

1ST EDITION
2020

Global Recipes

FROM OUR FAMILY TO YOURS



LOVE JUSTICE
INTERNATIONAL

A
MESSAGE
FROM
OUR

founder



Love Justice Family,

It's been a chaotic year for our world, and all of us at Love Justice are no different. This year we have all experienced the fear, uncertainty—and for many of us—pain and loss that has been 2020. In our own ways, each of us at Love Justice has tried to recover the peace and hope that the pandemic has so often taken away—cultivating new patterns and disciplines, and making the most of the extra time with family during the lockdowns. This was especially welcome for Aksha and me, as we spent time with our first-born baby, Jude. The extra time at home also gave me lots of opportunity to practice one of my favorite hobbies: cooking!

Above all, we at Love Justice found hope in 2020 through the blessedness of impacting lives. Because of donors like you, we were able to respond to the heartbreaking sadness of poor families going hungry due to the lockdowns by bringing the joyous hope of desperately needed food, and we were able to experience just how blessed it is to give. I will never forget the contrast I experienced in those testimonies—from the parents crying because they were unable to feed their children to then suddenly singing, dancing, and laughing with joyous thanks because they were able to give them food. To be a part of that has been a wonderfully blessed experience that has given us hope and made us thankful in 2020. We are grateful for the blessing of God's provision to us, the blessing of having an opportunity to impact lives, and the generosity of our donors that makes it all possible.

We send this cookbook as a small token of our deep gratitude to you. In these recipes from our Love Justice staff around the world, we hope you will find a small taste of the diversity of our world, as well as what bonds us all together!

With gratitude,

John Molineux, President & Founder Love Justice International

OUR GIFT TO You

At Love Justice International, we believe in celebrating the beauty and diversity of every life and culture around the world. Our team is a global community made up of passionate people who live in the countries where we work, fighting for the dignity of those most vulnerable. You are an integral part of our family, fueling our fight against the world's greatest injustices and enabling us to prevent lives from being sold into modern-day slavery.

This cookbook is our gift to you! It is a compilation of our staff's favorite culinary creations from their own unique cultures. From the distinctive and colorful spices of Asia, to the rich diversity of flavor that is unique from region to region in Africa, these recipes celebrate the beautiful tapestry of people we serve across the globe.

Thank you for partnering with us to protect the most vulnerable, to see their value, and to recognize their worth. We hope you enjoy!



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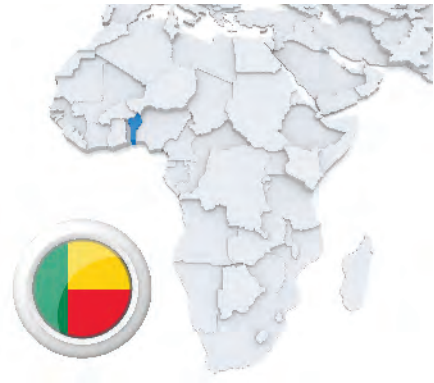
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Africa

RECIPES



COUNTRY
LOCATION:

Benin



BENIN

Welcome to Benin!

The official capital is Porto-Novo, but

Cotonou is Benin's largest city.

The official languages in Benin are French, Fon, and Yoruba.

Are you keen to learn some quick and easy phrases in French?

"Hello!"

"Bonjour!"

"How are you?"

"Comment allez-vous?"

"What is your name?"

"Quel est votre nom?"

"My name is ____."

"Je m'appelle ____."

"This is so tasty!"

"C'est tellement délicieux!"

"Thank you!"

"Merci!"

"I love to cook!"

"J'adore cuisiner!"

"The secret ingredient is always love."

"L'ingrédient secret, c'est toujours l'amour."

RECIPE

Alloco: Fried Plantains and Pili Pili Sauce

Alloco is usually topped with a spicy sauce called pili pili or sauce de piment. Generally, it's served as a snack or as a side dish for the main meal. It is commonly served with freshly grilled fish and/or some hard boiled eggs. Semi-ripe to ripe plantains (ones with blackened spots and a yellowish skin) are the best ones to use for making alloco.

Servings: 6

Preparation Time: 10 minutes

Cooking Time: 20 minutes

INGREDIENTS

For the pili pili sauce:

- ½ cup oil (olive, peanut, or coconut)
- 1 medium-sized onion, roughly chopped
- 4 cloves garlic, peeled and chopped
- 1 small carrot, peeled and chopped into big chunks
- 3–4 chili peppers, enough to fill ¼ cup when sliced
- ½ cup tomato paste
- 1 cup water
- 1 teaspoon salt
- 1 teaspoon crushed black pepper
- 1 teaspoon dried parsley
- 1 teaspoon paprika powder
- 1 teaspoon cayenne
- 1 teaspoon dried oregano
- 1 bay leaf
- 1 teaspoon of vinegar

For the alloco:

- 6 large, ripe plantains (yellow and browning around the tops)
- 1 ½ cups peanut or coconut oil for frying
- 1 teaspoon salt

DIRECTIONS

Make the pili pili sauce:

Place a large stockpot over medium-high heat; then add the oil. Once the oil is hot, add the onions and garlic. Cook for 3–4 minutes, stirring occasionally, until the onions start to sweat. Next, add the carrot and chili peppers, and stir for 1 minute. Then, add the tomato paste, water, salt, pepper, paprika, cayenne, oregano, and parsley. Stir well until everything is combined. Add in the bay leaf and vinegar, and then reduce the heat to a simmer. Cover the stockpot and let everything simmer for 20 minutes.

Fry the alloco:

While the sauce is simmering, place another deep saucepan over medium-high heat. Add the coconut oil and melt until there is a nice layer of oil covering the bottom of the pan. Add the plantains and fry on each side for around 5–6 minutes per side or until they are golden brown and crispy on the outside. Once both sides are golden brown, remove the plantains from the oil and place them on a plate lined with a paper towel (to absorb any excess oil). Sprinkle the alloco with a little salt.

Finish off the pili pili sauce:

Once all the plantains are cooked, remove the stockpot off the heat and transfer the pili pili sauce to a food processor. Process the ingredients until it becomes a pureed sauce that can be spread over the alloco. Serve as a snack or as a side dish with a meal of your choosing.



RECIPE

Kuli-Kuli: Peanut Balls

Kuli-kuli is Benin's national dish that consists of ground, smashed peanuts shaped into small sticks or balls and then deep-fried in their own oils. This simple meal provides nutrition, protein, and sustenance to the poor and often malnourished locals who have limited access to food. They are eaten by themselves or served with a mixture of garri (or gari), sugar, and water. Garri is a cassava flour that is very common in West Africa.

Serving Size: 20 kuli-kuli

Preparation Time: 1 hour

Cooking Time: 30 minutes

INGREDIENTS

8 ounces peanuts, salted and dry roasted
1 tablespoon grated fresh ginger
¼ teaspoon ground chili pepper
peanut oil (for frying)

DIRECTIONS

Grind the peanuts and ginger until smooth. Add the ground chili pepper and mix well. Squeeze the peanut paste to remove as much oil as possible. This step is very important to obtain a crisp kuli-kuli. Divide the dough into about twenty pieces and give the kuli-kuli their shape either molding into sticks or balls. Add 2 tablespoons of water to the dough if it does not work easily. Heat a large volume of peanut oil in a deep pan. Fry the kuli-kuli over medium heat until golden brown. Drain on paper towels. Enjoy hot or cold.





COUNTRY
LOCATION:

Ghana



GHANA

Welcome to Ghana!

Accra, the capital and largest city of Ghana, is located on the Gulf of Guinea (an arm of the Atlantic Ocean). The official languages in Ghana are Twi and Dagbani.

Are you keen to learn some quick and easy phrases in Twi?

"Hello!"

"Mere Kyea wo!"

"How are you?"

"Wo ho tisɛn ɛ?"

"What is your name?"

"Wo din deɛn ɛ?"

"My name is ____."

"Me din de ____."

"This is so tasty!"

"Wei (yei) ɛy ɛ dɛ papa!"

"Thank you!"

"Me da wo ase/medaase!"

"I love to cook!"

"Me pɛ aduane nua!"

"The secret ingredient is always love."

"Odo ena Ema aduani ye dɛ. "

RECIPE

Jollof Rice

Jollof rice is a well-loved one-pot dish that is frequently served in Ghana. Tinged a brilliant orange from tomatoes, onions, and chiles cooked down to a bubbling glaze, jollof is a staple dish found across West Africa's varied regional cuisines.

Servings: 6

Preparation Time: 15 minutes

Cooking Time: 1 hour

INGREDIENTS

2 large yellow onions, roughly chopped
1/3 cup vegetable oil, plus 2
tablespoons, divided
2 (14-ounce) cans diced tomatoes
1 (6-ounce) can tomato paste
1 habanero pepper
2 teaspoons curry powder
1 teaspoon garlic powder
1 teaspoon ground ginger
1/2 teaspoon mixed dried herbs
3 chicken bouillon cubes, crushed
2 1/2 cups long grain rice, rinsed
1 cup frozen mixed vegetables
1 1/2 cups water

DIRECTIONS

Add onions and 2 tablespoons of oil to a blender and pulse until smooth. Transfer to a medium bowl. Add the diced tomatoes, tomato paste, and habanero pepper to the blender, and pulse until smooth. Transfer to a separate medium-sized bowl. Heat the remaining 1/3 cup of oil in a large, heavy-bottomed pot over medium heat. Once the oil is shimmering, add the onion puree and cook until the water has cooked out and the puree is starting to brown, about 10 minutes. Stir in the tomato puree and add the curry powder, garlic powder, ginger, dried herbs, and crushed bouillon cubes. Cook for 20–30 minutes, stirring occasionally, until the mixture has reduced by half and is deep red in color. Add the rice, mixed vegetables, and water. Bring to a boil; then reduce the heat to low and cover the pot with foil and a lid. Simmer for another 30 minutes, until the rice is cooked through and the liquid is absorbed. Enjoy!



If you have tried any of these recipes, we'd love to see them! Please share a picture with us on social media and tag @lovejusticeintl.



RECIPE

Red Red: African Stewed Black-Eyed Peas

Enjoyed throughout Ghana, this simple stew is made of tomatoes and black-eyed peas. In Africa, black-eyed peas are considered an every day, year-round meal. They are used in all forms: ground, dried, and fresh, and they are a tasty and affordable source of protein.

Servings: 4–6

Preparation Time: 30 minutes

Cooking Time: 1 hour, 30 minutes

INGREDIENTS

4 (14-ounce) cans black-eyed peas or
1 pound dried black-eyed peas (If you can't
find black-eyed peas, you can substitute with
black, red, or any other type of beans)
½–¾ cup palm or canola oil
1 medium onion
1 tablespoon ginger
½ tablespoon garlic
2 tomatoes
2 tablespoons tomato paste
1 tablespoon paprika
⅓ cup crayfish (optional)
2–3 cups stock or water
1 tablespoon vegetable or chicken bouillon
powder (optional)
2–3 green onions, chopped
salt and pepper to taste
1 habanero pepper or substitute with hot
pepper sauce (optional)

DIRECTIONS

If using dried beans, do these steps first:

Rinse dried black-eyed pea beans and pick through, discarding any foreign objects. Then, add beans to a large pot and cover them with 3–4 inches of cold water.

Cover and let sit overnight, or 6 to 8 hours. Drain the soaked beans, rinse, and place the beans in a Dutch oven or pressure cooker. Follow instructions for cooking beans in the pressure cooker. It takes roughly between 8 to 12 minutes to cook. If not using a pressure cooker, cook the beans for about 50–60 minutes or until tender.

Drain the cooked beans and set aside.

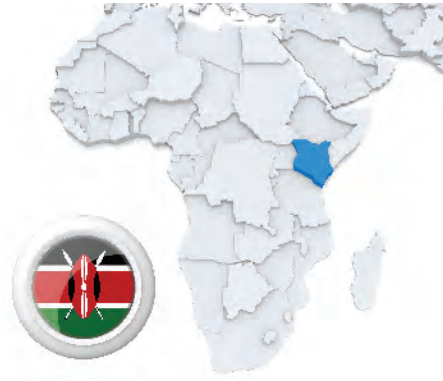
If using canned beans, start here:

Once beans are ready, heat oil (palm or canola) in a large saucepan over medium heat until hot. Sauté the onions in the oil for 3–4 minutes, stirring often and scraping any browned bits off the bottom of the pan. Add tomatoes, tomato paste, ginger, garlic, paprika, and bouillon powder/cubes. Cook while stirring for about 1 minute.

Throw in the crayfish (if using) and let it simmer for about 10–15 minutes; add water/stock if needed to prevent burns. Continue to cook the sauce, stirring occasionally.

Finally, add the beans, green onions, and the remaining stock/water and bring to a boil and simmer for another 10–15 minutes. Adjust for seasonings and add water if needed to improve the consistency of beans, and then serve.





COUNTRY
LOCATION:

Kenya



KENYA

Welcome to Kenya!

Mombasa, Nairobi, and Kisumu are the three biggest cities in Kenya. The capital is Nairobi, and it is located in central Kenya. The official languages of Kenya are English and Swahili.

Are you keen to learn some quick and easy phrases in Swahili?

"Hello!"

"Habari/Jambo!"

"How are you?"

"Habari yako?"

"What is your name?"

"Jina lako ni nani?/Unaitwaje?"

"My name is ____."

"Jina langu ni ____."

"This is so tasty!"

"Hii ni tamu sana!"

"Thank you!"

"Asante!"

"I love to cook!"

"Ninapenda kupika!"

"The secret ingredient is always love."

"Kiungo ya siri huwa upendo."

RECIPE

Ugali: Cornmeal Porridge

This is an affordable and filling dish from Southern Africa made of cornmeal cooked in boiling water or milk until it is a firm but smooth mass. This thick-cooked cornmeal mush is undoubtedly the most commonly eaten food in Kenya, and it is served with both lunch and dinner. It is typically served alongside a bowl of soup or a hearty stew. Traditionally, a plate of ugali is placed in the center of the table, and people pinch off small balls of it. With their thumbs, they make an indent in the middle of the ball, and then they use that to scoop up the stew to eat it.

Servings: 4–6

Preparation Time: 10 minutes

Cooking Time: 45 minutes

INGREDIENTS

4 cups water
½–1 teaspoon salt
2 cups fine cornmeal (white is traditional, but yellow works just as well)

DIRECTIONS

Bring the water and salt to a boil in a large saucepan.

Pour the cornmeal into the boiling water in a steady stream, stirring constantly with your other hand.

Keep stirring with a wooden spoon to avoid lumps. Smash any lumps that do form.

The mixture will thicken up quickly.

Turn the heat down to medium, and keep stirring and cooking the mixture for 5 minutes, until a thick ball forms.

Turn the heat to low, cover the saucepan, and cook the ugali for 10 more minutes, stirring occasionally.

Scrape the mass of cooked ugali onto a plate and quickly shape it into a thick disk using a silicone spatula.

Cut it into slices or wedges, or scoop out balls with an ice cream scoop and set them on a plate, not touching each other, to make more individual portions.

Serve the ugali with any hearty stew or soup.



RECIPE

Maharagwe: Red Beans in Coconut Sauce

This delicious bean dish incorporates a rich, creamy coconut sauce and red beans. In Kenya, it is served with a staple cornmeal dish called ugali, but it can also be served with rice or flatbread.

Servings: 4–6

Preparation Time: 15 minutes

Cooking Time: 30 minutes (if using canned beans)

INGREDIENTS

- 4 ½ cups cooked red kidney beans or other red beans (1 ½ cups raw beans, soaked and cooked until tender or 3 cans of beans)
- 2 tablespoons oil (peanut oil to be authentic)
- 2 medium onions, chopped (2–2 ½ cups)
- 1 jalapeño or other hot pepper, seeded and minced (seeds left in if you prefer it spicy) or ¼–½ teaspoon ground cayenne pepper, to taste
- 2 cloves garlic, minced
- 1 teaspoon mild curry powder
- ½ teaspoon ground cumin
- ½ teaspoon ground turmeric
- ½ teaspoon ground cardamom
- ½ teaspoon ground coriander
- 1 teaspoon salt plus more to taste (you may need more if using dried beans)
- 1 (14-ounce) can diced tomatoes (or 2 cups diced fresh tomatoes)
- 1 (14-ounce) can full-fat premium coconut milk (not light)
- chopped cilantro for garnish (optional)
- cooked rice, flatbreads, or ugali as an accompaniment to the beans

DIRECTIONS

Prepare the beans:

If using canned beans, drain and rinse the beans and then skip down to the directions for cooking the maharagwe.

If using raw beans, pick the beans over to remove any bits of rock and broken beans. Cover with two inches of water and soak for 6–8 hours or longer.

Drain the soaking water, place the beans in a large saucepan, and cover with two inches of fresh water.

Cook for 1–2 hours, or until the beans are tender and soft inside. (The cooking time will depend on the age and size of your beans.) Allow the beans to cool in the cooking liquid to avoid split skins. Drain.

Cook the maharagwe:

Heat the oil in a large heavy-bottomed pot or skillet.

Add the diced onions and hot pepper and cook for 5 minutes, until the onions are translucent.

Add the garlic, curry powder, cumin, turmeric, cardamom, coriander, and salt, and cook for 1 minute more.

Add the drained beans to the onions, along with the tomatoes and their juices and the coconut milk.

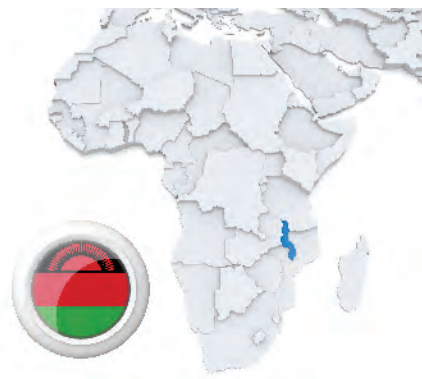
Bring to a boil, then reduce the heat to low and cook for about 15 minutes, until the coconut milk thickens a bit and the flavors meld.

The level of the sauce should come up to just cover the beans. If there's not enough liquid, add a bit of water and cook another minute or two.

Taste the maharagwe, and add more salt if needed or more cayenne pepper if you'd like it spicier. The sauce will thicken more as it cools.

Serve maharagwe hot with cooked rice, and scoop up the beans with ugali or with a flatbread of your choice (naan, pita, chapati, roti, tortillas, etc.).





COUNTRY
LOCATION:

Malawi



MALAWI

Welcome to Malawi!

There are two major cities in Malawi: Lilongwe, the capital city, and Blantyre, the commercial capital. The official languages of Malawi are English and Chichewa.

Are you keen to learn some quick and easy phrases in Chichewa?

"Hello!"

"Moni!"

"How are you?"

"Muli Bwanji?"

"What is your name?"

"Dzina lako ndi ndani?"

"My name is ____."

"Dzina langa ndi ____."

"This is so tasty!"

"Izi nzokoma!"

"Thank you!"

"Zikomo!"

"I love to cook!"

"Ndimakona ku phika!"

"The secret ingredient is always love."

"Chokometsa cha chinsisi ndi chikondi."

RECIPE

Zitumbuwa: Banana Fritters

This is a popular deep-fried snack in Malawi typically made from corn flour, bananas, and sugar.

Servings: 6–8

Preparation Time: 15 minutes

Cooking Time: 15 minutes

INGREDIENTS

10 ripe bananas
½ cup milk
1 ½ cups maize meal (cornmeal)
½ teaspoon salt
2 eggs
1 teaspoon baking soda
cooking oil for frying

DIRECTIONS

Mash bananas.

Add eggs and milk to the bananas and mix well.

Add salt, baking soda, and maize meal (cornmeal) to the banana mixture and mix well. The consistency of your mixture must not be too hard or too soft or runny.

If the mixture is too hard, add more milk; if it is too runny, add more maize meal.

Heat oil in a deep pan.

Form the mixture into small balls, the size that you would like the fritters to be.

Place a ball in the palm of your hand; then use your four fingers to flatten the ball.

Repeat this step with all the balls.

Fry the mixture, turning to cook on all sides, until the fritters are a light golden brown color.

Remove the fritters with a slotted spoon and transfer to paper towels to absorb excess oil.



RECIPE

Chambo: Fried Fish in Gravy

This popular dish in Malawi consists of fried fish topped with gravy and served with fruit chutney and cornmeal porridge.

Servings: 4

Preparation Time: 20 minutes

Cooking Time: 30 minutes

INGREDIENTS

For the Malawi curry spice blend:

Place the following ingredients into a spice mill or coffee grinder and grind to a fine powder. Store in an airtight container until needed (this spice blend can be substituted for curry powder in any recipe)

- 10 dried hot red chiles like peri peri or Thai, seeds removed
- 3 tablespoons coriander seeds
- 1 tablespoon black peppercorns
- 3 tablespoons poppy seeds
- 2 teaspoons black mustard seeds
- 1 tablespoon cumin seeds
- 1 tablespoon turmeric
- 2 teaspoons ground cinnamon
- 10 whole cloves

For the chambo:

- 4 tilapia fillets
- lemon juice
- flour
- 4 tablespoons oil for frying
- 1 large onion, chopped
- 2 tablespoons Malawi curry spice blend
- 1 ½ cups water
- 1 carrot, chopped
- 1 green pepper, chopped
- ¼ cup fruit chutney

DIRECTIONS

Clean, salt, and sprinkle fillets with lemon juice.

Roll fish fillets in flour.

Heat about 4 tablespoons of oil in a large frying pan and fry the fillets about 4 minutes per side.

Remove the fillets from the pan and set aside.

In the same pan, add the chopped onion and fry until translucent (about 5 minutes).

Mix in 2 tablespoons of the Malawi curry spice blend and fry with the onions for about 2 minutes.

Add 1 ½ cups of water, stirring constantly until all the spice blend is nicely incorporated into the water.

Add in the chopped carrots and green pepper and turn heat to a simmer.

Simmer until the vegetables are soft (about 10 minutes).

Taste and add more curry spice blend if needed.

Add in the fruit chutney and stir.

Place the fillets into the saucepan and make sure they are covered by the gravy.

Close the lid and let the fish rest in the sauce for a few minutes.

Plate with lots of the sauce.

Serve with nsima (cornmeal porridge) or rice. Enjoy!







COUNTRY
LOCATION:

Namibia



NAMIBIA

Welcome to Namibia!

Windhoek is the capital and largest city of the Republic of Namibia. The official languages of Namibia are English and Oshiwambo.

Are you keen to learn some quick and easy phrases in Oshiwambo?

"Hello!"

"Halowu!"

"How are you?"

"Ongahelipi?"

"What is your name?"

"Edina loye oove yelye?"

"My name is ____."

"Edina lange aame ____."

"This is so tasty!"

"Eshi otashi tokola elaka!"

"Thank you!"

"Tangi!"

"I love to cook!"

"Ondi hole okuteleka!"

"The secret ingredient is always love."

"Oshi holekwa sho kuteleka alushe osho ohole."

RECIPE

Potjiekos: Lamb Stew

Typically made with guinea fowl, chicken, or lamb, potjiekos is a one-pot stew that is traditionally cooked over an open fire in a cast iron, three-legged pot called a potjie. Cooked on a low and constant heat with as little stirring as possible, potjiekos is a meal that is frequently served at social gatherings.

Servings: 4

Preparation Time: 10 minutes

Cooking Time: 2 hours, 30 minutes

INGREDIENTS

3 pounds lamb stew, cubed
2 tablespoons vegetable oil
2 onions, chopped
3 cups meat stock
1 cup red wine
1 pound small carrots
1 pound baby potatoes
1 tablespoon sugar
2 tablespoons curry powder
1 tablespoon turmeric
½ cup milk
Salt and pepper to taste

DIRECTIONS

In a potjie pot or Dutch oven, heat the oil over medium heat.
Add the lamb, season with salt and pepper, and cook until browned. Remove the meat and set aside.
Add the onions to the pot and sauté until soft, about 8 minutes.
Return the meat to the pot. Then add the wine and enough beef stock to cover the ingredients. Turn the heat to low and simmer covered for 1 hour.
Add the carrots and potatoes and continue simmering for 30 minutes.
Mix the sugar, curry powder, and turmeric with the milk and stir into the stew.
Bring back to a boil and simmer for an additional 30 minutes.
Serve with rice or mieliepap (maize porridge).



If you have tried any of these recipes, we'd love to see them! Please share a picture with us on social media and tag @lovejusticeintl.



RECIPE

Spicy Peanut and Chickpea Soup

Groundnuts, like peanuts, are a staple crop in Namibia, used frequently in many recipes throughout the region. This spicy, vegetarian stew is the perfect one-pot dish to make on a cold day, and it can be served either by itself or ladled on top of a bowl of rice.

Servings: 4

Preparation Time: 10 minutes

Cooking Time: 20 minutes

INGREDIENTS

- 3 tablespoons olive oil
- 1 large onion, diced
- 2 garlic cloves, crushed
- 1 thumb-sized piece of ginger root, peeled and grated
- 2 hot red chili peppers, finely chopped
- 1 teaspoon ground cinnamon
- ½ teaspoon cracked black pepper
- 1 medium potato, peeled and cubed
- 3 ½ cups pumpkin, peeled and deseeded, cut into chunks
- 1 large green pepper, diced
- 2 ½ cups kale, thinly sliced
- 5 cups vegetable stock
- 1 can chickpeas, drained and rinsed
- ¼ cup smooth peanut butter

DIRECTIONS

Heat the olive oil in a heavy-bottomed saucepan.

When the oil is hot, add the onion, garlic, ginger, and chili peppers.

Sauté until soft, and then stir in the cinnamon and pepper.

Add the potato, pumpkin, and green pepper, and cook until the vegetables start to soften.

Add the kale, vegetable stock, and chickpeas. Cover the pan and gently simmer until the vegetables are soft.

Dissolve the peanut butter in a little boiling water and then stir it into the soup.

Season to taste and gently simmer for a few more minutes.

Serve either by itself or on top of a bowl of rice.





COUNTRY
LOCATION:

Rwanda



RWANDA

Welcome to Rwanda!

Rwanda's capital and largest city is Kigali.

The official languages of Rwanda are Kinyarwanda, French, English, and Swahili.

Are you keen to learn some quick and easy phrases in Kinyarwanda?

"Hello!"

"Muraho!"

"How are you?"

"Amakuru?"

"What is your name?"

"Witwa nde?"

"My name is ____."

"Nitwa ____."

"This is so tasty!"

"Biraryoshye cyane!"

"Thank you!"

"Murakoze!"

"I love to cook!"

"Nkunda guteka!"

"The secret ingredient is always love."

"Ibanga ryabyo n urukundo."

RECIPE

Rwandan Mandazi: African Doughnuts

Often formed into the shape of a triangle, these African doughnuts are crispy on the outside and soft and chewy on the inside. They are typically made with less sugar than American doughnuts, and they have a hint of coconut, cardamom, and cinnamon.

Servings: 12

Preparation Time: 15 minutes

Rising Time: 1 hour

Cooking Time: 20 minutes

INGREDIENTS

- 3 cups all purpose flour
- ½ cup coconut milk
- ½ cup sugar
- 1 egg
- 1 teaspoon active dry yeast
- ½ cup warm water
- 1 tablespoon vegetable oil
- ½ teaspoon salt
- 1 teaspoon cardamom
- 1 teaspoon cinnamon
- vegetable oil for frying doughnuts
- 2 tablespoons confectioners' sugar for dusting

DIRECTIONS

In a small bowl, mix the yeast and warm water and stir.

Let sit for 5 minutes until yeast dissolves.

In a large mixing bowl, add flour, salt, cardamom, and cinnamon. Mix together and then add vegetable oil, egg, coconut milk, sugar, and yeast mixture.

Mix everything until the dough is not too sticky and it no longer sticks to the side of the bowl; add additional flour as needed. (You can use the dough hook on your mixer for this.)

Place the dough in an oiled bowl and cover with a towel or plastic wrap. Let it rest for about an hour until the dough rises a little. Heat oil in a deep fryer to 350 degrees, or use a deep frying pan or wok.

Cut the dough into about 6 pieces to make it easier to roll and cut. Roll each piece so that the dough is about ½ inch in thickness.

Cut into triangles and place in hot oil.

Fry on both sides until golden.

Place doughnuts on paper towels to drain any excess oil.

Repeat with remaining dough.

Sprinkle doughnuts with confectioners' sugar and enjoy.



RECIPE

Agatogo: Plantains with Collard Greens

There are many variations of agatogo, but the dish always includes plantains, some form of tomato (commonly tomato paste), and either meat, fish, or vegetables.

Servings: 4

Preparation Time: 15 minutes

Cooking Time: 40 minutes

INGREDIENTS

vegetable oil
1 large onion, chopped
5 cloves garlic, sliced
1 (6-ounce) can tomato paste
4 mostly green plantains, cut into
½-inch slices
3 cups of thinly sliced, loosely packed collard
greens (about ⅓ of a bunch)
1 quart vegetable broth (or water)
½ cup peanuts, measured then ground
salt to taste

DIRECTIONS

First, peel the plantains. The skin sticks firmly to the flesh, so cut the plantain into hunks, then slit along the side one time.

This will make it easier to crack the peel back. (You might need to use a paring knife to help if the plantain is really green.)

Cut the plantains into ½-inch slices.

Next, fry the onion in some vegetable oil until soft.

Then add in the garlic and continue cooking until the onions are just beginning to color.

Add in the tomato paste and stir well.

Then toss in the plantains, greens, and mix with the vegetable broth.

Add salt to taste (locals recommend using lots of salt, since the plantains absorb quite a bit).

Let simmer uncovered for about 30 minutes, or until the plantains are tender and no longer white.

Then sprinkle on the crushed peanuts.

If you'd like the stew to be thinner, just add some more broth or water until you reach the ideal consistency.

Serve immediately.





COUNTRY
LOCATION:

South
Africa



SOUTH AFRICA

Welcome to South Africa!

South Africa has three capital cities: executive Pretoria, judicial Bloemfontein, and legislative Cape Town. The largest city is Johannesburg. The official languages of South Africa are English, Afrikaans and Zulu.

Are you keen to learn some quick and easy phrases in Afrikaans?

"Hello!"

"Goeie more/middag/nag!"

"How are you?"

"Hoe gaan dit met jou?"

"What is your name?"

"Wat is jou naam?"

"My name is ____."

"My naam is ____."

"This is so tasty!"

"Dit smaak lekker!"

"Thank you!"

"Dankie!"

"I love to cook!"

"Ek hou van kook!"

"The secret ingredient is always love."

"Die geheime bestanddele is altyd liefde."

RECIPE

Siba's Chakalaka: Barbecue Relish

This is a must-have condiment at any South African braai (barbecue). It is usually served over “pap” (a ground maize meal), but it also goes well with meat. It is a spicy tomato and bean relish that originates in the townships of South Africa—thought to have come about during the gold rush, among the mineworkers.

Servings: 6

Preparation Time: 20 minutes

Cooking Time: 20 minutes

INGREDIENTS

- 3 tablespoons oil
- 1 onion, finely chopped
- 2 green bird's-eye chiles (Thai chiles), seeded and chopped
- 2 cloves garlic, crushed
- 2 ounces ginger, finely grated
- 2 tablespoons mild curry powder
- 1 green bell pepper, finely chopped
- 1 red bell pepper, finely chopped
- 1 yellow bell pepper, finely chopped
- 5 large carrots, scrubbed, peeled, and grated
- 1 (14-ounce) can chopped tomatoes
- 2 tablespoons tomato paste
- 1 (14-ounce) can baked beans
- 2 sprigs fresh thyme, leaves only
- salt and freshly ground black pepper to taste

DIRECTIONS

Heat the oil in a pan and fry the onions until soft and translucent. Add the chiles, garlic, and half of the ginger (reserve the other half to add right at the end). Add the curry powder and stir to combine. Add the bell peppers and cook for another 2 minutes. Add the carrots and stir to make sure they are well combined with the other ingredients and coated in the curry powder. Add in the tomatoes and tomato paste and stir. Cook until the mixture is well combined and slightly thickened, 5–10 minutes. Remove from the heat and add the baked beans, thyme, and remaining ginger; stir to combine and season with salt and pepper. Serve hot or cold.



RECIPE

Malva Pudding

This is a caramelized toffee-flavored pudding from Dutch origin in South Africa that is made with sweet apricot jam and served hot out of the oven with ice cream or custard—or both! It is a favorite among South Africans of many backgrounds.

Servings: 8

Preparation Time: 20 minutes

Cooking Time: 45 minutes

INGREDIENTS

For the pudding:

- 1 cup baker's sugar
- 2 eggs (room temperature)
- 1 tablespoon smooth apricot jam
- 1 ¼ cups cake flour
- 1 teaspoon baking soda
- pinch salt
- 2 tablespoons butter
- 1 tablespoon vinegar
- ½ cup milk

For the sauce:

- 1 cup cream
- ½ cup butter
- ½ cup sugar
- ½ cup water, orange juice, sherry, or brandy

DIRECTIONS

Preheat the oven to 375 degrees.

Beat baker's sugar and eggs until fluffy; then beat in the jam until the mixture is a creamy consistency.

Sift dry ingredients into a separate bowl.

Melt butter in a small pan on medium heat, and then add the vinegar and milk.

Add the egg mixture and the butter mixture to the sifted ingredients and mix until well combined.

Pour into an ovenproof 9 x 9 inch casserole dish.

Bake at 375 degrees for 45 minutes, or until the top is nicely browned.

Melt all the sauce ingredients together in a small pot over medium heat, and then pour over the pudding before serving, preferably while it's still hot.

Serve with ice cream or custard—or both. Enjoy!



RECIPE

Cape Malay Chicken Curry

This curry recipe is born out of Cape Town's Malaysian heritage. It is a sweet, aromatic chicken curry that is packed full of spices. Garnished with coriander, it is traditionally served with yellow rice, chutney, sliced bananas, and tomato-and-onion sambal.

Servings: 6

Preparation Time: 30 minutes

Cooking Time: 1 hour, 20 minutes

INGREDIENTS

For the curry:

2 tablespoons sunflower or rapeseed oil
1 large onion, finely chopped
4 large garlic cloves, finely grated
2 tablespoons finely grated ginger
5 cloves
2 teaspoons turmeric
1 teaspoon ground white pepper
1 teaspoon coriander
1 teaspoon cumin
seeds from 8 cardamom pods, lightly crushed
1 cinnamon stick, snapped in half
1 large red chilli, halved,
deseeded, and sliced
1 (14-ounce) can chopped tomatoes
2 tablespoons mango chutney
1 chicken stock cube, crumbled
12 bone-in chicken thighs, skin removed
1 pound of potatoes, cut into chunks
small pack coriander, chopped

For the yellow rice:

3 ½ tablespoons butter
12 ounces of basmati rice
3 ½ tablespoons of raisins
1 teaspoon golden baker's sugar
1 teaspoon ground turmeric
¼ teaspoon ground white pepper
1 cinnamon stick, snapped in half
8 cardamom pods, lightly crushed

DIRECTIONS

Heat the oil in a large, wide pan.

Add the onion and fry for 5 minutes or until softened, stirring occasionally.

Stir in the garlic, ginger, and cloves, and cook for 5 minutes or more, stirring frequently to keep it from sticking.

Add all the remaining spices and the fresh chilli, stir briefly, then add the tomatoes with 2 cans of water, plus the chutney and crumbled chicken stock cube.

Add the chicken thighs, pushing them under the liquid; then cover the pan and leave to cook for 35 minutes.

Uncover the pan and stir well. Then, add the potatoes and cook uncovered for 15–20 more minutes, until potatoes are tender. Stir in the coriander.

About 10 minutes before you want to serve, prepare the rice.

Put the butter, rice, raisins, sugar, and spices in a large pan with 2 ¼ cups of water and ½ teaspoon of salt. Bring to a boil, and when the butter has melted, stir, cover, and cook for 10 minutes. Turn off the heat and leave undisturbed for 5 minutes.

Fluff up the rice with a fork and serve with the curry.

Enjoy!





COUNTRY
LOCATION:

Sierra
Leone



SIERRA LEONE

Welcome to Sierra Leone!
Freetown is the capital, chief port, and largest city of Sierra Leone. The official languages of Sierra Leone are English and Krio.

Are you keen to learn some quick and easy phrases in Krio?

"Hello!"

"Hello, Kushe!"

"How are you?"

"How di bodi?"

"What is your name?"

"Wettin na you name?"

"My name is ____."

"Mi name ____."

"This is so tasty!"

"Di plassas sweet-o!"

"Thank you!"

"Tenki!"

"I love to cook!"

"I lek for cook!"

"The secret ingredient is always love."

"For make you plassas sweet make am with bocu love."



RECIPE

Granat Soup: Peanut Soup

This well-loved dish in Sierra Leone is a spicy peanut butter soup served over warm rice. This creamy, comforting soup is similar to a curry, and it is typically served with some crushed, roasted peanuts on top.

Servings: 6

Preparation Time: 10 minutes

Cooking Time: 30 minutes

INGREDIENTS

- 1 tablespoon canola oil
- 2 large onions, finely chopped
- 1 tablespoon fresh ginger (optional)
- 3 ounces tomato paste
- 1 sweet potato, chopped
- 6 cups vegetable broth or water
- 1 teaspoon salt
- 1 teaspoon cayenne pepper (optional)
- 1 cup natural peanut butter with no added sugar
- 1 cup baby spinach (optional)
- 8 ounces shredded chicken (optional)

DIRECTIONS

Heat the oil in a large, heavy pot. Add onions and ginger, and cook for 5–10 minutes until the onions are very soft and translucent, but not browned.

Add tomato paste and mix with the onions until they are well coated. Add the sweet potatoes to the pot, season with salt and cayenne pepper, and mix with the onion and tomato paste mixture.

Pour the vegetable broth or water into the pot and bring mixture to a boil. Lower the heat to a simmer and cover for 20 minutes or until the sweet potatoes are cooked.

Stir in the peanut butter until it's well blended with the mixture.

Add spinach and/or chicken, if desired, and stir to combine.

Serve over white rice, and top with crushed peanuts.



If you have tried any of these recipes, we'd love to see them! Please share a picture with us on social media and tag @lovejusticeintl.



RECIPE

Ginger Cake

Ginger is widely grown in villages in Sierra Leone and then sold at local markets throughout the African country. This easy-to-make ginger cake is a popular after-school snack sold by street vendors in Sierra Leone.

Servings: 8

Preparation Time: 15 minutes

Cook Time: 50 minutes

INGREDIENTS

- 2 ½ cups all-purpose flour
- 2 tablespoons ginger root, grated
- 2 sticks unsalted butter
- 3 large eggs
- 1 cup whole milk
- 1 cup white sugar
- 1 cup brown sugar
- 1 teaspoon vanilla extract
- 2 teaspoons baking powder
- 2 teaspoons ground ginger
- 1 teaspoon ground cinnamon
- ½ teaspoon salt
- 2 tablespoons confectioners' sugar

DIRECTIONS

Grease and flour two bread loaf pans. Preheat the oven to 350 degrees. In a large bowl, hand mix flour, baking powder, ground ginger, cinnamon, and salt. In another large bowl, cream butter, white sugar, and brown sugar with a mixer until light and fluffy. Add in the eggs, one at time, and then add the grated ginger root and vanilla. Add the milk, and then mix in the flour mixture until incorporated. Divide the batter into the two greased loaf pans. Bake for 45 to 50 minutes, or until a toothpick inserted into the center of the cake comes out clean. Let cool in the pans for 10 minutes, and then turn out onto a serving plate. Dust with confectioners' sugar before serving.









COUNTRY
LOCATION:

Tanzania



TANZANIA

Welcome to Tanzania!

Dar es Salaam is the largest city in Tanzania. Mwanza is the second largest, and Dodoma is the capital city. The official languages of Tanzania are English and Swahili.

Are you keen to learn some quick and easy phrases in Swahili?

"Hello!"

"Habari/Jambo!"

"How are you?"

"Habari yako?"

"What is your name?"

"Jina lako ni nani?/Unaitwaje?"

"My name is ____."

"Jina langu ni ____."

"This is so tasty!"

"Hii ni tamu sana!"

"Thank you!"

"Asante!"

"I love to cook!"

"Ninapenda kupika!"

"The secret ingredient is always love."

"Kiungo ya siri huwa upendo."

RECIPE

Mchuzi Wa Samaki: Curried Fish

Mchuzi wa samaki is a Swahili dish consisting of fish cooked with onions, oil, garlic, curry powder, tomatoes, water, and lemon juice. Any white fish, such as sea bass, cod, or red snapper, can be used. Mchuzi wa samaki is typically topped with a spicy sauce and then served with fluffy white rice.

Servings: 2

Preparation Time: 10 minutes

Cooking Time: 30 minutes

INGREDIENTS

- 1 tablespoon vegetable oil
- 2 onions, sliced
- 3 garlic cloves, crushed
- 1 teaspoon curry powder
- 2 tomatoes, sliced
- 1 teaspoon tomato puree
- 1 tablespoon fresh coriander, chopped
- 1 pound white fish, filleted
- 1 tablespoon lemon juice
- 1 teaspoon salt
- ½ cup water

DIRECTIONS

Fry onions in vegetable oil until brown. Add garlic and curry powder. Cook on medium heat for 1 minute, stirring vigorously. Add tomatoes, tomato puree, and fresh coriander; cook for another minute. Add fish, lemon juice, salt, and water. Cover and cook on low heat for 15–20 minutes. Serve hot with rice. Enjoy!



RECIPE

Kachumbari: Tanzanian Tomato Salad

This spicy side dish is the perfect way to use up fresh tomatoes from your garden in the summer. Serve as a side dish with any grilled meat of your choosing.

Servings: 4

Preparation Time: 10 minutes

INGREDIENTS

2 $\frac{3}{4}$ cups tomatoes
1 small red onion
1 lime
Scotch bonnet pepper spice, to taste

DIRECTIONS

Half the onion; then cut into thin slices. Squeeze some lime and add a pinch of salt and a little water to the onions and let sit for about 5 minutes. This gets out the intense rawness of the onions. Drain the onions and release excess water. Combine onions and tomatoes, add salt and Scotch bonnet pepper spice, to taste. Serve and enjoy! The flavor will intensify as it sits.





COUNTRY
LOCATION:

Uganda



UGANDA

Welcome to Uganda!

Kampala is the capital and largest city of Uganda. The official languages of Uganda are English and Swahili.

Are you keen to learn some quick and easy phrases in Swahili?

"Hello!"

"Habari/Jambo!"

"How are you?"

"Habari yako?"

"What is your name?"

"Jina lako ni nani?/Unaitwaje?"

"My name is ____."

"Jina langu ni ____."

"This is so tasty!"

"Hii ni tamu sana!"

"Thank you!"

"Asante!"

"I love to cook!"

"Ninapenda kupika!"

"The secret ingredient is always love."

"Kiungo ya siri huwa upendo."

RECIPE

Katogo: Banana Stew

This one-pot meal is one of Uganda's national dishes and consists of matooke (green cooking bananas) boiled in an anything-you-can-throw-together sauce. Traditionally, matooke fingers are peeled and boiled in a stew of your choice, from beef to groundnuts, beans, peas, or mixed vegetables. This dish is often consumed for breakfast or lunch.

Servings: 4

Preparation Time: 20 minutes

Cooking Time: 40–50 minutes

INGREDIENTS

- 20 matooke fingers (green cooking bananas), peeled
- 2 medium-sized onions, finely sliced
- 1 green pepper, diced
- 3–4 large cloves of garlic, minced
- 4 large tomatoes, finely sliced
- 1 bunch of green leafy vegetables (kale or collard greens), finely shredded
- 2 teaspoons garam masala/curry powder
- half a Scotch bonnet or habanero pepper (optional)
- 1 beef or vegetable stock cube
- salt to taste
- 2 heaped tablespoons butter or cooking oil

DIRECTIONS

In a large saucepan, heat one heaped tablespoon of butter or cooking oil, and fry the onions for a few minutes. Add the garlic (and optional Scotch bonnet or habanero pepper) and continue frying until golden brown.

Add the garam masala or curry powder along with the beef or vegetable stock cube and cook for one minute, stirring constantly.

Add the tomatoes, green peppers, and 1 teaspoon of salt. Cover the pan and cook for a few minutes, stirring occasionally.

Add the finely shredded green, leafy vegetables and matooke with enough water to just cover it. Bring to a boil, and then reduce the heat and simmer covered.

Continue simmering until the matooke is tender.

Finally add a heaped tablespoon of butter and simmer for one more minute.

Taste and add more salt if needed.

Serve piping hot.



RECIPE

Groundnut Sauce

This sauce is a traditional staple in Uganda, where it is often served with matooke (boiled and mashed green bananas). The sauce can be served plain, on top of white rice, or with fried fish, chicken, or smoked meat. Traditionally, it is also accompanied by some type of starchy vegetable, like potatoes.

Servings: 4

Preparation Time: 5 minutes

Cooking Time: 1 hour, 30 minutes

INGREDIENTS

- 1 ¼–2 cups natural, unsalted peanut butter or other nut butter
- 1 large onion, sliced
- 1 chicken or vegetable stock cube
- 2 large tomatoes, finely chopped
- 1 tablespoon oil
- 1 teaspoon salt
- 2 cups water

DIRECTIONS

Heat the oil in a pan and fry the onion slices until they just begin to look golden brown. Add the chopped tomatoes, stir well, and cook with the pan covered on medium heat until the tomatoes are cooked, adding a little water during the cooking to prevent burning. Add a little more water to make a thick paste, and continue cooking for a few minutes.

Dissolve the chicken or vegetable stock cube in a little water and then add it to the tomato mixture. Cook stirring for a few minutes, adding a little more water to make a thick sauce. Reduce the heat and simmer for a few minutes.

Add the peanut butter or other nut butter and cook, blending it well by stirring. Gradually add a little hot water. You may have to remove the pan from the heat and first blend the nut butter well, depending on how thick it is. When the mixture is well blended and there are no lumps, return to the heat.

Add about 2 cups of hot water and bring to a boil while stirring. Reduce the heat, add a little more water, and simmer until the nut butter is cooked. When you start to see the oil separating, you will know that it is ready. The longer you cook it, the better! But make sure you do not burn the bottom of the pot!

Finally, add salt and simmer for about 5 more minutes, stirring occasionally.

Serve on top of fluffy white rice or with your favorite meat or vegetables.



RECIPE

Muchomo: Marinated and Grilled Meat

Muchomo refers to a popular Ugandan street food consisting of different types of roasted meat like beef, pork, goat, or chicken. The meat is marinated in a sauce and then grilled on skewers until it is crispy on the outside and tender and juicy on the inside. In Uganda, the most popular choices are goat and pork.

Servings: 4

Preparation Time: 20 minutes

Cooking Time: 1 hour, 30 minutes

INGREDIENTS

For the meat:

2 ¼ pounds of either goat, pork, beef, or chicken

For the marinade:

Juice of 1 lemon or approximately
2 tablespoons of lemon juice

1 grated onion (optional)

1–2 tablespoons vegetable or olive oil (used
to prevent sticking, or you can
apply it to the grill)

½ teaspoon cayenne pepper (optional)

½ teaspoon coriander powder

½ teaspoon onion powder

¼ teaspoon black pepper

1 tablespoon salt (to taste)

DIRECTIONS

Put the meat in a Ziploc bag.

Combine and stir the marinade ingredients and then pour it over the meat in the Ziploc bag.

Marinate in the refrigerator overnight or for at least 1 hour.

Roast the meat on skewers over a low flame for as long as possible without overcooking. Grill it on low heat very slowly so that the meat has an outside crunch with a tender, juicy center.

Serve with salt and a side of hot peppers, avocados, and tomatoes.

Enjoy!





COUNTRY
LOCATION:

Zimbabwe



ZIMBABWE

Welcome to Zimbabwe!

Harare is the capital and most populous city of Zimbabwe. The official languages of Zimbabwe are English, Shona, and Sindebele.

Are you keen to learn some quick and easy phrases in Shona?

"Hello!"

"Kwaziwai/mhoroi!"

"How are you?"

"Makadini?"

"What is your name?"

"Zita rako unonzani?"

"My name is ____."

"Zita rangu ndinonzi ____."

"This is so tasty!"

"Izvi zvirikunaka!"

"Thank you!"

"Maita basa/ Tinotenda!"

"I love to cook!"

"Ndinofarira kubika!"

"The secret ingredient is always love."

"Chakanyanya kukosha pakubika rudo/ rudo ndirwo rwakakoshesesa pazvose."

RECIPE

Nyama: Zimbabwean Beef Stew

Nyama is a simple beef stew typically served in Zimbabwe with sadza, a porridge made from cornmeal.

Servings: 4

Preparation Time: 10 minutes

Cooking Time: 1 hour

INGREDIENTS

2 pounds beef (stew meat or roast cut into chunks)
4 cloves garlic, finely chopped
1 onion, finely chopped
2 tomatoes, chopped
1 teaspoon salt
½ teaspoon curry powder
2 carrots, diced
1 cup fresh green beans, cut into 1-inch sections
1 tablespoon cornstarch (if needed to thicken the sauce)
oil (for frying)

DIRECTIONS

Cut beef into medium-sized chunks. Heat oil in a pot. Add beef, garlic, and salt. Fry until the meat is a lovely brown color. Add enough water to just cover the meat and reduce heat. Allow to simmer gently and slowly uncovered until the meat is tender. When the water is entirely reduced, add the onions and curry powder. Fry for 2 minutes. Add the tomatoes and cook for another 3 to 4 minutes or until the tomatoes are tender and cooked through. Add a little bit of water, the carrots, and the green beans, and simmer for another 5 minutes, stirring regularly. To thicken the stew, add a small amount of cold water into the cornstarch and mix well. Then pour that mixture into the stew.



If you have tried any of these recipes, we'd love to see them! Please share a picture with us on social media and tag @lovejusticeintl.



RECIPE

Sadza: African Cornmeal

Sadza is the most common food, a nationwide staple, in Zimbabwe. It's similar to a type of porridge made out of "mealie-meal" (cornmeal), and it is served as a side dish with almost every lunch and dinner. It's usually the first solid food offered to Zimbabwean babies when they are around 6 months old. To eat the sadza, place a small portion about the size of a golf ball into your hand and form it into a small scoop. Traditionally, Zimbabweans use this "scoop" to spoon up a bite of the sauce or stew.

Servings: 6

Preparation Time: 5 minutes

Cooking Time: 30 minutes

INGREDIENTS

3 heaping cups of "mealie-meal" (cornmeal)
plus some more, as needed
1 cup cold water
3 cups boiling water

DIRECTIONS

Boil 3 cups of water on the stove.

In a separate pot, combine 3 cups of cornmeal and 1 cup of cold water, and stir vigorously to make a paste.

Place the pot with the cornmeal/cold water mixture on the stove over high heat, and slowly add the 3 cups of boiling water while constantly stirring.

Keep adding and stirring until the entire mixture is boiling.

Reduce the heat to a simmer. Place the lid on the pot, and gently cook for 15 minutes.

After 15 minutes, take off the lid, and add more cornmeal, little by little. This is a crucial step in the preparation. You want to achieve a very thick, pasty-porridge consistency.

When it's just about the consistency you desire, cover the pot again, and allow it to simmer for another 5 minutes.

Scoop individual portions onto plates and serve with any type of vegetables, meat, stews, or curry dishes.



The background of the entire page is a photograph of a sunset over a body of water. In the foreground, the silhouettes of three people are visible in a boat. One person is standing on the right side of the boat, holding a long, thin pole or oar that extends upwards. Two other people are seated in the boat, facing away from the camera towards the sunset. The sun is a bright, glowing orb on the horizon, casting a warm orange and yellow light across the sky and reflecting on the water's surface. The word "Asia" is written in a large, white, cursive script font, centered over the image. A thin white horizontal line is positioned below the word "Asia", extending from the left edge of the text to the right edge of the word "RECIPES".

Asia

RECIPES



COUNTRY
LOCATION:

Bangladesh



BANGLADESH

Welcome to Bangladesh!

Dhaka, also spelled Dacca, is the capital of Bangladesh and is located just north of the Buriganga River. The official language of Bangladesh is Bengali.

Are you keen to learn some quick and easy phrases in Bengali?

"Hello!"

"He-llo!"

"How are you?"

"Ap-ni ka-mon asen?"

"What is your name?"

"Ap-nar nam ki?"

"My name is ____."

"Amar nam holo ____."

"This is so tasty!"

"Ati khob valo kha-bar!"

"Thank you!"

"Dho-no-bad ap-na-ka!"

"I love to cook!"

"Ami ran-na kor-ta bha-lo-bashi!"

"The secret ingredient is always love."

"Go-pon u-pa-dan-ti sob so-moi
bha-lo-bashar hoi."

RECIPE

Bangladeshi Dhal

Dhal is a term used for a wide variety of dishes popular across South Asia that use dried, split pulses.

Known as one of the most common foods in Bangladesh, dhal is extremely versatile. It can be served as a breakfast food consisting of spices and mung beans, or it can be a deep-fried snack made up of lentils or chickpeas mixed with vegetables. Typically, some form of dhal is served for lunch or dinner as a side dish paired with rice and chicken.

Servings: 4

Preparation Time: 15 minutes

Cooking Time: 30 minutes

INGREDIENTS

- 2 cups dried red lentils
- 6 cups water
- 1 small red onion, chopped
- 2 cinnamon sticks
- 10–12 cardamom pods
- handful of bay leaves
- 2 teaspoons turmeric powder
- 1 ½ teaspoons salt
- 1 tablespoon chopped garlic
- 1 tablespoon ginger paste
- vegetable oil
- handful of chopped coriander

DIRECTIONS

Wash and strain the red lentils with water until foam no longer forms.

After washing, put the lentils in a pot with 6 cups of water, and place it on the stove to boil.

Once it begins to boil, turn down the heat to simmer and gradually add turmeric powder, ginger paste, cinnamon, cardamom, and bay leaves one by one and allow them to cook in the lentils. Simmer for about 20 minutes or until the lentils break apart and start to thicken slightly.

Remove from the stove and add salt.

In a separate pot, heat vegetable oil over the stove and add chopped onions and garlic. Sauté until the onions turn light brown. Add the sautéed onions and garlic to the lentils and mix well.

To garnish, add freshly chopped coriander and serve.

Enjoy!





RECIPE

Beef Bhuna Curry

Beef bhuna is a famous Bangladeshi curry with a heavily spiced, thick sauce. It is typically served with rice and some type of flatbread like chapatis or naan bread.

Servings: 6–8

Preparation Time: 15 minutes

Cooking Time: 1 hour, 30 minutes

INGREDIENTS

- 3 medium-sized onions, sliced
- ½ cup of oil
- 4 cardamom
- 3–4 bay leaves
- 3 cinnamon sticks
- pinch of fenugreek seeds
- 2 tomatoes, quartered
- 2 ¼ pounds of beef rump or round roast, cut into bite-sized pieces
- 1 ½ teaspoons minced ginger
- 1 ½ teaspoons minced garlic
- 1 ½ teaspoons salt
- 2 teaspoons mixed curry powder
- 1 teaspoon garam masala
- 1 teaspoon coriander powder
- 1 teaspoon cumin powder
- 1 teaspoon Kashmiri chilli powder (optional ingredient used to add color to the dish)
- 1 teaspoon chilli powder
- 1 teaspoon turmeric powder
- water as required
- fresh coriander and julienned ginger slices for garnish (optional)

DIRECTIONS

In a saucepan, gently heat ½ cup of cooking oil.

Once the oil is hot, add in the cardamoms, bay leaves, cinnamon sticks, and a pinch of fenugreek seeds.

Fry until the aromas are released.

Next add in the sliced onions and allow them to brown over a high heat, about 10–15 minutes. Stir occasionally to keep them from burning.

Once the onions look golden brown, add the beef along with the minced ginger and minced garlic.

Fry the beef over a high heat until the pieces are brown on the outside, usually around 10 minutes.

Once the beef pieces are brown on the outside, add salt, mixed curry powder, garam masala, coriander powder, cumin powder, Kashmiri chilli powder, chilli powder, and turmeric powder.

Mix the spices well, and then add the chopped tomatoes.

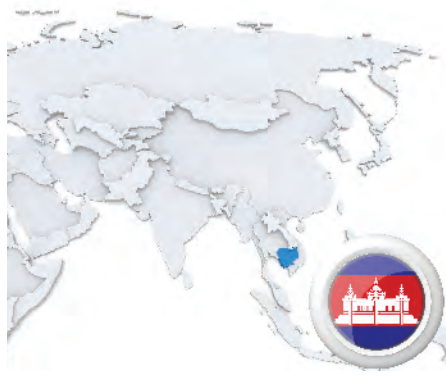
Cover the saucepan and allow the spices and tomatoes to cook on a medium-low heat, until the tomatoes are soft and mushy. Mix the ingredients again, and gently cook the beef over a slow simmer for about 1–1 ½ hours, until the beef is tender. Depending on how large or small your beef pieces are, you may need to adjust these times.

When the curry begins to look dry, add water to loosen it and keep it from burning. Avoid adding too much water at one time; slowly add as needed.

Once the beef is tender, add some extra water to loosen the curry and bring to a boil one last time. (The amount of water depends on personal preference for the thickness of the gravy.)

Boil for 7–10 minutes and add more salt if needed.

Garnish your curry with fresh coriander and julienned ginger. Serve immediately with rice and flatbread.



COUNTRY
LOCATION:

Cambodia



CAMBODIA

Welcome to Cambodia!

Phnom Penh is Cambodia's capital and largest city. The official language of Cambodia is Khmer; however, the older generations speak French, which was the dominant second language until the '90s.

Are you keen to learn some quick and easy phrases in Khmer?

"Hello!"

"Suasteil!"

"How are you?"

"Tae anak sokhasabbay te?"

"What is your name?"

"Tae anak chhmoh ait?"

"My name is ____."

"Chhmoh robsaknhom ku ____ / Khnhom chhmoooh ____."

"This is so tasty!"

"Cha nganh nas!"

"Thank you!"

"Orkoun!"

"I love to cook!"

"Khnhom jol chet thveumhoub!"

"The secret ingredient is always love."

"Kreng psalm dor ad kom bang nus ge sek kdey srolanh / Kreng psalm dor som ngat nus ge chea kar srolanh kar tver ma hope."

RECIPE

Fish Amok

This is a traditional Cambodian dish usually made with fish, although chicken and beef amok are also popular. The dish is similar to a curry stew and is traditionally served in a boat made of banana leaves. It is typically garnished with julienned red bell pepper, coconut cream, and kaffir lime, and it is often served with a side of white rice.

Servings: 2

Preparation Time: 15 minutes

Cooking Time: 15 minutes

INGREDIENTS

For the amok:

5 ounces of fresh, boneless fish fillet
(any type of white fish)
3 ½ tablespoons coconut milk
2 tablespoons water
½ cup carrot
½ cup cabbage
½ cup kale (destemmed)
¼ cup mushrooms (preferably oyster)
1 teaspoon oyster sauce*
2 noni leaves*
1 egg, beaten
1 teaspoon fish sauce*
1 teaspoon chicken broth
1 teaspoon oil
½ teaspoon shrimp paste*
1 teaspoon sugar
2 teaspoons amok paste
(recipe listed below)
banana leaves for serving*
optional garnish: julienned red bell pepper,
coconut cream, and kaffir lime

For the amok paste:

2 pieces lemongrass, minced
⅓ cup galangal, minced*
⅓ cup turmeric (fresh or powder)
3 pieces kaffir lime leaves*
2 cloves garlic, chopped

*Ingredients available in Asian grocery stores or specialty food shops.

DIRECTIONS

Make the amok paste by blending together the lemongrass, galangal, turmeric, kaffir lime leaves, and chopped garlic cloves.

Cut the fish into bite-sized pieces and set aside.

Clean and slice the vegetables.

In a large skillet, heat cooking oil, amok paste, shrimp paste, and coconut milk. Heat thoroughly, cooking until fragrant.

Add the fish, water, the rest of the seasonings and sauces, and all of the vegetables except for the kale, and cook for about 5 minutes.

Add the kale and the beaten egg, and continue cooking.

When the egg is fully cooked, remove the skillet from heat.

Serve the amok in a basket made of banana leaves, if possible, and top with coconut cream, kaffir lime, and julienned red bell pepper.

Enjoy!



RECIPE

Lok Lak: Beef Stir Fry

This is a popular dish that can be found in most restaurants throughout Cambodia. It consists of beef cut into pieces, marinated, and then sautéed in a wok. Lok lak is placed on a bed of green salad with sliced tomatoes and cucumbers, and it's traditionally served with a black pepper dipping sauce and a side of rice or French fries.

Servings: 4

Preparation Time: 30 minutes

Cooking Time: 15 minutes

Resting Time: 1 hour

INGREDIENTS

For the meat:

- 1 ½ pounds beef steak, sliced
- 3 tablespoons vegetable oil
- 4 scallions, chopped

For the marinade:

- 3 tablespoons tomato sauce
- 3 tablespoons soy sauce
- 3 cloves garlic, chopped
- ¼ teaspoon salt
- 5 tablespoons fish sauce
- ¼ teaspoon Kampot pepper (available in Asian grocery stores)
- 2 tablespoons sugar
- 3 tablespoons vegetable oil
- 1 teaspoon chicken broth powder
- 2 teaspoons potato starch (or cornstarch)
- 3 teaspoons paprika

For the dipping sauce:

- juice of 5 limes
- 3 tablespoons cold water
- ¼ teaspoon salt
- 2 cloves garlic, chopped
- 2 teaspoons sugar
- 1 tablespoon fish sauce
- 2 tablespoons vegetable oil
- ½ teaspoon Kampot pepper

For serving:

- green salad
- cucumbers, sliced
- tomatoes, sliced

DIRECTIONS

Mix all the marinade ingredients in a salad bowl, add the meat, and stir well.

Marinate the meat for at least 1 hour in the refrigerator.

Heat 3 tablespoons of vegetable oil in a wok or pan and fry the chopped scallions over medium heat until they turn light brown.

Add the marinated meat, mix well, and sauté for 5–10 minutes.

In a separate bowl, vigorously stir all the ingredients of the lok lak sauce.

Prepare large plates and spoon lok lak sauce ingredients into small dipping bowls.

On each plate, place a bed of lettuce leaves and a few slices of tomato and cucumber.

Place the meat on top of the salad.

Serve with the dipping sauce and a side of steamed white rice or French fries.



RECIPE

Green Mango Salad

This is a refreshing, light appetizer or a side dish served with grilled chicken, fish, or beef. This recipe calls for a green mango which is simply a regular mango that is not ripe. Don't use one of the smaller yellow or Alfonso mangos. Instead, choose a mango that is green, sometimes with a little red on the outside. It should be firm to the touch.

Servings: 2

Preparation Time: 15 minutes

INGREDIENTS

- 3 tablespoons dried shrimp (available in Asian grocery stores)
- ½ green mango
- 1 tablespoon lime juice
- ½ tablespoon sugar (typically palm sugar, but white or brown would be fine)
- ½ tablespoon fish sauce
- 1 tablespoon mint (or basil/Thai basil or a mix of them)
- 2 tablespoons unsalted, roasted cashews (or peanuts)

DIRECTIONS

Put the shrimp in a small bowl and cover with hot water. Leave to soak for around 10 minutes.

Cut the half mango from the stone. (Save the other half for another time, or make a double batch).

Peel and discard the skin; then coarsely grate the flesh. Put in a medium bowl.

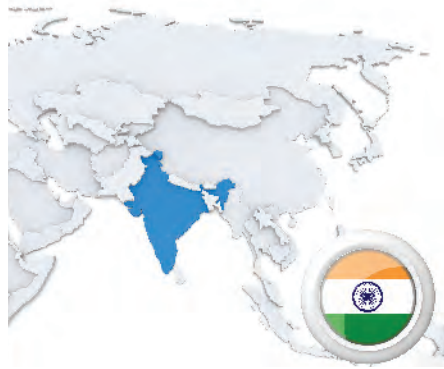
Mix together the lime juice, sugar, and fish sauce, and pour over the grated mango.

Drain the shrimp and rinse if they seem grainy; then add the shrimp to the bowl.

Thinly slice the mint/basil and add it, along with the cashews, and mix everything together.

Serve with any grilled meat of your choice.





COUNTRY
LOCATION:

India



INDIA

Welcome to India!

New Delhi is the capital of India, and Mumbai is the largest city in the country. The official languages of India are English, Hindi, and Urdu.

Are you keen to learn some quick and easy phrases in Hindi?

"Hello!"

"Hello!" or "Namaste!"

"How are you?"

"Aap kaise ho?"

"What is your name?"

"Aapka naam kya hai?"

"My name is ____."

"Mera naam ____ hai."

"This is so tasty!"

"Yeh bahut swaadisht hai!"

"Thank you!"

"Shukriya or Dhanyawad!"

"I love to cook!"

"Mujhe khana banana acha lagta hai!"

"The secret ingredient is always love."

"Iska chupa hua raaz hamesha pyaar hai."

RECIPE

Ena Datshi: Chili Cheese Soup

This is a deliciously spicy stew made of chili peppers, onions, and locally produced yak cheese or cow cheese.

Servings: 4

Preparation Time: 15 minutes

Cooking Time: 25 minutes

INGREDIENTS

- a little less than 1 ½ cups chili peppers
(jalapenos work well)
- 1 teaspoon green chilies
- ¼ cup tomato, diced
- a little over ½ cup of red onion, thinly sliced
- 5 garlic cloves, roughly chopped
- ½ cup grated melting cheese
(processed cheese works, too)
- 1 ½ teaspoons butter
- 1 ½ teaspoons vegetable oil
- 1 teaspoon salt (to taste)

DIRECTIONS

Remove the stalks from the chili peppers. Quarter them lengthwise and then put them in a pan.

Slit the green chilies and add to the pan along with the sliced red onion, chopped garlic, diced tomato, salt, and oil.

Add 1 ¼ cups water to the pan.

Turn to medium heat. Cover the pan and boil for 15 minutes, until peppers are soft but not falling apart.

Add butter and stir until melted.

Turn off the heat and then add the grated cheese. (You can also add some blue cheese crumbles for additional flavor.)

Cover the pan and allow the residual heat to melt the cheese, usually about 2 minutes.

Once the cheese is melted, stir everything very well.

Spoon soup over a bowl of rice, and serve while piping hot.



RECIPE

Kauri: Mini Dumpling Soup

This is a traditional winter dish popular in places like Darjeeling and Sikkim. The dough is shaped into a mini shell made from all-purpose flour, which is added as a mini dumpling to vegetable stock to make the soup. Vegetables or meat can be added to the broth to make a heartier stew.

Servings: 4

Preparation Time: 15 minutes

Cooking Time: 30 minutes

INGREDIENTS

For the soup:

2 tablespoons cooking oil
1 tablespoon ginger paste
 $\frac{3}{4}$ pounds meat of your choosing, cut into bite-sized pieces
5 cups water
1 cup chopped radishes
 $\frac{1}{2}$ cup peas
1 cup diced tomato
salt (to taste)

For the kauri:

1 $\frac{1}{2}$ cups flour
water

DIRECTIONS

Heat oil, add ginger paste and sauté.

Add in any meat of choice and sauté until golden brown. Add water and let it simmer. Once the water starts to boil, add in the chopped radishes. Cook until the meat is 90 percent done.

In a separate bowl, mix in flour and water and knead it into a hard dough.

Rub your hands with dry flour. Take a pinch of the dough and shape it into a tiny ball. Press down into the center of the ball to create a bowl-like figure.

Repeat this process until all your dough is converted into this tiny kauri.

Add the peas and tomatoes to the soup. Then, slowly add in your kauri and let it boil without the lid for another 10 minutes.

Add salt to taste, and serve the dish while hot.

Keep a constant check on the water level. The end product needs to be thick and soupy.



RECIPE

Murgh Makhani: Indian Butter Chicken

This is one of India's most famous signature dishes consisting of tender, juicy chicken in a creamy, curry sauce. It is typically served with finely chopped cilantro, chopped green chile peppers, naan bread, rice, and a good Indian chutney.

Servings: 4–6

Preparation Time: 20 minutes

Cooking Time: 40 minutes

INGREDIENTS

For the chicken:

- 1 ½ pounds boneless, skinless chicken (white and/or dark meat), cut into 1 ½-inch chunks
- 1 tablespoon fresh lime juice
- 1 teaspoon Kashmiri chili powder (may substitute a combination of ⅓ teaspoon paprika and ⅓ teaspoon cayenne pepper)
- 2 teaspoons garam masala
- 1 ½ teaspoons salt
- ¼ cup plain, full-fat yogurt
- 1 tablespoon minced garlic
- 1 tablespoon finely minced fresh ginger root

For the sauce:

- 2 tablespoons canola or vegetable oil
- 1 yellow onion, finely chopped
- 4 medium tomatoes, hulled and chopped
- 1 teaspoon minced garlic
- 2 teaspoons peeled, minced fresh ginger root
- 1 tablespoon bright red chili powder, such as Kashmiri chili powder (may substitute a combination of chili powder and paprika; see above)
- 1 tablespoon garam masala
- 1 teaspoon ground cumin
- 2 tablespoons salted butter
- ⅓ cup heavy cream

DIRECTIONS

Preheat the oven to 400 degrees.

Grease a rimmed baking sheet with cooking oil spray.

Combine the chicken meat with lime juice, chili powder, garam masala, salt, yogurt, garlic, and ginger in a mixing bowl; then spread evenly over the baking sheet. Roast (middle rack) for 15–18 minutes, until the chicken is just cooked through.

Meanwhile, make the sauce:

Heat the oil in a pot over medium heat.

Once the oil shimmers, add the onion and cook for 2 or 3 minutes, until softened. Stir in the tomato; cook for 10–12 minutes.

Use a spatula to press the sauce through a fine-mesh strainer back into the pot, or puree with an immersion (stick) blender right in the pot. Stir in the garlic, ginger, chili powder, garam masala, and cumin until well blended; then add the chicken, stirring to coat it with sauce. Cook for 3–5 minutes, just until heated through.

Just before serving, add the butter. Once it has melted, stir in the cream until well incorporated. Immediately remove from the heat; serve warm.

If you have tried any of these recipes, we'd love to see them! Please share a picture with us on social media and tag @lovejusticeintl.





COUNTRY
LOCATION:

Nepal



NEPAL

Welcome to Nepal!

Kathmandu is the capital and largest city of Nepal, and the country's official language is Nepali.

Are you keen to learn some quick and easy phrases in Nepali?

"Hello!"

"Namaskar!"

"How are you?"

"Tapai kasto hunu huncha?"

"What is your name?"

"Tapaiko naam k ho?"

"My name is ____."

"Mero naam ____ ho."

"This is so tasty!"

"Yo dherai swadilo cha!"

"Thank you!"

"Dhanyabad!"

"I love to cook!"

"Malai khaana pakauna manparcha!"

"The secret ingredient is always love."

"Yasko gopya misran sadhai prem huncha."

RECIPE

Dal Bhat: Lentils and Rice

Dal bhat is considered to be the national dish of Nepal, where it is eaten almost every day. This well-loved meal is traditionally served either by itself or along with vegetable or meat curry. The rice (bhat) is placed in the middle of a dish, and then it is surrounded by the dal (lentils) and perhaps some other curries or chutneys.

Servings: 4

Preparation Time: 10 minutes

Cooking Time: 35 minutes

INGREDIENTS

- 2 tablespoons oil
- 1 onion, finely chopped
- 2 cloves of garlic, minced
- 2-inch piece of ginger, grated
- 1 teaspoon coriander seeds, crushed
- ½ teaspoon red chili powder
- ½ teaspoon turmeric powder
- 1 cup red lentils, washed
- 3 cups water
- 1 teaspoon salt
- 2 tablespoons chopped cilantro
- 2 cups cooked white rice to serve with dal

DIRECTIONS

Heat the oil in a large frying pan and cook the onions until translucent but not brown. Turn the heat to low and add in the garlic, ginger, crushed coriander seeds, red chili powder, and turmeric powder. Stir to combine and cook for about 3 minutes or so. Add in the red lentils and mix well with the onion mixture. Add in the water and bring it to a boil. Add the salt and then reduce the heat and simmer for about 15 minutes or until the lentils are tender. Stir in the fresh cilantro and remove from the heat. Serve with boiled or steamed white rice.



RECIPE

Aloo Ko Achar: Pickled Potatoes

This is a popular side dish served in Nepal. It is similar to a spicy version of German potato salad.

Servings: 4

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Resting Time: 30 minutes to 1 hour

INGREDIENTS

1 ½ pounds potatoes
⅓ cup white sesame seeds
3 to 5 green chiles, diced
1 tablespoon salt or less
1 ½ tablespoons red chili powder
½ teaspoon ground Sichuan pepper
½ cup mustard oil or
neutral oil of your choice
1 pinch ground fenugreek seeds
1 pinch cumin
1 tablespoon ginger, grated
¼ tsp asafoetida (also known as
hing powder)
¾ teaspoon turmeric powder
⅓ cup water
4 tablespoons lemon or
lime juice, freshly squeezed
½ cup fresh cilantro, chopped

DIRECTIONS

Boil potatoes in salted water, peel, and cut into medium-sized cubes.

While potatoes are cooking, dry roast sesame seeds until golden. Cool to room temperature and grind to powder.

In a large bowl, mix the cubed potatoes, sesame seed powder, green chiles, half of the salt, chili powder, and Sichuan pepper. Heat oil in a skillet, add the fenugreek and cumin, and brown briefly.

Remove the skillet from the heat and add ginger, asafoetida, and turmeric powder. Stir for 1 minute.

Pour this hot, scented oil over the potato mix. Stir well.

Add water, lemon/lime juice, and chopped cilantro and mix well.

Cover the pan and allow flavors to meld for 30 to 60 minutes.

Taste just before serving and add more salt if needed.

Serve at room temperature.

Enjoy!



RECIPE

Momos and Momo Achar: Nepali Dumplings with Dipping Sauce

Momos are one of the most popular food items in Nepal, offered in almost every restaurant and sold as a favorite street food. These steamed dumplings are filled with either meat or vegetables and then served with a dipping sauce.

Servings: 4

Preparation Time: 1 hour

Cooking Time: 30 minutes

INGREDIENTS

For the momo achar (dipping sauce):

- 10 tomatoes, chopped
- 3 tablespoons sesame seeds
- 1 tablespoon cumin seeds
- 2 tablespoons sunflower oil
- 2 tablespoons red chili paste
- 2 tablespoons garlic paste
- 2 tablespoons ginger paste
- 1 tablespoon coriander powder
- 1 tablespoon turmeric powder
- 2 tablespoons salt
- 1 lemon

For the momos:

- 1 pound minced meat of your choosing
- 1 grated onion
- some finely chopped coriander
- 2 tablespoons ginger
- 2 tablespoons garlic paste
- 1 ½ teaspoons coriander powder
- 1 ½ teaspoons turmeric powder
- 1 ½ teaspoons cumin powder
- 2 tablespoons grated chili
- 2 tablespoons vegetable oil
- 2 tablespoons salt
- 8 cups flour
- 3 cups room temperature water

DIRECTIONS

Make the momo achar (dipping sauce): Roast the sesame seeds and cumin seeds in a frying pan until golden brown. Add sunflower oil to the frying pan and heat it. Once the oil is hot, add the tomatoes, red chili paste, garlic paste, ginger paste, coriander powder, and turmeric powder. Cook the mixture until the tomatoes are slightly cooked. Then, add salt and stir to combine. If the sauce seems too thick, add a little water. Put the mixture in a blender and puree until smooth. Squeeze a little bit of lemon juice to taste.

Prepare the filling:

Combine the meat, grated onion, ginger, garlic paste, coriander, turmeric powder, cumin powder, grated chili, and salt. Mix well to combine the spices with the meat. Add 2 tablespoons of vegetable oil and mix again. (The oil will keep the filling from getting too dry.) Add finely chopped coriander. Mix all the ingredients well.

Prepare the wrappers:

Put the flour in a separate bowl, and add water to the flour a little at a time to make the dough. Knead the dough for a few minutes. Pinch off a bit of the dough (the amount depends on how big you want the wrapping to be). With a rolling pin, roll the dough into thin circular shapes about the size of a glass (instead of pinching off individual pieces of dough, you can also roll out a large amount of dough and then use a glass to cut out smaller wrappers).

Cook the momos:

Put about one tablespoon of the filling into the center of a wrapping. Pinch one edge of the wrapping to the other edge then twist it. Keep doing this until the filling is covered (make sure the wrapping fully covers the filling otherwise the momos may break when steamed). Oil the bottom of a steamer to prevent the momos from sticking. Put the momos in the steamer, leaving enough room between each one so that they don't touch each other. Steam the momos for 20-30 minutes. Serve immediately either plain or with a side of warm momo achar for dipping.





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WE
THANK
YOU
FOR
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US.

Thank you for pulling up a chair and dining with us! We are thrilled to be able to share these special recipes with you and would love to see your delectable creations firsthand! Please share a picture with us on social media and tag @lovejusticeintl.

We hope you have enjoyed experiencing the diverse and colorful culinary cuisines of our Love Justice global family.

From our family to yours, Happy Holidays!

