

## Recipe Project Page



### JOLLOF RICE



*Jollof rice comes from West Africa and is thought to be named after the Jollof region of Senegal. "Jollof" always means the rice is cooked in the dish rather than separately.*

#### Ingredients

- 1 chicken, cut up
- 2 small cans tomatoes
- 2 cups (500 ml) water
- salt & pepper to taste
- 1 cup (250 ml) uncooked rice
- ¼ tsp (1.25 ml) *each* cinnamon & ground red pepper
- 3 cups (750 ml) coarsely shredded cabbage
- 1 cup (250 ml) sliced green beans
- 2 onions, sliced

#### Directions

Heat chicken, tomatoes (with liquid), water, salt, and pepper to boiling in a large pan. Reduce heat. Cover and simmer 30 minutes. Remove chicken. Stir in rice, cinnamon, and red pepper. Return chicken to pan. Add remaining ingredients and return to boil. Reduce heat, cover, and simmer until chicken is done, 20 to 30 minutes.



### YAMS



*Yams are grown in many sections of Africa and are the main food source for many African families.*

*Yams are common in West and Central Africa. They can be boiled or fried. In Nigeria a fried yam snack food is called "small chop."*

#### Boiled Yams:

Peel yams and place in a pan with water to cover. Add a small amount of salt and bring to a boil. Cook until tender. Drain. Mash with sugar and butter to taste.

#### Fried Yams:

Peel yams and slice. Fry in hot oil. Make sure they are cooked on the inside. Place on paper towels to soak up excess oil. Serve in small paper cups.



### BANANA CAKE



*Bananas baked with brown sugar, fruit juices, and coconut provide a welcome refreshment after a spicy African meal. This recipe is from Fhana, and its African name is "akwdu."*

#### Ingredients:

- 5 medium bananas
- 1 Tbsp. (15 ml) butter
- 1/3 cup (80 ml) orange juice
- 1 Tbsp. (15 ml) lemon juice
- 3 Tbsp. (45 ml) packed brown sugar
- 2/3 cup (160 ml) shredded coconut

#### Directions:

Cut peeled bananas crosswise into halves; cut each lengthwise in half again. Arrange in greased pie plate. Dot with butter and drizzle with juices. Sprinkle with brown sugar and coconut. Bake at 375° F (190° C) until coconut is golden, 8 to 10 minutes.