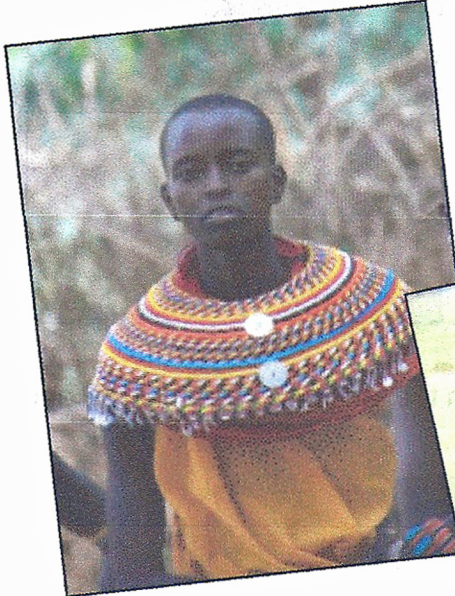




AFRICA

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*Betsy Kehoe
Robyn Clever*



*Mari Donnelly
Rita Janda*



Dawa (African Cocktail)



“Dawa means "medicine" or "magic potion" in Swahili. In other words, a dawa is said to be so potent that it will cure whatever ails you. The recipe is based on a famous Brazilian drink that was introduced to Kenya. It is now one of the most widely consumed cocktails in Kenya and has spread through out North and South Africa (especially in touristy regions). Recipe compiled through different sources while researching African Beverages. Enjoy!”

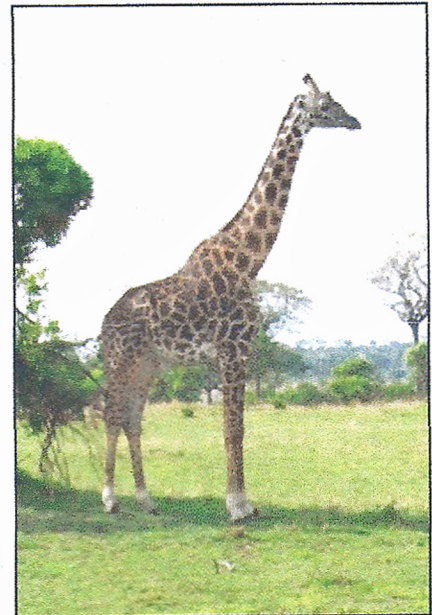
- Prep Time: 5 mins
- Total Time: 5 mins
- Servings: 1

Ingredients:

- 1 teaspoon sugar or 1 tablespoon brown sugar
- 2 fluid ounces vodka
- Crushed ice cubes
- 1 whole limes, quarter with skin on
- 1 dawa sticks, twisted in creamed honey

Directions:

1. Put lime and sugar into a whisky tumbler.
2. Crush limes slightly, add ice and pour in the vodka.
3. At this point you twist a dawa stick into some honey and add the stick to the drink. A wooden honey stick or other type of stick twisted in honey will work.
4. Muddle limes with dawa or honey stick. The more you crush the limes into the mixture and stir the sweeter the taste.



Moroccan Spicy Shrimp

This recipe is very quick, and very easy and takes less than 15 minutes to make. What makes this dish Moroccan is the fact that you cook the spices in olive oil for a minute or two to bring up the aroma, then you flash-cook the shrimp in the spicy oil. This recipe serves 2-3 as a main course, 4-5 as a starter.

Prep Time: 10 minutes **Cook Time:** 10 minutes **Total Time:** 20 minutes

Ingredients:

1 lb large, peeled deveined shrimp
3 finely chopped garlic cloves
4 T. olive oil
2 t. paprika
1 T. ground coriander
1 T. ground cumin
1 t. ground ginger
1 t. cayenne (less if you want it milder)
Salt
Juice of a lemon



Preparation:

Salt the shrimp well and set aside for 10 minutes. Heat the olive oil in a large frying pan over medium-high heat for 2-3 minutes, then add the garlic. Turn the heat down to medium and saute the garlic for 1-3 minutes -- don't let it burn.

Add all the ground spices and stir well to combine. Cook this, stirring often, for 2 minutes. Turn the heat up to high and add the shrimp. Stir to combine and cook, stirring constantly, until the shrimp turn pink. This shouldn't take more than 4-5 minutes.

Turn off the heat, add the lemon juice and toss to combine. Serve at once.

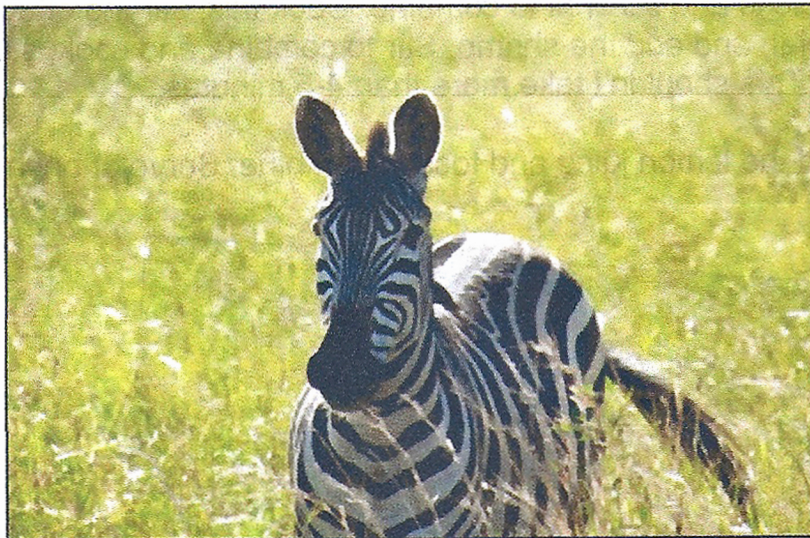


Roasted Tomato and Peanut Soup

½ cup shelled, dry roasted peanuts
750 ml chicken stock
Salt and pepper
1 tablespoon Tabasco
3 large tomatoes, blackened over the fire, then chopped
1 large onion, blackened over the fire, then thinly sliced
½ cup peanut butter
¼ cup soy sauce
¼ cup brown sugar
¼ cup finely diced ginger
1 can, 14.5 oz., coconut milk
1 cup coconut powder - pulse finely shredded coconut in food processor to make powder
½ cup chopped cilantro leaves
Freshly chopped parsley

Place peanuts on a board and chop roughly. In a large saucepan sauté the onions. Add the tomatoes, stock, salt, pepper, Tabasco, peanut butter, soy sauce, brown sugar, ginger, coconut milk, coconut powder, cilantro, and parsley. Simmer for 15 minutes. Blend the soup until smooth and simmer for a further 15 minutes. Check seasoning. Garnish with chopped peanuts.

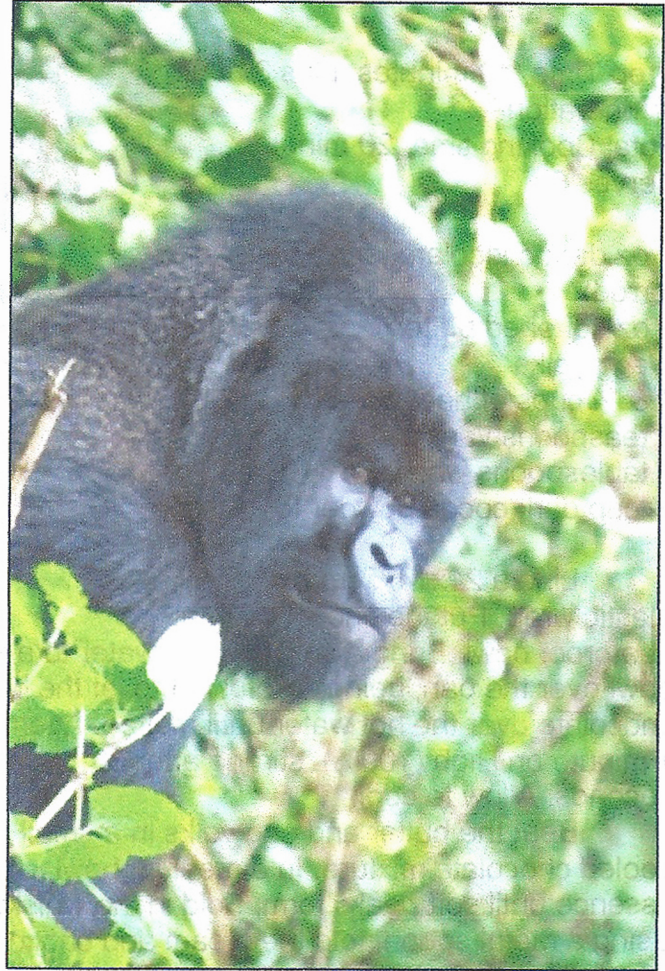
Serves 10



Bobotie

1 cup strongly brewed Black tea
½ cup raisins
½ cup dried apricots
2 tbsp canola oil
2 cloves finely chopped garlic
1 large, finely chopped yellow onion
2 tsp. ground turmeric
2 tsp ground coriander
1 tsp cayenne pepper
½ tsp cumin
½ tsp ground fenugreek leaves
½ tsp black pepper
½ tsp ground fennel
Kosher salt to taste
2 tbsp apple cider vinegar
8 oz ground beef
8 oz ground lamb
2 slices of bread, soaked in milk
2 eggs
¼ cup sliced almonds

Heat oven to 350. Combine tea, raisins and apricots in a bowl; let sit for 30 minutes. Drain and reserve 1/3 cup of soaking liquid; set both aside. Heat oil in a large skillet. Add chopped garlic and onion. Cook until slightly caramelized, or about 8 minutes. Add all dried spices. Cook until fragrant...about 1 minute. Add reserved soaking liquid and vinegar and remove from heat and transfer to a large bowl. Soak day old bread slices in milk and squeeze out extra liquid. Break into bowl. Add ground lamb and ground beef, and eggs and mix all until evenly combined. Transfer to foil lined baking sheet and shape into an 8 x 4" loaf. Press sliced almonds onto the top. Bake at 350 until thermometer reads 160 degrees...about 40 minutes. Serves 8



BEETS AND PINEAPPLE

1 can beets
1 can pineapple
1 tbsp. vinegar
3 tbsp. brown sugar
Salt
Cornstarch

Pour off at least half of the beet juice. Place beets and juice, pineapple and juice in saucepan and heat. Pour hot juice in another saucepan and add vinegar, brown sugar and dash of salt. Thicken with cornstarch and pour over beets and pineapple.

Chocolate Whiskey Loaf

Prep Time: 10 minutes, plus 3 hours refrigeration
Total Cooking time: 20 minutes
Serves 6

8 oz dark chocolate (semi sweet preferred)
2 oz softened butter
4 egg yolks
1 & ¼ cups of heavy cream
2 teaspoons vanilla
2 tablespoons whiskey
¼ cup dark cocoa powder for dusting



Line a 21x14x7cm loaf tin with plastic wrap. Put the chocolate in a heatproof bowl. Bring a small pan of water to a simmer, remove from the heat and place the bowl over the pan, being careful not to let the bottom of the bowl touch the water. Stir the chocolate over the hot water until melted. Alternatively, melt the chocolate in the microwave for 1 minute on High (100%), stirring after 30 seconds. Allow to cool.

Beat the butter and egg yolks in a small bowl until thick and creamy, then beat in the cooled chocolate mixture. In a medium bowl, using clean beaters, beat the cream and vanilla essence until soft peaks form. Fold in the whisky.

Using a metal spoon, fold the cream and chocolate mixtures together until just combined.

Pour the mixture into the prepared loaf tin, cover the surface with plastic wrap and freeze for 2-3 hours or overnight, until firm. Remove from the freezer, un-mould and carefully peel away the plastic wrap. Smooth the wrinkles on the surface of the loaf using a flat-bladed knife. Place on a serving plate and dust with cocoa.

If not serving immediately, return to the freezer for up to 1 week. Cut into slices to serve. Can be served with extra cream and dessert wafers. This dessert is eaten firm, but it will not freeze as hard as ice cream because it contains



Above: Sweet potato chips with humus
Left, top to bottom: Moroccan Spicy Shrimp,
Roasted Tomato and Peanut Soup,
Chocolate Whiskey Loaf
Below: Bobotie, Beets and Pineapple,
Coconut Rice