

Children's Centre COOK BOOK



CHILDREN'S CENTRE

COOKBOOK

Recipes from the Vacation Programmes

BAKING

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Chin chin
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Achicha dish
Ayaraya
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Yam casserole
Rice balls or yam balls

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Lemonade

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BAKING

Mary Ellen Chijioke & Elisabeth Odenigbo

Recommended gas marks and baking times cannot be taken as absolutely reliable. They depend very much on the different ovens. The recommended baking powder quantities are meant for strong baking powder. They should be doubled if the local usually available baking powder is used. Baking soda can be substituted by baking powder. The cup used is equivalent with a small "Blue Band" tin.

PLAIN CAKE

1 cup + 1 Tbsp. flour	3/8 cup sugar
1 1/2 teaspoon baking powder	1 egg, beaten
1/2 teaspoon salt	1/2 cup milk
1/4 cup margarine	1/2 teaspoon vanilla

Preheat the oven to 375 degrees F (gas mark 4). Grease and flour 8" round layer pan or 6 large cupcake holes. Sift or whisk together flour, baking powder and salt. Cream together shortening and sugar. Add beaten egg. Alternately add dry ingredients and liquids, beating after each addition. Pour into greased pan. Bake about 30 minutes.

Variations:

Caramel:	Substitute brown sugar for white.
Spice:	Add 1/4 teaspoon each cinnamon, cloves and ginger to dry ingredients.
Almond:	Substitute almond flavouring for vanilla.
Orange/Lemon:	Add grated rind of 1/2 lemon to the margarine and sugar. Add its juice after the egg. Omit vanilla.

ECONOMY COCOA CAKE

1 cup sugar	1/2 teaspoon baking powder
3 tablespoons cocoa	2 cups cassava or wheat flour
2 tablespoons butter	1 cup milk
1 egg	1 teaspoon baking soda

Preheat oven to 350 degrees F. Cream butter and sugar with the cocoa. Add the egg. Add flour mixed with baking powder alternately with the milk mixed with baking soda. Bake in greased tin for around 40 minutes. Top with chocolate butter frosting.

COCONUT SPICE CAKE

Virginia Dike

2 cups cassava flour, sifted
1½ tablespoons baking powder
1 teaspoon nutmeg
2 teaspoons cinnamon
1 cup sugar

½ teaspoon salt
1 cup grated coconut
1 cup milk
1 egg, beaten
2 tablespoons melted butter

Mix all dry ingredients, including the coconut together.

Mix the beaten egg with the milk and add gradually to the dry ingredients. Stir in the melted butter and fruit, if used. Pour in a greased tin and bake at 400 degrees F (gas mark 6-7) for about 40 minutes. Add raisens or mixed fruit if desired.

PUMPKIN CAKE

Virginia Dike

½ cup margarine
1¼ cups sugar
2 eggs
2 cups cassava or wheat flour
3 teaspoons baking powder
½ teaspoon cinnamon

½ teaspoon ginger
½ teaspoon nutmeg
½ teaspoon salt
1 cup cooked mashed pumpkin
¾ cup milk
½ teaspoon baking soda

Cream margarine and sugar. Beat eggs and add, mixing well. Sift flour, baking powder, spices and salt together. Blend mashed pumpkin with milk and soda. Add the dry and liquid ingredients alternately to the egg mixture, blending the butter well. Bake in greased tin at 350 degrees F (gas mark 4) for about 40 minutes or until done.

BANANA CAKE

Elisabeth Odenigbo

½ cup margarine (100g)
½ cup sugar (100g)
1 teaspoon vanilla flavour
3 eggs
pinch salt

1 1/3 cups wheat flour (150g)
1 teaspoon baking powder
4 bananas
grated coconut
juice and peel of ½ lemon
icing sugar

Cream margarine, add sugar and eggs. Then add salt, lemon peel and vanilla flavour. Add flour, mixed with baking powder. Fill mixture in a greased tin. Peel bananas, cut in slices, and drop lemon juice on top. Distribute banana slices on the cake mixture. Cover bananas with grated coconut. Put in a preheated oven and bake at gas mark 5-6 for 35-45 minutes. Before serving put icing sugar on top.

PINEAPPLE BALLS (Ananas Balls)

Mrs. Huq

1 1/3 cups flour (150g)
2 eggs
2 teaspoons sugar
4 tablespoons milk

1 tablespoon vanilla
pinch salt
2-3 tablespoons pineapple
icing sugar

Mix eggs with sugar, milk, vanilla. Add salt and flour to form a thick dough. Add the finely cut and well drained pineapple to it. Drop with teaspoon in hot fat and let it bake until brown. Cover with icing sugar when still hot.

PINEAPPLE JAM

Mrs. Huq

1 medium pineapple

juice of 1 lime

1 cup sugar

Cut pineapple into small pieces and blend in blender. Then add pineapple, sugar and lime juice together and boil it for about 30 to 40 minutes.

COCONUT CHIPS

Carmel Emeruwa

1 cup grated coconut
1 teaspoon baking powder

1/4 pint of milk
1 cup wheat flour
2 tablespoons margarine

Toast coconut in a moderate oven for about 10 minutes at 350 degrees F. Keep stirring for even browning. Then allow to cool. Sieve flour and baking powder into a basin. Melt margarine in a saucepan, mix with milk and pour into flour mixture. Add coconut and mix to a smooth paste. Roll thinly on a well floured board and cut into desired shapes. Place on a greased tin and bake by 350 degrees F for about 20 minutes.

MUFFINS

Elisabeth Odenigbo

2 cups flour (225g)
4 1/2 teaspoons baking powder
1/2 teaspoon salt

2 tablespoons sugar (or more)
1 or 2 eggs
1 cup milk
1/4 cup margarine

Preheat oven to gas mark 7 (400 degrees F). Sift together dry ingredients. In a smaller bowl, mix together egg, milk and melted butter. Pour over dry ingredients. Stir only enough to dampen dry ingredients. (The batter should not be smooth.) Spoon into greased bun tins to about 2/3 full. Bake about 15-20 minutes, until golden brown. Serve hot. Makes 12.

- Corn muffins** – Substitute maize meal for ½ the flour and add sugar.
Corn bread – Make as for corn muffins but bake about 25 minutes in a 8" square cake tin.

FRUIT TARTS

Pastry

- | | |
|--------------------------------------|---------------------------|
| 2 cups wheat flour (225g), or | 2 teaspoons baking powder |
| 2½ cups maize meal (280g) | ½ teaspoon salt |
| ½ cup margarine (110g) | cold water, as needed |

Sift together flour, salt and baking powder. If using maize meal, use a very fine sieve, as for *akamu*. Rub in margarine lightly until the texture of moist breadcrumbs. Add cold water a little at a time, stirring lightly with a fork until dough can be formed into a ball. Roll out to 1/8" thickness. Cut in 3" rounds. Put in tart tins. Fill with fruit filling. Bake for 10-15 minutes, until crust begins to get crispy. Makes 15.

Filling

Chop fruit (pawpaw, mango, pineapple, etc.) into small pieces. Add a little sugar to taste and, if available, juice of 1 lemon. For pawpaw, add 1 teaspoon each ginger and cinnamon and ½ teaspoon nutmeg. Cook over medium heat until liquid is boiled off. Cool.

SUGAR COOKIES

- | | |
|----------------------|---------------------------------|
| ½ cup margarine | ¼ teaspoon salt |
| 1 cup sugar | 3 Tbsp milk |
| 1 egg, beaten | 1 teaspoon vanilla |
| 2 cups flour, sifted | grated rind of lemon (optional) |

Preheat oven to 400 degrees F (gas mark 5 – 6). Cream the shortening and sugar. Add beaten egg. Add lemon rind and vanilla. Sift dry ingredients together. Add to shortening-egg mixture alternately with the milk. Flour pastry board lightly. Place about ½ of the dough on the board and roll to 1/8" thickness. Cut and decorate. Place on greased cookie sheet. Bake for 12-15 minutes.

CHOCOLATE GROUNDNUT COOKIES

½ cup margarine
¾ cup sugar
1 egg
1 teaspoon vanilla
1 cup flour, unsifted

1/3 cup cocoa
3/8 teaspoon baking soda
¼ teaspoon salt
1 cup fried groundnuts

Preheat oven to 350 degrees F. Cream margarine, sugar, eggs and vanilla until light and fluffy. Combine flour, cocoa, baking soda and salt. Add to creamed mixture. Stir in groundnuts. Drop by teaspoonfuls onto ungreased cookie sheet OR chill until firm enough to handle and shape small amounts of dough into 1" balls. Place on ungreased cookie sheet and flatten slightly with fork. Bake for 8-10 minutes. Cool 1 minute before removing from cookie sheet onto wire rack.

SCONES

2 cups plain flour, unsifted
4 teaspoons baking powder
a good pinch of salt

1 – 2 tablespoons margarine
2 tablespoons sugar
milk, to mix

Preheat oven to 450 degrees F. Sieve/whisk together flour, salt and baking powder. Rub in margarine. Add sugar. Mix to a soft rolling consistency with the milk. Roll out and cut into required shapes. Put onto tin which can be ungreased. Bake near the top of the oven for approximately 10 minutes until firm to the touch when pressed at the sides.

Variations

Coconut: Add ¼ cup grated coconut to the flour.

Coffee: Blend the dough with a little strong coffee as well as milk. Good for fruit or nut scones.

Fruit: Add 3 – 6 tablespoons dried fruits to the flour.

Honey: Omit the sugar and add ½ to 1 tablespoon honey before adding milk.

Herb: Add ½ – 1 teaspoon dried herbs or up to 1½ teaspoon finely chopped fresh herbs.

JAMAICAN TOTO

Rose Chukwukere

1 coconut
1½ cups sugar, or to taste
burnt sugar (optional)
pinch of salt
nutmeg
1 teaspoon cinnamon

flour
cornmeal (optional)
1 egg
1 teaspoon baking soda
3 teaspoons baking powder

Cut coconut into small pieces, pour into the blender and add some water, then blend it. (Don't pour all the coconut in at once). If you do not have a blender, use a fine grater.

To Make Burnt Sugar

Pour a little bit of sugar into a pot, then heat it for some time until the sugar melts and begins to bubble. The colour then turns brown. Pour in a little warm water and then let it cook for a while. When it is ready it makes a brown-black liquid. Allow it to cool. It can be stored for further use to brown cakes, etc.

Squeeze the coconut out from the liquid and put the liquid aside (like making coconut rice). Add ½ of the chaff from the coconut. Use 4 American cups (i.e. 4 small blue-band cups) of liquid coconut. Then add 1 egg, and sugar to taste (about 1½ cups). Pour in some of the browning (burnt sugar) to any colour of brown you desire (do not pour too much as it is bitter). The mixture should give a nice brown liquid. Add a teaspoon of cinnamon, a pinch of salt and some nutmeg.

Sieve 4 American cups of flour and 1 of cornmeal (usually add 1 cup of cornmeal to 3 cups of flour), 1 teaspoon of baking soda and 3 teaspoons of baking powder into the mixture and turn it. The consistency should be a little thicker than moi-moi.

Light your oven to 350 degrees F (gas mark 4) and grease your tins with margarine or groundnut/vegetable oil. Then pour in the mixture and put into the oven after the oven is warm. Bake until done.

SCANDINAVIAN COFFEE CAKE

Mary Ellen Chijioke

2 eggs
¾ cup warm water (180 ml)
1 tablespoon yeast (15 ml)
4 cups flour, sifted

1 teaspoon salt
2 tablespoons sugar (30 g)
2 cups butter (450 g)
10 cardomom seeds, or
1½ teaspoons cardomom

Beat eggs well. Add water. Dissolve the yeast in the mixture. Let rest refrigerated for 15 minutes. Meanwhile blend with a pastry cutter or by hand the flour, salt, sugar, cardomom and ½ cup butter. In a large mixing bowl, make a ring of the blended flour. Pour the chilled yeast mixture into the centre and work it gradually into the dry ingredients. Knead until smooth, about 2 minutes. Form the dough into a ball and rest it, covered, about 20 minutes in the refrigerator.

Beat the remaining butter until creamy. Roll out the dough lightly into an oblong 3/8 inch (1 cm) thick. Spread the butter over 2/3 of the surface, leaving an unbuttered border ¼ inch wide. Fold the unbuttered 1/3 over the centre 1/3. Then fold the remaining 1/3 over the doubled portion. The dough is now in 3 layers. Swing the layered dough a quarter turn. Roll again to 3/8 inch thick. Fold again as before. Sprinkle lightly with flour, cover with plastic and chill 1½ hours. Allow unwrapped dough to rest on a lightly floured surface about 10 minutes. Twice again roll into a rectangle and fold in 3 layers. Cover and chill at least 2 hours. Then roll it again on a slightly floured surface to 3/8 inch thickness. Cut off any unfolded edges that might keep the dough from expanding.

For pastries, roll the dough to ¼ inch thickness. Cut in triangles or crescents. Spoon filling (see below) on one half. Fold pastry over, leaving an open side if you like. Seal closed sides with a fork, with a little water. Brush on egg yolk beaten with 1 teaspoon water.

To form two rings, divide dough in half. Roll out each half to an oblong about 29" by 11" (74 x 28 cm) Spread with filling. Roll up the dough like a Swiss roll. (This will be easier if you have rolled your dough on a cloth. Otherwise you must keep lifting the dough as you roll to keep it from sticking). Bring the two ends of the roll together, using a little water for glue. Place the ring on a greased baking sheet. With floured scissors held at right angles to the roll, cut gashes about 1" to 2" apart into the outer edges of the ring to within 1" of the inner circle. As you cut, you may turn each partially

cut slice flat onto the tin. Brush the top areas with egg yolk beaten with 1 teaspoon water, being careful not to cover the cut portions.

Cover the ring or pastries with a cloth and let rise about 25 minutes, until doubled in bulk. Meanwhile preheat the oven to 400 degrees F (gas mark 6) for a ring; to 375 degrees F (gas mark 5) for pastries. Bake a ring about 25 minutes. Bake rolls about 15 minutes.

Fillings:

Cinnamon & Nut/raisin: Brush on 2 tablespôons melted butter. Sprinkle on a mixture of ½ cup sugar and 2 teaspoons cinnamon. Sprinkle on ½ cup raisins and/or chopped dry nuts.

Pineapple: Peel, core and chop one pineapple. Place in saucepan with 2 – 4 tablespoons white or brown sugar, grated rind and juice of 1 lemon, and ½ teaspoon cinnamon or ginger. Simmer until thick, about 10-15 minutes. Stir in 1 tablespoon butter. Cool and spread over dough.

Pawpaw: Prepare as for pineapple above, using a combination of cinnamon, ginger and nutmeg. Simmer uncovered to boil off excess liquid.

EASY PUFF PASTRY

Mary Ellen Chijioke

½ cup butter (prefer unsalted)
¾ cup plain flour, sifted

¼ teaspoon salt
¼ cup ice water

For larger amounts make two or more separate batches for easier handling.

Cut the butter in 3 slices. Put on a piece of foil and chill. Sift together flour and salt. Sprinkle the ice water over the flour. Blend with a fork, adding an extra tablespoon (15 ml) of water if necessary to pat the dough into a ball. Put on a lightly floured board, cover with the bowl, and let rest 5 minutes. Knead until smooth and elastic (about 5 minutes). Roll out to make a neat oblong about 11" x 6". Place the pieces of butter on the dough. Fold the dough over to cover the butter. Press the edges firmly. Wrap in foil and chill in the refrigerator at least 30 minutes.

Unwrap the dough and put on the pastry board with the fold to the left. Tap with the rolling pin to flatten the dough and roll it into an oblong 18" x 6", keeping it of even thickness and rolling with long, light strokes. Lift the dough occasionally and dust the board lightly with flour. Fold into three

layers, turn it clockwise so that the fold is not facing you and roll out as before. Wrap in foil and chill. This completes two "turns." Repeat until you have made six turns. Shape, chill, and bake according to the recipe. Pastry can be kept in the fridge for several days or frozen. If frozen, thaw 12 hours before using.

Patty Shells – Roll puff paste into an oblong about 18" x 6". Cut out 12 rounds with a 3" cutter. Remove the centers from half the rounds with a small cutter to make rims and tops. Put the plain rounds on a cookie sheet covered with 2 thicknesses of brown paper. Moisten the edges of the large rounds and set the rings on them. Press gently. Chill at least 20 minutes. Heat the oven to 500 degrees F (gas mark 9). Reduce the heat 50 degrees F every 5 minutes and bake until the shells are well risen and browned (about 25 minutes). Turn as necessary to brown evenly. Fill with creamed chicken, seafood or other rich creamed dish. Cover with caps.

Napoleons – Roll puff paste into a rectangle 6" x 15". Cut into six pieces 6" x 2½". Put on a baking sheet covered with two thicknesses of brown paper. Prick well. Bake 10 minutes at 450 degrees F (gas mark 8). Reduce the heat to 350 degree F (gas mark 3). Bake until well puffed and brown (about 15 minutes longer). Cool. Put together in pairs or in three layers with whipped cream or cream filling. Sprinkle with confectioner's sugar or spread with Portsmouth Frosting. Cut in half with a saw-toothed knife.

CONFECTIONER'S FROSTING (Butter Icing)

2 tbsp. butter or margarine flavouring liquid ½ cup icing sugar

Cream the butter thoroughly. Add the icing sugar and blend well. Add flavouring. Add liquid bit by bit until the mixture is just thin enough to spread.

Vanilla: Add ½ teaspoon vanilla, use hot water.
Chocolate: Add 2 Tbsp. cocoa. Use hot water.
Mocha: Add 2 Tbsp. cocoa. Use hot, strong coffee.
Almond: Add ½ teaspoon almond flavouring. Use hot water.
Lemon/orange: Add 1 grated rind. Use the juice as the liquid.

PORTSMOUTH ICING

¼ cup butter
¼ cup milk or cream

¾ lb. icing sugar
1 teaspoon vanilla or rum

Melt the butter in a small pan. Remove from the heat. Add milk or cream. Beat in icing sugar until thick enough to spread. Beat until smooth. Add vanilla or rum.

PIECRUST (for a 9", 2 crust pie)

1¾ cups plain flour, sifted
1 teaspoon salt

2/3 cup margarine
1/3 cup iced water

Rub or cut margarine into flour until the mixture is in bits like soft breadcrumbs. Sprinkle the cold water over the flour by the tablespoon, stirring it in with a fork until you can pat the dough lightly into a ball. Handle the dough as little as possible and do not knead it. Place the dough in a plastic bag and chill before using.

Note: Work very quickly and with a light touch, so that the fat remains in small lumps in the flour, not mixed fully. In the tropics it helps to have the flour well chilled in the refrigerator or freezer before using and to use every opportunity to re-chill the dough.

PAWPAW PIE

Mary Ellen Chijioke

1 large unripe pawpaw
½ - ¾ cup sugar
¼ teaspoon salt

½ teaspoon cinnamon
½ teaspoon nutmeg
1 tablespoon butter

Preheat oven to 450 degrees F (gas mark 8). Line a 9 " pie pan with pastry. Peel, seed and cut pawpaw into chunks. Put pawpaw into pie shell by layers, adding part of the sugar and spice after each layer. Dot the top of the fruit with butter. Cover with upper crust. Press edges together and make vents for steam. Bake for 10 minutes. Reduce heat to 375 degrees F (gas mark 4) until fruit is tender, about 40 more minutes.

Note: If the pawpaw is too green, it may have a bitter taste which can be avoided by dipping the cut fruit into boiling water for one minute before using in pie. You may also improve the flavour by adding one tablespoon (30 ml) lemon juice to the fruit.

PUMPKIN PIE

1½ cups cooked, pureed pumpkin
1 cup brown sugar (packed)
½ teaspoon salt
1 teaspoon ginger
1 teaspoon cinnamon

½ teaspoon nutmeg
2 large eggs
1 tablespoon melted margarine
2 cups evaporated milk (or mix
powdered milk double strength)

Preheat oven to 325 degrees F (gas mark 2 – 3). Mix the spices, sugar and salt. Add the pumpkin, eggs and melted margarine and gradually stir in milk. Mix thoroughly. Turn into uncooked 10" pie shell. Bake about 1 hour, until set. Cool.

LEMON MERINGUE PIE

Filling

4 tablespoons corn flour
4 tablespoons plain flour
½ teaspoon salt
1½ cup sugar
1½ cups boiling water

1 tablespoon butter/margarine
lemon rind, few gratings
1/3 cup lemon juice
4 egg yolks

Bake a 9" pie shell, pricked and weighted at 450 degrees F (gas mark 8) until well browned, about 12 minutes. Set to cool.

Preheat oven to 425 degrees F (gas mark 7). Mix the corn flour, flour, salt and sugar in the top of a double boiler. Add boiling water. Cook and stir over direct heat until the mixture boils. Set over hot water, cover, and cook 20 minutes. Add butter, lemon rind, lemon juice and slightly beaten egg yolks. Cook and stir until thick. While cooling, make meringue (below). Pile the filling into the shell and spoon the meringue on top spreading well to the edge. Bake until delicately brown, about 5 minutes. Or, bake at low heat (325 degrees F, gas mark 3) for 25 minutes.

Meringue

4 egg whites	2 teaspoons lemon juice, or	salt, a pinch
½ cup sugar (fine)	½ teaspoon vanilla	

Put the eggs in a bowl. Beat with a whisk or egg beater until in soft peaks. Beat in sugar, then lemon juice and salt. Spoon over the pie, allowing to peak naturally.

HUSHPUPPIES

Mary Ellen Chijioke

1 cup (140g) maize meal (*nri oka*)
1½ teaspoon baking powder
½ teaspoon salt

ground red pepper to taste
2-3 Tbsp. finely chopped onion
1 egg
½ cup milk

Sift together with a coarse sieve the maize meal, baking powder and salt. Stir in pepper and onion. Beat together egg and milk. Add to dry ingredients and stir well. Add milk until you can barely form oval cakes or “pones” with your hands. Fry in deep fat heated just to the smoking point, until golden brown. To avoid burning, it is best to lower heat once puppies are in the hot oil, reheating to smoking point between each batch. Makes 6-8.

GRIDDLE CAKES (Scotch/American Pancakes)

1 egg	1 cup flour	½ teaspoon salt
½ cup milk	1 tablespoon baking powder	2 tablespoons sugar
2 tablespoons margarine		

Beat together egg, milk and melted margarine. Sift together dry ingredients and add them to the milk mixture all at once. Stir just enough to dampen flour. Add more milk to make batter thin enough to pour. Put the batter by spoonfuls on a hot, greased heavy griddle or frying pan over medium heat. When bottom is browned and cakes are full of bubbles turn over to cook on second side. Cakes should be firm to the touch when done. Makes about 6 griddle cakes.

STUFFED PANCAKES

Azuka Obidoa

For the batter

2½ cups flour
1 cup milk
2 cups of water
½ cup of sugar (optional)
salt to taste
3 eggs

For the stuffing

2 medium fish (or minced meat, corned beef, sardines, shrimp, vegetables)
2 medium size onions
¼ teaspoon curry powder
maggi cubes (optional)
¼ cup of vegetable oil

1. Clean the fish, cut into small pieces and put into a cooking pot. Add a little water, ½ of the onions and some salt. Boil for 10 minutes. Drain in a sieve and leave to cool. Save the stock.



COOKERY CLASS

From top Left
making chin chin,
coffee cake with
M. Chijioke,
Akara with
G. Anyanwu,
Muffins in the
junior class,
Escovitched fish.





From top Left
 making samosas
 with P. Maduka,
 Cheese balls
 with Dr. Kar,
 Cupcakes with
 E. Odenigbo,
 Chin Chin with
 P. Chineme,
 Jamaican
 cooking with
 R. Chukwukere



2. While the fish is boiling, beat the egg in a bowl, stir in the milk, add the sugar and salt, mix well, add water, mix well, add the flour and stir well. The batter is ready.
3. Mash the fish removing all the bones.. Heat the $\frac{1}{4}$ cup of oil for a short time, add the diced onions and fry until tender and light brown. Add the curry powder, mashed fish and maggi cube, continue to stir. Add some of the fish stock. Simmer for about 3 minutes.
4. Put 2 teaspoons of oil in a dry frying pan on medium heat. Leave for about 1 minute and pour in a cup of the batter. Leave for sometime and spoon in the filling. Then roll the pancake when the underside is golden brown. Lift carefully onto a plate. Repeat this until the batter is finished. (Makes 8).
5. Serve hot garnished with onion rings, tomatoes or lemon slices. It can be served with food drinks or soft drinks.

NIGERIAN DISHES

MOI-MOI (Bean Pudding)

Maria Nwaegbe

Ingredients (for a family of 12)

6 cups of beans	½ pint palm or vegetable oil
2 sizeable onions	3 maggi cubes
5 large red peppers (tatashe)	thyme, curry, nutmeg to taste
1 milk cup of crayfish	fish, liver, kidney or eggs
1 yellow pepper	banana leaves or "uma"
1 finger of ginger	(leaves for wrapping moi-moi)
2 teaspoons of salt	

Soak beans and wash. Remove the bean coats, stones and sand which will settle at the bottom of your basin. Wash all the other ingredients carefully. Grind the beans together with the other ingredients except the spices and the meat, fish or eggs. Steam the meat or fish or boil the eggs. Remove the bones from the fish. Mix the ground beans well, add vegetable or palm oil. Then add warm water. Do not allow your mixture to be watery and do not mix with hot water. Wrap your moi-moi in leaves or fill it in cups and arrange it carefully in your pot, which is already on the fire. Cover the pot. Continue adding water until moi-moi is cooked. Moi-moi is cooked by steaming. To find out if it is cooked, dip a knife into the moi-moi. If nothing sticks to the knife, the moi-moi is done. Moi-moi is served for breakfast with akamu or for supper or lunch with rice.

CORN – COWPEA MOI-MOI

Ada Uwaegbute

- 1 cup bean flour
- 1 ½ cups corn flour
- 2/3 cup palm oil
- 2 medium sized onions – one for moi-moi and the other for vegetable
- salt to taste
- pepper to taste
- 1 bunch green vegetables
- 2 ½ cups hot water

Mix the beans and corn together in a mortar. Add ½ cup of oil first. Add the other ingredients except vegetable. Add salt to taste. Put into moi-moi cups and steam. When this is almost cooked, sauté the vegetable and onions in the remaining oil. When the moi-moi is cooked, cut up with desired shapes, preferably cubes. Mix with sautéed vegetables and serve while still warm.

OKPA

Vero Obi

Bambara groundnuts (5 moi-moi cups)
Palm fruits liquid (10 cups)
Pepper (any amount)

salt (a pinch)
maggi cube
banana or plantain leaves

Put the banana leaves on fire but do not burn. Pick and throw away any stones or chaff from the bambara groundnuts. Grind the nuts with a nut grinder. Sieve the ground bambara beans. Keep the powder and discard the husk. Cook your palm nuts and pound them. Then add warm water to it. Pour your okpa and palm fruit liquid alternatively into a mortar and mix till no trace of lumps. Add your pepper, maggi and salt. Pour the okpa into the banana leaves, then tie. Pour a little water into a pot, then put the okpa into the pot. Make a space in the middle of the pot so that you can put more water when it dries up. It makes about 18 medium-sized wraps.

AKARA BALLS

Ogo Amucheazi

2 margarine cups of beans
1 small onion finely diced
fresh pepper thinly diced

3 cups palm or vegetable oil
salt to taste
warm water for mixing

Soak beans for about 20 minutes and clean out hulls. Wash thoroughly. Grind or mix until smooth. Put paste in a deep clean bowl, beat thoroughly to allow air into the mixture to make it light. Add warm water, a little at a time and continue to beat until mixture is light and fluffy. Otherwise turn mixture into a mortar and mix thoroughly with a pestle till light and fluffy. The mixture is ready for frying when it can drop easily from a spoon. Season with salt to taste, add ground pepper and diced onion and fold carefully into the mixture to avoid letting out air. Heat the oil till it is ready for frying. Fry the mixture, a spoonful at a time. Or drop the mixture with the hand into the oil and fry until golden brown taking care to turn it so that all the sides are cooked. Remove the oil and drain on a clean sheet of paper or in a colander. Garnish with onion rings and sliced tomatoes. Eat while still hot.

CHIN CHIN

Philippa Chineme

Traditional Style

10 egg yolks
1 cup sugar
1 cup milk (chilled)
1 teaspoon nutmeg

1 teaspoon allspice
1 teaspoon grated lemon peel (optional)
a pinch of salt
1½ teaspoon baking powder
6 – 7 cups flour (chilled)

In a large mixer bowl, beat egg yolks, sugar for about 10 minutes. It should be very thick and lemon coloured. Stir in milk. Mix in enough flour to make a stiff dough. Divide dough into four. Roll out on well-floured surface. Cut dough into diamonds. Make one inch horizontal slit in centre of each. Draw a long point of diamond through slit, pull back in opposite direction. Fry in deep oil till slightly brown. Drain.

Standard Chin-Chin

1 cup margarine
5 cups flour (chilled)
1 cup sugar
1 cup milk (chilled)

1 teaspoon nutmeg
1 teaspoon allspice
1 – 2 eggs (optional)
1½ teaspoons baking powder

Measure all dry ingredients into a large mixing bowl. Rub fat into dry ingredients until it looks like fine garri. Beat eggs and milk together. Pour in bowl and mix until dough clears the bowl. Divide dough into half. Roll each on a well-floured surface. Cut into cubes. Fry in deep oil. Drain and serve.

OKAZI SALAD

Ingela Arua

1 small waterproof bag of okazi
2 fresh peppers
1 small onion
¼ milk tin of crayfish

potash
palm oil
ubaka (or dried abacha)
añara (garden egg)

Wash the okazi thoroughly. Beat pepper and crayfish in a mortar. Add 4 to 5 tablespoons of palm oil. Put a small piece of potash in a teacup filled with water. The water will turn greyish. Add a little of this water to the palm oil until it changes to a yellowish colour and becomes a little thick. Add the okazi, ubaka (or abacha, or even both) to the palm oil paste. Also cut the añara in pieces and add into paste. Add salt and finely sliced onion to taste.

KANDA STEW

Ingela Arua

kanda
1 big onion
2 fresh peppers

1 small tin tomato
palm oil

Wash the kanda thoroughly. Put the onions, pepper, tomato paste and palm oil in a pot and add the kanda. Add salt to taste. Allow the contents in the pot to boil until the kanda is soft enough for chewing. The stew is served with the okazi salad.

UKWA (Breadfruit)

Philippa Chineme

9 cigarette cups of ukwa
1 cup crayfish
7-8 cobs of corn
2-4 spoons of palm oil (kitchen spoon)
salt to taste

1 or 2 Nsukka pepper (to taste)
bitterleaf (already washed)
2 smoked fish
6-8 cups of water
1 small ogili or 2 Maggi cubes

Thoroughly wash the ukwa and cook with the water for about one hour to one and a half hours. Remove the shuck from the corn and cook separately for about thirty minutes. Grind or pound the pepper and crayfish together. When the ukwa is almost cooked, add corn (already separated from the cobs), pepper and crayfish, bitterleaf, fish, ogili and oil. Leave on the stove until properly cooked. (Takes about 2 to 2½ hours to cook altogether).

WATER YAM DUMPLINGS

Ingela Arua

1 big water yam
green leaves
1 large onion

1 milk tin of crayfish
meat or fish as available
palm oil

Grate the water yam finely. Wash the green leaves thoroughly. Grease inside the cooking pot with palm oil. Wrap a spoonful of the grated water yam in a green leaf and put it in the cooking pot. When all the water yam has been wrapped and kept in the pot, put the pot on a low flame. Add a little water to it when the greasing has melted. Cook until the dumplings in the green leaf are getting hard. Add the ground crayfish, the fish or meat, palm oil, onions and pepper. When cooked well, add salt to taste. Then serve.

FRIED WATER YAM WITH GREEN STEW

Ingela Arua

1 big water yam
oil for frying
1 bunch of greens
oil for stew

1 onion
fresh pepper
1 egg
1 tin tomato

Water yam – Peel and wash the water yam; then slice into small pieces. Soak it in cold water. Drain it then in a sieve. Add salt to taste and fry till it becomes golden brown. Drain out the oil while collecting the fried water yams and then put them in a dish.

Stew – Heat some oil in a pot, add onions, pepper, tomato paste and the washed cut green leaves. When cooked, add a beaten egg to it. Simmer gently for one minute. Then serve with the fried yam chips.

ACHICHA DISH

Maria Nwaegbe

4 cups fiofio (pigeon peas)
achicha (dried cocoyam)
ugba
anyale leaves
uzizi leaves (for flavour)

onion
yellow pepper to taste
palm oil
maggi cubes
salt to taste

Pick the fiofio to get rid of stones and dirt. Wash well and cook on the fire. Pound your achicha until it becomes almost fine (not into powder form), soak the achicha in water for about an hour, wash later and drain in a little basket. When fiofio is cooked, steam your achicha until it becomes sticky. When these are on the fire, pick your anyale leaves, uzizi, wash leaves and then cut them finely. Strain the fiofio when cooked to remove water. (It is good to remove the water because it has bitter taste which people do not like.) Get another pot, pour in some palm oil, put it on the fire when the palm oil is hot. Stew your onion, then stew your leaves, add salt and maggi to taste. After the vegetable has been on the fire five minutes, put the pot down, then mix your achicha and fiofio. Taste for salt. You can serve this food with pap. It can be eaten as lunch or supper.

AYARAYA

Ada Uwaegbute

4 cups coarsely ground maize
6 cups of pigeon peas
1 tablespoon palm oil
¼ tablespoon dry pepper
2 maggi cubes
10 cups water
1 medium sized onion

¼ cup palm oil (for sauce)
fresh pepper to taste
meat, fish (optional)
tomatoes (optional)
ugba – 3 wraps (optional)
1 bunch of greens (optional)

Soak the pigeon peas after washing to soften. Boil pigeon peas until tender enough for eating. If there is a lot of water, drain off as much of it as possible, leaving only a little at the bottom of the pot. Spread the coarsely ground corn on top of the cooked pigeon peas to steam. While this is going on, prepare the sauce. Add sauce to cooked maize and pigeon peas. Mix thoroughly and serve.

SOYABEAN VEGETABLE SOUP

Ada Uwaegbute

2 cups soyabean (about 500g)
1½ cups palm oil
400g tomatoes, ground
200g red pepper, ground
250g pepper, or to taste
4 cups ugu + okazi, sliced
salt to taste

4 tablespoons crayfish
meat or stockfish
dried fish (asa or any other)
2 maggi cubes (optional)
dadawa (2 flat) – if used,
reduce crayfish
2 cups of water

Wash and blanch soyabean (20 – 25 minutes). Dehusk and grind. Make a slurry with cold water. Heat the oil until faint smoke appears. Fry the onions, tomatoes and soyabean till dry. Add the boiled meat, fish and stock. Boil for 10 minutes. Add the vegetable, crayfish, salt and pepper to taste. Cook till vegetable is tender (5–10 minutes depending on the vegetable).

YAM CASSEROLE

Ada Uwaegbute

1 pound peeled yam
meat (optional)
2 oz fresh tomatoes
1 oz onion

¼ oz fresh pepper
½ teaspoon peppercorn, or
1 oz margarine
4-5 tablespoons milk

Peel yam and boil in salt water. Make the sauce while yam is cooking and pour into pyrex dish. Cover and leave aside. When the yam is cooked, drain it. Mash or grate it. Heat margarine and milk together in a pan. Add to the mashed yam. Pile the yam mixture on the top of the sauce. Decorate with a fork. Brush with milk. Put it in the oven to brown.

RICE BALLS OR YAM BALLS

Grace Anyanwu

(A nice way to use left overs)

2 cups of boiled rice or
slices of boiled yam
2 eggs

pinch of pepper, curry, onions or any
other spices of choice
salt

1. Break the eggs into a bowl, beat very well with a fork.
2. Mash the rice or the yam until it can be molded into balls.
3. Mix the mash with spices and salt to taste. Roll into balls.
4. Heat the vegetable oil.
5. Dip the balls of rice or yam into the egg and then fry.

INTERNATIONAL RECIPES

SAMOSAS (Kenya)

Peris Maduka

Ingredients of filling

½ kg deboned fish or minced meat
3 big onions, minced
3 big red or green tatashi
3 parts of garlic
½ teaspoon green ginger

1 yellow or green Nsukka pepper
¼ teaspoon coriander
¼ teaspoon thyme
salt to taste
1 cup water

Mix everything in the pot, cooking on low heat for about 5 minutes. Salt and spice well. Let the water from the mixture dry out or drain well in a colander. Cool while you are working on the dough.

Ingredients of Samosa Wrappers (Mikate)

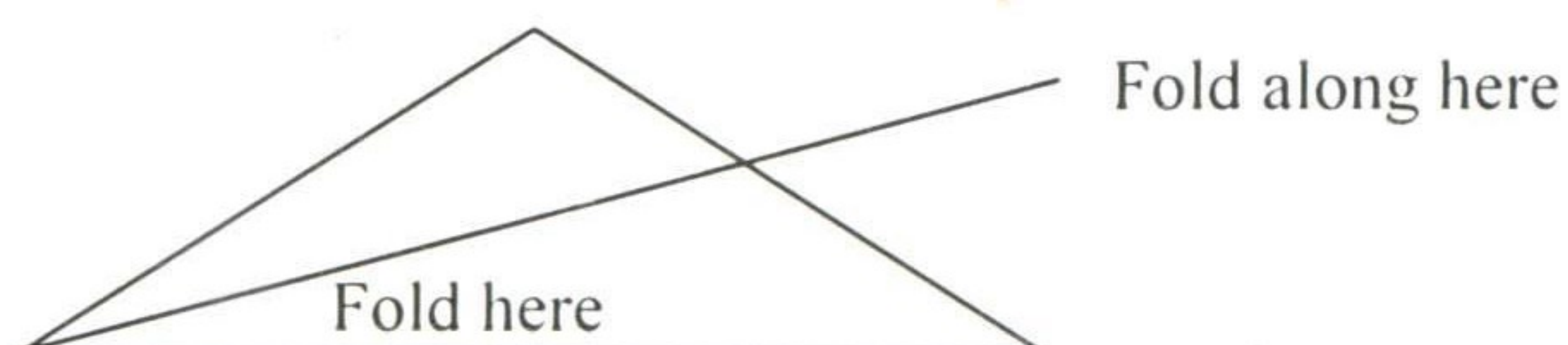
4 cups of flour (reserve one for making glue)
¼ cup of oil

1 teaspoon salt
1 cup water or milk

Mix flour, oil, salt and milk or water together, work it well with hands. It should feel like pie crust first, then like bread dough. Make small balls (14-16 balls from 3 cups of flour). Roll out very thin. You may put 3-6 flattened balls together, each being about 6 inches across, in circles or squares. Put them into a frying pan with very little oil. Warm them on very low heat for about a minute, flip them over and warm the other side for about a minute. Remove them from the frying pan to cool. Repeat this until they are all done. Gently separate them.

Note: If you find them difficult to do, you may fry one at a time, but be careful not to overheat them or they will be brittle.

Trim the chapatis to the size you want and glue like this.



Before folding stuff them with a tablespoon of your filling. Then seal and use a fork to fasten the edges, gently so as not to tear the chapatis. Deep-fry them till just about brown. Remove them from the hot oil fast so that they do not overcook. Drain well and serve warm or cold.

IRISH STEW

Pat Nwoga

1-1½ lb neck of sheep or goat
1 lb potatoes
2 onions (medium)
½ lb carrots
½ lb green beans

Seasonings
2 bay leaves
2 maggi cubes
salt and pepper to taste

Wash the meat and cut into neat pieces. Wash and peel the potatoes. Cut one third of the potatoes into very small pieces. Cut the remaining potatoes into 3 or 4 pieces each. Slice the onions, prepare the green beans and wash the carrots and cut across into thin slices. Put the meat, small pieces of potato and add ½ of the sliced onions. Add ¾ pint of water and salt and pepper and bay leaves. Cook on a gently boiling heat for 1 hour until the small pieces of potato begin to dissolve and add thickness to the gravy. Add the remaining potatoes, carrots and onions. Continue cooking for another 40 minutes. Ten minutes before the end of cooking time, add the green beans (broken in small pieces) and maggi cubes. Cooking time 1½ to 2 hours. Makes 4 servings.

CHEESE BALLS

Dr. Mrs. Kar

Rasgulla	8 cups water	4 cups sugar
300 grams powdered milk	5 Tbsp. vinegar or lime	

Make syrup by boiling 8 cups water with 4 cups of sugar in pressure cooker.

For cheese balls, dissolve milk in 2½ litres water. Boil well on low heat. Add vinegar or lime. Cheese will form and separate from the water. Boil the mixture till the water turns to light green colour. Remove from heat. Strain the cheese under the tap for 3 minutes. (Save the water to use for cooking other things, e.g., rice.)

Tie the cheese in a clean cloth. Hang it high to remove the water. This should take 2 hours or more. Mash the cheese well and make small balls of even size. Cover the balls with a damp cloth. Put 10 balls at a time into the pressure cooker. Cover the lid, wait for the first whistle. Reduce the heat to the lowest for 8 minutes. Remove from the fire. Cool under running tap. Uncover the lid. Remove the cheese balls carefully. Place them into another container with some syrup. Repeat, and complete the balls. The balls should be about 60. Add the essence—"Rose is very good". Cool and serve.

ESCOVITCHED FISH (Jamaica)

Rose Chukwukere

1 ¼ lb (1 kg) fish (mackerel, etc)
2 large onions
1 red tatashi pepper
2 firm ripe tomatoes
3 Tbsp. vinegar, lime or lemon juice

½ teaspoon ground black pepper
ground rosemary to taste
½ cup flour
1 ½ cup vegetable oil
1 teaspoon salt (or to taste)

Scale the fish and remove gills and wrestling. Wash fish well using a piece of lime. Remove head just below gills. Using a very sharp knife, fillet the fish (remove skeleton bones). Cut along back to scrape all flesh from middle bones on one side, turn over to remove second half. Cut the filleted halves into cutlets with half of salt, black pepper, (optional red pepper) and 2 tablespoons lemon or limejuice. Shake well and cover to marinate.

Put flour in a dish with remainder of salt, black pepper, ground rosemary or other herb. Mix well. Dip the fish cutlets into the seasoned flour and coat all the surfaces. Place on a plate until all are ready to fry.

Peel the onions and wash onions, sweet pepper, tatashi and tomatoes. Cut onions in half lengthwise. Put flat surfaces on a cutting board and slice into neat, even strips. Set aside. Cut green and red peppers lengthwise, removing seeds and veins. Cut into neat strips. Keep red and green pepper separated. Slice tomatoes into neat slices, removing seeds.

FRIED JOHNNY CAKES

Rose Chukwukere

3 cups flour (unsifted)
2 tablespoons margarine (optional)
2 teaspoons baking powder
1 tablespoon sugar

salt, a pinch
1 cup water (or milk & water)
1 ½ cups oil

Put flour, baking powder, salt and margarine into the bowl and rub in margarine until there is no trace of the margarine. Mix in sugar. Make a hole in the dry ingredients and pour in ½ cup water and mix and knead. If more water is needed add a very little at a time to get a dough that does not stick to the hand when handled. Knead for about 5 minutes.

Use the mixture to make round flat cakes about 2½" x ½". Heat the oil. Fry the cakes covered over low to medium heat, until golden brown. Do not put over high flame or the outside will burn while the inside is still uncooked.

Johnny cakes can be used instead of bread for breakfast or for supper. They go well with escovitched fish.

COLE SLAW (Cabbage Salad)

Mary Ellen Chijioke

Cut 1 medium cabbage into slivers.

For savory cole slaw, add

½ onion, minced
1-3 carrots, grated (optional)
1 sweet pepper, diced (optional)
herbs as available, e.g. parsley, dill,
celery seed/salt or other savory herb

For sweet cole slaw, add

1-3 carrots, grated
½ - 1 g chopped pineapple
½ g (110 ml) dried fruits

Toss together all ingredients. Dress with mayonnaise or French dressing. Garnish with paprika if available.

MAYONNAISE

Mary Ellen Chijioke

1 egg
½ teaspoon dry mustard
½ teaspoon sugar

pinch white pepper or paprika
2 tablespoons lemon/lime juice
1 – 1½ cup vegetable oil

Beat well together with rotary hand beater or in an electric blender everything except the oil. Beating constantly, add the oil slowly, starting with 1 teaspoon (5 ml) at a time and gradually increasing amounts to 2 tablespoons at once (for hand beating) or a continuous small stream (for blender) until mayonnaise thickens. To thin, add more lemon juice.

French Dressing

Whisk together all the same ingredients as for mayonnaise except the egg.

DRINKS

SOURSOP JUICE

Rose Chukwukere

1 very ripe soursop
1 tin evaporated milk (liquid)
1 cup sugar

¼ whole nutmeg
3 cups boiled drinking water

Wash hand and brush nails very well. Wash soursop and remove skin carefully. Cut away any bad patches. Remove the hard middle piece. Put in a colander with a bowl underneath it. Mash the fruit with your hands to remove juice. Add water and continue mashing with hands to remove all juice. Mix well either in a blender or with a hand mixer or eggbeater. If none of these is available, beat well with a spoon and strain. Add the tin of milk and sugar and grate in nutmeg to taste. Stir or blend well. If mixture is too thick add more water and a little more milk. Serve chilled.

TAFFY BANANA DRINK

Grace Anyanwu

2 ripe bananas
4 tablespoons honey

dash of salt
3 cups of milk (can be powdered)

1. Thoroughly mash the bananas with a fork in a wide bowl.
2. Stir in the honey and salt.
3. Gradually add the milk, mixing well each time before adding more milk.
4. Pour into tall cups and serve. This recipe makes 4 servings.

LEMONADE

Grace Anyanwu

4 lemon fruits
5 cups of water (well chilled)

3 Tbsp. full of granulated sugar
dash of salt

1. Wash the lemon fruits, cut into halves and squeeze out the juice in a clean bowl.
2. Add the sugar.
3. Add the salt.
4. Stir very well.
5. Pour into cups and serve. This recipe make 8 servings

You can make orangeade the same way using orange fruit in place of lemon.



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