until well blended. Turn into a greased loaf pan. Smooth over the

## BREADS

top, and make a slight hollow in the center. Bake until it's done (1/2 to 1 hour) or until bread is golden brown and firm to the touch.

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### Honey Bread

- 3 cups flour
- 2 tsp baking powder
- 1 tsp baking soda
- 1 tsp salt
- 1/2 cup unsalted butter, softened
- 1 cup honey
- 1 1/2 tsp vanilla
- 2 large eggs
- 1 1/4 cups buttermilk
- 2 cups chopped nuts

Combine first 4 ingredients. Cream butter with the honey and beat in vanilla, eggs (one at a time) and buttermilk. Add dry mixture and beat until just combined. Stir in nuts if desired. Pour batter into 5 small (6x3x2 inch) buttered and floured loaf pans. Bake at 350 degrees for 40-45 minutes, or until a toothpick comes out clean. Remove from pans and let cool on racks. Makes 5 mini loaves.

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### coconut quick bread

*Peace Corps Gabon*

- 4 cups flour
- 1/3 cup sugar
- pinch of salt
- 1 egg
- 1 cup coconut milk or regular milk
- 1/2 cup melted butter
- 1 teaspoon vanilla
- 2 cups fresh grated coconut (1 cup raisins, optional)

Preheat oven to 350°F (180°C). Combine the flour, sugar, and salt. Blend in the egg, milk, butter, and vanilla. Mix in the coconut and raisins. Turn on to a floured board and knead lightly. Shape into 2 loaves and pat into 2 loaf pans. Bake for 45 minutes, or until a toothpick or knife comes out clean.

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### Zucchini Bread I

- 2 cups flour
- 2 tsp baking powder
- 1 tsp baking soda
- 1 to 2 tsp cinnamon
- 1/2 tsp nutmeg
- 1/2 cup butter
- 2/3 cup sugar
- 2 eggs
- peel of 1 orange, grated

- 1 cup grated zucchini
- 1/2 cup milk

Mix dry ingredients. Cream sugar and butter then add eggs one at a time. Beat well. Mix in orange peel and zucchini. Combine wet and dry. Pour into a greased, floured pan and bake in an oven until done, about 1 to 1 1/2 hours.

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### Zucchini Bread II

- 3 eggs
- 1 cup oil
- 1 1/2 cups sugar
- 2 cups zucchini, grated and drained
- 2 tsp vanilla
- 2 cups flour
- 1/4 tsp baking powder
- 2 tsp baking soda
- 3 tsp cinnamon
- 1 tsp salt
- 1 cup raisins
- 1 cup nuts

Beat eggs lightly, and stir in the sugar, zucchini and vanilla. Mix dry ingredients then sift into the egg mixture until well blended. Stir in raisins and nuts (optional). Spoon batter into 2 greased 9x5x3 inch pans and bake at 375 degrees for 1 hour, or when the center springs back when lightly pressed.

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### Orange Peel Bread

- 5-6 oranges, peeled and chopped
- 1 cup orange peel, grated
- 1 1/2 cups sugar
- 1 Tbsp butter
- 1 egg
- 2 cups milk
- 4 cups flour
- 4 tsp baking powder
- 1/2 tsp salt

Place oranges in a pan and cover with water; cook over medium heat for 15-20 minutes until tender. Add 1 cup of the sugar to the oranges and continue cooking until the mixture is thick and syrupy. In a separate bowl cream butter and remaining sugar. Add egg and milk, mix well. Mix flour, baking powder and salt together and add to the batter, beating well. Add the cooked orange peel and syrup. Pour batter into 2 greased and floured enamel plates or pans, and bake until done (when a toothpick comes out clean).

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### Banana Bread, 1 loaf

- 1/2 cup oil
- 1 cup sugar

## BREADS

2 eggs, beaten  
3 ripe bananas  
2 cups flour  
1 tsp baking soda  
½ tsp baking powder  
½ tsp salt  
3 Tbsp milk  
½ tsp vanilla  
¼ cup chopped nuts  
¼ cup raisins

Beat oil and sugar. Add eggs and banana, mix well. Mix dry ingredients and add to wet. Add milk and vanilla. Add raisin and nuts (optional). Pour batter into greased and floured loaf pan. Bake at 350 degrees for about 1 hour. Cool well and keep overnight (if you can) before cutting.

Variations: replace some white flour with wheat; add wheat germ or bran; try peanuts or grated coconut or dates; more than 3 bananas will not hurt the bread.

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### Beth Ann's Easy Banana Bread

1 ¾ cups flour  
2 tsp baking powder  
½ tsp salt  
¾ cup sugar  
½ cup oil  
2 eggs  
4 large/6 small bananas  
1 tsp cinnamon  
½ tsp nutmeg

Combine first 5 ingredients. In a separate bowl, combine sugar, oil and eggs. Add bananas to this mixture and mash with a fork. Add flour mixture and combine well. Pour into greased baking pan and bake for 40-50 minutes

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### Beth Ann's Squash Bread

1 ¾ cups flour  
1 ¼ cups sugar  
1 tsp baking soda  
½ tsp salt  
2 tsp cinnamon  
1 tsp nutmeg  
1 ½ cups cooked orange squash, mashed  
½ cup oil  
2 eggs

Mix first 6 ingredients. In another bowl, mix squash, eggs and oil. Add flour mixture and stir well. Pour into greased baking pan and bake for about 45-50 minutes or until done.

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### Cinnamon Bread

¼ cup oil

1 cup sugar  
1 egg  
1 cup buttermilk or soured milk  
1 tsp baking soda  
2 cups flour  
½ tsp salt  
1 Tbsp cinnamon  
½ cup sugar

Combine and mix all but last two ingredients. Place ½ of the dough in a greased pan. Combine the sugar and cinnamon, sprinkle half of the mixture on top. Run a knife through the batter to make swirls; be gentle, but thorough. Bake 40-50 minutes.

## Muffins

### Hints for Muffins

- ★ Many of the batters for quick breads can also be baked into muffins. And many of the batters for muffins can be baked into loaves of quick bread.
- ★ You can use small tomato paste cans for mini-muffins. You can use tuna fish cans for bigger muffins. They only problem with these is that they're hard to clean.

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### basic muffin mix

*the St. Pierres*

2 cups sifted flour  
1 tablespoon baking powder  
1/2 teaspoon salt  
3 tablespoons sugar  
1 egg, beaten  
1 cup milk  
3 tablespoons oil

Preheat oven to 450°F (230°C). Sift together dry ingredients. In another bowl, combine the remaining ingredients. Pour this mixture over dry ingredients. Stir only until dry ingredients are moist. Do not over mix. Spoon batter into greased muffin pans or a 9" x 9" pan or cake pan. Bake 20 to 25 minutes for muffins, and 25 to 30 minutes for a loaf.

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### sugar apple muffins

*: Peace Corps Tonga*

2 cups flour  
1 teaspoon baking powder  
1/4 teaspoon cinnamon  
1/4 teaspoon nutmeg  
1/2 teaspoon salt  
1 egg, beaten

**3 tablespoons melted butter**  
**1 cup milk**  
**1/2 cup sugar**  
**1+1/2 cups finely chopped apples**

Preheat oven to 425°F (220°C). Sift flour, baking powder, cinnamon, nutmeg, and salt. To beaten egg, add butter, milk, and sugar. Add liquid ingredients to dry ingredients. Stir thoroughly. Fold in apples. Put in greased muffin tin. Bake 25 minutes.

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## ginger muffins

*Peace Corps Tonga*

**1/2 cup shortening**  
**1/2 cup sugar**  
**1 egg**  
**1 cup molasses**  
**3 cups sifted flour**  
**1+1/2 teaspoons baking soda**  
**1 teaspoon cinnamon**  
**1/2 teaspoon salt**  
**1 teaspoon ginger**  
**1/2 teaspoon ground cloves**  
**1 cup hot water**

Preheat oven to 375°F (190°C). Cream shortening and sugar, add egg and then molasses. Sift together dry ingredients and stir molasses mixture into them. Gradually add hot water, beating until smooth. Fill greased muffin cups 2/3 full. Bake 20 to 25 minutes.

## Biscuits

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### BUTTERMILK BISCUITS

Combine:

**4 cups flour**  
**1 tsp salt**  
**2 Tbsp sugar**  
**2 Tbsp baking powder**  
**10 Tbsp butter or marg, cut into cubes**

Break up butter and flour mix until it looks like coarse crumbs. Make a well in center and pour in buttermilk (1 ¼ cups milk + ¼ cup vinegar). Gently stir until mixture is a soft dough. Dump onto clean surface and knead 2-3 times until almost smooth (it will look rough around the edges) and let rest for 10 minutes. With the palm of your hand, pat dough until ½ - ¾ inch thick. Using a glass dipped in flour, cut out biscuits. Keep glass well-floured so things don't get sticky. Place on ungreased sheet and bake 15 minutes.

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### Pilgrim Biscuits

**2 cups flour**  
**1 tsp. Salt**  
**1 cup water**  
**4 Tbsp oil**  
**4 tsp baking powder**

Mix all ingredients until just blended. Drop batter from spoon onto well-greased, heated frying pan. Fry, flip over, and fry till brown. Drain, and serve warm.

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### Dinner Biscuits

**2 cups flour**  
**1 Tbsp baking powder**  
**2 tsp. Sugar**  
**½ tsp cream of tartar**  
**14 tsp salt**  
**½ cup margarine**  
**⅔ cup milk**

Combine all ingredients well, and bake at 450 degrees for 10 to 12 minutes.

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### Yogurt Biscuits with Basil

**2 cups flour**  
**1 tsp salt**  
**1 Tbsp. Baking powder**  
**½ tsp baking soda**  
**2 tsp sugar**  
**3 Tbsp chopped basil**  
**1 cup plain yogurt**  
**5 Tbsp butter, melted**

Combine all dry ingredients; slowly stir in about a cup of yogurt with a wooden spoon, gathering up the dough. The trick here is not to let the dough get sticky; when it just comes together and feels tender, you have used enough yogurt. Moisten any left over dry pieces with a little yogurt. On a lightly floured board, knead the dough for 1 minute. Flatten out into a circle about ½ inch thick. Cut biscuits into circle of a 2-inch diameter. Dip each biscuit, to and bottom, in melted butter, and place on a heavy, ungreased baking sheet. Bake at 425 degrees for 15 minutes. Serve hot. Make 12-14 biscuits.

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### Easy Wheat Flour Biscuits

**1 cup wheat flour**  
**2 ½ baking powder**  
**¼ tsp. Salt**  
**2 ½ tsp sugar**  
**⅓ to ½ cup condensed milk**  
**2 Tbsp butter or margarine**

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Mix dry ingredients, then add milk, stirring until flour is just moistened. Melt butter in a pan. Pat or roll out the biscuit dough until it is  $\frac{3}{4}$ " thick, and cut it into 1  $\frac{1}{2}$ " squares. Dip them in butter then turn them over and bake them in the same pan for 12-15 minutes. In an oven they take about 30-45 minutes. Make about 8 biscuits.

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### simplest biscuits

*Peace Corps Gabon*

**2 cups flour**  
**1 teaspoon salt**  
**1 envelope *levure chimique***  
 **$\frac{1}{4}$  to  $\frac{1}{2}$  cup margarine**  
 **$\frac{2}{3}$  to  $\frac{3}{4}$  cup water**  
**4 sugar cubes**

Mix the flour, salt, and *levure chimique* in a large mixing bowl. Cut in the margarine with two knives until it is the consistency of breadcrumbs. Dissolve the sugar in the water, and add the water. Mix the water in with as few strokes as possible. If you stir it too much, the biscuits won't be flaky. When the dough is combined, roll it out or pat it out on a floured board about an inch thick. Cut the biscuits into squares, circles, triangles, pink hearts, yellow moons, blue diamonds, etc. Bake until done, about 15-30 minutes. In my oven I have to flip them over halfway through because it doesn't cook evenly.

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### cheese biscuits

*Peace Corps Tonga*

**3 cups flour**  
**2 teaspoons baking powder**  
**1 teaspoon salt**  
**4 tablespoons milk powder**  
**4 tablespoons shortening**  
 **$\frac{1}{2}$  cup grated cheese**  
**1 cup water**

Sift dry ingredients into a mixing bowl. Add shortening and cheese, and blend until mealy-textured. Stir in water, adding a few drops more if needed, until dough is a clean ball. Knead lightly, 25 times. Roll and cut into desired shape. Bake on greased and floured cookie sheet until lightly browned, about 10 minutes.

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### Popovers I

**1 egg, beaten**  
 **$\frac{1}{3}$  cup milk**  
**2 tsp butter, melted**  
**pinch of salt**  
**1 tsp sugar**

**$\frac{1}{3}$  cup flour**

Mix all ingredients together, making it as smooth as possible. Fill 70 gram tomato paste tins about  $\frac{1}{3}$  -  $\frac{1}{2}$  full. Bake in hot oven for about 10 minutes until they are puffy. (Opening the oven during baking can cause the popovers to fall.) Remove and eat at once. Makes about 6 popovers.

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### Popovers II

**1 cup flour**  
**1 cup milk**  
 **$\frac{1}{2}$  tsp salt**  
**2 large eggs**

Combine flour and salt; whisk eggs and milk together. At 450 degrees heat 6 custard cups for 5 minutes, or until hot. Brush cups with butter and fill them  $\frac{1}{2}$  full with the batter. Bake at 450 degrees for 20 minutes; reduce heat to 375 and bake 20 minutes, or until golden brown and crisp. Makes 6.

---

### Scones

**2 cups flour**  
**1 Tbsp baking powder**  
**2 Tbsp sugar**  
 **$\frac{1}{3}$  cup milk**  
 **$\frac{1}{2}$  tsp salt**  
**5 Tbsp butter**  
**2 eggs, beaten**

Combine all dry ingredients, then cut in the butter until the mixture looks like fine crumbs. Stir in the eggs and milk. Knead about 5-6 times on a floured board. Divide dough in half. Pat or roll each into a 6" diameter circle. Cut each circle into quarters. Bake the quarters  $\frac{1}{2}$  inch apart about 25-35 minutes in a Dutch oven. Serve split in half with jam. Makes 8 scones.

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### Oatmeal drop scones

**$\frac{3}{4}$  cup milk**  
**1 large egg**  
**Tbsp brown sugar**  
**1 tsp vanilla**  
**2  $\frac{1}{4}$  cups flour**  
**1 cup oats**  
**1 Tbsp baking powder**  
 **$\frac{1}{2}$  tsp baking soda**  
 **$\frac{1}{2}$  tsp salt**  
**6 Tbsp butter or oil**  
 **$\frac{1}{2}$  cup raisins, if desired**

Whisk together wet ingredients until well combined. Mix dry ingredients and blend in the butter until mixture resembles coarse sand. Combine wet and dry until a sticky dough is

## BREADS

formed. Drop by  $\frac{1}{3}$  cup measures onto an ungreased baking sheet. Bake at 400 degrees for 15-18 minutes, or until golden.

The scones may also be dropped onto a hot greased griddle and cooked over moderate heat, turning them periodically for 15-18 minutes or until golden and cooked through.

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### dumplings

*Peace Corps Tonga*

**1 cup flour**  
**1/2 teaspoon salt**  
**2 teaspoons baking powder**  
**1 tablespoon onion, chopped**  
**3 tablespoons green pepper, chopped**  
**1 egg**  
**milk**

Sift all dry ingredients together. Add onion and pepper. Break the egg into a measuring cup. Add enough milk to the egg so that the total volume measures  $\frac{1}{2}$  cup. Mix all ingredients. Cook 10 minutes in simmering broth, soup, or stew.

## Tortillas

### Hints for Tortillas

- ★ Bottles make good rolling pins.
- ★ You need to roll the tortillas out really thin.
- ★ Rolling out dough in a clean plastic bag makes rolling and clean-up easier.

---

### tortillas

*Peace Corps Gabon*

**3 cups flour**  
**6 tablespoons vegetable oil**  
**1 teaspoon salt**  
**1 cup warm water**

Mix the oil into the flour until crumbly, like you do with a pie crust. Mix the salt with the water and slowly add to the flour mixture. Knead until smooth. Let the dough rest at least 30 minutes, and not more than 2 hours. You must let the dough rest, or else. Divide the dough into 10 equal balls, about the size of a golfball. Roll out each ball on a lightly floured surface. Roll them out into a really thin circle. Cook tortillas in a heavy skillet over medium-high heat until opaque (about 30 seconds on each side). Cook longer if crispier tortillas are desired (like chips) or shorter if softer tortillas are needed (like for enchiladas).

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### corn tortillas 1

Make *Tortillas*, as above, but use 2 cups white flour and 1 cup cornmeal.

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### whole wheat tortillas

Make *Tortillas*, as above, but use  $1\frac{1}{2}$  cups white flour and  $1\frac{1}{2}$  cups whole wheat flour.

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### Flour Tortillas

**2 cups flour**  
**1/4 cup oil**  
**1 tsp. salt**  
**2/3 cup hot water**

Blend flour and oil with a fork until the mixture resembles fine meal or sand. Stir together hot water and salt to dissolve the salt. Add hot water to the flour, and knead dough for 2-3 minutes until soft smooth. Divide dough into 12 equal balls, and let stand, covered, for at least 30 minutes. Heat a griddle over moderately high heat until it is hot. On a lightly floured surface roll the balls out to 7-inch rounds. Cook the tortilla on the griddle, turning it once for 1 to  $1\frac{1}{2}$  minutes, or until it is puffy and golden brown on both sides.

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### Tortilla Chips

Cut tortillas into small triangles and fry in hot oil. Oil may be saved and used again. Sprinkle on salt for traditional tortilla chips, or sugar and cinnamon for a sweet tortilla chip.

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### sopaipillas

*Peace Corps Gabon*

**Tortillas**  
**2 teaspoons sugar**  
**1 tablespoon baking powder**  
**oil for frying**  
**1 cup sugar**  
**1 tablespoon cinnamon**

Prepare *Tortillas* as above, but add the sugar and baking powder into the dough. Let the dough rest and prepare the tortillas like normal. Then slice the prepared tortillas into wedges. Heat  $\frac{1}{4}$  inch oil in a heavy skillet. Drop tortilla wedges into the oil, flipping them as they puff and turn light brown. Remove them from the oil when both sides are golden. Meanwhile, mix the sugar and cinnamon in a bowl or plastic bag. Place the fried wedges in with the cinnamon sugar and shake to coat the wedges. Remove and let cool.

## Flatbread

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### roti

*Peace Corps Gabon*

**2 cups flour**  
**1/2 teaspoon baking powder**  
**1/2 teaspoon salt**  
**1/2 - 3/4 cup milk**  
**oil**

Roti is Indian flatbread. To make it, sift together the dry ingredients. Stir in 1/2 cup milk; add more as needed to create a stiff dough. Knead on a well floured board. Shape into four balls. Roll each ball into a 8-9" circle. Brush each with oil and then roll into a ball again. Cover them and let sit 15-20 minutes. Roll them out again to their original size. Heat a heavy skillet and cook each roti for about 1 minute, then flip it and cook until lightly browned on both sides. Let it cool until you can handle it, then pat it in your hands until it is supple. Keep them moist by covering them. Eat them as a flatbread or stuff them like tortillas.

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### non

*Peace Corps Zaire*

**6 tablespoons butter**  
**1+1/2 cups onions, finely chopped**  
**3/4 cup lukewarm water**  
**1 teaspoon salt**  
**2+1/2 to 3 cups flour**

Non is flat Russian onion bread. To make it, melt 1 tablespoon of butter in a heavy skillet set over high heat. Add the chopped onions, reduce the heat to low and, stirring constantly, cook 3-5 minutes, or until the onions are soft but not brown. Transfer them to a bowl and let cool to room temperature. Melt the remaining 5 tablespoons butter in the skillet and pour it into a large mixing bowl. Add the lukewarm water and (with a large spoon) stir in onions, salt, and 2+1/2 cups flour--1/2 cup at a time. If necessary, beat in as much of the remaining 1/2 cup flour as you need to make a dough that does not stick to your fingers. Gather the dough into a large, compact ball and divide it into 16 pieces. With the palms of your hands, shape each piece into a 1+1/2" to 2" ball. Then, with a lightly floured rolling pin (or bottle), roll out the balls into circles about 8" in diameter. Set aside. Set a heavy, ungreased frying pan over high heat. When it is hot enough that a drop of water flicked across its surface evaporates instantly, place one round of dough in the center. Brown 3-4 minutes on each side. Do not be concerned if the bread does not brown evenly.

Cool on a rack. If the bread becomes limp after a day or so, bake them 5-10 minutes in a 300°F (150°C) oven.

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### Indian Chapatis

**1/2 cup flour**  
**3/4 cup wheat flour**  
**1 tsp. salt**  
**1 Tbsp oil**  
**1/4 - 1/3 cup water**

Mix the flours and the salt together well. Add the oil and work it in with your fingertips until the mixture is a little like coarse sand. Then begin to add the water, mixing with your hands constantly, until you have a soft, slightly sticky dough. Knead until it has consistent texture, about 2 minutes. Cover and let it rest for 10-30 minutes. Then knead until it has a smooth, shiny surface and springs back when pushed with a finger. Divide into 8 balls, and roll out on a lightly floured board until it is thin and about 16 cm in diameter. Cook on a hot ungreased skillet. Cook first side until little bubbles form and then the other side is browned. The chapati may puff up as you are cooking the second side, just push it down. To keep them soft, lightly coat with butter while they are still hot.

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### chapatis

*Peace Corps Zaire*

**flour**  
**corn meal**  
**salt**  
**water**

Use half corn meal and half wheat flour. Add a pinch of salt and enough water to make a stiff dough. Make small balls one at a time and roll out to a very thin circle, about 6" in diameter. Fry on a flat, dry skillet, very hot, or use oil for a heavier bread. Fry until one side puffs up, then turn over.

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### Pita Bread

**5 to 6 cups flour**  
**1 Tbsp salt**  
**2 cups warm water**  
**1 Tbsp yeast**

Beat 3 cups flour, salt, warm water, and yeast together until very well mixed. Add 3/4 cup flour, and beat again. Add remaining flour, and beat. Let rise 1 hour, and then punch down. Let rise 10 minutes, and then divide into 12 balls. Roll out into rounds. Bake 8 to 10 minutes on floured

## BREADS

cookie sheet at 450 degrees. Cut each pocket bread in half while warm.

### Breakfast

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#### FRENCH TOAST

Stale bread only (not moldy!). Cut into pieces and dunk bread into this mixture:

- 1 egg
- 1 cup milk/cream
- 1 Tbsp vanilla
- ½ tsp cinnamon
- ¼ cup butter/marg
- 3 tsp sugar

Beat with a fork. Place dunked pieces into a hot skillet and brown on both sides.

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#### STEWART KING'S FRENCH TOAST

- 2 eggs
- 1/2-3/4 cups milk
- 1/2 tsp sugar
- slices of bread
- cocoa powder/cinnamon to taste
- vanilla/vanilla sugar to taste

Beat the eggs and mix in the milk and vanilla. Soak bread slices in batter 15 to 20 seconds, then sprinkle on the cocoa or cinnamon. Fry both sides in a hot (but not scorching) oiled pan. Makes three servings.

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#### QUICK POP-TARTS

Make pastry dough using

- 1 cup of flour
- 3 TBSP of sugar
- 1 pinch of salt
- 2 TBSP margarine

Add water to make dough. Roll out as flat as you can in a symmetrical shape. Spread margarine or butter on one half. Sprinkle a little cinnamon and lots of sugar on the buttered half. Fold pastry in half and pinch all edges securely shut. Cook in a Dutch oven for 10-15 minutes or until cinnamon/sugar/butter mixture is caramelized or until outside is golden brown.

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#### EASY BREAKFAST PANCAKES

- 2 cups white flour
- 1 tsp salt
- 2 tsp baking powder
- 2 TBSP oil
- 2 TBSP sugar

- 1 egg
- 1 cup milk

Mix flour, salt sugar, and baking powder. In a separate container, mix the milk, egg, and oil. Pour the two together and mix (a few lumps won't hurt anything). Any spices such as cinnamon or nutmeg can be added to the batter. Heat a pan with a little oil, pour in the batter in large spoonfuls; when all of the bubbles of the pancake have popped, flip it and cook until done. Makes about 8 pancakes.

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#### LINDSAY'S PILGRIM PANCKAES

- 1 cup flour
- 1/2 tsp salt
- 2 TBSP oil
- 2 tsp baking powder
- 1 package vanilla sugar
- 1 tsp cinnamon
- 1 cup water
- 1/3 cup milk powder

Mix all ingredients together until smooth and then cook on a hot skillet. Tasty. No egg! Makes 7 or 8 pancakes.

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#### pancakes from IHOP

*Peace Corps Gabon*

- 1+1/4 cups flour
- 1 egg
- 1 cup buttermilk (1c milk + 1 tablespoon lemon juice or vinegar, let stand 5 minutes)
- 1/4 cup sugar
- 1 teaspoon baking soda
- 1/4 cup cooking oil

Preheat skillet on medium heat. Combine all ingredients and mix until smooth. Pour batter by spoonfuls into hot pan, 5 inch circles. When edges appear to harden, flip. Should be light brown. Cook other side the same time. Makes 8-10 pancakes.

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#### banana topping for pancakes

Stew ripe banana together with a little water, very little sugar, and cinnamon.

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#### oatmeal pancakes

*Peace Corps Tonga*

- 1/2 cup flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt

## BREADS

1 egg  
1+1/2 cups cooked oatmeal  
3/4 cup milk  
2 tablespoons oil

Stir all ingredients together. Cook on a griddle or in a pan, as above (Pancakes I)

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### cinnamon oatmeal pancakes

*Peace Corps Gabon*

1 cup water  
1/3 cup NIDO  
1 egg  
1/4 cup oil  
1 cup oats (Quaker)  
8 sugar cubes  
1 cup flour  
2 teaspoons baking powder  
1 tablespoon ground cinnamon  
1 teaspoon salt

Blend, rest, drop by 1/4 cups onto hot pan.

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### crêpes 1

2 eggs  
1 cup milk  
1 cup flour  
2 tablespoons butter, melted  
add 1 tablespoon sugar for sweet crêpes

Beat the eggs well. Then beat in the milk, salt, flour, and the butter. Heat a 7" or 5" skillet or crêpe pan until moderately hot. Grease it very lightly with butter or shortening using a brush or whatever you have. Using a ladle or small cup, pour in the batter, spreading it evenly in the thinnest possible layer. Cook for a few minutes, until the bottom is lightly browned and the edges lift easily from the pan. The crêpe should then lift easily from the pan. Turn it with a spatula or by catching the edge with your fingers. Cook the second side for a minute or so. It will brown in spots.

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### crêpes 2

*Peace Corps Gabon*

1 egg  
1 pinch of salt  
3 cubes sugar  
1/2 cup water  
1/2 teaspoon vanilla  
2 heaping tablespoons NIDO  
1/2 cup flour

Follow directions for *Crêpes 1*, above. Makes about 8 crêpes.

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### FRENCH CREPES

1/3 cup flour  
1 cup milk, scalded and cooled  
1 large egg (or two small) 1/2 tsp salt  
1 TBSP butter, melted  
1 TBSP cognac (optional)

Mix the dry ingredients. Beat in the eggs and add the milk, stirring well. While you continue to stir, add in the melted butter and the cognac. Try to make the batter as smooth as possible and set it aside for 1-2 hours if you are able. Heat a skillet and pour 2-3 TBSPs of batter on the pan and spread it out. Cook and flip until it is thoroughly cooked. Makes about 10 crepes.

### Fried Bread

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### yeast doughnuts

3 to 3+1/2 cups flour  
2 tablespoons yeast  
3/4 cup milk  
1/3 cup sugar  
1/4 cup shortening (butter)  
1 teaspoon salt  
2 eggs  
shortening or cooking oil for deep-fat frying  
powdered sugar icing or sugar

Combine 1+1/2 cups flour and yeast in a large mixing bowl. In a saucepan, heat milk, sugar, 1/4 cup butter (shortening) and salt until warm. Stir constantly. Add to flour. Add eggs. Beat for about 10 minutes by hand. Then stir in as much of the remaining flour as you can stir in with a spoon. Turn out dough onto a lightly floured surface. Continue kneading in flour until dough is moderately soft and smooth and elastic. Shape into a ball. Put in a greased bowl and turn over once. Cover and let rise until double (about an hour).

Punch down. Turn out again onto lightly floured surface. Cover and let rest 10 minutes. Roll out dough (1/2" thick). Cut with a glass or tin can. Cut hole out of center. Cover and let rise again until very light, about an hour. Heat oil to 375°F (190°C). Cook 2-3 doughnuts at a time, frying about 1 minute on each side. Drain. Glaze with icing or sprinkle with sugar.

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### Raised Doughnuts

1 1/2 Tbsp yeast  
1/2 cup warm water (NOT hot!)  
6-8 cups flour  
2 cups water

## BREADS

**3 eggs**  
**½ cup sugar**  
**1 ½ tsp salt**  
**½ cup melted shortening**  
**1 ½ tsp butter**  
**3 tsp milk**  
**1 cup powdered sugar**  
**1 tsp vanilla**

Dissolve yeast in water, and mix in next 6 ingredients. Place in warm spot to rise until double, about 3 hours. Cut into doughnut shapes or make doughnut holes, and let rise for another ½ hour. Deep fry in oil (oil can be saved and used multiple times). Combine remaining ingredients to make a glaze. Glaze doughnuts while hot.

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### Hush Puppies

**1 beaten egg**  
**1 cup sour milk (sour milk = 1 cup milk + 1 tsp. Vinegar. Let rest 5 minutes)**  
**½ cup finely chopped onion**  
**¼ cup water**  
**1 ¾ cups cornmeal**  
**½ cup flour**  
**1 tsp. Sugar**  
**2 tsp. Baking powder**  
**1 tsp. Salt**  
**½ tsp baking soda**  
**cooking oil for deep frying**

In a mixing bowl stir together egg, sour milk, onion, and water. Set aside. In a large mixing bowl, combine cornmeal, flour, sugar, baking powder, salt and baking soda. Add egg mixture to cornmeal mixture. Stir just till moistened. Drop batter by tablespoons into deep hot oil. Fry about 2 minutes or till golden brown, turning once. Drain on paper. Serve hot with butter or margarine, if desired.

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### Spice Doughnuts

**1 egg, beaten**  
**½ cup sugar**  
**½ cup milk**  
**2 Tbsp butter, melted**  
**2 cups flour**  
**2 tsp baking powder**  
**1 tsp cinnamon**  
**¼ tsp nutmeg**

Mix all ingredients together, adding more flour if necessary; the dough should be soft, but not sticky. Roll the dough on a lightly floured board until it is about ¼ inch thick. To cut into the doughnut shape, use an empty can for the outer circle and a cap or bottle for the hole. Fry the doughnuts in hot oil or fat until golden brown. Test

to make sure they are cooked all the way through. Sprinkle with sugar or cinnamon or both.

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### Yellowstone Doughnuts (Beignets)

**3 eggs**  
**5 tsp baking powder**  
**1 tsp nutmeg or vanilla**  
**1 cup sugar**  
**1 tsp salt**  
**3 tsp oil**  
**1 cup milk**  
**4 ½ cups flour**  
**oil for frying**

Separate whites and yolks of the eggs. Beat whites for 5 minutes or until stiff and dry. Beat in the yolks, one at a time. Beat in sugar gradually. In another bowl, combine flour, baking powder and salt. Add dry mixture, a little at a time to eggs mixture alternating with milk. Add nutmeg, vanilla and oil. Stir well. Heat oil. With 2 spoons, drop small balls of dough into oil. Turn as they are brown. Remove and drain. When cool, roll in sugar and/or cinnamon, powdered sugar, honey, etc.

## More Bread

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### skillet garlic bread

*Peace Corps Gabon*

**1 spoonful minced garlic**  
**3 spoons full of butter**  
**a little parsley**

Smash these together to make garlic butter, and then store it in your fridge for when you need it. When that time comes, slice part of a loaf of French bread at an oblique angle, to maximize surface area. Spread garlic butter on each slice. Heat up a skillet, then place bread slices, butter side down, on the skillet. When it looks right--I like mine golden brown with a little black around the edges--turn it over for just long enough to barely toast the other side.

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### Wonton Skins

**3 cups flour**  
**1 tsp baking soda**  
**4 eggs**  
**¼ cup water**  
**½ cup cornstarch**

Mix flour and soda; add eggs and work dough with your fingers until all of the egg is absorbed. Slowly

## BREADS

dribble in the water, mixing, until the dough is thoroughly mixed. Knead for 10 minutes, or until it becomes elastic. Set aside, covered with a damp cloth, for 6 hours.

When dough is ready, dust the work surface with cornstarch. Roll out dough to ¼" thick. Pick up dough in a sheet, and dust work surface again, and roll dough out to ⅛" thick. Roll up dough around a dowel or other similar object. (If you try to pick the dough up it will break.) Dust surface again with cornstarch, and roll out dough again, as thinly as possible. Continue rolling and dusting and re-rolling until the dough is a sheet measuring 22 x 20". Before cutting, dust work surface again and then cut squares of 3 x 3". (Note: Skins will be more elastic if made, then stored overnight in a refrigerator after being wrapped in plastic.)

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### Skillet Corn Bread

**1 1/4 cup corn flour**  
**3/4 cups flour**  
**3 tsp sugar**  
**1 tsp salt**  
**2 1/2 tsp baking powder**  
**1 egg beaten**  
**1 cup milk**  
**3 tsp. margarine**

Combine dry ingredients. Add wet ingredients. Pour into skillet and cook uncovered 25-30 minutes.

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### Heidi's Bread Dumplings

**Day old Bread**  
**1 medium onion, chopped**  
**2 to 3 Tbsp. oatmeal, or couscous**  
**oil**  
**2 to 3 Tbsp flour**  
**salt and pepper, to taste**  
**1 large egg**  
**1 Tbsp dried parsley**

Slice the bread and soak in water, then squeeze out most of the water (about 1 small loaf of Pan au four is good for 2 people). Sauté onion in oil until tender, and add the onion and oil to the bread, along with the oatmeal, flour, salt and pepper, parsley, and egg. Mix well. Put a bit of flour on a plate. Take a small amount of mixture, form into a ball with floury hands, and roll in the flour on the plate. In a pot bring enough water to boil to float the dumplings; add salt, Maggi, or bouillon to the water, if desired. When the water boils, drop in the dumplings, return to a boil, and simmer 10 minutes. Remove from broth, and serve.

## Desserts

### Hints for Desserts

- ★ To test baked custard for doneness, insert a clean, dry knife vertically in the center. If it comes out clean, it's done. This is also a good way to test cakes and brownies.
- ★ Gelatin will set without a refrigerator in 1+1/4 days when the liquid is reduced to 1+1/4 cup. Pineapple prevents gelatin from setting.
- ★ When crushing sugar cubes, bread crumbs, nuts, or cookies, put them in a plastic bag and crush with a rolling pin or bottle. It's much less messy.
- ★ To soften brown sugar, place together with a slice of lime, lemon, or apple in a sealed jar. In 12 hours, the sugar will be soft. Or place the sugar in a low oven for several hours, then use immediately.
- ★ To measure molasses or honey, first oil the cup in which it is to be measured.

## Cookies

### Peanut Butter Cookies

**1 cup margarine**  
**2 tsp. Vanilla**  
**1 cup peanut butter**  
**2 tsp. Baking soda**  
**2 cups sugar**  
**2 eggs**  
**3 cups flour**  
**dash salt**

Cream margarine, sugar, and vanilla. Add eggs. Mix well. Stir in peanut butter. Add soda, salt and flour. Mix well. Form into balls. Press with a fork. Bake.

### Chocolate Chip Cookies

**½ cup butter**  
**½ cup brown sugar**  
**½ cup sugar**  
**½ tsp salt**  
**½ cup chopped nuts**  
**1 egg**  
**1 ¼ cup flour**  
**½ tsp baking soda**  
**½ cup chocolate chips**

Cream butter and sugars and then beat in the egg and vanilla. Stir in flour, salt, and soda. Stir in the chocolate chips. Drop by teaspoon full onto greased cookie sheet. Bake for 10 minutes in a hot Dutch oven.

### Choc-Oat-Chip Cookies

**1 cup margarine or butter, softened**  
**1 ¼ cups firmly packed brown sugar**  
**½ cup sugar**  
**2 eggs**  
**2 tsp milk**  
**2 tsp. Vanilla**  
**1 ¾ cups flour**  
**1 tsp baking soda**  
**2 ½ cups oats, uncooked**  
**12 ounces chocolate chips**

Heat oven to 375 degrees. Beat margarine and sugars until creamy. Add eggs, milk and vanilla. Beat well. Add flour, baking soda and salt. Mix well. Stir in oats, chocolate chips, mix well. Drop by rounded tablespoons onto greased cookie sheet. Bake 9-10 minutes for a chewy cookie or 12-13 minutes for a crisp cookie. Cool 1 minute on cookie sheet. Remove and cool completely.

### Frying Pan Cookies

**1 ½ tsp salt**  
**½ tsp baking soda**  
**1 tsp vanilla**  
**3 ½ cup flour**  
**½ cup milk**  
**1 ¼ cups raisins**  
**1 ½ tsp baking powder**  
**1 egg, beaten**  
**⅔ cup oil**

Mix salt, flour, baking powder and baking soda. Combine milk and egg, adding vanilla, raisins, and oil. Add wet ingredients to dry and mix well. Make into patties ¼ inch thick. Fry in covered frying pan.

### Sugar Cookies

**1 to 1 ½ cups flour**  
**½ tsp baking soda**  
**pinch of salt**  
**6 tsp butter**  
**6 tsp sugar**  
**6 tsp packed brown sugar**  
**½ tsp vanilla extract**  
**1 large egg**  
**sugar**

Stir 1 cup flour, baking soda and salt together in a small bowl. Combine the butter, both sugars and vanilla in a mixing bowl and beat until light. Beat in egg. Slowly add the flour mixture, beating until smooth. Mix in enough flour to make workable dough. Roll out. Cut into desired shapes. Sprinkle with sugar. Bake 10-13 minutes.

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## MACAROONS

**2 large egg whites**  
**1/3 cup sugar**  
**1 tsp vanilla**  
**Pinch of salt**  
**2 ½ cups sweetened, shredded coconut**

Dip finger tips in cold water. Grad 2-3 Tbsp of mix. Form into mounds. Bake 15 minutes, until coconut starts to brown and bottom of cookies are evenly brown. Remove and cool.

---

## Sweet Potato Cookies

**2 cups mashed cooked sweet potatoes**  
**2 cups flour**  
**1 cup margarine**  
**½ tsp salt**

Mix together in a dough. Roll out in thin layer and cut into 1 ½ inch circles. Slash designs with knife of half of each circle. On other half put ½ tsp of either nut, brown sugar, butter or margarine. Turn over like ½ moon pies. Crimp edges. Bake at 350 degrees until brown. Roll in powdered sugar.

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## No Bake Powerhouse Cookies

**1 cup brown sugar**  
**¼ cup margarine**  
**3 tsp powdered milk**  
**4 tsp water**  
**½ cup peanuts**  
**1 cup peanut butter**  
**½ tsp vanilla**  
**1 cup oatmeal**

Mix sugar, margarine, powdered milk and water in a pan. Bring to a boil. Reduce heat and boil 3 minutes. Stir constantly to prevent scorching. Remove from heat and stir in remaining ingredients. Drop by spoonfuls onto a flat surface. Let sit for about 10 minutes to set. In hot weather, they might not set as well.

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## Kristi's No-Bakes

**2 cups white flour**  
**½ cup butter**  
**½ cup milk**  
**⅓ cup unsweetened cocoa powder**  
**⅔ cup peanut butter**  
**3 cups quick cooking oats**  
**2 tsp vanilla extract**

Combine sugar, butter, milk and cocoa in a medium saucepan. Cook over medium heat, stirring constantly, until mixture comes to rolling boil.

Remove from heat. Add peanut butter; stir to blend. Add vanilla, oats, and peanuts; mix well. Quickly drop mixture by heaping spoonfuls onto wax paper or foil. Cool completely.

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## Boston cookies

**1 cup flour**  
**¼ teaspoon baking soda**  
**½ teaspoon cinnamon**  
**4 tablespoons butter**  
**½ cup sugar**  
**1 egg, well beaten**  
**⅓ cup chopped nuts**  
**⅓ cup raisins**

In one bowl, sift flour, baking soda, and cinnamon. In another bowl, cream butter and sugar; add egg and mix well. Stir in half of the flour mixture. Fold in nuts and raisins. Add the rest of the flour. Drop by teaspoonfuls onto a greased cookie sheet. Bake about 12 minutes in moderate oven (about 350°).

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## spice cookies

**½ cup molasses**  
**¼ cup sugar**  
**3 tablespoons butter (or oil)**  
**1 tablespoon milk**  
**2 cups flour**  
**½ teaspoon baking soda**  
**½ teaspoon nutmeg**  
**½ teaspoon cinnamon**  
**½ teaspoon cloves**  
**½ teaspoon ginger**

Preheat oven to 375°F (190°C). Heat molasses to boiling. Add sugar, butter, and milk. In a bowl, sift together flour, soda, and spices. Add dry ingredients to moist ingredients. Mix all. Drop by teaspoonfuls onto a greased cookie sheet, keeping cookies 1" apart. Bake for 8 minutes.

## DESSERTS

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### chocolate chip cookies

- 2 cups flour
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 cup butter
- 3/4 cup sugar
- 3/4 cup brown sugar
- 2 eggs
- 2 cups chocolate chips
- (1 cup chopped nuts, optional)

Preheat oven to 425°F (220°C). In a large bowl, sift together flour, soda, and salt. In another bowl, cream butter and sugars. Add eggs to the butter mixture, one at a time. Gradually add in flour mixture. Fold in chips and nuts. Bake on a lightly greased cookie sheet for 10-12 minutes.

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### chocolate peanut cookies

*Peace Corps Tonga*

- 1/2 cup butter
- 1/2 cup sugar
- 1 egg
- 1 cup flour
- 2 teaspoons baking powder
- 2 tablespoons cocoa
- 1 cup peanuts
- 1/2 teaspoon salt

Preheat oven to 375°F (190°C). Cream butter and sugar. Add egg and beat well. Mix in sifted dry ingredients. Add peanuts. Put on greased cookie sheets by the spoonfuls. Bake 20 minutes.

---

### no-bake choc-oat cookies

- 1+1/4 cup sugar
- 1/3 cup Nesquik
- 1/2 cup milk
- 1/2 cup butter (or 6 tablespoon oil)
- 1/2 cup peanut butter
- 3 cup oats

In a saucepan, mix sugar, cocoa, milk, and butter. Heat over medium flame until boiling. Remove from heat. Let cool 1 minute. Add peanut butter and oatmeal. Stir well. Drop by teaspoonfuls on waxed paper or a greased surface (or pour into a greased plastic or glass dish). Cool. Very cool.

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### Fudge oatmeal cookies

- 1 can sweetened condensed milk
- 2 squares unsweetened chocolate (or 6 tablespoons cocoa and 2 tablespoons butter)

- 1 teaspoon vanilla
- 1 cup oats
- 1/2 cup coarsely chopped nuts

Preheat oven to 350°F (180°C). In the top of a double boiler, combine condensed milk and chocolate. Cook over rapidly boiling water, stirring constantly, until very thick. Remove from heat. Stir in vanilla. Blend in oats and nuts. Drop by teaspoonfuls, about 2" apart, onto greased cookie sheet. Bake 8-10 minutes, or until set.

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### oatmeal cookies

- 1 cup butter
- 1 cup brown sugar
- 1 cup white sugar
- 2 eggs, beaten
- 1 sachet sucre vanilliné
- 1 sachet levure chimique (baking powder)
- 3 cups Quaker oats
- 2 to 2+1/2 cups flour
- 1/4 teaspoon salt

Preheat oven to 375°F (190°C). Cream butter and sugars. Add eggs, one at a time. Into a separate bowl, sift flour with salt and levure chimique. Gradually add flour mixture to butter mixture. Stir in oats. Drop by teaspoonfuls onto a greased cookie sheet. Bake for 10 to 12 minutes.

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### aggression cookies

- 1 cup brown sugar
- 1 cup butter or margarine
- 2 cups oatmeal
- 1 cup flour
- 1 teaspoon baking soda
- optional ingredients:
- 1/2 to 1 cup nuts
- 1/2 to 1 cup raisins
- 1/4 teaspoon cinnamon
- 1/8 teaspoon nutmeg
- rind and juice of 1 citron

Preheat oven to about 350°F (175°C). Mix and mash all ingredients. Form into 1" balls and flatten slightly on ungreased cookie sheets. Bake 10 to 12 minutes or until edges are slightly brown. Let cool a minute on pan, then remove.

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### quarter cup cookies

*Peace Corps Gabon*

- 1/4 cup desiccated coconut
- 1/4 cup hulled sesame seeds
- 1/4 cup Quaker oatmeal
- 1/4 cup chopped nuts

## DESSERTS

**1/4 cup flour**  
**1/4 teaspoon salt**  
**1/4 teaspoon baking powder**  
**1/4 cup brown sugar, packed**  
**2 teaspoons vanilla**  
**1 egg**  
**2 tablespoons vegetable oil**

Preheat oven to 400°F. Combine coconut, sesame seeds, oatmeal, nuts, flour, salt, and baking powder. Beat brown sugar, vanilla, egg, and oil. Add to dry ingredients and combine well. Divide dough into 12 equal pieces. Roll each piece in more coconut. Place on oiled baking sheet about 2 inches apart. Bake 10 to 15 minutes. Cool on rack. Store in airtight container.

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### oatmeal banana cookies

*Peace Corps Tonga*

**3/4 cup shortening**  
**1 cup sugar**  
**1 egg**  
**1 cup mashed banana**  
**1 cup raw oatmeal**  
**1+1/2 cups flour**  
**1/2 teaspoon soda**  
**1 teaspoon salt**  
**1/4 teaspoon nutmeg**  
**3/4 teaspoon cinnamon**

Preheat oven to 400°F (205°C). Cream shortening and sugar. Add egg and beat thoroughly. Mix in bananas and oats. Sift together remaining ingredients and add to the banana mixture. Drop by teaspoonfuls onto an oiled cookie sheet about 1+1/2" apart. Bake for about 12 minutes.

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### QUICK OATMEAL COOKIES (makes about 3 dozen, 2-inch cookies)

Mix:

**1/2 cup butter**  
**1/2 cup firmly packed brown sugar**  
**1/2 cup granulated sugar**  
**1 egg**  
**1 tsp vanilla**  
**1 tsp milk**

Sift and add to the above mixture:

**1 cup flour**  
**1/2 tsp baking soda**  
**1/2 tsp baking powder**  
**1/2 tsp salt**  
**Cinnamon and allspice to taste, optional**

When beaten smooth, add:

**1 cup oatmeal**

And, optionally, one or more of the following:

**3/4 cups chocolate chips**  
**1 tsp orange rind**  
**1/2 cup raisins**  
**Flaked coconut**

Drop 2 inches apart and bake 10-12 minutes (350 or Dutch oven)

---

### banana peanut butter cookies

*Peace Corps Tonga*

**1+1/4 cups sifted flour**  
**1/2 teaspoon baking powder**  
**3/4 teaspoon baking soda**  
**1/4 teaspoon salt**  
**1/2 cup soft shortening**  
**1/2 cup peanut butter**  
**1 cup sugar**  
**1/4 cup mashed bananas**

Preheat oven to 375°F (190°C). Sift dry ingredients. Cream shortening, peanut butter, and sugar. Add banana, and then flour mixture. Mix well. Roll into 1" balls and flatten with a fork. Place on a greased cookie sheet, and bake for 12 minutes.

---

### peanut butter cookies 1

**1/3 cup oil**  
**1 cup sugar**  
**1 egg**  
**1/2 cup peanut butter**  
**1/2 teaspoon salt**  
**(1/2 teaspoon baking soda, optional)**  
**1 cup flour**  
**(chopped peanuts, optional)**

Preheat oven to 350°F (180°C). Mix oil, sugar, egg, peanut butter, salt, and soda. Slowly add flour and peanuts. Drop onto an ungreased cookie sheet by rounded teaspoonfuls. Flatten with a fork. Bake 10 to 12 minutes.

---

### EASY, NO-FLOUR PEANUT BUTTER COOKIES

Beat together:

**1 egg**  
**3/4 cup sugar**  
**1 cup peanut butter**

## DESSERTS

Bake on a greased cookie sheet in Dutch oven, about 8 minutes

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### peanut butter whirls

*Peace Corps Tonga*

**1/2 cup butter**  
**1/2 cup peanut butter**  
**1 cup sugar**  
**1 egg**  
**1 teaspoon vanilla**  
**1+1/4 cups flour**  
**1/2 teaspoon soda**  
**1/2 teaspoon salt**  
**2 tablespoons milk**  
**6 oz. (180 g) chocolate bar**

Cream butter, peanut butter, sugar, egg and vanilla. Sift flour, soda, and salt. Add alternately with milk to creamed mixture. Depending on the type of peanut butter used, you may need to add 1 or 2 extra tablespoons flour to obtain a dough that can be managed for rolling. Chill for 1 hour. Roll out on floured paper to form a rectangle 12" x 8". Melt chocolate over hot water, let cool slightly and spread on dough. Roll up lengthwise and chill for 30 more minutes. Slice into 1/8" slices. Place on an ungreased cookie sheet. Bake at 350°F (180°C) for 8-10 minutes.

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### Erik's molasses cookies

*Peace Corps Gabon*

**3/4 cup melted butter**  
**1/4 cup molasses**  
**1 egg**  
**2 teaspoons baking soda**  
**2+1/4 cups flour**  
**1/2 teaspoon cloves**  
**1/2 teaspoon ginger**  
**1 teaspoon cinnamon**  
**1/2 teaspoon salt**  
**1 cup sugar**

Mix butter, molasses, and egg. Mix remaining dry ingredients. Mix together and chill dough, if possible. Roll into small balls and roll in sugar (or add 2 tablespoons sugar to recipe). Flatten slightly on ungreased pans. Bake 8 to 10 minutes at 375°F.

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### linzer schnitten

*Peace Corps Gabon*

**2 eggs**  
**1+1/2 cups sugar**  
**3/4 cup butter, melted**

**3+1/2 cups flour, or more**  
**1 teaspoon baking powder**  
**2 teaspoons cinnamon**  
**1 teaspoon cloves**  
**1/2 teaspoon nutmeg**  
**1/4 teaspoon salt**  
**grated rind and juice of 1 lemon**  
**1 cup apricot or strawberry jam**

Beat together eggs, sugar, and butter. Mix dry ingredients together. Mix with egg mixture. Stir in lemon. Mix well. Cover and let sit for 1 hour. Form into balls, flatten with thumb, and fill thumbprint with jam.

### Shortbread

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#### Shortbread

**1 cup flour**  
**1/2 tsp baking powder**  
**1/4 cup sugar**  
**1/2 cup butter (do not substitute)**

Beat sugar and butter until creamy. Mix flour and baking powder, then add to butter mixture. Bake at 375 for 25 minutes, or until cooked through and golden brown.

---

#### Scotch teas

*Peace Corps Gabon*

**1 cup packed brown sugar**  
**1/2 cup butter**  
**2 cups oats**  
**1 teaspoon baking powder**  
**pinch of salt**

Mix and heat sugar and butter until butter melts. Remove from heat. Stir in remaining ingredients. Pat into an 8 inches square pan. Bake at 350F for 20-25 minutes. Cut into bars while hot.

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#### Scotch shortbread

*Peace Corps Gabon*

**1 cup butter, melted**  
**1/2 cup sugar**  
**2+3/4 cups flour**  
**3/4 cup cornstarch (Maizema)**

Mix all ingredients. Press into 10" x 14" pan and poke with fork. Bake at 350 or 375°F until golden, 20 to 30 minutes. Cut while hot.

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## chocolate shortbread

*Peace Corps Gabon*

- 3/4 cup butter**
- 6 tablespoons sugar**
- 2 cups flour**
- 3 tablespoons unsweetened cocoa**

Cream butter and sugar. Mix in flour and cocoa. Chill dough if possible. Pat out and cut into shapes or bake as one big cookie (can be cut while hot). Spread with melted chocolate.

## Dessert Bars

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### Lemon or Orange Bars

- 1/3 cup margarine or butter**
- 1 cup sugar**
- 1 cup flour**
- 2 tsp. Finely shredded lemon or orange peel**
- 2 eggs**
- 2 Tbsp flour**
- 3 Tbsp lemon/orange juice**
- 1/4 tsp. Baking powder**

Stir butter and 1/4 cup sugar until combined. Add 1 cup flour. Press into the bottom of an ungreased pan. Bake 15-18 minutes or until golden.

Meanwhile combine eggs, remaining sugar, 2 Tbsp flour, peel and juice and the baking powder. Stir 2 minutes or until lightly brown around the edges and the center is set. Cool. Set into bars.

Note: Double the amount of top layer for a better tasting bar.

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### Oatstanding Chocolate Oatmeal Fudge Bars

- 1/2 cup evaporated milk**
- 1 cup chocolate (semisweet)**
- 1/2 cup butter**
- 1 egg**
- 1 tsp soda**
- 1 1/4 cup oats**
- 2 Tbsp butter**
- 1/2 tsp. Salt**
- 3/4 cup sugar**
- 1 1/2 cup flour**
- 1 tsp vanilla**

Melt over low heat: chocolate, butter, milk, and salt, and cool. Cream the 1/2 cup butter with the sugar and the egg. Add to the salt, soda, flour,

oats, and vanilla. Spread 2/3 of the oatmeal mixture in a greased 9 x 9 pan or equivalent and spread chocolate mixture over it. Drop bits of the rest of the oatmeal mixture on the top of the chocolate. Bake at 350 degrees if possible for 15-20 minutes (medium heat in a Dutch oven).

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### Magic Cookie Bars

- 1/2 cup margarine or butter**
- 1 1/2 cups Graham crackers or cookie crumbs**
- 1 (14 oz) can sweetened condensed milk**
- 1 cup (6 oz) chocolate chips**
- 1 1/3 cups grated coconut**
- 1 cup chopped nuts**

Preheat oven to 350 degrees. In 13 x 9 inch baking pan, melt margarine in oven. Sprinkle crumbs over margarine, pour sweetened condensed milk evenly over crumbs. Top with remaining ingredients and press down firmly. Bake 25-30 minutes or until lightly browned. Cool. Chill if desired. Cut into bars.

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### Peanut Butter Coconut Bars

- 3/4 cup butter**
- 1 cup sugar**
- 2 cups coconut, grated**
- 1 egg**
- 1 packet vanilla sugar**
- 1/2 tsp salt**
- 2 cups flour**
- 1 cup peanut butter**
- 1/2 cup peanuts**

Cream butter and sugar. Add peanut butter, eggs, vanilla, and salt. Beat well. Add flour then stir in coconut. Top with peanuts. Bake 20 minutes in 350 degree oven.

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### Reeses Bars

- 1 cup melted margarine**
- 1/2 cup peanut butter**
- 2 cups cookie crumbs**

Mix and spread into pan. Top with melted chocolate and let harden.

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### peanut butter oatmeal bars

- 1 cup flour**
- 1 cup oats**
- 1/2 teaspoon baking soda**
- 1/4 teaspoon salt**
- 1/2 cup butter**

## DESSERTS

**1/2 cup sugar**  
**1/2 cup brown sugar, packed**  
**1 egg**  
**1/3 cup peanut butter**  
**1/4 cup milk**  
**1/2 teaspoon vanilla**  
**1 cup chocolate pieces**

Grease a 9" x 13" baking pan. Preheat oven to 350°F (180°C). Combine flour, oats, soda, and salt in one mixing bowl. In another, cream the butter, add sugars, and beat until light and fluffy. Add egg, peanut butter, milk, and vanilla to the butter and sugar. Beat well. Add dry ingredients to beat mixture, mixing until smooth. Spread mix in pan. Bake 20 minutes. Sprinkle chocolate pieces over top. Let soften and then spread evenly. Cool.

**1/4 cup powdered sugar**  
**2 tablespoons peanut butter**  
**2 or 3 tablespoons milk**

For peanut butter topping, combine powdered sugar and peanut butter. Add enough milk to make of drizzling consistency. Drizzle over top. Let stand several hours before cutting.

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### peanut butter bars

*Peace Corps Tonga*

**1 cup brown sugar**  
**1 cup shortening**  
**3 tablespoons peanut butter**  
**2 cups flour**  
**1 teaspoon soda**  
**1/2 teaspoon salt**  
**chocolate frosting**

Preheat oven to 350°F (180°C). Cream sugar, shortening, and peanut butter. Sift flour, soda, and salt, and add to creamed mixture. Batter will be very thick. Press into an ungreased pan. Bake about 25 minutes. Cool. Spread with frosting.

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### lemon squares

**6 tablespoons butter**  
**1/4 cup sugar**  
**1 cup flour**

Beat butter. Add sugar and beat until fluffy. Add flour. Pat into bottom of an 8" x 8" pan. Bake at lowest setting for 15 minutes.

**2 eggs**  
**3/4 cup sugar**  
**2 tablespoons flour**  
**1/4 teaspoon lemon peel, grated**

**3 tablespoons lemon juice**  
**1/4 teaspoon baking powder**

Meanwhile, beat eggs, sugar, flour, lemon peel, baking powder, and lemon juice. Beat 3 minutes or until thickened. Pour over baked crust. Bake another 25 to 30 minutes or until filling sets and edges are golden brown. Let cool before cutting.

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### papaya oatmeal squares

*Peace Corps Tonga*

**1 cup flour**  
**1/2 teaspoon salt**  
**1/2 cup brown sugar, packed**  
**1/3 cup butter or margarine**  
**1 cup oats**

Preheat oven to 350°F (180°C). Sift together first three ingredients. Add brown sugar. Cut in butter until mixture is consistency of cornmeal. Add oats and mix well. Press half of mixture into oiled 6" x 11" rectangular or 9" round pan.

**1 cup diced ripe papaya**  
**2 teaspoons lime or lemon juice**  
**1/3 cup sugar**  
**(1/2 cup chopped nuts, optional)**

Combine papaya, sugar, lime or lemon juice, and nuts and spread over crumb mixture. Sprinkle remaining crumb mixture over fruit layer and press evenly with hands. Bake for 40 minutes. Cool in pan. Cut in small squares, rectangles, or triangles.

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### pumpkin bars

**2 cups flour**  
**2 teaspoons cinnamon**  
**2 teaspoons baking powder**  
**1 teaspoon baking soda**  
**1 teaspoon salt**  
**4 eggs, beaten**  
**2 cups pumpkin (local squash), cooked and mashed**  
**1 cup oil**  
**1+1/2 cups sugar**

Preheat oven to 350°F (180°C). Combine flour, cinnamon, baking powder, soda, and salt in one bowl. In another bowl, combine eggs, pumpkin, oil, and sugar. Beat. Combine the two mixtures. Spread batter in an ungreased 15" x 10" baking pan. Bake 25 minutes. Cool and frost with cream cheese frosting.

## DESSERTS

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### gingerbread

*Peace Corps Gabon*

- 1/2 cup butter or margarine, melted and cooled
- 1/2 cup sugar
- 1 egg
- 2+1/2 cups sifted flour
- 1+1/2 teaspoons baking soda
- 1 tablespoon powdered ginger (or fresh equivalent)
- 1 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1/4 teaspoon cloves
- 1/2 cup molasses
- 1/2 cup honey
- 1 cup hot water
- 1 tablespoon orange rind or 2 tablespoons marmalade

Beat sugar and butter well in one bowl. Sift dry ingredients together in another bowl. Mix molasses, honey, water, and orange together in a third bowl. Add alternately with flour mixture to butter mixture. Bake in greased and floured 9" x 13" pan for about 1 hour at 325 to 350F.

### Brownies

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#### BROWNIES

- 2/3 cup sugar
- 1/4 cup margarine
- 1 Tbsp water
- 1 large egg
- 1 tsp vanilla
- 2/3 cup flour
- 1/4 cup cocoa
- 1/4 tsp baking powder
- 1/8 tsp salt

Combine sugar, marg and water. Add egg and vanilla. Combine dry goods; add to wet. Pour in greased pan. Cook in Dutch oven for about 20 minutes on high heat.

Note: if you have to substitute cola cao for cocoa, add a little extra cola cao and reduce the amount of sugar.

---

#### Brownies

Mix:

- 3/4 cup flour
- 1 packet vanilla sugar
- 1 tsp. Salt
- 6 Tbsp cocoa

1/2 cup chopped nuts (optional)

In a separate bowl mix:

- 1/3 cup oil
- 1 large or 2 small eggs
- 1 cup sugar

Combine and bake in a greased pan until done.

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#### Jeanette's Rich Brownies

- 2 eggs
- 4 oz. Baking chocolate or 4 Tbsp. cocoa powder
- vanilla
- 4 Tbsp margarine
- 2 scant cups of sugar
- 1 cup flour
- 1/2 Tbsp salt

Melt chocolate or cocoa powder with margarine and cool. Beat eggs and sugar well. Add flour, vanilla, salt and chocolate mixture, add nuts if desired and available. Bake in Dutch oven.

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#### Aunt Mary's brownies

- 2 eggs
- 1 teaspoon salt
- 1 cup sugar
- 2/3 cup oil
- 3/4 to 1 cup Nesquik
- 1+1/2 cups flour
- (2 cups chopped nuts, optional)

Preheat oven to 325°F (165°C). Beat eggs lightly with a spoon. Stir in sugar and salt. Add oil and chocolate. Stir in flour and nuts. Do not beat! Spread in a greased pan (8" x 8"). Bake 20 minutes.

Chocoholics may want to add in chocolate chunks. Nutaholics can diminish the amount of oil and swirl peanut butter through batter for peanut butter brownies.

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#### tri-level brownies

*Peace Corps Tonga*

- 1/2 cup flour
- 1/4 teaspoon soda
- 1/4 teaspoon salt
- 1 cup oats
- 1 cup brown sugar
- 1/2 cup butter, melted

Preheat oven to 350°F (180°C). For the bottom layer, sift together 1/2 cup flour, soda, and salt. Combine with oats and brown sugar. Stir in 1/2

## DESSERTS

cup butter. Pat mixture in bottom of 11" x 7" pan. Bake for 10 minutes.

- 1 oz. (2 tablespoons) unsweetened chocolate**
- 1/4 cup butter, melted**
- 3/4 cup sugar**
- 1 egg**
- 2/3 cup flour**
- 1/4 teaspoon baking powder**
- 1/4 teaspoon salt**
- 1/4 cup milk**
- 1/2 teaspoon vanilla**

For the middle layer, combine chocolate, butter, and sugar. Add egg, beat well. Sift together 2/3 cup flour, baking powder, and salt. Add alternately with milk and vanilla to chocolate mixture. Spread batter over baked layer. Bake for 25 minutes longer.

### **frosting**

For the third layer, frost when cool.

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## **butterscotch brownies**

- 1/4 cup melted butter**
- 3/4 cup flour**
- 1 cup brown sugar**
- 1 teaspoon baking powder**
- 1/4 teaspoon salt**
- 1 egg**
- (1 cup chopped nuts, optional)**

Mix all ingredients. Spread in a greased 8" x 8" pan. Bake 25 minutes. Cut in squares or strips while warm.

## Fudge

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## **KRISTI'S CHRISTMAS FUDGE**

Combine:

- 1-1½ cups chocolate chips or chopped candy bars**
- 1 cup nuts, chopped (optional)**
- ½ cup butter, margarine or shortening**
- 1 Tbsp vanilla**
- 2 Tbsp cocoa (optional)**
- 1/8 tsp cream of tartar (optional)**

Combine separately and bring to a boil stirring constantly:

- 10 large marshmallows**
- 2/3 c. evaporated milk**
- 2 cups sugar**

Boil for 6 minutes over low to medium heat. Pour over first ingredients in bowl and stir until butter is melted. Pour in a greased 9x9 pan and put in a

cool place to set. A fridge works well, if you've got one handy. Top with coconut or peppermint if you want. Yum.

---

## **fudge**

*Peace Corps Zaire*

- 1/3 cup fresh,(i.e. liquid) milk**
- 3 tablespoons cocoa**
- 1 tablespoon margarine or peanut butter**
- 1 cup sugar**
- 2 tablespoons margarine**
- 2 teaspoons vanilla**
- 2/3 to 3/4 powdered milk**
- 1/2 to 1 cup peanuts**

Stir together the milk, cocoa, peanut butter, sugar and margarine in a saucepan. Boil 2 minutes; start counting when bubbles cover the entire surface. Remove from heat, cool, and add the vanilla, powdered milk and peanuts. Stir until smooth and creamy. Pour onto buttered paper or plate; cut into squares or eat directly by the spoonful!

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## **quickie fudge**

- 1 or 2 chocolate bars (or a bunch of Nesquik)**
- 1 can (400 g) lait sucré**
- 2 teaspoons vanilla (or 1 sachet sucre vanilliné)**

Combine lait sucré and chocolate in a heavy-bottomed pot. Heat over low flame until chocolate is completely melted, stirring occasionally. Remove from heat and add in vanilla (nuts, peanut butter, or mint candies, too, if desired). Pour into a greased pan. Refrigerate until firm.

## Candy

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## **Peanut Brittle**

- 1 cup grilled peanuts (no skins)**
- 1 cup sugar**
- 1 cup butter or margarine**
- 3 Tbsp water**

Melt margarine, sugar, and water. Stir constantly and cook for about 10 minutes until the mixture is bubbly and starts to gel. To test, drop a little of the candy into a glass of water—if it holds its shape, it's ready. Quickly stir in peanuts and spread on a plate. Let cool and break into pieces.

---

## Coconut Toffee

**2 very ripe coconuts**  
**1 lime**  
**1.5 kg sugar**  
**water**

Crack open the coconut, take off the skins, and cut very fine. Put into a saucepan and add the sugar and about four tablespoons of water. Bring to a boil and then add the lime juice. Cook until brown, stirring all the time. Turn off and divide into pieces and allow to cool. (Can also be done with peanuts.)

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## Caramels

**1 cup butter or margarine**  
**2 ¼ cups packed brown sugar**  
**1 cup light corn syrup or substitute 1 cup sugar plus ¼ cup water**  
**1 ¼ cups sweetened condensed milk**  
**1 tsp vanilla**  
**dash of salt**

Generously butter a 9 x 9 inch pan (or 2 glass plates) and set aside. In a heavy saucepan melt butter. Add sugar and dash of salt. Stir thoroughly. Stir in corn syrup. Gradually add condensed milk stirring constantly. Cook over medium heat, stirring occasionally until candy reaches firm ball stage (when dropped in water a ball forms which does not flatten when removed from water). Continue cooking for 15-20 minutes (mixture should boil gently over the entire surface.) Remove from heat. Stir in vanilla. Pour into buttered pan. When cool, cut into squares with a wet, sharp knife. Wrap each piece in plastic wrap.

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## Caramels or Chocolate

### Caramels

**3 tsp margarine**  
**1 cup brown sugar**  
**2 tsp cocoa mix (for chocolate version)**  
**½ cup powdered milk**  
**3 tsp water**  
**1 cup nuts, seeds or popcorn**

Mix water into powdered milk and cocoa. Follow the directions for peanut brittle adding milk mixture after sugar has dissolved and continuing to cook. If mixture is granular, add 1-2 tsp water and it will smooth out. Drop by the spoonful onto a clean surface.

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## Caramel Popcorn

Pop ¾ cup popcorn in 1 ½ Tbsp oil. Melt 1 ½ Tbsp butter, add 1 ½ cups brown sugar and 6 Tbsp water. Stir to dissolve sugar. Bring to a boil. Cover and cook for about 3 minutes then uncover. Continue cooking until a small amount dropped in cold water forms a solid flat ball. Pour syrup over popcorn and mix gently. Roasted peanuts may be added too.

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## Sesame Seed Candy

Melt in a heavy skillet:  
**1 cup sugar**

Remove from heat and mix in:  
**1 cup sesame seeds**

Place on a wooden board and roll out with a wooden rolling pin until ⅛ inch thin. Cut while still warm, or let cool and break into pieces.

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## SUGAR PEANUTS

Combine in pan, cook and stir until syrup is hard to stir, about 45 minutes:

**5 cups peanuts with skins**  
**3 cups sugar**  
**2 cups hot water**  
**1/8 tsp cinnamon, if you want**

Spread on a greased cookie sheet or wax paper to dry.

---

## peanut brittle 1

*Peace Corps Gabon*

**1+1/2 to 2 cups sugar**  
**1 tablespoon butter**  
**1 teaspoon baking soda**  
**pinch salt**  
**2 cups roasted peanuts**

Melt sugar slowly in a skillet, stirring continuously as it begins to melt. When the last grain of sugar disappears, instantly add butter, soda, and salt. It'll fizz. Stir quickly and add peanuts. Pour into buttered pan and let cool. [Note: Once the sugar's melted it should only take about 30 seconds to complete the work.]

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## peanut brittle 2

**1 cup water**  
**3 cups sugar**

## DESSERTS

**1 tablespoon vinegar**  
**2 cups raw peanuts**  
**1 teaspoon salt**  
**2 tablespoons oil**  
**1/2 teaspoon baking soda**

Bring the water to a boil in a large pot. Remove from heat and stir in the sugar until dissolved. Add the vinegar, peanuts, and salt and return to the heat. Stir occasionally to keep exposed nuts submerged and so everything cooks without burning. Cook slowly until it starts caramelizing, until it's golden. At the last minute, quickly add the oil and baking soda, stir like mad, and dump it out on a buttered pan. Spread the stuff rapidly with the back of a spoon. You can even try picking it up and pulling it to make it thinner.

## Cakes

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### Rich Banana Cake

**3 ripe bananas**  
**1/3 cup sugar**  
**vanilla**  
**4 eggs**  
**1/2 cup flour**  
**1 cup milk**  
**1/4 cup butter**  
**a pinch of salt**

Cream the butter and the sugar. Add the mashed bananas. Add the flour, beaten eggs, and milk alternatively. Beat well between each addition. Pour into a greased pan and bake in a moderate Dutch oven for 45 minutes.

---

### Chocolate Pudding Cake

**1 cup flour**  
**4 Tbsp. cocoa powder**  
**1/4 teaspoon cinnamon**  
**1/4 tsp. Salt**  
**2/3 cup sugar**  
**2 tsp. Baking powder**  
**1/2 tsp. Nescafe**

Blend well and add:

**1/2 cup milk**  
**1 packet vanilla sugar**  
**1/4 cup oil**

Spoon batter into greased pan. In a small bowl, stir together and spread evenly on top of batter: 2/3 cup sugar and 2 Tbsp. cocoa.

Pour 1 cup of boiling water over cake—DON'T STIR—Bake for 30 minutes or until done. Serve warm.

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### Carrot Cake

Combine:

**1 cup sugar with 1/2 cup oil.**

Beat in:

**2 large or 3 small eggs.**

In a separate bowl, combine:

**1 cup flour**  
**1 tsp. Baking powder**  
**2 tsp. Cinnamon**  
**1/2 tsp. Salt**

Add:

**1 1/2 cups grated, raw carrots**  
**1/2 cup raisins (optional).**

Bake until done in a greased pan.

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### Pineapple Upside Down Cake

**1 egg**  
**1 cup sugar**  
**1 tsp. Melted butter**  
**3/4 cup milk**  
**1 tsp. Baking powder**

Beat egg and sugar, add flour, baking powder and milk alternately, then add butter. In bottom of baking pan, melt 2 Tbsp. butter. Evenly distribute 1/2 cup sugar, 1 cup chopped pineapple, and 1 cup chopped nuts. Add the batter and bake.

---

### Spice Cake

Combine: 1/2 cup oil with 1 cup sugar

Mix separately:

**2 cups flour**  
**1/2 tsp. Baking soda**  
**1 tsp. Cinnamon, nutmeg**  
**1/2 tsp. Salt**  
**1 tsp. Baking powder**  
**1/4 tsp. Cloves**

Add dry ingredients to oil and sugar and add 1 cup sour cream and 1 cup raisins. Bake.

---

### Lemon Cake

**2 lemons**  
**1 1/2 cups sugar**  
**2 tsp. Baking powder**  
**3 eggs**  
**1 1/2 cups flour**  
**4 Tbsp. butter**

Mix sugar, flour, eggs, butter, and baking powder. Cook for 25 minutes. Heat an additional 3 Tbsp. butter and 3 Tbsp. sugar for 5 minutes. Add juice

of 1 lemon. Cut other lemon in slices and place on cake. Pour lemon sauce over.

---

## Orange-Lemon Pound Cake

3 cups flour  
 2 cups sugar  
 1 tsp. Salt  
 1 tsp baking powder  
 ½ tsp. Baking soda  
 1 cup sour cream  
 1 cup butter or margarine, room temperature  
 1 tsp. Vanilla  
 2 tsp. Grated orange peel  
 5 eggs

Lemon Icing:

1 ½ cups powdered sugar  
 2 Tbsp lemon juice  
 dash salt

In a large bowl, combine flour, sugar, salt, baking powder, baking soda, sour cream, butter, vanilla, orange peel and eggs. Mix until all ingredients are moistened and mixture is well blended. Mix at high speed for 3 minutes. Pour batter into a buttered and floured 10 inch metal pan. Bake at 325 degrees for 60-75 minutes until a toothpick inserted in center comes out clean. Combine frosting ingredients. Cool cake for 30 minutes. Drizzle with icing.

---

## Coffee Cake

1 ¾ cups flour  
 2 tsp. Baking powder  
 ½ tsp. Salt  
 4 tsp margarine, melted  
 1 tsp. Vanilla  
 ½ cup brown sugar  
 2 eggs  
 ⅓ cup powdered milk  
 ½ cup water

Grease and flour pan. Mix dry ingredients. Add liquids and stir. Bake 12-18 minutes. Good plain or with honey cinnamon butter.

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## Streusel Coffee Cake.

Make above recipe, Sprinkle with a topping made from 5 tsp. Brown sugar, ⅓ cup oatmeal, 4 tsp. Margarine and 1 tsp. Cinnamon mixed well together. Bake for 15-25 minutes.

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## Yellow Cake

2 ⅔ cups all-purpose flour  
 2 ½ tsp baking powder  
 ½ cup butter or margarine  
 1 ¾ cups sugar  
 1 ½ tsp vanilla  
 2 eggs  
 1 ¼ cup milk

Grease and lightly flour baking pans. Combine flour, baking powder, and 1 tsp. Salt. Beat butter about 30 seconds. Add sugar and vanilla. Beat until well combined. Add eggs one at a time, beating one minute after each. Add dry ingredients and milk alternately to beaten mixture, beating after each addition. Turn into pans and bake.

---

## quick cake

1+¾ cup flour  
 1 cup sugar  
 1/2 teaspoon salt  
 1 sachet *levure chimique* (baking powder)  
 1 sachet *sucre vanilliné*  
 2 eggs  
 1/2 cup butter, softened  
 1/2 cup milk

Sift together dry ingredients in a medium sized bowl. Add remaining ingredients. Beat vigorously with a wire whisk for 3 minutes. Bake in a greased 9" x 13" pan for 25 to 30 minutes.

---

## quick spice cake

*Quick Cake*  
 1 teaspoon cinnamon  
 1/2 teaspoon ground cloves

Make *Quick Cake* as above, but add these ingredients.

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## quick chocolate cake

*Quick Cake*  
 1/4 cup Nesquik

Make *Quick Cake* as above, but use only 1+1/2 cups flour and add 1/4 cup Nesquik.

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## one egg cake

1+1/2 cups flour  
 2 teaspoons baking powder  
 1/4 teaspoon salt

*Peace Corps Zaire*

## DESSERTS

**1/4 cup butter**  
**3/4 cup sugar**  
**1/2 teaspoon vanilla**  
**1 egg, beaten well**  
**1 cup milk**

Preheat oven to 400°F (205°C). Sift together flour, baking powder, and salt. Cream the butter (mash with a fork) until soft. Gradually beat in the sugar, vanilla, and egg. Stir in the milk and the flour mixture until smooth and creamy. Bake for 35 minutes in an 8" square pan or loaf pan. You can also add cocoa, spices, local fruits the same as you can for the other basic cakes.

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### snow cake

**3 egg whites**  
**1/2 cup sugar**  
**1/2 cup butter**  
**1/2 cup sugar**  
**1/2 teaspoon vanilla or 1/4 teaspoon almond extract**  
**1+1/2 cups flour**  
**2 teaspoons baking powder**  
**1/4 teaspoon salt**  
**1/2 cup milk**

Preheat oven to 350°F (180°C). Beat egg whites until stiff. Gradually add 1/2 cup sugar. In another bowl, cream butter until light and fluffy. Beat in the other 1/2 cup sugar and vanilla. In a third bowl, sift together dry ingredients. Add dry ingredients to butter mixture, alternating with 1/2 cup milk. Fold in egg whites. Pour into a greased and floured pan. Bake until done, about 30 minutes.

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### golden layer cake

**1+1/2 cups flour**  
**3 teaspoons baking powder**  
**1/4 teaspoon salt**  
**4 teaspoons butter**  
**3/4 cup sugar**  
**1 teaspoon vanilla**  
**3 egg yolks**  
**1/2 cup milk**

Preheat oven to 350°F (180°C). Sift the flour, baking powder, and salt together. Cream the butter, sugar, and vanilla in a separate bowl. Beat in the egg yolks, one at a time. Continue beating until fluffy. Add in alternately the flour mixture and the milk. Mix well. Spread in a greased 9" x 13" pan. Bake 20 to 35 minutes.

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### butter pound cake

**2 cups butter**  
**6 eggs**  
**2 cups (1/2 kg) sugar**  
**3 cups flour**

Preheat oven to 325°F (165°C). Cream butter with sugar until light. Add eggs, one at a time, beating after each addition. Add flour, mixing only until smooth. Turn into a pan. Bake 1 hour and 15 minutes. Cool before turning out on rack.

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### génoise

**6 eggs**  
**1 cup sugar**  
**1 teaspoon vanilla**  
**1 cup flour, sifted**  
**1/4 cup melted butter**

Break the eggs into a double boiler. Heat until they are lukewarm. Add 2/3 cup sugar. Beat with an electric mixer for 7 minutes at medium speed. Add remaining 1/3 cup sugar and beat for another 2 minutes at high speed. Beat until mixture has a lemony color and stands in soft peaks. Add vanilla. Fold in the flour. Add butter. Bake in two 9" pans for about 40 minutes.

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### Steve's skillet cake

*Peace Corps Gabon*

**1/2 cup (110 to 120g) unsalted butter**  
**1 cup sugar**  
**1 cup flour**  
**1/4 to 1/2 teaspoon salt**  
**cinnamon and nutmeg to taste**  
**1 teaspoon baking powder**  
**1 cup milk**  
**2 cups fresh fruit, in chunks (mangos recommended)**  
**(sweetened yogurt for topping, optional)**

Preheat oven to 375°F (175°C). Put butter in an oven proof round 9" pot (or baking dish). Put in oven until butter has melted. In a separate container, combine sugar, flour, salt, spices, and baking powder. Stir in milk and mix until smooth. Stir in butter. Put batter back in pan. Put fruit in center. Bake about 1/2 hour (more if pan is smaller than 9"), until browned. Serve warm topped with yogurt. Makes 4-6 servings.

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### gateau aux fruits

**1 cup (200 g) butter**  
**3/4 cup (180 g) sugar**

## DESSERTS

- 1 sachet *sucre vanilliné*
- 3 eggs
- 1 small container yogurt
- 1+1/4 cup (250 g) flour
- 1 sachet *levure chimique*
- grated peel of 1 lemon
- 1 pineapple, cut into bite-sized pieces (or any other fresh or canned fruit)

Cream the butter, sugar, and *sucre vanilliné*. Add eggs, one at a time. Add yogurt. Mix in remaining dry ingredients. Stir well. Pour into a greased and floured pan. Drop chunks of fruit into cake. Bake in a moderate oven until done.

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### fresh banana cake

*Peace Corps Gabon*

- 1/2 cup shortening/margarine
- 1+1/2 cups sugar
- 3 medium bananas, peeled and mashed
- 2 eggs
- 1 teaspoon vanilla
- 2 cups flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 cup milk plus 1/2 teaspoon lemon juice (sour milk)

Cream shortening and sugar. Beat until light. Add fruit, eggs, and vanilla. Beat well. Mix flour, baking soda, and salt and add to mixture. Slowly add sour milk and beat. Bake at 350°F.

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### fresh mango cake

*Peace Corps Gabon*

- 5 small mangos, peeled, pitted and chopped.

Make Fresh Banana Cake, as above, but use mangoes instead of bananas

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### carrot cake

- 2 cups flour
- 2 or 3 eggs
- 3/4 teaspoon salt
- 1 teaspoon baking soda
- 1 cup sugar
- 1/2 cup butter, softened
- 1/2 to 1 cup shredded carrots (nuts, cinnamon, grated lemon peel, vanilla, all optional)

Preheat oven to 350°F (180°C). Grease and flour a loaf pan. Cream butter with sugar. Mix in eggs, one at a time. Sift together dry ingredients and

combine the two mixtures. Blend in shredded carrots and optional ingredients. Bake about 45 minutes, or until toothpick comes out clean from center.

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### streusel coffee cake

*Brenda Clark*

- 1+1/2 cups flour
- 3/4 cup sugar
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1 egg
- 1/2 cup milk
- 1/4 cup oil
- (1/2 cup raisins, optional)
- (1/2 cup chopped nuts, optional)
- 1/4 cup brown sugar, packed

Preheat oven to 375°F (190°C). Stir together the 1+1/2 cups flour, sugar, baking powder, and salt. In another bowl, combine egg, milk, and oil. Add egg mixture to flour mixture. Mix well. Stir in raisins. Turn into a greased 9" x 9" x 2" baking pan.

- 1 tablespoon flour
- 1 tablespoon butter
- 1 teaspoon cinnamon

For topping, combine all ingredients and sprinkle over batter. Bake for about 25 minutes.

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### yogurt coffee cake

- 2/3 cup butter
- 3/4 cup sugar
- 2 eggs
- 1 cup plain yogurt
- 1 teaspoon grated lemon peel
- 2 cups flour
- 1+1/2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1 teaspoon salt
- 1/4 cup sugar
- 1 teaspoon cinnamon

Cream butter and sugar until light and fluffy. Beat in eggs, one at a time. Stir in the yogurt and lemon peel. Sift the flour with the baking powder, baking soda, and salt; then add these dry ingredients to the creamed mixture. Stir until smooth. Turn half of the batter into a greased and floured pan. Mix 1/4 cup sugar with cinnamon. Sprinkle over batter in pan. Top with remaining batter. Bake at medium heat for about one hour.

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## eggless spice cake

*Peace Corps Gabon*

**3/4 cup water or beer**  
**(3/4 cup raisins, optional)**  
**(3/4 cup nuts, optional)**  
**3/4 cup brown sugar (or white)**  
**3 or 4 tablespoons butter, oil, or margarine**  
**3/4 teaspoon cinnamon**  
**1/8 teaspoon nutmeg**  
**(1/4 teaspoon allspice, optional)**  
**1/4 teaspoon salt**  
**1/2 to 1 sachet sucre vanilliné**  
**1+1/2 cups flour (or 1+1/4 cup flour + 1/4**  
**cup Maizena)**  
**(3 tablespoons NIDO, optional)**  
**1 sachet levure chimique (baking powder)**

Preheat oven to 325°F to 350°F (about 175°C). Combine first 8 ingredients (water - allspice) and boil for 3 minutes. Sift together other ingredients. When syrup is cool, mix all ingredients and put in a greased loaf pan. Bake for 50 minutes or until done. Cool 10-15 minutes and remove from pan. Frost if desired.

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## pineapple carrot cake

*Peace Corps Tonga*

**2 cups flour**  
**2 teaspoons baking soda**  
**1+1/4 teaspoons salt**  
**2 teaspoons cinnamon**  
**4 eggs**  
**2 cups sugar**  
**1 cup oil or melted butter**  
**2 cups grated carrots**  
**2 cups crushed pineapple, drained**  
**1 cup walnuts or fresh coconut**

Preheat oven to 350°F (180°C). Sift together dry ingredients, set aside. Mix eggs, sugar, and oil. Mix well. Add carrots, pineapple, and nuts, beating after each addition. Add sifted ingredients and stir well. Pour into greased and floured 9" x 13" pan. Bake 40 minutes. Frost with whipped cream icing or cream cheese icing, if desired.

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## Granny's pineapple cake

*Peace Corps Gabon*

**1 cup sugar (3/4 cup if pineapple is really**  
**sweet)**  
**2 eggs**  
**3 cups fresh pineapple, chunked (or a 20 oz**  
**can, with juice)**  
**2 cups flour**

**1 teaspoon salt**  
**1 teaspoon baking soda**  
**1/3 cup brown sugar**  
**(1/2 cup chopped nuts, optional)**

Beat sugar and eggs. Mix in pineapple. Mix flour, salt, and baking soda and mix into wet mixture. Pour into an ungreased 9" x 13" pan. Sprinkle with brown sugar and nuts. Bake at 350 to 375°F for 35 minutes. Remove and poke holes with a fork.

**1/2 small can condensed milk**  
**4 to 6 tablespoons butter**  
**1/2 cup sugar**  
**1 teaspoon vanilla**

Boil all the topping ingredients briefly and pour over cake.

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## papaya cake

**3 cups flour**  
**2 teaspoons baking soda**  
**1 teaspoon cinnamon**  
**1/2 teaspoon nutmeg**  
**1/4 teaspoon ground ginger**  
**1/2 cup shortening (or 7 tablespoon oil)**  
**1+1/2 cups sugar**  
**2 eggs**  
**2 tablespoons water**  
**1 teaspoon lemon juice**  
**2 cups diced papaya**  
**(1 cup raisins, optional)**

Preheat oven to 350°F (180°C). Grease and flour a 9" x 13" pan. Mix flour, baking soda, and spices. In a large bowl, mix shortening with sugar. Beat in eggs one at a time. Stir in flour mixture. Add water and lemon juice. Fold in papaya and raisins. Pour into pan. Bake for 45 minutes or until a toothpick inserted comes out clean.

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## mandarin orange cake

*Peace Corps Tonga*

**2 eggs**  
**6 fresh mandarins, peeled and sectioned**  
**(or 2 can mandarin oranges, drained)**  
**2 cups sugar**  
**2 cups flour**  
**2 teaspoons baking soda**  
**1/2 teaspoon salt**  
**topping:**

Beat eggs, add the mandarins. Sift together the sugar, flour, baking soda, and salt; then add to the first mixture. Beat 4 minutes. Pour into a greased and floured pan. Bake in a preheated oven for 30

## DESSERTS

to 35 minutes. (If oranges are too juicy, it takes longer. Test with a toothpick.)

**3/4 cup brown sugar**  
**3 tablespoons milk**  
**2 tablespoons butter**

Meanwhile, bring to a boil the brown sugar, milk, and butter. Pour over hot cake as soon as it comes out of the oven.

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### oatmeal cake

*Peace Corps Tonga*

**1+1/4 cups water, boiling**  
**1 cup oats (Quaker)**  
**1+1/2 cups flour**  
**1 teaspoon cinnamon**  
**2 teaspoons baking powder**  
**1/2 teaspoon baking soda**  
**1/2 cup butter**  
**1 cup sugar**  
**1 cup brown sugar**  
**2 eggs**

Preheat oven to 350°F (180°C). Pour water over oats, let cool. In a medium bowl, sift together dry ingredients. In another bowl, cream butter and sugar. Add eggs to butter mixture, one at a time, beating until fluffy. Stir in oats, then sifted dry ingredients. Bake in a 9" square greased pan for 40 minutes.

**1/2 cup melted butter**  
**1+1/4 cups coconut, grated**  
**1/4 cup evaporated milk**  
**1 teaspoon vanilla**  
**1/2 cup brown sugar**

Mix together all ingredients for topping. Spread on cake and place under broiler for 5 minutes, or until browned.

## Chocolate Cake

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### Stephanie's Chocolate Cake

**2 cups sugar**  
**2 cups flour**  
**3/4 cups cocoa**  
**1 1/2 tsp. Baking powder**  
**1 1/2 tsp baking soda**  
**1 tsp salt**  
**2 eggs**  
**1 cup milk**  
**1/2 cup oil**  
**2 Tbsp vanilla extract**  
**1 cup boiling water**

Grease and flour pan. Mix wet ingredients. Add dry ingredients. Bake in a Dutch oven.

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### chocolate cake

*Peace Corps Gabon*

**2 cups flour**  
**1 cup sugar (35 cubes, crushed)**  
**1 tablespoon baking powder**  
**pinch salt**  
**2 eggs**  
**3/4 cup oil**  
**5 heaping tablespoons Nesquik**  
**1/2 to 3/4 cup water**

Mix ingredients thoroughly. Bake in a buttered and floured pan.

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### chocolate gateau express

**1+1/2 cups flour**  
**1 cup sugar**  
**1/4 cup unsweetened cocoa**  
**1 teaspoon baking powder**  
**1 teaspoon soda**  
**1/2 teaspoon salt**  
**1/3 cup melted butter**  
**1 tablespoon vinegar**  
**1 teaspoon vanilla**  
**1 cup hot water**

Preheat oven to 350°F (180°C). Mix all dry ingredients in baking tin. Make three holes. Pour the butter in one, vinegar into a second, and the vanilla into the third. Pour hot water over all. Stir until well mixed. Bake 35 to 40 minutes, or until fork inserted in the center comes out clean. Let cool in the tin.

---

### Ollio's chocolate cake

**1 egg, beaten until light**  
**1/2 cup sugar**  
**1/3 cup oil**  
**1 chocolate bar**  
**hot coffee**  
**1+1/3 cups flour**  
**1 teaspoon baking soda**  
**1 teaspoon baking powder**

Combine egg, sugar, and oil. Put the chocolate bar in a 1 cup measure. Add enough coffee to fill the cup. Let stand until the chocolate is soft. Pour off the coffee into another cup and add the chocolate to the egg mixture. Sift remaining dry ingredients into another bowl. Add the flour mixture and coffee alternately to the egg mixture. Bake for 25 minutes.

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## chez Agnes chocolate chiffon cake

- 1 cup (200g) butter
- 2 100g chocolate bars
- 6 eggs, separated
- 1 cup (200g) sugar
- 1 cup (100g) flour
- 1/2 sachet *levure chimique* (baking powder)
- 1 tablespoon instant coffee, dissolved in a little water

Preheat oven to 350°F (180°C). Melt butter and chocolate over low heat. Mix egg yolks and sugar. Mix flour and baking powder and gradually add to the egg yolk mixture. Then add the chocolate mixture and coffee. Mix well. Beat egg whites until stiff. Fold egg whites into the batter and pour into a greased and floured tube pan or a 9" x 13" pan. Bake for 1 hour.

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## fudge cake

- 1/4 cup shortening
- 2 cups sugar
- 2 eggs, separated
- 1+1/2 cups milk
- 4 oz. (1/2 cup or 115 g) unsweetened chocolate, melted
- 2 cups flour
- 2 teaspoons baking powder
- 1 teaspoon vanilla
- (1 cup chopped nuts, optional)

Preheat oven to 350°F (180°C). Cream shortening, 1+1/2 cups sugar, and egg yolks until light. Add a few drops of milk if needed to cream sugar. Add chocolate and blend thoroughly. Sift together flour and baking powder. Add dry ingredients alternately with milk to chocolate mixture, blending well after each addition. Stir in vanilla and chopped nuts. Beat egg whites until stiff. Fold into batter. Turn into greased and floured pan. Bake 30-40 minutes. Remove from pan and cool on a cake rack.

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## German chocolate cake

- 4 oz. German chocolate
- 1/2 cup boiling water
- 1 cup butter
- 2 cups sugar
- 4 eggs yolks
- 1 teaspoon vanilla
- 2+1/2 cups cake flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 cup buttermilk

### 4 egg whites, beaten until stiff

Preheat oven to 350°F (180°C). Melt the chocolate in boiling water. Cool. Cream butter and sugar until fluffy. Add egg yolks, one at a time, beating well after each addition. Add melted chocolate and vanilla. Mix well. Sift together flour, soda, and salt. Add, alternating with buttermilk, to chocolate mixture. Beat until smooth. Fold in egg whites. Pour into two deep 8" round pans, lined on the bottom with paper. Bake for 30 to 40 minutes. Cool.

- 1 cup evaporated milk (unsweetened)
- 1 cup sugar
- 3 egg yolks
- 1/2 cup butter
- 1 teaspoon vanilla
- 1+1/3 cups grated coconut
- 1 cup chopped pecans (or oatmeal)

Cook and stir first four ingredients over medium heat until thickened, about 12 minutes. Add vanilla, coconut, and pecans. Beat until thick enough to spread. Spread the frosting on the cake.

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## Hershey's easy chocolate cake

*Peace Corps Gabon*

- 1+3/4 cups unsifted flour
- 2 cups sugar
- 3/4 cup unsweetened cocoa
- 1+1/2 teaspoons baking soda
- 1+1/2 teaspoons baking powder
- 3/4 teaspoon salt
- 2 eggs
- 1 cup milk
- 1/2 cup vegetable oil
- 2 teaspoons vanilla
- 1 cup boiling water

Sift flour, sugar, cocoa, baking soda, baking powder, and salt into a mixing bowl. Beat in eggs, milk, vegetable oil, and vanilla for 2 minutes. Stir in boiling water. Pour into a greased and floured 9" x 13" pan. Bake at 350°F for 35 to 45 minutes.

## Cheesecake

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### Africa's cheesecake

- 3/4 cup flour
- 3/4 cup oatmeal
- 1/2 cup brown sugar
- 1/4 cup butter (or oil)

## DESSERTS

Mix until crumbly: flour, oatmeal, brown sugar, and butter. Pat into the bottom of a square 8" baking pan.

**1 can sweetened condensed milk**  
**1 cup yogurt**  
**1/4 cup lemon or orange juice**

Combine milk, yogurt, and juice. Mix well. Pour over crust.

**fruit (pineapple, mango, papaya, or strawberries)**  
**sugar**  
**water**  
**cornstarch**

For topping, cook fruit with sugar and water. Thicken with about 2 tablespoons cornstarch. Cool slightly, then pour over yogurt filling. Bake for 30 minutes in 350°F (180°C) oven. Can be eaten warm or chilled. Keeps up to 4 or 5 days, refrigerated.

---

### never fail cheesecake

**1 pkg. Petit Beurre cookies**  
**cinnamon**  
**butter**

Crush cookies with a rolling pin or Régab bottle. Add cinnamon to taste. Melt butter and add to crumbs. Pat crumbs into bottom and sides of pie tin. You can save a few tablespoons to garnish the top.

**30-35 squares KIRI (cream cheese)**  
**3 eggs, beaten**  
**3/4 cup sugar**  
**1 teaspoon vanilla, lemon, or rum extract**

Mash KIRI in a large bowl. Add beaten eggs. Mix. When it reaches uniform consistency, add sugar. Mix. (No need to eliminate all lumps; baking will do that.) Add vanilla. Pour filling into crust. Sprinkle remaining crumbs on top. Bake in 350°F (180°C) oven for about 30 minutes. Cool and refrigerate until serving.

## Cupcakes

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### chocolate mayonnaise cupcakes

**3 cups flour**  
**1+1/2 cups sugar**  
**1/3 cup cocoa**  
**1+1/4 teaspoons baking powder**  
**1+1/4 teaspoons baking soda**  
**1+1/2 cups mayonnaise**  
**1+1/2 cups water**

**1+1/2 teaspoons vanilla**

Preheat oven to 350°F (180°C). Sift together flour, sugar, cocoa, baking powder, and soda. Gradually stir in mayonnaise. Stir in water and vanilla. Fill 2 dozen greased or paper-lined muffin tins. (Or use small tomato paste cans.) Bake for 25 to 30 minutes. Cool in tin for 5 minutes. Remove and allow to cool on rack.

## Icings

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### Lemon Icing 1

**1 1/2 cups powdered sugar**  
**2 Tbsp lemon juice**  
**dash salt**

Mix and spread over cake.

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### Lemon Icing 2

**2 cups powdered sugar**  
**1 tsp. Lemon juice**  
**1 tsp lemon rind**

Add a little milk to make it spreadable. Mix and spread over cake.

---

### creamy icing

**4 tablespoons (1/4 cup) melted butter**  
**1/4 cup cream**  
**1 teaspoon vanilla or rum**  
**3 cups powdered sugar**

Mix butter, cream, and vanilla. Slowly add the sugar. Beat until thick and creamy. Makes enough to frost a 9" two-layer cake.

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### CHOCOLATE ICING

**1 not-really-edible-by-itself BIFA chocolate bar from your regional capital**  
**2 TBSP margarine or butter**  
**2 TBSP milk**  
**1 tsp vanilla**

Melt first three ingredients together; allow to bubble for a minute or two. Remove from heat and stir in vanilla. Immediately pour over cake. Within minutes, icing will harden into a kind of shell.

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### marshmallow icing

**1 cup sugar**  
**1/3 cup water**  
**2 egg whites, beaten until stiff**

## DESSERTS

**1/3 teaspoon cream of tartar**  
**1+1/2 teaspoons vanilla**

Boil sugar and water and add slowly to the stiffly beaten egg whites. While still warm, add cream of tartar and vanilla. Beat until the bowl is cool.

---

### seven minute icing

**1+1/2 cups sugar**  
**1/4 teaspoon cream of tartar**  
**1/8 teaspoon salt**  
**2 egg whites**  
**1/4 cup water**  
**2 teaspoons vanilla**

Mix sugar, cream of tartar, salt, egg whites, and water in the top of a double boiler. Beat with a mixer or wire whisk until thoroughly blended. Beat for 5 to 7 minutes. Remove from heat and continue beating until thick enough to spread. Add vanilla just before spreading.

---

### seven minute caramel icing

**Seven Minute Icing**  
**1 cup brown sugar**

Make *Seven Minute Icing*, as above, but substitute 1 cup brown sugar for white sugar. Omit vanilla.

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### seven minute lemon icing

**Seven Minute Icing**  
**1/4 cup lemon juice**

Make *Seven Minute Icing*, as above, but substitute 1/4 cup lemon juice for water. Omit vanilla.

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### seven minute orange icing

**Seven Minute Icing**  
**1/4 cup orange juice**

Make *Seven Minute Icing*, as above, but substitute 1/4 cup orange juice for water. Omit vanilla.

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### seven minute coffee icing

**Seven Minute Icing**  
**1 tablespoon instant coffee (Nescafé)**

Make *Seven Minute Icing*, as above, but add 1 tablespoon instant coffee after removing frosting from heat.

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### seven minute coconut icing

**Seven Minute Icing**  
**1/2 cup grated coconut**

Make *Seven Minute Icing*, as above, but add 1/2 cup grated coconut before spreading.

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### cream cheese icing

**4 squares KIRI cream cheese**  
**1 egg white, slightly beaten**  
**1+1/2 cups powdered sugar**  
**1 sachet sucre vanilliné**  
**1/8 teaspoon salt**

Beat all ingredients until of spreading consistency. This recipe will frost and fill a two-layer cake.

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### banana icing

**1/2 cup banana pulp**  
**2 cups powdered sugar**  
**1 teaspoon lemon juice**  
**1/2 sachet sucre vanilliné**  
**1/8 teaspoon salt**

Combine banana pulp and sugar. Stir until smooth. Add remaining ingredients. If a thicker frosting is desired, add more sugar.

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### Euell Gibbons' passion fruit icing

**1/4 cup butter**  
**2+1/2 cups powdered sugar**  
**1/4 cup passion fruit pulp**

Cream butter with 1/2 cup sugar until smooth. Add passion fruit and beat until frothy. While still beating, gradually add the remaining sugar. Continue beating until the mixture is stiff enough to spread smoothly on a cake. Allow to set for several hours before serving.

## Frostings

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### Vanilla Frosting

Combine 2 cups sugar, 3/8 cup melted margarine or butter and 1 cup canned milk or cream. Boil until it reaches soft ball stage. Don't overcook. Add 2 tsp vanilla (2 packets vanilla sugar) Beat until mixture is spreadable.

## DESSERTS

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### Chocolate Frosting

- 1/2 cup margarine or butter
- 1/4 cup cocoa
- 1 cup sugar
- 1/4 cup milk

Stir and cook to a full rolling boil. Boil 1 minute. Remove from heat and add 1 tsp. Vanilla. Beat until creamy.

---

### powdered sugar frosting

- 1/3 cup shortening or butter
- 1/8 teaspoon salt
- 2 tablespoons cream or milk
- 2 cups powdered sugar

Cream the butter and salt. Beat in the sugar. Add cream or milk. Beat well. Add more sugar for a thicker frosting, more milk for a thinner frosting.

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### peanut butter frosting I

- 1/3 cup milk
- 2 tablespoons butter
- 3 cups powdered sugar
- 1/3 cup peanut butter

Combine milk and butter in a saucepan. Heat until butter has melted. Pour over sugar. Blend. Add peanut butter. Beat until well mixed and of good spreading consistency. Frosts the sides and tops of two 8" layers.

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### Peanut Butter Frosting II

Combine:

- 3/4 cup peanut butter
- 1 cup of sugar
- 3/4 cup milk.

Stir and cook over med heat for 10 minutes.

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### caramel frosting

- 1 cup brown sugar
- 4 tablespoons evaporated milk
- 1 tablespoon butter

Combine all ingredients in a saucepan. Heat to boiling and allow to boil about 1 minute. Remove from heat. Beat until thick enough to spread.

---

### chocolate frosting

- 1 100g chocolate bar
- 1 cup sugar

- 7 tablespoons milk
- 1/4 cup butter
- (1 tablespoon honey, optional)

Combine all ingredients in a saucepan. Bring to a rolling boil, stirring constantly. Let boil 1 minute. Cool. Beat until thick.

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### mocha frosting

- 1/3 cup butter
- 1+2/3 cups powdered sugar
- 2 tablespoons cocoa
- 1/8 teaspoon salt
- 3 tablespoons strong hot coffee
- 1 teaspoon vanilla or rum

Cream butter until soft. Gradually add sugar and cocoa. Blend until creamy. Add salt and coffee. Beat for about 2 minutes. When icing has cooled, add vanilla or rum. Let stand for 5 minutes. Mix again before spreading.

## Glazes

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### basic glaze

- powdered sugar
- hot water

Gradually add hot water to sugar, a few drops at a time. Beat until well mixed and thick enough to pour. Pour over cake and let dribble down the sides. To add flavor, substitute hot orange juice, lemon juice, coffee, or any other hot liquid for water.

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### chocolate glaze

- unsweetened chocolate
- butter

Melt chocolate and butter in a double boiler. Use 1 tablespoon butter for each ounce (2 tablespoon) of chocolate. Let cool slightly and pour over cake.

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### pineapple glaze

- 1/4 cup butter
- 2 cups powdered sugar
- 1 teaspoon lemon juice
- 1/2 teaspoon vanilla
- 1/8 teaspoon salt
- 1/2 cup chopped, drained pineapple

Beat butter until soft. Gradually add sugar. Blend until smooth. Add remaining ingredients and beat. Let stand 5 minutes. Beat again until creamy. Add more sugar if a thicker glaze is desired.

## Toppings

### Hints for Whipped Cream

- ★ Use powdered sugar in whipping cream instead of granulated. It will stand much longer without separating.

### whipped cream

*Peace Corps Gabon*

Chill a deep mixing bowl (glass or metal) along with a wire whisk or fork for at least an hour. Chill *crème liquide* in freezer for 15 minutes or more, but do not freeze. Whip for about 5 minutes, or until stiff peaks form. (This takes a good arm -- have patience!) Flavor the whipped cream as you wish. See Cream Pie and its variations, starting on page 144, for some ideas.

### whipped evaporated milk

evaporated milk  
lemon juice

To whip evaporated milk, chill the milk in the fridge for 12 hours (or in the freezer for 15 minutes). Add 1/2 teaspoon lemon juice for every cup of milk. When crystals form around the edges, whip until stiff.

### mock whipped cream

1/2 cup sugar  
1/2 cup butter  
1/2 cup milk  
1/2 teaspoon vanilla

Cream sugar with butter. Slowly add milk, beating until light and fluffy. If mixture seems to curdle, continue beating until smooth. Flavor with vanilla.

### lace topping

Place a paper doily or a cut paper pattern of your own design on top of the cake. Sprinkle powdered sugar over the doily and cake. When thoroughly covered, lift the doily straight up and off the cake, not upsetting the design. This technique can also be used with finely grated semi-sweet chocolate over an iced cake.

### caramel topping

1 tablespoon butter  
2 tablespoons brown sugar  
2 teaspoons honey  
2 tablespoons condensed milk  
pinch of salt  
1/4 cup hot water

Melt butter in a saucepan. Add remaining ingredients except water. Stir over heat until mixture is thick and turns a rich caramel color. When the mixture leaves the sides of the pan, remove pan from heat and add hot water, a little at a time. Return to heat and simmer 2-3 minutes. Allow to cool. Serve with ice cream, pancakes, or cake.

### chocolate topping

1 cup sugar  
2 tablespoons cocoa  
2/3 cup water  
2 tablespoons honey  
1/4 cup butter

Simmer sugar, cocoa and water. Add the remaining ingredients and boil 2 to 3 minutes (depending on desired thickness).

### oat crisp

*Peace Corps Tonga*

3 tablespoons butter  
1/4 cup sugar  
1 cup oats

Melt butter. Add sugar and oats. Spread on a cookie sheet and toast in oven for 10 minutes. Cool.

### honey dessert sauce

*Peace Corps Tonga*

8 oz. plain yogurt  
2 tablespoons honey

Mix together until well combined. Use as a sauce on top of canned or fresh fruit.

### lemon sauce

1/4 to 1/2 cup sugar  
1 tablespoon cornstarch  
1 cup water  
2 or 3 tablespoons butter

## DESSERTS

**1/2 teaspoon grated lemon rind**  
**1+1/2 tablespoons lemon juice**  
**1/8 teaspoon salt**

Stir sugar, cornstarch, and water together over low heat until thickened. Add remaining ingredients. May be used hot or cold.

---

### Chocolate Sauce

**4 Tbsp cocoa**  
**2 tsp milk**  
**1 pkg. Vanilla sugar**  
**3 spoonfuls of butter**  
**sugar**

Melt butter in pan. Slowly add cocoa and milk while stirring. Add vanilla sugar and sugar to taste. Add more milk depending on the consistency desired. Voila! Chocolate sauce!

---

### hot fudge sauce

*Peace Corps Tonga*

**1+1/2 cups sugar**  
**1/2 cup brown sugar**  
**3/4 cup cocoa**  
**1/4 cup flour**  
**1/2 teaspoon salt**  
**1 14 oz. can evaporated milk**  
**2 tablespoons butter**  
**1 cup water**  
**2 teaspoons vanilla**

Combine first five ingredients in a medium saucepan. Add milk, butter, and water. Cook over medium heat, stirring constantly, until boiling. Cook 5 minutes longer. Cool and stir in vanilla.

---

### brown sugar syrup

*the St. Pierres*

**1 cup brown sugar, packed**  
**1 tablespoon butter**  
**1/2 cup water**  
**1/2 teaspoon vanilla**

Combine sugar and water in a saucepan and bring to a boil. Let boil for 2 minutes. Remove from heat and stir in butter and vanilla. Serve hot.

---

### coconut syrup

**1 coconut, grated**

**1/4 cup hot water**  
**sugar**

Grate coconut. Add the hot water to coconut and squeeze it to get out the cream. Add an equal amount of sugar to the cream. Bring to a boil and remove from heat.

## Pie Crusts

### Hints for Pie Crust

For flakier pie crust, add a teaspoon vinegar to the cold water when preparing dough.

---

### single pie crust

**1+1/2 cups flour**  
**1/2 teaspoon salt**  
**1/2 cup shortening (butter)**  
**3 tablespoons cold water**

Combine flour and salt. Work in butter with a pastry blender, or using a fork and knife. When the "grain" in the mixture becomes pea size, stir in cold water, one tablespoon at a time. Stop adding water as soon as the mixture holds together when you gather it into a ball. Set in fridge (covered) for 1/2 - 1 hour. (Or put it in the freezer if you're in a hurry.) Roll out on a lightly floured board, using a rolling pin or bottle. Carefully put in pie tin, folding it in quarters, if necessary, to transport it. Makes one 9" crust, bottom crust only.

---

### double pie crust

**2+1/4 cups flour**  
**3/4 teaspoon salt**  
**3/4 cup butter or margarine**  
**4 or 5 tablespoons cold water**

Follow the same procedure as above. Before rolling out, divide dough into two unequal parts. Roll out the larger piece and line the bottom and sides of pie pan. Use the smaller piece as the top crust. Roll out the top crust and store it on a plate until ready to use. When the bottom crust has been filled, you can easily invert the plate and shake the top crust into place. Wet and score the edges of both crusts to make sure they seal, and crimp them well.

---

### crumb crust

*Peace Corps Gabon*

**1+1/2 cups crushed cookies**  
**3 tablespoons sugar**

**1/2 teaspoon salt**  
**1/3 cup melted butter**  
**1/4 cup crushed nuts**

Mix all ingredients and press mixture firmly and evenly against bottom and sides of a 9" pie pan. If desired, reserve 2 or 3 tablespoons for topping. Bake in oven.

---

## Basic Pie Crust

Single Crust:

**1 ¼ cups flour**  
**½ tsp salt**  
**¼ to ½ cup oil**  
**3-4 tsp cold water**

Double Crust or Lattice Top:

**2 cups flour**  
**1 tsp. Salt**  
**½ to 1 cup oil**  
**6-7 tsp. Cold water**

Stir together the flour and salt. Put in oil. Sprinkle 1 tsp of the water over part of the mixture. Gently toss with fork. Push to side of the bowl. Repeat until all is moistened. Form dough into a ball. On a lightly floured surface, flatten dough with hands. Roll dough from center to edge, forming a circle about 12 inches in diameter. Ease pastry into pie plate being careful not to stretch pastry. Trim edge.

---

## Cookie Crumb Crust

In 9 inch pie plate, combine 1 ¾ cup cookie crumbs, 2 tsp sugar and ¼ cup melted butter or margarine until well mixed. Press evenly in pie plate.

## Pies

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### Deep Dish Mango Cobbler

**3 cups any type mango**  
**dash of piment (optional)**  
**cinnamon to taste**

For crust combine:

**1 cup flour**  
**1 cup sugar**  
**2 Tbsp oil**

Slice and chop mangoes evenly and sauté in butter until soft but not mushy. Add piment and cinnamon. Line the dish or pan with crust. Pour in half of the mangoes. Mix in small pieces of crust with mangoes. Add remaining mangoes and crust. Bake.

---

### Faux Peach Cobbler Filling

**1 whole papaya**  
**1 banana**  
**juice of one lemon**  
**sugar--to taste**  
**cinnamon--to taste**  
**nutmeg--to taste**  
**quatre espice--to taste**

Heat all ingredients together on the stove before putting in the pie crust

---

### Easy Key Lime Pie

**1 packet plain sugar biscuits (buy these at any corner store)**  
**8 limes**  
**a bit of oil**  
**1 small can lait concentré sucré**

Crush up the biscuits finely and mix them with a little oil or margarine. Pat the mixture into the bottom of a pie pan or equivalent. Open the can of sweetened condensed milk and regular milk and mix with the juice of the limes. Beat until smooth and pour over the biscuit crust. It will thicken into a pudding in about 30-60 minutes. Yummy!

---

### Unripe Mango Pie

**1 basic pie crust recipe**  
**6-10 unripe mangoes**  
**2 tsp. Cinnamon**  
**1-2 cups sugar**  
**¼ teaspoon nutmeg**  
**¼ to ½ cup butter**

Make pie crust. Set aside. Peel and thinly slice mango. Combine cinnamon, sugar, and nutmeg. Add to mangoes. Mix well. Turn mixture into pie crust. Coat with butter. Cover with piecrust. Bake for 20-30 minutes.

Note: Amount of sugar used depends on how tart or sweet you like your pies. Taste uncooked mixture to get an idea. Sardine cans work well for making individual pies. Cutting slits in the piecrust cover cuts down on overflow of messes.

---

### KEY LIME PIE, for 6 people

**2 cans sweetened condensed milk**  
**2 lemons/limes**  
**Biscuits or cookies**  
**250 g. butter**  
**250 g. sugar (optional)**

## DESSERTS

Crust: put the cookies in a plastic bag and pound them into a powder. Mix with sugar and butter. Press into a plate or bowl.

Filling: mix milk and lemon juice.

Pour filling into crust. Let sit, preferably in the fridge, until congealed.

---

### Pumpkin Pie

- 3 cups cooked pumpkin or winter squash**
- 2 eggs, beaten**
- 1 (13 oz) can evaporated milk**
- 1 unbaked pie crust**
- 1/3 cup pulverized peanuts**
- 1 cup sugar**
- 1 tsp. Flour**
- 1/2 tsp. Salt**
- 1/2 tsp ginger**
- 1/4 tsp nutmeg**
- 1/4 tsp cloves**
- 1 tsp cinnamon**

Add eggs and milk to pumpkin and mix. Add sugar and mix. Sift flour, salt and spices together. Add to pumpkin mixture and beat. Pour into piecrust. Sprinkle with peanuts and bake at 350 degrees for 50 minutes (or 1 hr 15 mn in Dutch oven). Pie is done when knife blade comes out clean.

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### Fruit Cheese Pie

- 1 (9 inch) cookie crumb crust or baked pastry shell**
- 8 oz cream cheese, softened (or two wheels vache-qui-rit)**
- 14 oz can sweetened condensed milk**
- 1/3 cup lemon juice**
- 1 tsp vanilla extract**
- 21 oz sweet fruit (ripe mangoes are yummy!)**

In large bowl, beat cheese until fluffy. Gradually beat in sweetened condensed milk until smooth. Stir in lemon juice and vanilla. Pour into prepared crust. Chill 3 hours or until set. Top with fruit before serving. Refrigerate leftovers (?!\*)

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### all American apple pie

- 1 Double Pie Crust**
- 6 or 7 cups apples, peeled, cored, and sliced very thinly**
- 1/2 cup white or brown sugar**
- 1/8 teaspoon salt**
- 1+1/2 tablespoons cornstarch**
- 1/4 teaspoon cinnamon**
- 1/8 teaspoon nutmeg (optional)**

- 1 tablespoon lemon juice**
- 1/2 teaspoon grated lemon rind**
- 1 sachet sucre vanilliné**
- 1+1/2 to 2 tablespoons butter**
- 1 egg white**

Preheat oven to 450°F (230°C). Put the apples in a large bowl. Sift over them the sugar, salt, cornstarch and spices. Add lemon juice and lemon rind. Mix well. Add vanilla and mix. Put mixture into bottom pie shell. Dot with butter. Cover with top crust. Prick the upper crust using a fork or knife. Brush pie crust with egg white. Bake for 10 minutes, then reduce heat to 350°F (180°C) and bake until done (an additional 35 to 50 minutes).

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### Neuf Routes apple pie

*Peace Corps Gabon*

- 1 Double Pie Crust**
- 5 to 8 apples, cored but not peeled**
- 25 sugar cubes, crushed (3/4 cup)**
- 2 to 3 tablespoons flour**
- 1 tablespoon lemon juice**
- 1/2 teaspoon cinnamon**
- 1/8 teaspoon salt**
- 2 tablespoons margarine**
- cinnamon sugar (2 crushed sugar cubes and 1/8 teaspoon cinnamon)**

Mix the apples, sugar, flour, lemon juice, cinnamon, and salt in a large bowl. Let it stand for 15 minutes to soften the apples and blend the ingredients. Stir several times. This is fun as well as helpful. Pour the mixture into the bottom crust. Flatten/sculpt with the back of your spoon. Dot the top with little pieces of margarine. Wet the rim of the bottom crust. Flip the top crust over onto the pie. Seal the edge thoroughly and crimp it into a little pattern with your fingers. You know, make it look like a pie. Cut steam vents into the top with a dry knife. Sprinkle cinnamon sugar on top. bake for an hour or more. A knife inserted into a steam vent should find tender insides, and juices should be starting to bubble through the vents. Let the pie cool on a rack.

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### tarte aux pommes

- 1 Single Pie Crust**
- 5 to 8 apples, washed, peeled, cored, and sliced**
- 1 sachet sucre vanilliné**
- 1/4 cup (50 g) white or brown sugar**

Roll out crust and put in pie pan. Place the apple slices on the bottom of the pie crust. Sprinkle with sucre vanilliné and sugar. Dot with butter. Bake

in a hot oven for about 30 minutes. Cool and serve warm.

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## pineapple pie

*Peace Corps Tonga*

**1 Double Pie Crust**  
**2 cups pineapple, sliced**  
**3/4 cup sugar**  
**1/2 teaspoon nutmeg**  
**1 teaspoon cinnamon**  
**1 tablespoon flour**  
**2 tablespoons lemon juice**  
**butter**

Preheat oven to 350°F (180°C). To pineapple, add mixture of sugar, spices, and flour. Add lemon juice. Put in a 9" pastry-lined pan. Dot with butter and add top crust. Bake 45 to 50 minutes.

---

## Hawaiian banana pie

*Peace Corps Tonga*

**1 Double Pie Crust**  
**4 cups sliced bananas (ripe but firm)**  
**1/2 cup pineapple juice**  
**1/2 cup sugar**  
**1 teaspoon cinnamon**  
**1 tablespoon butter**

Preheat oven to 400°F (205°C). Soak sliced bananas in pineapple juice for 20 to 30 minutes. Drain, saving the juice. Place bananas in pastry-lined pie pan; add sugar and cinnamon. Add 2 tablespoons of the pineapple juice. Dot with butter and cover with top crust. Bake 30 to 45 minutes, or until crust is browned.

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## tropical papa-pie

*Peace Corps Tonga*

**1 Single Pie Crust**  
**3/4 cup sugar**  
**1/2 teaspoon nutmeg**  
**1 teaspoon cinnamon**  
**2 tablespoons cornstarch**  
**2 cups papaya**  
**1/4 cup orange or lemon juice**

Preheat oven to 400°F (205°C). Combine sugar, spices, and cornstarch. Add papaya, then juice. Place in crust-lined pan. Bake 15 minutes. Lower heat to 350°F (180°C) and continue to bake for another 20 to 25 minutes.

---

## green papaya "tastes like pumpkin" pie

*Peace Corps Gabon*

**1 Single Pie Crust**  
**mashed, cooked papaya**  
**2 eggs**  
**3/4 cup sugar**  
**1 can Lait Idéal**  
**1/2 teaspoon salt**  
**1 teaspoon cinnamon**  
**1 tablespoon ginger**

Peel green papaya and cut into 8 pieces (discard seeds). Boil in 2 cups water until soft, about 30 minutes. Drain, cool, and mash until it reaches the consistency of applesauce. In another bowl, beat eggs slightly. Add milk and sugar and continue to beat. Add papaya and spices. Mix and pour into prepared pie crust. Cook on medium heat until a knife inserted in the center comes out clean (about 35 to 45 minutes).

---

## pumpkin pie

**1 Single Pie Crust**  
**1+1/2 cups local squash, peeled, diced,**  
**boiled or baked until tender, and**  
**mashed**  
**1 cup sugar**  
**1+1/2 teaspoons cinnamon**  
**1+1/2 teaspoons ginger**  
**1/2 teaspoon salt**  
**2 eggs, slightly beaten**  
**1 cup scalded milk (or evaporated milk)**

Mix all ingredients. Pour into an unbaked pie crust and bake in hot oven for 10 minutes. Reduce heat and cook an additional 45 minutes, or until knife comes out clean. Great served with whipped cream.

---

## sweet potato pie

*Peace Corps Tonga*

**1 Single Pie Crust**  
**6 sweet potatoes**  
**boiling salted water**  
**1 can crushed pineapple**  
**butter**  
**1 teaspoon brown sugar**  
**1 teaspoon cinnamon**

Preheat oven to 400°F (205°C). Cover sweet potatoes with boiling water and boil until tender. Drain pineapple, reserving 3 tablespoons liquid. Mash sweet potatoes and add pineapple juice.

## DESSERTS

Put into a 9" pie shell. Dot with butter and sprinkle with brown sugar and cinnamon. Bake 20 minutes.

---

### orange pie

- 1 Single Pie Crust, baked**
- 3 egg yolks, beaten until thick**
- 3 tablespoons flour**
- 1/2 cup sugar**
- 1 cup orange juice**

Put egg yolks in the top of a double boiler. Stir in flour. Add remaining ingredients. Cook until thick. Pour into baked pie crust and let set. Chill.

---

### chocolate pie

- 1 Single Pie Crust, baked**
- 1 bar of chocolate**
- 2 tablespoons sugar**
- 3 tablespoons milk**
- 5 medium eggs, separated**
- 1 teaspoon vanilla**

Melt chocolate over hot water. Add sugar and milk. Cool. Beat in egg yolks, one at a time. Add vanilla. Beat egg whites until stiff and fold into chocolate mixture. Pour into baked pie shell and chill.

## Cream Pies

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### cream pie

*Peace Corps Gabon*

- 1 Crumb Crust**
- 1/2 cup sugar**
- 3 tablespoons cornstarch (or flour)**
- 1/4 teaspoon salt**
- 2 cups milk**
- 3 egg yolks, slightly beaten**
- 1 tablespoon vanilla**
- Whipped Cream**

Stir together sugar, cornstarch, and salt in saucepan. Blend milk and egg yolks, gradually stir them into sugar mixture. Cook over medium heat, stirring constantly, until mixture thickens and boils. Boil and stir for 1 minute. Flavor as you wish and pour mixture into baked pie shell. Let cool completely and then top with whipped cream. Garnish the whipped cream with crust crumbs, bits of shaved chocolate, banana slices, almond slivers, etc. Chill another 4-5 hours. See below

for specific suggestions on variations of this basic recipe.

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### vanilla cream pie

*Peace Corps Gabon*

- Cream Pie**
- 2 tablespoons butter**
- Whipped Cream**
- 1 tablespoon sugar**

Make *Cream Pie* as above, but add in 2 tablespoons of butter. Add 1 tablespoon of sugar to the basic whipped cream and use that for a topping. Garnish with almond slivers or crust crumbs.

---

### chocolate cream pie

*Peace Corps Gabon*

- Cream Pie**
- 1 chocolate bar**
- Whipped Cream**
- 1/4 chocolate bar**
- 2 tablespoons water**
- chocolate shavings**

Make *Cream Pie* as above, but add 1 bar chocolate to the filling and stir until melted. For the topping, slowly heat 1/4 chocolate bar and 2 tablespoons water in a heavy saucepan until liquid. Let that cool. Then add 2 tablespoons of this liquid chocolate to the basic whipped cream. This will make a chocolate whipped cream to use as a topping. Garnish the pie with chocolate shavings.

## Pudding

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### Rice Pudding

- Boiled white rice**
- Lait concentré sucré**
- Cinnamon**
- Raisins**

The 60 second dessert. If you manage to find some rice somewhere.

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### Brownie Pudding

Stir together in a large bowl:

- 1 cup flour**
- 1/2 cup sugar**
- 2 Tablespoons cocoa powder**
- 2 teaspoons baking powder**

## DESSERTS

**1/2 teaspoon salt**

Add, stir until smooth, turn into a greased pan:

**1/2 cup milk (add more if necessary)**

**2 teaspoons oil**

**1 teaspoon vanilla**

**optional: 1/2 cup nuts**

Combine sugar and cocoa, gradually add water, pour evenly over batter in pan:

**3/4 cup sugar**

**1/4 cup cocoa powder**

**1 1/2 cups boiling water**

Bake at 350 degrees for 30 minutes

---

### Fresh Milk Custard Pudding

**3 cups milk**

**1 cinnamon stick**

**2 eggs beaten**

**1/2 tsp nutmeg**

**1/2 cup sugar**

**dash of salt**

**2 Tbsp flour**

**1 tsp vanilla**

Before hand, rinse pan with cold water to avoid milk sticking to pan. Beat egg together with sugar, flour, and salt. Add a little hot milk by drops to the egg mixture. When the egg mixture is hot, add it to the rest of the milk. Cook until thick, about 5 minutes. Turn off the heat and add nutmeg and vanilla.

---

### Chocolate Pudding

Combine in a heavy saucepan:

**1/3 cup sugar or honey**

**4 tsp. Flour**

**2 tsp cocoa**

**2 cups milk**

Cook over low heat until thick, stirring constantly. Remove from heat and add: 1 tsp. Vanilla. Pour into bowls and let cool.

---

### Stale Bread Pudding

**2 to 3 eggs**

**1 to 2 loaves stale bread**

**2 cups milk**

**vanilla**

**1/4 cup lait concentré sucré**

**2 Tbsp sugar**

Cut stale bread into cubes and put in buttered or oiled pan. Cover bottom but do not overfill. It will puff while cooking. In a separate bowl, beat eggs then add milk, sugar, vanilla and lait sucré. Pour over stale bread cubs. Bake in Dutch oven until

brown on top. It is done when it is more or less solid when stuck with a fork.

---

### Coconut Pudding

Add boiling water to 3 cups grated coconut just until covered. Let stand for 15 minutes then strain liquid into a pan. Add 1/2 cup sugar. 1/2 cup cornstarch and 1/4 tsp salt. Cook until boiling, stirring constantly. Boil a few minutes. Pour into shallow pan and let cool.

---

### Vanilla Pudding

Combine in heavy saucepan:

**2/3 cup dry milk solids**

**1/4 cup water**

Add:

**1 1/2 cups hot water**

Place over low heat. In a small bowl, beat together:

**1/4 cup sugar**

**5 tsp. Flour**

**1/4 tsp salt**

**2 egg yolks**

**1/4 cup water**

Pour egg mixture into hot milk, stirring constantly until thickened. Cook 2 minutes over low heat. Remove from heat and add:

**1 tsp. Vanilla**

Cook 10 minutes. Fold in:

**2 stiffly beaten egg whites**

Variation: Add 2 tsp cocoa and increase sugar to 1/3 cup.

---

### vanilla pudding

**2 tablespoons cornstarch**

**3 tablespoons sugar**

**1/4 teaspoon salt**

**2 cups milk**

**3/4 teaspoon vanilla extract**

Mix cornstarch, sugar, and salt. Add 1/4 cup milk. Stir until dissolved. Scald remaining milk. Add to sugar mixture. Cook over hot water, stirring constantly until thick. Cover. Cook 10 minutes. Add vanilla extract. Chill.

---

### chocolate pudding 1

**2 bittersweet chocolate bars**

**1/2 cup butter**

## DESSERTS

Melt the chocolate slowly with the butter. Cool or chill and beat until fluffy.

---

### chocolate pudding 2

**2 cups milk**  
**100 g chocolate (Nestlé or Noir)**  
**3 tablespoons cornstarch**  
**1/4 cup sugar**  
**1/4 teaspoon salt**  
**1/4 cup cold milk**

Scald milk and chocolate in double boiler. In a small bowl, mix cornstarch, sugar, and salt. Add 1/4 cup cold milk to cornstarch mixture and stir until smooth. Add cornstarch mixture to chocolate mixture. Cook 15 minutes over hot water, stirring constantly until thick. Chill.

---

### chocolate pudding 3

*Peace Corps Gabon*

**1 tin sweetened condensed milk**  
**1/4 teaspoon salt**  
**2 cups water**  
**1/2 cup cocoa**  
**3 tablespoons flour**  
**1 teaspoon vanilla**  
**3 tablespoons butter**

Heat together milk, salt 1+1/2 cups water, and cocoa. Dissolve 3 tablespoons of flour in 1/2 cup water and add to cocoa mixture. Cook until thick, about 10 minutes. Take off heat and add 1 teaspoon vanilla and 3 tablespoons butter.

---

### Denver chocolate pudding

*Peace Corps Tonga*

**3/4 cup sugar**  
**1 cup flour**  
**2 teaspoons baking powder**  
**1/4 teaspoon salt**  
**2 tablespoons butter**  
**1 oz. (30 g) unsweetened chocolate (or 3  
tablespoon cocoa)**  
**1/2 cup milk**  
**1/2 teaspoon vanilla**  
**4 tablespoons cocoa**  
**1 cup sugar**  
**1+1/2 cups cold water or cold coffee**

Preheat oven to 350°F (180°C). Sift together the 3/4 cup sugar, flour, baking powder, and salt. In a saucepan, melt butter and chocolate together over hot water. Add butter mixture to flour mixture, then stir in milk and vanilla. Pour into buttered baking dish (about 9" x 9"). Sprinkle 1 cup sugar

and 4 tablespoons cocoa over the top. Pour water (coffee) over all. Bake 40 minutes. Let stand at room temperature and serve cold, but not chilled.

---

### chocolate mousse

**6 oz. (3/4 cup or 180 g) chocolate pieces**  
**dash of cinnamon**  
**5 tablespoons boiling water**  
**4 eggs, separated**  
**2 tablespoons brandy or rum**

Put chocolate and cinnamon into blender. Add boiling water immediately. Blend until chocolate is melted. Add egg yolks and rum. Blend. Scrape down sides of bowl while blending. With blender running, add egg whites and continue to blend until color is uniform. Pour into a decorative bowl, mold, or individual serving cups. Chill for at least 4 hours. Top with whipped cream. Serves 4.

---

### tapioca pudding

*Peace Corps Tonga*  
**3 cups milk**  
**3/4 cup finely grated manioc**  
**1 egg**  
**1/4 cup sugar**  
**1 teaspoon salt**  
**1 tablespoon butter**  
**1 teaspoon vanilla**

Heat 2+1/2 cups milk and add manioc. Cook until manioc is dissolved. (This takes from 20-30 minutes.) Beat egg with 1/2 cup milk, sugar, and salt. Slowly add to the manioc mixture, mixing well. Cook 2 to 3 minutes, remove from heat. Add butter and vanilla and stir.

---

### chocolate tapioca pudding

*Peace Corps Tonga*

***Tapioca Pudding***  
**1/2 cup unsweetened cocoa**  
**1/4 cup sugar**

Prepare *Tapioca Pudding* as above, but add 1/2 cup unsweetened cocoa and 1/4 cup sugar.

---

### bread pudding with lemon sauce

*Peace Corps Tonga*

**2 eggs**  
**1/2 cup sugar**  
**1/8 teaspoon salt**

## DESSERTS

**2 cups milk**  
**1 teaspoon vanilla**  
**2 slices bread, buttered and cubed**  
**1/2 teaspoon nutmeg**  
**Lemon Sauce**

Mix eggs, sugar, and salt. Stir until sugar is dissolved. Add milk, vanilla, and bread. Sprinkle nutmeg on top. Put casserole into a pan filled with 1" hot water. Bake at 350°F (180°C) for about 1 hour. Test with a knife for doneness. Serve with *Lemon Sauce*.

---

### banana pudding

*Peace Corps Gabon*

**2 cups water**  
**10 sugar cubes, crushed**  
**3 tablespoons cornstarch**  
**1 pinch of salt**  
**1 teaspoon vanilla**  
**4 heaping tablespoons NIDO**  
**2 overripe, mashed bananas**  
**squeeze of lemon**  
**(dash of rum, optional)**

Combine water, sugar, cornstarch, salt, vanilla, and NIDO in a measuring cup and pour through strainer into a saucepan. Cook until thick, then add bananas, lemon, and rum. Cook a few minutes more.

---

### banana bread pudding

*Peace Corps Gabon*

**1 stale baguette soaked in 2+1/2 cups milk**  
**3 eggs, beaten**  
**juice of 1 lemon**  
**zest of 1 lemon**  
**1 small glass of rum**  
**1/4 cup (50 g) butter**  
**1/4 to 1/2 cup (50-100g) sugar**  
**4 bananas, mashed**  
**nutmeg and cinnamon to taste**

Mash up bread in the milk and add the remaining ingredients. Mix well and bake in a greased pan for 30 minutes in a medium oven until done.

## Ice Cream

---

### ice cream 1

**1 can *lait sucré***  
**1 can *lait non-sucré***  
**water**

Mix both cans of milk. Add enough water to make a total of 2 cups milk. Put in freezer. When half frozen beat in flavoring and freeze until hard.

---

### vanilla ice cream 1

**Ice Cream 1**  
**grated vanilla bean or vanilla flavoring**

Make *Ice Cream 1*, as indicated above, but flavor with grated vanilla bean, or vanilla essence.

---

### mint chocolate chip ice cream 1

**Ice Cream 1**  
**chocolate bar (dark chocolate), chopped**  
**mint flavoring**

Make *Ice Cream 1*, as indicated above, but add the chopped up chocolate bar and mint flavoring.

---

### coffee ice cream 1

**Ice Cream 1**  
**1 teaspoon instant coffee (Nescafé)**

Make *Ice Cream 1*, as indicated above, but add in 1 teaspoon instant coffee.

---

### praline ice cream 1

**Ice Cream 1**  
**1+ cups sugar**  
**pinch of salt**  
**chopped nuts**

Make pralines by rubbing a heavy frying pan with butter. Add 1/2 cup sugar and put over medium heat. Stir constantly until sugar melts. Add more sugar by 1/2 cupfuls and stir as before until you have as much clear brown sugar syrup as you need. Add a few grains of salt. Add chopped nuts. Cool and roll with a rolling pin, to crush into small bits. Add this to *Ice Cream 1*, as described above.

---

### fruity ice cream 1

**Ice Cream 1**  
**mashed fruit**

Make *Ice Cream 1*, as indicated above, but add mashed papaya, banana, mango, or pineapple.

---

### ice cream 2

*Peace Corps Gabon*

1 package of gelatin  
 1/4 cup cold water  
 1/4 cup boiling water  
 1+1/2 teaspoons vanilla  
 2 cans unsweetened condensed milk

Soften gelatin in cold water. Add boiling water and stir until completely dissolved. Add vanilla, 1 can milk, and 2/3 cup water and mix. Freeze until sludgy. Chill the other can of milk. Whip until stiff. Beat in sludgy condensed milk and freeze.

---

## chocolate ice cream 2

*Peace Corps Gabon*

**Ice Cream 2**  
 4 to 6 tablespoons cocoa

Make *Ice Cream 2*, as indicated above, but add 4 to 6 tablespoons cocoa just before freezing.

---

## ice cream 3

*Peace Corps Gabon*

3 cups NIDO  
 3 cups water  
 1 package Knox gelatin  
 1/2 cup cold water  
 1 cup sugar  
 1 tablespoon vanilla  
 (candy bar or chocolate, optional)

Mix NIDO in water. Dilute gelatin with cold water. Add sugar and bring to boil. Add vanilla. Beat gelatin mixture with milk mixture and put in freezer. Take out from time to time and beat. Add candy bar/chocolate pieces if desired. Freeze until firm.

---

## banana ice cream

*Peace Corps Tonga*

4 large bananas  
 pinch of salt  
 1/2 cup sugar  
 lemon juice  
 1/2 pint evaporated milk  
 1/4 cup *Oat Crisp*

Mash bananas. Add salt, sugar, and lemon juice. Thoroughly chill milk. Whip it until soft peaks form. Fold banana mixture into whipped milk. Fold in oat crisp. Freeze.

## Frozen Yogurt

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### frozen yogurt

1+1/2 liters plain yogurt  
 1 sachet *sucre vanilliné*  
 (sugar, optional)

Mix all ingredients. Freeze in a hand-cranked or electric ice cream freezer, or put in your freezer and stir every half hour until frozen solid. Make frozen yogurt with fruit, if desired. We suggest puréed banana, mangoes, pineapple, canned peaches, blueberries, etc.

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### honey-lemon frozen yogurt

1/3 cup honey  
 2 tablespoons lemon juice  
 1 teaspoon grater lemon rind  
 pinch of salt  
 2 cups plain, whole milk yogurt  
 2 egg whites

In a heavy, enameled or stainless steel saucepan, combine honey, lemon juice and rind, and salt. Cook over medium heat and stir until well blended. Set the mixture aside to cool. Add the yogurt and chill for 2 hours. Then beat egg whites until stiff peaks form. Gently fold them into the yogurt preparation, and churn the dessert in a two-quart freezer, or put it in your freezer and stir every half hour until frozen solid.

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### mango frozen yogurt

*Peace Corps Gabon*

1+1/2 cups freshly pureed mango  
 1+1/2 cups plain yogurt  
 1/2 cup sugar  
 lemon juice to taste

Blend together, chill, and freeze.

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### citron frozen yogurt

*Peace Corps Gabon*

500 ml plain yogurt  
 1 *citron*  
*lait concentré sucré*

Stir citron juice into yogurt. Add *lait sucré* until sweet. Freeze.

## Sherbet and Sorbet

**lemon milk sherbet**

1/4 liter lemon juice  
pinch of salt  
1+1/2 cups sugar  
1 liter milk

Mix all ingredients together and freeze.

**sorbet à la noix de coco**

1 cup (250 g) grated coconut  
2/3 cup (150 g) sugar  
1 cup (200 mL) water  
1/4 cup (50 mL) rum  
1/2 cup (100 mL) coconut milk  
juice of one citron

Combine all ingredients. Let set for 12 hours. Bring mixture to a boil. Let cool. Put in freezer. Stir every hour until completely frozen.

**sorbet à la mangue**

2 cups (500 mL) water  
2/3 cup (150 g) sugar  
1/2 lemon  
1+1/3 cups (300 g) mango pulp

Heat water and sugar in a saucepan. Bring to a boil. Boil for 1 or 2 minutes. Remove from heat. Add lemon juice and mango pulp. Let cool. Put in freezer. Stir every hour until completely frozen.

**mango-honey ice**

very ripe mangos, enough to make 3 cups  
of purée  
1/2 cup water  
2 tablespoons honey  
2 tablespoons lemon juice

Cut mangos in half. Spoon out pulp into food processor, blender, food mill, or mortar. Purée until smooth. Set aside. Combine water and honey in a small saucepan and bring to a boil over medium heat, stirring occasionally to dissolve honey. Reduce heat and simmer for 5 minutes. Remove from heat and cool in a freezer. Blend lemon juice and honey mixture into mango until firm, about three hours. Let stand at room temperature 5-10 minutes to soften slightly before serving. Spoon into bowls or wine glasses and serve.

## Fruit Desserts

**bananas foster**

*Peace Corps Gabon*

4 bananas  
juice of 1 citron  
1/4 cup butter  
1/2 cup brown sugar  
1/8 teaspoon cinnamon  
(1/4 cup chopped nuts, optional)  
(1/2 orange, chopped, optional)  
(1/2 cup rum, warmed, optional)

Slice bananas and toss with citron juice. Melt butter and sugar. Add bananas, sauté until bananas are hot, add cinnamon, nuts, and orange, and sauté some more. Remove from heat and cool slightly. Gently pour warmed rum on top and ignite. Spoon gently until flame goes out. Serve with crêpes (and/or ice cream).

**Pineapple Fritters**

1 pineapple  
1 oz butter or margarine  
sugar  
oil  
4 oz flour  
1 egg  
1 tsp baking powder  
1 cup warm water

Peel the pineapple and cut into slices. Make the batter as follows: Sift the flour and the baking powder into a basin. Add the yolk of the egg and melted butter and one cup of warm water. Beat the batter well. Whisk the white of the egg to a stiff froth and fold into the mixture. Dip a slice of the pineapple in the batter and drop into hot oil. Cook until golden brown and dunk in sugar before serving if desired. The same thing can be done with bananas, plantains, papayas—various fruits.

**Almost Applesauce**

Get several very green mangoes. Boil for 20 minutes or until mushy. Peel fruit. Mash in a bowl. Add sugar and cinnamon to taste.

Rumor has it that green papaya is equally tasty. With Papaya add 4 cloves and 2 Tbsp lime juice and boil for an hour. Discard cloves and serve hot or cold.

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## Papaya Fruit Cream

2 medium papaya  
 1 tbsp. corn flour  
 1 egg yolk  
 juice of one lime  
 1 cup of orange juice  
 3 Tbsp sugar  
 grated coconut

Pell the papayas, halve them and remove the seeds. Slice and arrange in individual bowls and sprinkle with lime juice. To make the cream: dissolve the corn flour in a little orange juice and beat the egg yolks and sugar until pale. Pour this into a small pan with orange juice and corn flour mixture. Bring to a boil and stir until it thickens. Allow to cool and then pour the sauce over the papayas and serve chilled—if possible with grated coconut.

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## Banana Shake

2 ripe bananas  
 sugar  
 ¾ can condensed milk  
 vanilla or vanilla sugar  
 crushed ice (optional)

Mash bananas in a bowl. Add milk while whipping or stirring the bananas until foamy. Add sugar and vanilla to taste. Wrap ice in a bandana and crush in a mortar. Shake ice with banana mix. Chill—with your drink.

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## Mango Mash

Cut up 3 to 4 mangoes in a bowl. Add sugar and cinnamon to taste. Mix well. Can also add roasted peanuts.

## Popcorn

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### popcorn

¾ cup popcorn  
 1+1/2 tablespoon oil

Heat the oil in a large saucepan with a lid on a high flame. Add the popcorn to the hot oil. Once the popcorn starts popping, shake the pot around so everything can finish popping before parts of it start burning.

---

### caramel popcorn 1

*Peace Corps Gabon*

1 bowl of prepared popcorn (see above)  
 12 sugar cubes  
 a little bit of water  
 2 tablespoons of palm oil

Dip each sugar cube individually in a plate of water for one second, just long enough for it to suck up some water. Add the sugar cube to your smallest saucepan. Do that with the rest of the sugar as well and add the oil. Cook the sugar, water, and oil over a medium flame. The syrup will bubble vigorously at first. Eventually the bubbling will slow up and then you need to watch closely and stir often. Eventually it will start to go brown. Now you need to be on high alert, and stir constantly. Just before it achieves the degree of caramelization that you want, remove it from the flame and pour it over the cooked popcorn. You have to move quickly because the caramel will continue to cook even when off the flame, and if it overcooks it becomes bitter. Pouring it over the popcorn is what enables it to instantly cool down. Stir the popcorn quickly so the caramel doesn't all just run to the bottom of the bowl.

---

### caramel popcorn 2

*Peace Corps Zaire*

1 bowl of prepared popcorn (see above)  
 1+1/2 tablespoons butter  
 1+1/2 cups brown sugar  
 6 tablespoons water

Melt the butter and add the brown sugar and water. Stir to dissolve sugar. Bring to a boil. Cover and cook for about 3 minutes, then uncover. Continue cooking until a small amount dropped in cold water forms a solid flat ball. Pour syrup over popcorn and mix gently to coat. Roasted peanuts may be added, if desired.

## Fruit Juices

Chances are good that if you take a juicy fruit and squeeze it, you will then be able to drink the resulting juice. We shouldn't have to write down every single way you can squeeze a juicy fruit to obtain such a result. We've only included real recipes, or situations where there is actually information to be transmitted.

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### general fruit juices

For citrus fruits like grapefruits, lemons, and limes, cut the fruit in half and pull out the seeds. Squeeze out the juice and add water and sugar to taste.

For non-citrus fruits like pineapple, take a juicy one and mash it. Then squeeze it through a cloth or a strainer. Add sugar and water to taste. Serve with mint leaves.

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### lemonade

*Peace Corps Gabon*

**1+1/2 liters of water**  
**25 cubes of sugar**  
**juice of 3 large lemons or 5 small lemons**

Mix all of the ingredients in a 1.5 liter plastic bottled water container (like a Coyah bottle). Shake well and chill.

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### guava juice

Wash and slice guavas. Put in a large pot and half cover the fruit with water. Bring to a boil. Cook until fruit is soft. Strain mixture through a muslin bag. For a weaker juice, add water.

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### pineapple grapefruit juice

**1/2 cup sugar**  
**1/2 cup water**  
**2 cups grapefruit juice**  
**1 cup pineapple juice**  
**1/3 cup lemon juice**

Boil sugar and water for four minutes. Let cool. Add the juices. Chill and serve.

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### pineapple-ginger "beer"

*Peace Corps Gabon*

**several pieces of ginger**

**pineapple skin**  
**1/2 cup sugar**

Wash several finger-length pieces of fresh ginger root very well and chop (skin and all) coarsely. Put ginger in a medium-size saucepan; add all of the skin of one good-size pineapple (chop the skin coarsely first); add about 1/2 cup of sugar (or more to taste) and cover with water. Bring to a boil, lower to a simmer and cook about 30-40 minutes until pineapple is very soft. Cool, strain, bottle, and refrigerate. Dilute with water, if desired.

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### Gnamakudji (Ginger juice)

**2 tsp ginger root, peeled and grated**  
**juice of 2 lemons**  
**1/4 cup sugar**  
**1 liter water**

Mix. Let the juices stand for a while. Pour it through a sieve into glasses, unless you like the bits of ginger. The longer this sits, the stronger it becomes, so you might have to add more water.

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### tomato juice

**2 large cans of peeled tomatoes**  
**1 onion, sliced**  
**several sprigs of parsley**  
**1 teaspoon celery salt**  
**1/4 teaspoon paprika**  
**1/4 teaspoon sugar**

Simmer tomatoes, onion, celery, and parsley for 30 minutes. Strain and season with spices. Serve chilled. If the juice is too thick, add water.

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### Tomato Juice

**3 tsp tomato paste**  
**3/4 cup water**

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### Bissap

**1 bag of bissap leaves**  
**mint leaves**  
**sugar**  
**mint**

Add one medium bag (1 water bag size) of bissap leaves along with mint leaves to 2-3 liters of boiling water. Boil for 5-10 minutes. Let cool. Strain out leaves. Add sugar to taste.

## DRINKS

### Tea

Tea is made by boiling the leaves of a certain tea shrub, *Thea (Camellia) sinensis*. Or so you thought! It turns out you can make a tea by boiling just about anything, nevermind if it's good or not.

---

#### general teas

Once again, you take things (usually off a tree) and you boil them. This clever system works for:

**lemon leaves:** wash them, boil them, let them steep until desired consistency is achieved. Strain.

**dried citrus peel:** dry citrus peel in the sun, boil it, let it steep, strain.

**cinnamon sticks:** boil, steep.

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#### citronelle

Wash citronelle. Boil water. Turn off heat. Drop in leaves. Let steep 5-10 minutes. Serve hot with milk and/or sugar. Eliminate extra steps and just serve it with sweetened condensed milk. May also be served chilled over ice.

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#### iced tea

A drink so obvious, we tend to forget it. Refreshing! Prepare tea using twice the normal amount of leaves. Cool and chill. Serve over ice (made with filtered water) with sugar, lemon, mint leaves, or rum.

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#### sun tea

*Peace Corps Gabon*

Suspend several teabags from the rim of a huge glass jar (or other large, clear container) full of water. Close the container tightly and place it in direct sunlight for at least 4 hours. The longer it sits in the sun, the stronger it gets. Remove the teabags and refrigerate. When serving, add sugar, lemon, and/or crushed mint leaves if you've got 'em.

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#### vava'u constant comment tea

*Peace Corps Tonga*

2 tablespoons orange peel, diced and dried  
1 tablespoon lemon leaves, diced and dried  
8 to 10 whole cloves

1 tablespoon cinnamon  
3/4 cup tea leaves

Dry the orange peel and lemon leaves in low oven. Mix all ingredients together. Pour over boiling water. Let steep for 3-5 minutes to attain full flavor.

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#### CHAI TEA

Hot water  
Tea bag  
Powdered milk  
Sugar  
Cinnamon  
Nutmeg  
Cardamom seeds (if available)  
Cloves  
Allspice

Let tea bag steep in water for a little; add milk and spices. Like the real thing!

### Party Drinks

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#### SPICED WINE

1 box-o-bad-wine  
Cloves  
Cinnamon  
Oranges (juice)  
Sugar  
Experiment with ginger, nutmeg or even pine

Let soak for 24 hours if you have the time (covered or corked). Heat up until just before it starts boiling and serve. Perfect on a cold December night in the Fouta.

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#### Wine

20 Liters water in bucket with lit (not airtight, but very clean!). Heat water and add sugar (2-4 kilos). Add flavor (bissap, mangos, bananas, mint...). Add yeast (1 pkg bakers or brewers, about 7 tsp). Cover for 10 days. Pour through tissue to filter into another bucket. Let sit 7-10 days more. The longer it sits, the better it tastes.

---

#### tea punch

*Peace Corps Tonga*

juice of 2 lemons  
juice of 6 oranges  
2 cups sugar  
3 cups strong tea

## DRINKS

**9 cups water**  
**(2 cans of gingerale, optional)**

Mix all ingredients except gingerale. Chill. Not you, silly, the punch! Add chilled gingerale just before serving. Garnish with mint leaves.

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### **citrus tea punch**

*Peace Corps Tonga*

**1/2 cup sugar**  
**1/2 cup water**  
**1 cup tea**  
**1/2 cup pineapple juice**  
**1/2 cup lemon juice**  
**1 cup orange juice**  
**1+1/2 cups water**

Make sugar syrup with 1/2 cup water and 1/2 cup sugar. Mix all ingredients together. Chill and serve.

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### **pineapple cooler**

*Ghanian recipe, grâce à Peace Corps Zaïre*

**1 pineapple**  
**3 whole cloves or 1 teaspoon ground cloves**  
**peelings from 1/2 orange**  
**1 liter boiling water**  
**sugar**

Wash pineapple well. Cut it in half, then quarters, then eighths. Peel the sections and set the fruit aside. Put the pineapple peelings, 1 cup of the chopped fruit, cloves, and orange peelings into bowl or jar. Add boiling water. Cover and let stand. Meanwhile, eat the rest of the peeled pineapple! After 24 hours, strain the concoction and sweeten to taste. Chill if possible. Great with gin or vodka for fêtes.

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### **pineapple wine**

*Peace Corps Zaïre*

**2 pineapples**  
**1 to 2 kilos of sugar**  
**(yeast, optional)**  
**patience**

Cut out the inside of 2 pineapples, and mash it into a pulp. Add 1-2 kilos sugar (depending on the size of pineapple). Don't add water. Keep covered for 10 days so that air can escape but bugs can't get in (a cloth and rubber band works well). Yeast might help it ferment, but it's not required. Taste after 10 days. If it isn't sweet,

add more sugar. Leave for another 2 weeks, more or less.

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### **sangria**

**2 liters vin d'Espagne ou d'Algerie**  
**1 can of peaches in heavy syrup or 1 cup plain sugar**  
**2 lemons**  
**1 bottle of fruity soda (Orangina, Djino, Fanta)**  
**4 oranges**  
**2 glasses of Grand Marnier or Cointreau**

Drain and slice peaches. Peel oranges and lemons and slice. Mix all ingredients. Refrigerate for at least 3 hours before serving.

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### **eggnog**

**2 cups milk**  
**2 tablespoons vanilla, or zest of a lemon or orange**  
**2 eggs**  
**(ice, crushed, optional)**

Combine all ingredients in a large glass jar. Shake well and chill. Serve with whisky, cognac, or rum. Sprinkle with nutmeg before serving.

Caution: This includes raw eggs.

## Sweet Drinks

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### **hot cinnamon cocoa**

*Peace Corps Tonga*

**4 tablespoons sugar**  
**4 tablespoons cocoa**  
**1/2 teaspoon cinnamon**  
**a few grains of salt**  
**1/3 cup water**  
**4 cups milk**  
**1/4 teaspoons vanilla**

Mix sugar, cocoa, cinnamon, salt and water together in a 2-quart saucepan. Heat quickly to a boil. Lower heat and cook for 3 minutes. Stir in milk and vanilla. Keep hot until ready to serve, but do not boil.

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### **Cocoa mix**

**4 cups powdered milk**  
**1 1/2 cups sugar**  
**1/2 cup cocoa**

## DRINKS

### **1 sachet vanilla sugar**

Store in an airtight container. Keep forever.

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## **smoothies**

**1 cup fruit juice (any flavor)**

**6 ice cubes**

**1 banana**

**1 teaspoon vanilla**

**1 teaspoon honey**

Blend the juice and ice in a blender until the cubes are liquefied. Add fruit, vanilla, and honey. Continue processing until the mixture is smooth. This should yield approximately 2 cups of sweet, delicious fruit shake.

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## **banana milkshake 1**

*Peace Corps Tonga*

**1 ripe banana**

**1 sugar cube**

**1 cup cold milk**

Mash banana and sugar together. Mix (or blend in a blender) with milk.

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## **banana milkshake 2**

*Peace Corps Gabon*

**3 bananas**

**4 heaping spoonfuls NIDO**

**1 sugar cube**

**sucre vanille**

**ice**

**water**

**cinnamon**

**nutmeg**

**(Cerelac or oatmeal, optional)**

Combine all ingredients in a blender.

## APPENDICES

### French Kitchen Vocabulary

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#### fruits and vegetables

.....	<i>fruits et légumes</i>
apple .....	<i>pomme</i>
apricot .....	<i>abricot</i>
avocado .....	<i>avocat</i>
banana .....	<i>banane douce</i>
plantain banana .....	<i>banane plantain</i>
beans .....	<i>haricots</i>
breadfruit .....	<i>fruit à pain</i>
beet .....	<i>betterave</i>
brussel sprouts .....	<i>choux de Bruxelles</i>
bush butter .....	<i>atangas</i>
cabbage .....	<i>chou</i>
celery .....	<i>céleri</i>
cherry .....	<i>cérise</i>
corn .....	<i>maïs</i>
cucumber .....	<i>concombre</i>
eggplant .....	<i>aubergine</i>
grape .....	<i>raisin</i>
grapefruit .....	<i>pamplemousse</i>
guava .....	<i>goyave</i>
lemon .....	<i>citron</i>
lentils .....	<i>lentilles</i>
lettuce .....	<i>laitue, salade</i>
lime .....	<i>citron vert</i>
mandarin .....	<i>mandarine</i>
mango .....	<i>mangue</i>
manioc, cassava .....	<i>manioc, cassave</i>
okra .....	<i>gombo</i>
olive .....	<i>olive</i>
orange .....	<i>orange</i>
papaya .....	<i>papaye</i>
passion fruit .....	<i>fruit de passion</i>
peach .....	<i>pêche</i>
peas .....	<i>petits pois</i>
pepper .....	<i>poivron</i>
pineapple .....	<i>ananas</i>
plum .....	<i>prune</i>
potato .....	<i>pomme de terre</i>
radish .....	<i>radis</i>
raisin .....	<i>raisin sec</i>
rice .....	<i>riz</i>
romaine lettuce .....	<i>romaine</i>
sorrel .....	<i>oseille</i>
soursop .....	<i>corossol</i>
spinach .....	<i>épinards</i>
squash .....	<i>courge, citrouille</i>

strawberry .....	<i>fraise</i>
sweet potato .....	<i>patate douce</i>
taro .....	<i>taro</i>
tomato .....	<i>tomate</i>
water cress .....	<i>cresson</i>
yam .....	<i>igname</i>

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#### herbs and spices

.....	<i>fines herbes et épices</i>
anise .....	<i>anise</i>
basil .....	<i>basilic</i>
bay leaf .....	<i>feuille de laurier</i>
caraway .....	<i>carvi</i>
cardomon .....	<i>cardaomome</i>
cayenne .....	<i>cayenne</i>
chicory .....	<i>chicorée</i>
cinnamon .....	<i>cannelle</i>
chives .....	<i>ciboulette, civette</i>
cloves .....	<i>cloux de girofle</i>
coriander .....	<i>coriandre</i>
cumin .....	<i>cumin</i>
curry .....	<i>curri, cari</i>
dill .....	<i>aneth, fenouil bâtard</i>
fennel .....	<i>fenouil</i>
garlic .....	<i>ail</i>
ginger .....	<i>gingembre</i>
ground hot pepper .....	<i>pili-pili</i>
horseradish .....	<i>raifort à la crème</i>
hot pepper .....	<i>piment</i>
marjoram .....	<i>marjolaine</i>
mint .....	<i>menthe</i>
mustard .....	<i>moutarde</i>
nutmeg .....	<i>muscade</i>
onion .....	<i>oignon</i>
oregano .....	<i>origan</i>
paprika .....	<i>paprika, piment doux</i>
parsley .....	<i>persil</i>
pepper .....	<i>poivre</i>
rosemary .....	<i>romarin</i>
saffron .....	<i>safran</i>
sage .....	<i>sauge</i>
savory .....	<i>sariette</i>
shallot .....	<i>echalote</i>
soy sauce .....	<i>sauce soja</i>
tarragon .....	<i>estragon</i>
thyme .....	<i>thym, serpolet</i>

---

#### meat

.....	<i>viande</i>
brain .....	<i>cervelle</i>
chicken .....	<i>poulet</i>
duck .....	<i>canard</i>
filet mignon .....	<i>tournedos</i>

## APPENDICES

fillet .....	<i>filet</i>
fresh ham.....	<i>jambon frais</i>
goose .....	<i>oie</i>
guinea hen.....	<i>pintade</i>
kidney .....	<i>rognon</i>
lambchops .....	<i>côtelette d'agneau</i>
leg of lamb .....	<i>gigot d'agneau</i>
leg of mutton.....	<i>gigot de mouton</i>
liver slices .....	<i>tranches de foie</i>
partridge.....	<i>perdix</i>
pork roast.....	<i>rôti de porc</i>
quail .....	<i>caille</i>
rabbit.....	<i>lapin</i>
roast beef.....	<i>rosbif</i>
rumpsteak.....	<i>rumsteak</i>
shoulder of lamb .....	<i>épaule d'agneau</i>
shoulder of mutton .....	<i>épaule de mouton</i>
sirloin .....	<i>faux filet</i>
steak .....	<i>steak</i>
stewmeat .....	<i>ragoût</i>
sweetbread .....	<i>ris de veau</i>
tongue.....	<i>langue</i>
top round.....	<i>gîte à la noix</i>
top of sirloin .....	<i>bavette d'loyeau</i>
tripes .....	<i>tripes</i>
veal cutlet.....	<i>côte de veau</i>
veal roast .....	<i>rôti de veau</i>

---

### cooked pork meats

.....	<i>charcuterie</i>
bacon .....	<i>lard fumé, bacon</i>
blood sausage .....	<i>boudin</i>
bologna .....	<i>mortadelle</i>
breaded pig's shanks.....	<i>jambonneau</i>
cold boiled ham.....	<i>jambon de Paris</i>
cooked pork paté .....	<i>rillettes</i>
country style paté.....	<i>paté de campagne</i>
garlic salami.....	<i>saucisson à l'ail</i>
head cheese .....	<i>fromage de tête</i>
liver paté .....	<i>paté de foie</i>
pig's snout.....	<i>museau</i>
rabbit paté.....	<i>paté de lapin</i>
raw cured ham.....	<i>jambon de Bayonne</i>
salami .....	<i>saucisson</i>
salami (edible raw) ....	<i>cervelat</i>
sausage .....	<i>saucisse</i>
spiced sausage.....	<i>andouillette</i>

---

### fish

.....	<i>poisson</i>
bass .....	<i>bar</i>
carp.....	<i>carpe</i>
cod .....	<i>morue</i>

crab .....	<i>crabe</i>
cray fish.....	<i>langoustine</i>
eel .....	<i>anguille</i>
grouper.....	<i>mérou</i>
lobster .....	<i>langouste</i>
mackerel .....	<i>maquereau</i>
mussels.....	<i>moules</i>
oysters .....	<i>huîtres</i>
pike .....	<i>brochet</i>
red gurnet.....	<i>grondin</i>
red snapper.....	<i>rouget</i>
salmon .....	<i>saumon</i>
sardine .....	<i>sardine</i>
scallop.....	<i>coquille St. Jacques</i>
sea bream.....	<i>daurade</i>
sword fish.....	<i>espadon</i>
tuna .....	<i>thon</i>
turbot.....	<i>turbot</i>
white fish .....	<i>colin, capitaine</i>

---

### wine

.....	<i>vin</i>
dry white wine .....	<i>vin blanc sec</i>
palm wine.....	<i>vin de palme</i>
pineapple wine.....	<i>vin d'ananas</i>
red wine .....	<i>vin rouge</i>
sherry .....	<i>xérès</i>
sugar cane wine.....	<i>vin de canne à sucre</i>

---

### cheese and dairy

.....	<i>fromage et crèmerie</i>
Colby cheese .....	<i>Mimolette</i>
cheese spread .....	<i>Vache Qui Rit</i>
cottage cheese.....	<i>fromage blanc battu</i>
cream .....	<i>crème</i>
cream cheese .....	<i>fromage à la crème</i>
goat cheese .....	<i>fromage de chèvre</i>
Mozerella .....	<i>fromage pizza</i>
sour cream .....	<i>crème fraîche</i>
Swiss cheese .....	<i>Emmental</i>
whipped cream.....	<i>crème chantilly,</i> <i>crème fouettée</i>
white Dutch cheese....	<i>Edam</i>

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### nuts

.....	<i>noix</i>
almond .....	<i>amande</i>
coconut .....	<i>noix de coco</i>
hazel nut .....	<i>noisette</i>
peanut.....	<i>arachide, cacahuète</i>
pecan .....	<i>pacane</i>

## APPENDICES

pistachio..... *pistache*  
walnut ..... *noix, noyer*

to bake ..... *faire cuire au four*  
to cook in double boiler... *faire cuire au bain-  
marie*  
to steam cook..... *faire cuire à la vapeur*

---

### sugar

..... *sucre*  
brown sugar ..... *sucre roux,  
cassonade*  
powdered sugar ..... *sucre glace*  
white sugar ..... *sucre*  
honey ..... *miel*

---

### flour

..... *farine*  
cornmeal ..... *semoule de maïs*  
cornstarch ..... *farine de maïs*  
manioc flour ..... *farine de manioc, gari*  
oatmeal ..... *Quaker, flacons  
d'avoine*  
white flour ..... *farine (de blé)*  
whole wheat flour..... *farine de blé complet*

---

### miscellaneous

..... *recueil*  
breadcrumbs..... *chapelure*  
granola..... *muesli*  
instant potatoes ..... *Mousseline*  
baking powder ..... *levure chimique*  
baking soda ..... *bicarbonate de soude*  
yeast ..... *levure boulanger*  
vanilla..... *vanille, sucre vanillé*  
baking chocolate..... *chocolat de ménage*  
milk chocolate ..... *chocolat au lait*  
beef bouillon cubes.... *viandox*  
chicken bouillon cubes... *cubes Maggi, Knorr*  
teaspoon..... *cuillère à café*  
Tablespoon..... *cuillère à soupe*

---

### cooking instructions

..... *directives de  
preparation*  
to peel ..... *éplucher*  
to soak ..... *faire tremper*  
to drain..... *égoutter*  
to boil ..... *faire bouillir*  
to let simmer ..... *laisser mijoter*  
to brown some meat.. *faire dorer de la  
viande*  
to brown the sauce .... *faire roussir la sauce*  
to sauté ..... *faire sauter*  
to cook ..... *faire cuire*

## APPENDICES

### Conversions

#### volume

##### Liquid Measure Volume U.S. Equivalents

1 dash	1/8 Teaspoon
1 teaspoon	8 Dashes
1 tablespoon	3 teaspoons
1 fluid ounce	2 tablespoons
1 cup	8 fluid ounces 16 tablespoons
1 pint	2 Cups 16 fluid ounces
1 quart	2 Pints 4 Cups 32 fluid ounces
1 gallon	4 Quarts 8 Pints 16 Cups 128 fluid ounces

##### More U.S. Equivalents

1/8 cup (0.125)	2 tablespoons
1/4 cup (0.250)	4 tablespoons
1/3 cup (0.333)	5 tablespoons plus 1 teaspoon
3/8 cup (0.375)	1/4 cup plus 2 tablespoons
1/2 cup (0.500)	8 tablespoons
5/8 cup (0.625)	1/2 cup plus 2 tablespoons
3/4 cup (0.750)	1 cup minus 4 tablespoons
7/8 cup (0.875)	1 cup minus 2 tablespoons

##### Liquid Measure Volume U.S. to Metric Conversions

1 US teaspoon	4.928 milliliters
1 US tablespoon	14.785 milliliters
1 US fluid ounce	29.570 milliliters
1 US cup	0.237 Liters
1 US pint	0.473 Liters
1 US quart	0.946 Liters
1 US gallon	3.785 Liters

##### Liquid Measure Volume Metric to U.S. Conversions

1 liter	0.264 Gallons 1.057 Quarts 2.114 Pints 4.227 Cups 33.818 fluid ounces 67.636 tablespoons
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#### weight

##### Weight/Mass U.S. to Metric Conversions

1 ounce	28.350 grams
1 pound 16 ounces	453.590 grams
1 ton 2000 pounds	907.184 kilograms

##### Weight/Mass Metric to U.S. Conversions

1 gram	1/28.350 ounces
1 kilogram	35.274 ounces 2.205 pounds

## APPENDICES

### specific products

#### Other Specific Equivalents

1 kg sugar	168 sugar cubes ≈5 cups sugar
1 cup sugar	30-36 sugar cubes
1 sugar cube	≈1.50 teaspoons sugar ≈0.50 tablespoons sugar

	≈8.00 milliliters sugar
1 cup butter	200 grams butter
1 kg dried red beans	5.50 cups dried red beans
1 kg uncooked rice	5.00 cups uncooked rice
1 pound salt	1-1/3 cups salt
500 grams oatmeal	5 cups oatmeal
500 grams flour	4.4 cups flour

### oven temperatures

Degrees Fahrenheit	Degrees Celsius	Gas Mark	Description	Test
150°F	65°C	0.5	Warm	white paper or white flour will still be white after a few minutes in the oven
200°F	92°C	1.0	Warm	
250°F	120°C	1.5	very slow	
300°F	147°C	2.0	Slow	paper or flour will turn light brown
325°F	165°C	3.0	moderately slow	
350°F	175°C	4.0	moderate	
375°F	190°C	5.0	moderately hot	paper or flour will turn dark brown
400°F	202°C	6.0	Hot	
450°F	230°C	8.0	very hot	
500°F	260°C	10.0	smokin'	

To convert from Fahrenheit degrees to Celsius degrees, subtract 32 and multiply times 5/9.

Multiply Celsius degrees by 9/5 and add 32 to the result to find Fahrenheit degrees.

## APPENDICES

### Substitutions

Item	Amount	Substitution
allspice	1 tablespoon	1/2 tablespoon cinnamon plus 1/2 tablespoon cloves, maybe some nutmeg
Apples or applesauce		Green mangos, guavas or green cooking bananas
baking powder	1 teaspoon	1/3 teaspoon baking soda plus 1/2 teaspoon cream of tartar 1/4 tsp baking soda + 1/2 cup sour milk (decrease liquid called for in recipe by 1/2 cup) 1/4 tsp baking soda + 1/2 Tbsp vinegar or lemon juice used with sweet milk to make 1/2 cup (decrease liquid called for in recipe by 1/2 cup)
Broth, beef or chicken	1 Cup	1 bouillon cube dissolved in 1 cup boiling water
brown sugar	1 Cup	1 cup white sugar plus 2 tablespoons molasses 1 cup white sugar plus 3 tablespoons cinnamon plus 1 teaspoon allspice 1 cup white sugar
butter	1 Cup	1 cup margarine 14 tablespoons oil 7/8 cup lard + 1/2 tsp salt
buttermilk	1 Cup	1 cup milk plus 1 tablespoon vinegar or lemon juice, left standing for 5 minutes 1 cup plain yogurt
cake flour	1 Cup	7/8 cup all-purpose flour plus 2 tablespoons corn flour 7/8 cup all purpose flour
Catsup	1 Cup	1 cup tomato sauce, 1/2 cup sugar + 2 Tbsp vinegar (for use in cooking)
Chili sauce	1 Cup	1 cup tomato sauce + 1/4 cup brown sugar, 2 Tbsp vinegar, 1/4 tsp cinnamon, dash ground cloves, dash allspice
chocolate, unsweetened	1 Ounce	3 tablespoons unsweetened cocoa plus 1 tablespoon oil 1/4 cup sweetened cocoa and reduce the sugar in the recipe by 1 tablespoon
coriander	as required	Anise
Cornmeal		Piléed oatmeal
Cornstarch (for thickening)	1 Tbsp	2 Tbsp flour

## APPENDICES

corn syrup	1 Cup	1/2 cup sugar plus 1/8 cup water or other liquid 1/2 cup honey 1 cup sugar and 1/4 cup liquid (use whatever is called for in the recipe, boiled to syrup) 1 cup honey
cream	1 Cup	1/3 cup butter plus 3/4 cup milk 1 cup evaporated milk, undiluted 7/8 cup milk and 1/2 Tbsp butter or marg.
Cream, whipped		Chill a 13oz can of evaporated milk for 12 hours. Ad 1 tsp lemon juice. Whip until stiff.
eggs	1	add 1/4 teaspoon baking powder and 2 tablespoons more liquid than the recipe calls for 1/4 cup liquid + 1-3 tsp oil + 1 tsp baking powder 2 Tbsp oil + 1 Tbsp water
eggs, in baking	1	1 mashed sweet banana 1 tablespoon cornstarch plus 3 tablespoons water
egg yolks	2	1 whole egg
Flour, self-rising	4 Cups	Add 2 tsp salt and 2 Tbsp baking powder to 4 cups of regular flour
honey	1 Cup	1 cup plus 2 tablespoon white sugar 1 1/4 cups sugar and 1/4 cup liquid (use liquid called for in recipe)
herbs, dried	1/2 teaspoon	1 tablespoon fresh
garlic powder	1/8 teaspoon	1 small clove of garlic
ginger, raw	1 tablespoon	1/8 teaspoon powdered
graham cracker crumbs	as required	any kind of simple cookie
lemon juice	1 teaspoon	1/2 teaspoon vinegar
marjoram	as required	oregano or mint
molasses	1 Cup	1 cup white or brown sugar 3/4 cup brown sugar + 1/4 cup liquid
Mustard dry	1 tsp	1 Tbsp prepared mustard
mustard seed	1 teaspoon	1/2 teaspoon dry mustard
onion powder	1 tablespoon	1 medium-sized onion
raisins	as required	other homemade dried fruits
Shortening, melted	1 cup	1 cup cooking oil
Shortening, solid	1 cup	1 1/8 cups butter or marg (decrease salt called for by 1/2 tsp) 1 cup minus 2 Tbsp lard
sour cream	1 Cup	1 cup plain yogurt 1 cup buttermilk 3/4 cup sour milk and 1/3 cup butter or margarine
spinach	as required	any edible local greens
Sugar, white	1 cup	1 cup honey (decrease liquid called for in recipe by 1/4 cup)
yogurt	1 Cup	1 cup buttermilk, sour milk, or cottage cheese

## APPENDICES

### The Dutch Oven

If you don't have an oven, that doesn't necessarily mean you can't bake. With these directions you can make a little stove-top oven. Sometimes it's called a Marmite oven. There are many different options, so find the one that best suits you. Anything that needs baking can be done in a Dutch oven. It will take some experimentation but is certainly fun. Be creative!

#### Guinea Dutch Oven

##### What You'll Need:

- Large pot with lid to serve as the oven.
- Smaller pot or metal bowl to serve as the baking pan (this must fit inside the larger, leaving room to close it. Be creative. The painted bowls work well. Remember: no plastic handles!
- Sand, small rocks, or empty tomato paste cans (3) to elevate the smaller baking pan. This allows heat to flow all around.
- Any stove or well-made fire with consistent heat.

Place the sand, rocks or cans in large pot. Place large pot covered over heat to "Preheat". After about 5 minutes place the baking dish, pan (whatever you want to bake in or on) into the large pot. Voila! You're baking! Check the goodies often as the temperature is not easy to regulate. Baking takes much less time than in a conventional oven. Rule of thumb for cakes and quiches: when a fork stuck into the middle comes out clean and the edges pull away from the pan, it's done.

#### Basic Dutch

Cut the tops and bottoms out of small tomato paste cans. You'll need enough to cover the bottom of a deep, heavy stew pot. Line the bottom of the pot with cans. Cover the cans with a piece of aluminum foil. Put the cake pan on top of the foil, and pour in the batter or dough. Cover the cake pan with more aluminum foil. Cover stew pot with a close-fitting lid. Put the pot over a low flame. You can usually let it cook for the normal baking time, but sometimes it will need a little bit longer.

#### Julie's Wet Marmite Oven

Use one of the big, heavy, cast aluminum pots that mamas use. It has to be really big to hold a baking pan, and it has to be heavy to hold the heat. It also must have a tight fitting cover. Put a layer of tomato paste cans in the bottom like normal, and then add water to 3/4 the depth of the cans. The water keeps the bottom of the pan from heating up more than the sides, so that the bottom of the pot doesn't blacken or possibly break. Then add whatever it is you're baking in a pan. Make sure the item is tightly covered with tin foil, and then add the cover to the marmite. Cook this setup over a high flame so it cooks more quickly. In effect you will be steaming your baked goods, but they'll get cooked. This method works well for lasagna and also banana bread. It takes a while for the setup to get going, so you'll want to *preheat* your marmite oven! If you're baking something for a long time, you'll need to monitor and replace the water in the bottom of the pan as in a double-boiler.

#### "Waiter, there's *sand* in my oven!"

If you are baking yeast bread or some other item which needs to be baked dry and be uncovered, consider using clean sand in the bottom of the pot to make the bottom heat more slowly and thus make the whole setup heat more evenly. That way you can still use a fairly high flame.

#### Carrie's village marmite oven

## APPENDICES

Advice for a marmite oven on a wood fire: Use a heavy, cast iron pot and fill the bottom with sand. The wood fire works well for an oven because you can get it hot and it doesn't *bouffe* all your gas. Some of you city folks might even want to consider moving your marmite oven outside. It does take a bit of practice to master temperature levels and temperature consistency, but what the hell else are you gonna do all day long?

### **Important Note:**

If you use ANY aluminum cans inside your oven, you will need to fire them once in your Dutch oven to burn off paint and plastic lining, which will otherwise spoil your first attempts. Simply assemble your oven with no food inside, and bake at highest heat for 40 minutes or until it stops smoking. If it stinks, it's working.

## Steamer

The circular bamboo sifter found in the marché makes a good steamer. Place food to be steamed directly on the mesh or put it on a plate, then the plate on the mesh. Fit over pot or pan filled with 2-3 inches of water. Cover sifter and steam.

## Baking Tin

- Used small tomato paste cans make great muffin and cupcake tins
- Used sardine and tuna cans are good for cakes, breads, pies, etc.
- Small pots (that fit in the Dutch oven) also work, especially for larger foods like a small roast or bigger loaves of bread.
- Do not scour your aluminum baking tin. You will end up with gray cornbread. Soaking and scrubbing should suffice.

## APPENDICES

# Preparing and Checking Food

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## eggs

**Selection:** Is the egg fresh? Here's a quick test for rotten eggs: Put eggs in a large bowl of cold water.

- If the egg sinks, it's good.
- If it rises slightly, cook it if you intend to use it.
- If it floats, it's bad. Throw it away.

The other risk you take, if male and female chickens are not always kept separately, is that you'll crack open an egg to find a half-formed chick. But that's the risk you take when you eat the reproductive parts of other animals. This shouldn't happen too often, because most eggs seem to come from medium-scale operations where chickens are separated, and do not come from your neighbor's village chickens.

**Safety:** Eggs vary in quality, especially in Guinea. And salmonellosis is not an imaginary disease, nor is it fiction that eggs are the most common carriers of salmonella. Salmonellosis can best be prevented by thoroughly cooking poultry products such as eggs, by refrigerating prepared foods, and by washing your hands before eating. Eating raw eggs, as in eggnog, is not recommended.

**Hints:** When adding eggs to a hot mixture, avoid curdling by adding a bit of the hot mixture to the eggs first. Mix well, then blend the egg mixture with the rest of the hot mixture.

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## flour

**Hints:** Always sift your flour (twice or more) to remove bugs and weevils, unless you don't mind eating the bugs. The sifter should be very fine so the bugs won't fall through. A sifter is called *un tamis*.

If you have a fridge, store your flour in it. It will keep a lot longer, and without bugs.

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## dealing with chicken

It may be best to first watch someone kill, pluck and gut a chicken before taking this on yourself. However, it can be done and here is how you do it:

- Start by plucking the feathers around its throat. Make a slit in the chicken's neck through the windpipe. Allow the chicken to die a rather quick and seemingly painless death as it bleeds its way out of existence. This is just the way it is done around here.
- In order to pluck the chicken, put it in a bucket and pour very hot to nearly boiling water over it. This is the secret to plucking chickens. Next start removing the feathers. When you are down to the very small feathers and little bits of hair, lay the bird over a fire in order to singe what remains.
- Make a careful slit in the chest area. This is done in order to remove the "food sack" so be careful not to slit the sack. Once the slit is made, remove the sack, pulling gently and working it out slowly.
- Next, cut underneath the shoulder blades to separate it from the body. Make slits on either side of the chicken from the neck to armpits. Grab the front and back of the

## APPENDICES

chicken and pull apart. Should you be successful, you should have in one hand the front part and in the other the spinal cord of the chicken.

- Many people save the heart, gizzard and liver and discard the rest. In order to clean the gizzard, first tap it several times to loosen the contents then make a slit in it length wise and remove the particles by scraping the sides of the gizzard with a knife. Then peel off the skin area inside the sack.
- The heart, liver, and gizzard are edible. They can be used in a sauce, soup, or stuffing, or they can be fried.

Once you have cleaned the chicken of inedible parts and organs, you still need to cut it up in manageable pieces. You could just do it caveman-style, without much formal training. Or you can follow these directions and try to achieve the cuts you're used to from supermarkets:

- Cut off the leg and thigh at the hips.
- Cut off the wings at the shoulders.
- Cut open the body cavity by cutting along the path of least resistance, usually along the ribs. This will separate the breasts from the back and ribs.
- To split the breast, cut through the sternum.

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### cleaning fish

- Check for freshness when choosing a fish at the market (if it is not still flopping around). Make sure the fish has clear eyes, glazed or dark eyes indicate an old fish. Check to see that the gills are closed and when you open them see that they are pink to red. Less fresh fish have gills that are open or starting to open and the color of the gills are starting to go gray.

Cut off the dorsal fins so they won't nick you.

To gut the fish, cut behind the ventral fin (just below the anal vent). Move the knife around and continue cutting towards the head, via the stomach (cut around the guts, rather than through them). When you reach the head, cut around the head fins. Then cut from the top of the head to the main bone. Now you should be able to pull off the head, and the guts should come with it. (If you want to leave on the head, just cut out the gills.) Cut off the tail and scrape any remaining membranes from the gut. Remove any remaining scales and rinse well.

To scale the fish, scrape with a blunt knife or the rounded end of a spoon from tail to head. Scales tend to fly, so you might want to do this outdoors. Rinse the fish. Note: not all fish have scales, so this will not always be necessary.

## APPENDICES

# Culinary Techniques

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## Blanching and Parboiling

These are two very useful techniques in preparing food for cooking. They save preparation time and help produce flavorful and more nutritious meals.

Blanching is a process in which food are covered in boiling water for a brief period of time, usually 1-3 minutes. The technique is most often used to loosen the skin of fruits and nuts so they are easier to peel. It is also helpful in the preparation of some vegetables as it lets them retain more color, flavor and vitamins. To peel tomatoes or fruits, cover with boiling water for 2-3 minutes. Refresh with cold water. Peel skins with a sharp knife.

Parboiling partially cooks foods that require longer periods of grilling, baking or roasting and helps preserve their texture and flavor. After parboiling, foods should immediately be run under cold water to chill thoroughly. This process, known as “refreshing”, stops further cooking.

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## Deep Bath Boiling

This is an especially good way to cook carrots, beets, potatoes, and various other green vegetables. It is quick and efficient way to achieve good texture, color and flavor.

Fill a marmite with enough water so the vegetables can roll around freely once the water begins boiling. Add salt (if desired) and bring the water to a full boil. Drop the vegetables gradually so that the water continues to boil. Begin timing, but do not cover the pot. Remember to always cut vegetables into uniformly sized pieces so they will cook in the same amount of time. Onion, garlic, herbs and spices will all add flavor through the cooking water. When the vegetables are tender, scoop them out with a slotted spoon and you are ready to go.

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## Steaming

In this method, vegetables steam in the water vapor instead of the water itself. Doctors and nutritionists consider this the best way to preserve all that veggie goodness. Just about all vegetables can be steamed.

Boil a pot of water, keeping the water level just below the steaming tray. Place the vegetables on the tray. For even results, arrange vegetables in a single layer and avoid overfilling the pan. Cover the pot and reduce the heat to medium. It is important not to allow the water to boil away. Tender vegetables take 1-3 minutes, sturdy ones need more time.

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## Braising and Stewing

When you slowly simmer a single vegetable in a small amount of stock or liquid, you are braising. Stewing is closely related; with the exception that several differently flavored vegetables are cooked at once in more liquid that is not completely boiled away.

To Braise, start cooking using a saucepan with a little seasoning and enough water to come halfway up the sides of the food. Cover and cook over medium heat until almost tender, then uncover, raise the heat, and rapidly bowl the liquid away, leaving only about a tablespoon of syrupy liquid clinging to the vegetable.

To Stew, fill the pot almost to the top with water and follow the directions for braising. However, at the end, do not raise the temperature to boil the liquid away.

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### Sautéing

When you sauté you are tossing vegetables around in an uncovered pan heated to high temperatures. Any skillet can be used to sauté, although a larger one is preferred to allow more room for the ingredients. Use a tiny amount of oil or a liquid such as water, wine or stock (no more than a quarter of a cup for a large skillet) to begin.

Maintaining a high temperature, add dry uniformly cut vegetables slowly in order to avoid reducing the heat. If you crowd the pan, the ingredients will steam instead of sauté. Shake the pan often or stir continuously with a spatula until vegetables are crisp-tender.

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### Stir-Frying

This is Sautéing, Asian style. High heat and brief cooking are the keys here. A well seasoned wok is preferred, but you can also use a heavy skillet. Cut ingredients into a uniform size and line them up next to the cooking pan in their order of use. Flavoring agents such as garlic and ginger are added first, the longest cooking ingredients (usually carrots and other root vegetables) next, and the shortest cooking ones (green peas, scallions, etc.) last.

Heat a wok until very hot. Add a small amount of oil or liquid and wait about 1 minute or until it begins to bubble and start adding the vegetables. Instead of shaking the pan, keep moving the vegetables with a spatula in between adding other ingredients. Serve immediately to keep a crisp-tender texture.

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### Broiling and Grilling

Broiled and grilled vegetables are cooked by radiant heat, which produces a delicious smoky exterior and a tender interior. Vegetables can be skewered so they don't fall apart. Oil the grill or rack just before cooking. Light coals 30-45 minutes before you plan to cook. When coals are gray, they are hot enough.

Tomatoes, peppers, eggplants, sweet potatoes, mushrooms, whole scallions or sliced onions, leeks, fennel, summer squash, and even snow peas can be grilled. Slice vegetables about ½ inch thick, or into 1 inch cubes for kebabs. Before setting them on the grill, lightly brush with oil or marinade.

Longer cooking veggies (potatoes, winter squash, pumpkin, turnips, etc.) should be parboiled before grilling. Peel and slice them ½ inch thick then boil or steam slices for 5 minutes. Dry, then brush with marinade. Lightly oil whole bulbs or garlic, wrap in foil and place on the side of the grill where the coals are less hot. Cook 30-45 minutes or until soft.

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### How to Cut and Chop

#### Basics

Sharpen the knife before each use

Cut toward the side, not directly towards yourself

Cut round items in half first then put the flat side down on the cutting board

Always keep wrists relaxed

A portable cutting surface is a great help in the kitchen. A wooden cutting board is classic, but it should be replaced when it is cracked. Lots of bacteria love hanging out in cracked cutting boards

## APPENDICES

Keep knives sharp. Food is then easier to cut and you will have less chance to hurting yourself.

Cut away from your self. Cut food on appropriate surface. Avoid cupping food in your hand while cutting.

Hold knife firmly by the handle and adjust hands according to the task for ease and comfort.

### Culinary Jargon

**Julienne:** Match stick-size pieces about  $\frac{1}{8}$  inch thick,  $\frac{2}{3}$  inch long

**Dice:** Small cubes less than  $\frac{1}{2}$  inch on a side

**Chop:** Small, unevenly shaped pea-size pieces

**Mince:** Very finely chopped pieces

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### Cutting Up A Pineapple

Cut off the top and bottom of the pineapple. Slice along the sides with a serrated knife. Once the skin is off, turn the pineapple on its side and slice it into six pieces.

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### Opening a Coconut

Heat oven. Make 2 holes in the coconut using a screwdriver and drain the water. Place the coconut in the oven for 15 minutes to that the "meat" contracts away from the shell. Check the coconut by smelling it to ensure that it is not spoiled. Pry the meat away from the shell.

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### Extracting Milk from a Coconut

Pound the coconut flesh in a mortar and pestle and pulverize it. It is easier if you grate it first. Put the paste into a bowl and over it with a cup of boiling water. For a thicker cream, use less water. Let it stand for 45-60 minutes. Strain off the liquid and put the paste in cheesecloth or other similar type of cloth or fine sieve. Squeeze the extract for as much liquid as possible. This is the "first" or the "thick milk." This milk is stirred into a dish as the last moment to give it a creamy flavor.

## APPENDICES

### HOUSEHOLD HINTS

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#### General and Miscellaneous

As a double boiler, locals put some water in the bottom of a pot and place a lid for a smaller pot over the water (this lid needs to be big enough to sit snugly about 2/3-3/4 of the way down in the pot).

Large NIDO cans make good wastebaskets. They can also be cut down and used for cake tins.

Medium NIDO cans are good containers for dry goods such as flour, sugar, and beans. A medium NIDO can will hold an entire kilogram of sugar cubes right off the bat, and thus leave all the little ants in the dark as to the whereabouts of your sugar.

Oatmeal cans are good for storing dried goods and to mix and store paint.

Use tuna cans for muffin tins.

Aluminum cans (peas, lentils, tomato paste...) can be used as cookie cutters.

Use small tomato paste cans in marmite ovens and also as mini muffin tins.

Used jars come in handy for storing dried goods (loose tea, herbs) and small quantities of food (leftovers, piment). Mayonnaise, mustard, and jelly jars are the most commonly used.

You can give used jars to local *mamans*. They will be grateful and use them for anything and everything. This is good for times when you don't want to throw away a nice clean jar, but you don't want to keep it either.

A beer bottle or wine bottle makes a good rolling pin.

Coconut shells can be used for salad bowls and ashtrays, if you can open them up without breaking them.

Use evaporated milk instead of powdered for cream sauce: it's creamier.

String 3 calabashes to the ceiling to safeguard your produce.

Use wooden spoons on non-stick surfaces, not metal (it will scrap off the finish).

To protect your pans from rust, wipe them down with a little oil after you wash them.

When making lemonade or orange juice, remember this: 1 large lemon yields about ¼ cup juice and one good-sized orange yields approximately 1/3 cup of juice.

Always store your dried pasta and rice and other whole grains in tightly covered containers (old Quaker oats or Nido cans, Coyah bottles, etc). Also, it is not necessary, but it is a good idea to use them within 5 months.

To keep oil from splattering when you are frying, sprinkle a little flour or salt in the pan before your fry (and if possible dry off excess water from what ever you are frying—that will cut down on the splatter as well).

To make sure your beans aren't tough after you cook them, add salt mid-way through cooking (this might also work for corn).

If you are tired of stinking up your house every time you cook cabbage, just add a little vinegar to the cooking water.

When soaking veggies to clean, never soak them after you've cut them: they will lose much of their nutritional value that way.

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Rule of thumb when cooking veggies that grow above ground: if you boil them, do so without a cover (don't ask me why exactly).

Fresh lemon juice can take away the smell of onion from your hands.

If you try your hand at frying chicken, sprinkle it with paprika to give it a pretty golden brown color (if you are still interested in food presentation, that is).

Note on fish in general: Lemon juice rubbed on the fish before cooking will enhance the flavor. Also, scaling a fish is easier if you rub vinegar on it first.

If you have a real oven: place a small dish of water in the oven while baking breads or cakes to prevent hard or too brown crusts.

If you find that your biscuits are coming out too dry, you might be over handling them, so stop fondling. Another reason could be the oven isn't hot enough.

When boiling corn, add sugar as opposed to salt. Salt tends to toughen the corn, and we all know how tough Guinean corn can be.

To make rice whiter and fluffier, add 1 tsp of lemon juice to each quart of water while cooking.

To get the rocks out of the market rice, use 2 containers and enough water to cover the rice twice over. Swish the rice and water around in the first container and then pour the rice into the second container little by little transferring the water back and forth. When you get down to the last of the rice, either dump it out or pick the rocks out one by one. The rocks are heavier so they will stay with the last of the rice as long as you do it carefully. Repeat the process 2 more times.

To make fish firm and white add a little lemon juice to the water while boiling.

To thicken gravy or sauce, add a well-blended mixture of flour and water (already dissolved) to boiling chicken or beef juices and stocks.

Meat or chicken may be flavored easily by placing it in a paper bag with seasoned flour and shaking well.

Check eggs for freshness by placing them in a bucket or bowl of water. Fresh eggs sink in water and do not move. A semi-fresh egg will stand on end and a very stale egg will float.

To make it easier to peel boiled eggs, immerse eggs in cold water immediately after they have been boiled.

To keep baked potato skins soft and tender, grease the skin with oil or butter before putting into oven.

To obtain a little fruit juice for making jelly (mango), cover parings with water and cook until soft. Use strained juice for making jelly.

To keep tomatoes and other vegetables for weeks, bury them in moist sand or place them in a waterproof container then into a porous ceramic water jug filled with water. This will keep the foods cool indefinitely just make sure to add water as it evaporates.

For easier handling, rinse hands with cold water before shaping meatballs or even fish balls.

For cutting marshmallows, fruits, etc. in small pieces, use scissors.

Rub hands with a slice of lemon to remove vegetable stains from them.

Sometimes egg yolks, when boiled have a grayish color. This only means that they have been overcooked.

When using cooking oil in recipes such as cookies, cut down the amount of oil.

A good source of gelatin is chicken feet for even pigs' feet (if you're in the forest). Just cover the feet in water and boil them until the gelatin forms on the top. Scrape off.

## APPENDICES

Jell-O may be used dry in a fruit salad. Just sprinkle it over the top, or stir the powder into the fruit.

A long round bottle may be used as a rolling pin. The plastic cover of your Volunteer Handbook makes a great flat, non-sticky rolling surface. And jar lids make great cutters for biscuits, cookies, etc.

Salt raises the boiling point for water. Keep this in mind when cooking in high altitudes (like Mali-Ville).

Use empty tomato puree cans (8 oz) for quick measuring.

Keep a can of ashes or sand handy for scouring pans, like a homemade Brillo pad.

Try to choose fresh dried beans to cut down on cooking time.

Hot chocolate mix (or Cola Cao, Nesquik, etc...) can be used in almost any recipe that calls for unsweetened or sweetened cocoa, just cut back the quantity of sugar.

Sour cream can supposedly be made by mixing 1 Tbsp vinegar and 1 cup cream and letting it stand.

*Lait caillé* can be used in any recipe that calls for sour milk.

The corn couscous that you find in most of the markets can be used instead of corn meal, just keep in mind that it is moister.

To keep brown sugar from hardening, place it in a glass jar with a tight fitting lid. A piece of bread or apple may be put inside the waxed paper in the box or inside the jar.

To avoid unpleasant odors while cooking cabbage, onions, or fish, add 1 Tbsp lemon juice or a wedge of lemon with skin on.

To avoid "boil over" while cooking macaroni or spaghetti, add 1 Tbsp cooking oil or shortening to the water.

To prevent onions from burning your eyes, hold them under water when peeling or slicing them.

If you burn the beans, quickly transfer the part that isn't stuck into another pan and add enough water to complete the cooking.

If you burn the pudding, add a small, peeled, whole onion and cook for a few minutes. The onion will absorb the burnt taste.

If tomato purée is too strong add a little bit of sugar and grate a raw carrot into the sauce.

If you put in too much salt to gravy or soup, add cut-up raw potato. This may absorb some of the excess salt

To clean food-encrusted pans, fill them with water. Heat water to boiling and allow water to boil for at least 15 minutes.

Never scrub the inside of a pot with scouring powder; use salt instead.

Place a marble in your teapot to prevent lime from forming on the inside. If you already have lime in your pot, wipe out as much as possible, then boil vinegar on the inside. Rinse well.

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### **baking powder, baking soda**

**Baking soda** is sodium bicarbonate, a useful compound in cooking, medicine, and industry. Baking soda appears in antacids, which try to relieve excess stomach acid. The moral of the story is that baking soda and acid neutralize each other, sometimes dramatically. Remember baking soda and vinegar volcanoes in grade school?

## APPENDICES

**Baking powder** is a fine white powder used in baking that gives off carbon dioxide bubbles when wetted. All types of baking powder are composed of baking soda, a starchy powder, and acid-forming ingredients. The starch keeps the other two powders dry and prevents them from acting until wetted. When wetted, the baking soda reacts with the acid-forming ingredients to produce carbon dioxide bubbles.

**Cream of tartar** is a powder of tartaric acid. Tartaric acid often plays the role of acid-forming ingredients in baking powders. Sometimes a recipe might call for cream of tartar and baking soda. But don't be fooled—that's just a recipe for baking powder!

Usually we use water or milk and baking powder in baked goods. But you can also use sour milk and baking soda because the sour milk already has acid in it. The same is true of other acid ingredients like vinegar and citrus juice.

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### KNOW WHAT'S IN YOUR FOOD

**Vitamin A:** Whole milk, cheese, eggs, liver, butter, dark greens and vegetables, yellow vegetables, whole grains, fruit, tomatoes and fortified margarine.

**Vitamin C:** Citrus fruits and juices, tomatoes and tomato juice, raw cabbage, potatoes, green peppers, other raw vegetables and fruits.

**Vitamin D:** Egg yolk, whole milk, butter, fish liver oils.

**Vitamin B (Riboflavin):** Milk, whole or skim; liver, cheese, eggs, fish, beef muscle, green vegetables, whole grains and enriched cereals, breads, nuts, peanut butter, fruits and vegetables.

**Niacin (Nicotinic Acid):** Yeast, liver, peanuts and wheat germ.

**Vitamin K (Potassium):** Wide distribution, especially green leaves and bananas.

**Folic Acid:** Green leafy vegetables, liver, kidney and yeast.

**Calcium:** Milk, cheese, and green vegetables.

**Phosphorus:** Milk, cheese, meat, beans, and cereal grains.

**Iron:** Liver, lean meat, green vegetables, peas, potatoes and dried fruits.

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