



**Nadiya
Hussain**



Doi Chira

Course : Breakfast

Cuisine : Indian

Prep time : 5 minutes

Process time : 5 minutes

Total time : 10 minutes

Ingredients:

- Poha - 1 cup
- Curd - 1/2 cup
- Grated coconut - 1/2 cup
- Sugar - 1 tsp
- Banana - 1
- Pumpkin seeds - 1 tsp
- Melon seeds - 1 tsp

Instructions:

1. Wash and drain poha
2. In a mixing bowl, add soaked poha, sprinkle sugar on it
3. Add curd, grated coconut, banana, pumpkin and melon seeds
4. Mix everything and eat



Cornmeal porridge

INGREDIENTS :

- 1 cup fine yellow cornmeal
- 3 cups of water
- 1 cup milk
- $\frac{1}{4}$ teaspoon nutmeg
- sugar to taste or fat-free condensed milk
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon cinnamon
- 3 tablespoons fat-free condensed milk or sugar to taste
- 1 teaspoon vanilla extract

METHOD:

1. Mix cornmeal in 1 cup water.
2. Bring the remainder of water and milk to boil and stir in cornmeal and salt.
3. Cook for about 10-12 mins.
4. Add nutmeg, cinnamon, and vanilla.
5. Sweeten with condensed milk to taste
6. Serve hot. Ideal for children.



Ingredients

- 3 cups long grain brown rice
- 2 medium tomatoes, chopped
- 1 red bell pepper, chopped
- 1 large onion, chopped
- 2 cloves garlic
- 1 inch ginger, chopped
- 2 teaspoons Cayenne pepper
- 1/4 cup oil
- 2 teaspoons curry powder
- 1 teaspoon thyme
- 2 tablespoons tomato paste
- 2 vegetable bouillon
- 2 1/2 cups water, or vegetable broth

Jollof rice

Instructions

1. Wash the brown rice and set aside. Puree tomato, bell pepper, onion, garlic, ginger, and Scotch Bonnet pepper in a blender until smooth.
2. Heat oil in large pot over medium-high heat. Add pureed sauce from blender, and cook while stirring for about 3 minutes. Add curry powder, thyme, tomato paste, and vegetable bouillon, and cook for another 2 minutes while stirring. Add rice and stir to coat it with the sauce.
3. Add water or vegetable broth to the pot, and salt to taste. Bring to a full boil, then cover and reduce to low heat. Allow the rice to cook until tender and fluffy, usually about 50 minutes. Note that brown rice will need about 45 to 50 minutes to be properly cooked.

Magid Magid



Ingredients

- 1 1/2 cups self-rising flour
- 3/4 cup all-purpose/plain flour
- 1/4 cup maize flour (unga wa sima)
- 2 tsp. salt
- 1/4 cup sugar
- 2 tsp. yeast
- 1/4 tsp. garlic paste
- 1-1 1/2 cups WARM water

Mufo

Instructions

Put all the dry ingredients into a big bowl. Stir together so that everything is well-combined. Then gradually add the warm water whilst stirring. Once it is of a slightly loose-batter consistency, stop adding water and mix the batter very very well using either your hand or a whisk. Cover the bowl with cling wrap and store in a warm area for about 2 hours. The batter will double in size and be filled with bubbles.

Heat a tava or small frying pan. Dab a tissue in some oil and give the surface of the tava/pan a light wipe. Using a serving spoon, scoop up about half a cup of batter and pour it on the pan, trying to shape it so that it is round. Cover the tava/pan using a saucepan lid. Keep the heat on low and let it cook for about 2 minutes. Remove the cover and check the surface of the bread, it should have small bubbles all over. Gently lift and have a peep to check the under-side, if it is nice and brown, flip the mofa over and dab it with about half a tsp. of oil. Cover again and let it cook for another 2-3 minutes or until it looks done. Remove and store in a clean kitchen towel until ready to serve. Continue with the rest of the batter, remembering to give the tava/pan a quick wipe in between mofas!!



Efo Riro

Ingredients

- 2 tbsp Vegetable oil
- 2 Red peppers (tatashi)
- 1 Onion, halved
- ¼ Chili pepper
- ½ cup Water
- 2 tbsp Tomato puree
- 1 tsp Salt
- 1 tsp Curry powder
- 50 g Shrimps
- 120 g Smoked Basha fillet, cut in chunks
- 125 g Fresh spinach

Directions

- 1 In a blender combine peppers, onion, tomatoes and scotch bonnet with 1/2 a cup water. Blend the mixture until smooth but not too smooth.
- 2 Add vegetable oil to a medium-sized saucepan and leave on medium heat for about 5 minutes. Once hot add in the blended mixture and leave for about 10 minutes till it's slightly thickened.
- 3 Put spinach leaves in a medium-sized bowl and add boiling hot water. Set aside for about 7 minutes.
- 4 In a small bowl mix 2 tablespoons tomato puree and 2 tablespoons water to make a paste. Add the paste to the stew mixture along with salt and curry powder. Stir.
- 5 Drain spinach and add cold water. Leave for about 5 minutes then squeeze water and set aside.
- 6 Add shrimps and cut basa fillet to stew and stir till fully combined.
- 7 Add about 1/4 cup of water to stew and leave to cook for about 7 minutes. Then add spinach to stew, stir and leave to simmer for about 7 minutes. Until it produces its own liquid.
- 8 Serve on a plate with eba and enjoy.



Chicken Pelau



Trevor McDonald

Ingredients

200g skinless chicken thigh fillets, cut into pieces

1 lemon, juiced

3 tbsp green seasoning

2 tbsp [soy sauce](#)

2 tbsp sunflower oil

25g dark brown muscovado sugar

125g dried gungo peas, soaked and boiled, or 1 tin, drained

75g pumpkin or squash, peeled and diced

75g carrots, diced

2 cloves garlic, crushed

a few sprigs thyme

10g ginger, peeled and finely grated

2 spring onions, finely sliced

1 scotch bonnet, halved, plus extra sliced to serve

1 tbsp tomato ketchup or tomato purée

1 tbsp gravy browning

400ml tin coconut milk

500g long-grain rice

chopped to make 2 tbsp coriander or chadon beni

Method

STEP 1

Put the chicken and lemon juice in a large bowl. Cover with cold water. Drain. Season with 2 tbsp of green seasoning and the soy.

STEP 2

Heat the oil in a deep pan until hot but not smoking. Add the sugar and cook until it starts to bubble – don't stir. Add the chicken (leave the left-over marinade in the bowl) and brown, stirring to coat. Cover and cook over a medium heat for 5-10 minutes, adding some water if it starts to catch.

STEP 3

Mix in the peas, pumpkin, carrots, garlic, thyme, ginger, onions, scotch bonnet, ketchup, gravy browning and remaining green seasoning, then the coconut milk and 600ml of water. If the liquid isn't dark brown, add extra browning for colour. Season. Mix in the rice. Cover and cook for 20-30 minutes over a medium heat or until the water has evaporated and the rice is tender. Serve topped with the coriander and some sliced scotch bonnet.