UNWTO
World Tourism Organization

A TOUR OF AFRICAN GASTRONOMY

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An invitation to discover Africa through its gastronomy…

So much of a nations' culture is defined by food. UNWTO is proud to invite you to join our Tour of African Gastronomy. The rich and endlessly diverse flavours of the continent tell stories and rituals steeped in history.

Explore the legacy of centuries of amazing culinary traditions hand in hand with some of the most prominent figures of African Gastronomy. Over thirty Chefs will take you on a trip around the wonderful flavours and delicacies whose preparation alone is akin to a performance.

Couscous earns a place among the World's Intangible Cultural Heritage

The knowledge, know-how and practices related to the production and consumption of couscous have been inscribed on the UNESCO List of Intangible Cultural Heritage on 16 December 2020 as a result of a joint application by Algeria, Mauritania, Morocco and Tunisia. Couscous is usually served with a range of side dishes, such as spicy stews, meats, fishes or vegetables, which vary according to the traditions of each place or cook.

Created to promote a better protection of important intangible cultural heritages worldwide and the awareness of their significance, the UNESCO list includes social practices of a country or region expressed by means of knowledges, know-hows, celebrations, art forms and other activities. The inscription of the culinary tradition of couscous, which joined other rituals inscribed, is a recognition and an opportunity to bring African Gastronomy to the world.

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Acknowledgements

We would like to express our upmost appreciation to all the amazing Chefs who have contributed their knowledge and flavours to this book, as well as to the UNWTO Members States without which this project would not have been possible.

Algeria

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Zambia

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A TOUR OF AFRICAN GASTRONOMY

Africa is home to a medley of colourful ethnicities, artful traditions and some of the greatest natural wildlife on our planet, all blending magically amidst dazzling landscapes. For centuries, relentless travellers from around the world have visited the great continent in search for adventures and inspiration.

The impossible balance between human ingenuity, natural wonder and roaring wilderness continues to fascinate travellers which turn out in flocks to explore Africa. To this day it is well known that Africa, if anything, spells adventure. However, despite a growing number of travellers every year setting off to discover the many hidden jewels Africa has to offer there is a treat hiding in plain sight that remains relatively unexplored: its cuisines.

Whereas tourists defy safaris under the blazing sun, raft down the Zambezi River and hike the Kilimanjaro, few are those that bring the African experience to their taste buds. Inexplicably, among the many treasures the continent conceals, the food remains perhaps the biggest mystery of them all.

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There is a treat hiding in plain sight that remains relatively unexplored: its cuisines

From the notorious tajines and couscous in the north, to a long-standing tradition of barbecued goodies, as well as splendid variety of stews and hundreds of different types of breads to heartily dip into all these rich flavours, Africa truly is an atlas of flavours. Besides, the food is not only savoury but also surprisingly healthy as many dishes are based on combinations of delicious fruits and vegetables.

Africa's cultural mélange and history is beautifully reflected in its cuisines. Century-long cross-cultural exchanges with merchants and ancestral traditions have created a unique and eclectic assortment of dishes that are passed with care from generation to generation. Furthermore, the «do with what you have» philosophy is very present in African cuisine and has resulted in some of the most creative and inventive flavours one can imagine. Miscellaneous and authentic, African recipes have managed to achieve an unattainable balance between tradition and innovation.

Africa is a treat for all the senses. Expect to be dazzled by the rainbow of colours of all the different spices you will find across the myriad of food markets. Brace yourself for the blend of tantalizing smells that will whet your appetite as you stroll around the food stalls. For the genuine experience do not hesitate to blend in and share a meal with locals and discover first-hand their heartfelt generosity. Celebrating food is a way to come together, bridge communities and forge cross-cultural ties and will truly turn your culinary African adventure into an unforgettable trip.

This book takes you through Africa's cuisines by the hand and stoves of renown African chefs, food ambassadors which will bring their own signature to traditional recipes. Since cultural heritage and people's way of life, as well as personality and family roots are all woven into food, this book invites you to discover – or rediscover – Africa and its people through their fascinating cuisine.

African gastronomy remains an endless world to discover and a perfect reason to get off the beaten track when travelling and to discover local communities. Come enjoy Africa's festival of flavours together with its people and spice up your adventure.

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Gastronomy can be described as the discovering, tasting and experiencing of food preparation. Through the history of humanity, food has always been an essential aspect of a community's life, where strangers, friends and family members gather, share stories, create memories and even make history.

But gastronomy is much more than food. It is the beautiful connection between culture, people and food. In particular, African gastronomy is made up of all of the influences of its thousands of ethnicities, environment, traditions, ancient and modern history, reflecting countries' rich identities.

More than ever before, African gastronomy is being recognized, such as the recent inscription of couscous, a dish from Algeria, Mauritania, Morocco and Tunisia, as a UNESCO Intangible Cultural Heritage.

I invite you to join me on this journey in discovering the bursting flavours of our colourful gastronomy.

ELCIA GRANDCOURT
DIRECTOR, REGIONAL DEPARTMENT FOR AFRICA, UNWTO

Over recent years, gastronomy tourism has become mainstream in many destinations attracting new travellers eager to taste local food and know more about the products and traditions of the land that welcomes them.

Promoting the value of African gastronomy as one of the pillars of tourism development and competitiveness for the region is one of UNWTO priorities. Gastronomy tourism means spearheading value creation, jobs and image building. Over the coming years, we will work with UNWTO Members States, chefs, tourism businesses and entrepreneurs, local producers, and our United Nations sister organizations, specially the United Nations Educational, Scientific and Cultural Organization (UNESCO) and the Food and Agriculture Organization (FAO) to place the flavours of Africa top of mind of travellers worldwide. This book is the first step of a new journey and you are our special guest and hopefully also a new Ambassador of African Gastronomy.

SANDRA CARVÃO
DIRECTOR, TOURISM MARKET INTELLIGENCE AND COMPETITIVENESS, UNWTO

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In many parts of the world, gastronomy has grown to become an important part of the entire tourism value chain, not only supporting jobs and businesses but also promoting destinations and contributing to sustainable development.

Enhancing the image of Africa as a diverse destination is among the main priorities of the UNWTO Agenda for Africa. The continent offers a wide range of unique experiences, including its rich array of local gastronomy. All of them deserve a place in the spotlight, to open new windows for people to discover Africa's tastes, cultures and people.

Sharing a meal with locals brings people together. It is at the foundation of a new approach to building cultural bonds, empowering communities and contributing to the preservation of the culture and heritage of the world's oldest inhabited continent.

The benefits go beyond tourism itself. Gastronomy tourism has an active role to play in rural development, education, the inclusion of vulnerable populations and poverty eradication, to name but a few examples of its potential contribution to Africa's future.

UNWTO is proud to invite you on a tour through Africa's gastronomy. Let yourself be guided by inspiring chefs and their collections of colourful and delicious recipes. This book is a testimony to Africa's breadth of unique products and experiences. It also showcases its enormous potential to become a leading gastronomic travel destination.

Enjoy the journey, try the recipes and book your next trip to Africa!

ZURAB POLOLIKASHVILI

SECRETARY-GENERAL
WORLD TOURISM ORGANIZATION (UNWTO)

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Source: United Nations, Geospatial Information Section (2018), *Map No. 4045 Rev. 8.1*, regional map of Africa (online), available at: https://research.un.org/en/maps (23-11-2020).

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ALGERIA

MEET THE CHEF

RABAH OURRAD

At 43 years old, Rabah Ourrad is popular from London to Algiers. Before becoming a juror of Master Chef Algeria for two years, he was enriched by an apprenticeship of Catalan cuisine in Barcelona and by moving to London to work with Pierre Gagnaire at Sketch Restaurant.

Later, he worked for the double Michelin-starred Ledbury and the famous Momo's. In 2014, he founded the Wormwood restaurant in Notting Hill.

Now at the head of the restaurants Mim and Mim Rooftop of the M suite hotel, his dream is to revolutionize Algerian cuisine by breathing creativity into his country culinary traditions and bringing together the terroir of its different regions.

Chef Rabah says: "Our mothers are real masters in spices mixology. Chicken Tajine with olives can't have the same spices than Mtewem – my favourite by the way. The seasoning needs to be perfect and subtle. Textures are highly important. Home cooks are real professionals. This is the reason why Algerian cuisine is so special and local restaurants have to live up to it."

ALGERIA GASTRONOMY MUSTS

OLIVES

DATES

JASMIN

DIOUL

MINT

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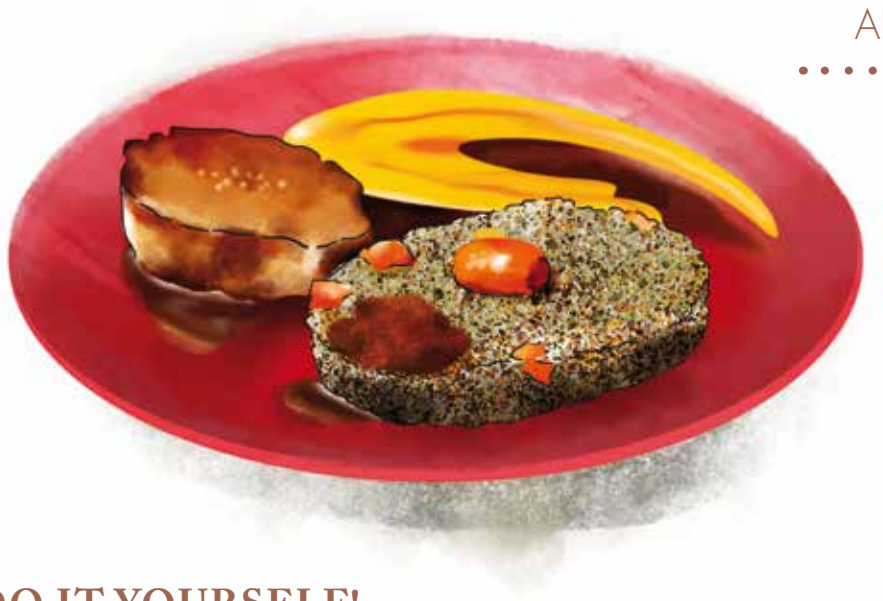
ALGERIA



DO IT YOURSELF!

LAMB SHOULDER AND 7 CEREALS COUSCOUS

INGREDIENTS

For the marinade:
- 200 g softened butter
- 5 cl olive oil
- 5 g *Ras El Hanout*
- 5 g salt
- 1 g pepper
- ¼ coriander
- ¼ parsley
- 2 g curcuma
- 15 g garlic
- 25 g onion
- 2 lamb shoulders

For the lamb:
- 500 g couscous 7 cereal
- 10 cl water
- 2 g salt
- 1 g pepper
- ¼ coriander
- ¼ parsley
- Few leaves of mint
- 100 g diced carrots
- 100 g diced turnips
- 8 g comfit lemon diced

For the 7 cereals couscous:
- 1 l beef stock
- 50 g carrots
- 10 g garlic
- 100 g onion
- Thyme
- Bay leaf
- 1 tablespoon of tomato paste

STEP BY STEP

1. Mix the ingredients, thoroughly coat the shoulder with the mixture then leave it in the fridge, covered overnight.
2. Roast the shoulder at 190° C for 30 minutes.
3. Sweat the vegetables until brown in a big pan. Add tomato paste, the bouquet-garni and the beef stock.
4. Cover the meat to ¾ with the broth. Add any other vegetables you like. Cover the tray and cook for 5 hours at 140° C of olive oil.
5. Mix the couscous, salt and olive oil in a large bowl. Make sure all grains are coated, then cover with water and leave it for 15 minutes until fully absorbed.
6. After that, break the solid block resulting and separate the grains with your fingers. Cook in a steaming pan for 10 minutes, then separate the grains again using a whisk and adding a tablespoon.

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ANGOLA

MEET THE CHEF

RICARDO HELTON

Passionate about cooking since he was a child, Helton followed his passion by studying Cuisine and Pastry at the Culinary and Arts Ferrandi School in Paris.

Once completed, Helton moved to London for a six-month training programme in Culinary, HCCP and Industrial Quality at the prestigious Eastern College. Thereafter, the freshly graduated chef used his expertise and talent to open his own restaurant in Portugal: "Blitz", a Dinner & Dance spot that served signature tapas and snacks.

Executive Chef Ricardo Helton is currently one of the most renowned and prominent chefs in Angola, heading Sol Mayor, the largest business group in Angola's restaurant sector that owns and manages seven locations ranging from restaurants, hotels and catering companies. Helton has also established a huge community with fans around the world through his popular Instagram Live series called Kitchen Quarantine, a weekly show featuring exquisite and original recipes, culinary creations, Q&A and fun interviews with various celebrity guests.

ANGOLA GASTRONOMY MUSTS

DRY TORTULHO

CASSAVA FLOUR

PALM OIL

DRIED FISH

POTATO BRANCH

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DO IT YOURSELF!

TORTULHO RISOTTO

Angolan ancestors used to preserve the mushrooms they grew by drying them before they were distributed across the country. According to Ricardo, it turned out to be one of the greatest discoveries of Angolan gastronomy.

INGREDIENTS

- 100 g shallot
- 4 celery stalks
- 350 g portobello mushrooms
- 350 g tortulho mushrooms
- 2 tablespoons oil
- 200 g risotto rice (arboreal)
- 15 cl white wine
- 50 cl water
- 1 tablespoon of salt
- 200 g Parmesan cheese
- 100 g arugula
- 100 g of watercress
- Mill pepper

STEP BY STEP

1. Chop the shallots and cut the celery into thin sheets. Clean the mushrooms and cut them coarsely.
2. In a pan with olive oil, lightly brown the shallot and celery for 10 minutes. Add the rice.
3. Fry stirring occasionally until it is translucent. Drizzle with white wine, add the mushrooms and cook, stirring frequently, until the liquid is absorbed.
4. Wash the tortulho several times and bake for 30 minutes, strain the water and bring to the heat, seasoning to taste with lemon, salt, black pepper and a spoon of butter.
5. Gradually add the broth to the rice, stirring regularly until cooked al dente (about 20 minutes). Remove from heat, add the Parmesan cheese cut into small pieces and the leaves of arugula and watercress.
6. Season with freshly ground pepper and serve without delay marinating with a little reduction of balsamic vinegar.

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BENIN

MEET THE CHEF

GEORGIANA VIOU

Born in 1977 in Benin, Georgiana lived a multiethnic childhood. She is self-educated and has three children.

She studied Communication in Paris for a few years before she went back to her first love, culinary art.

Since 2009, Georgiana has arbored professional kitchens of French starred chefs, such as Lionel Lévy (1 Michelin Star) and Sarah and Sylvain Sendra's (1 Michelin Star).

In 2012, Georgiana opened her first restaurant Chez Georgiana and undertook different TV cooking workshops in Marseille.

Currently, she is working on a new restaurant and another book with recipes from Benin.

According to her, Beninese cuisine also tells a story. Many recipes are linked to parts of Benin's history and/or born of traditional rites before moving into everyday life.

BENIN GASTRONOMY MUSTS

GBATAKIN
(Green chili pepper)

AFINTI
(African mustard)

DÉ
(Palm nuts)

NINNOUWI
(Vegetable *coret)*

DÉGON
(Smoked shrimps)

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BENIN

DO IT YOURSELF!

AMIWO WITH GRILLED CHICKEN

Originally and till today, *amiwo* is one of the main dishes of Benin households. This ritual dish from the Vodoun convents, in which red palm oil was the main ingredient then replaced by tomato sauce, is identical to the Afro-Brazilian (Agouda) cuisine of Ouidah. We invite you to enjoy it on your next trip to Benin.

INGREDIENTS

- 1 chicken, cut into pieces
- Chicken marinade
- 1 cup of tomato sauce
- ¼ l of vegetable oil
- 2 onions, chopped
- 8 tomatoes, chopped
- Green hot chilies, chopped
- 6 cups of corn flour
- 1 cup of homemade chicken broth
- Salt and pepper

STEP BY STEP

1. Marinate the chicken and grill.
2. Pour the water and the chicken broth in a pan. Add the tomato puree, salt and pepper. Bring the mixture to boil.
3. In the meanwhile, put half of the corn flour in a bowl and mix with a half cup of water.
4. Pour it into the boiling tomato sauce, mix and bring to boil at medium heat.
5. Then, sprinkle the rest of the corn flour and mix vigorously and quickly with a wooden spatula. Avoid lumps. Keep on slow heat for 10 minutes. Put into oiled moulds.
6. Heat two tablespoons of oil in a pan and stir-fry the onions, add a pinch of salt, the tomatoes, a tablespoon of water and green pepper. Cook on medium heat for about 2 to 5 minutes.
7. To serve, turn the mold/ramekin into a plate and add the sautéed sauce.

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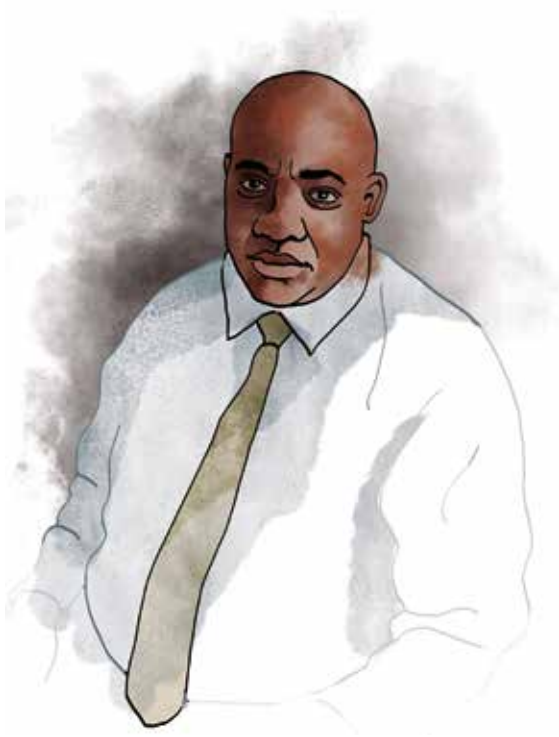
BURUNDI



MEET THE CHEF

KAMWENUBUSA JEAN CLAUDE

Born in 1972 in Burundi, Chef Kamwenubusa Jean Claude has five children and is self educated. He studied at Lycee of Kinama, the north of the economic capital, before he embarked on his love for the culinary arts.

Since 1994, the Chef undertook professional African kitchens in collaboration with André Maron, Chef at Milles Collines Hotel in 1996.

In 2006, he was at Top Hill residence as master cooker. He worked with the Office of the President in 2012. Currently, Jean Claude is Chef at the 4-star Best Outlook Hotel.

According to him, a good dish well done with local and natural products is the perfect example of the rich Burundi gastronomy and legendary hospitality.

BURUNDI GASTRONOMY MUSTS

COW BUTTER

ONION

CRUSHED PEPPER

PARSLEY

GARLIC

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BURUNDI

DO IT YOURSELF!

MUKEKE PAN-FRIED WITH GARLIC

Originally from Lake Tanganyika, the legendary *mukeke* is widely consumed in Bujumbura, the major city of the country. The traditional receipt is prepared without palm oil but with local cow butter with natural ingredients.

INGREDIENTS

- 1 whole *mukeke* fish
- 2 onions chopped
- ¼ cow butter
- 2 g parsleys
- 2 g garlic
- Pepper crushed
- 6 cup flour
- Salt
- 3 lemons

STEP BY STEP

1. Put the pan on the cook, add the cow butter, cook for 10 to 15 minutes.
2. Put the fish and let cook for 10 minutes. Remove the fish once golden.
3. Put the onion chopped in the cow butter; add garlic, parsley, crushed pepper, little water and salt.
4. Marinate the *mukeke* with the grill.
5. Cook the mixture on low heat for 10 minutes and pour into ramekins.
6. To serve, prepare the plate, put the *mukeke* and sprinkle with the *menière* sauce to add the flavour.

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CAMEROON

MEET THE CHEF

MARIE THÉRESE ATEDZOE OWONA

With over 30 years of local and international experience on the cooking scene, Marie Thérese is the Executive of the Chain of Owners of Restaurants for the Promotion of Cameroonian Culinary Heritage (CRESPAC), member of the National Tourism Council (CNT), as well as Coordinator of the Cameroonian Federation of Culinary Arts and the promoter of the well-known Restaurant Bois Sainte Anastasie in Yaounde, Cameroon.

She is a perfect example that nothing is impossible if you have the passion. Cameroon's gastronomy reflects the diversity of its ethnic groups. Rich in quantity and quality. lt is affordable to all. Cameroonians are attached to their traditional cuisine: *ndole, songa, eru, ndomba, baobab sauce, a'chu, kati kati, mbol, dakere, mbongo tchobi*...

Eaten, raw or cooked, the African eggplant is also a part of medicinal ingredients in Cameroonian tradition all over the country. lt is a vegetable with a high nutritional density, representative of vegetarian cuisine, easy to cook and recommended for anyone.

CAMEROON GASTRONOMY MUSTS

OKRA

YELLOW, RED AND DRY PEPPER

PALM OIL

CRAYFISH

PÈBÈ

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CAMEROON

DO IT YOURSELF!

IFIRGUE'ZONG

INGREDIENTS

- 312 g *zong* (African eggplant)
- 4 cocoyams
- 115 g onion
- 146 g tomatoes
- 50 ml peanut oil
- 50 g *bifaga*/herring (dried fish)
- 50 g crayfish
- 16 ml water
- 104 g smoked fish
- 20 g salt

STEP BY STEP

1. Rinse the African eggplant abundantly in water then put on the fire for 30 minutes.
2. Remove the pan from the heat and put in a bowl with ice cubes to stop cooking.
3. Clean by removing the thin membrane from the top.
4. Crush and drain.
5. Wash the tomatoes and cut them into quarter moons.
6. Clean the crayfish then chop them.
7. Clean the onions then cut into thin slices.
8. Remove the dry fish bones then soak in hot salted water for 30 minutes, rinse then set aside.
9. Clean the herring, crush then set aside.

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COMOROS

MEET THE CHEF

HANANE SOHUN

Hanane Sohun – Hanane Saife, her maiden name – is mother of three kids.

She loves Comorian gastronomy, and even being far from her country she cannot do without it. It reminds her of her childhood.

Cooking is her passion and also her profession.

Comorian gastronomy is delicious and very rich in flavour. To make it known to the whole world is her dream.

Hanane Sohun's favourite recipe is of course *mhogo wa nazi*.

COMOROS GASTRONOMY MUSTS

CINNAMON

PEPPER

TUMERIC

GINGER

CUMIN

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COMOROS

DO IT YOURSELF!

MHOGO MWITSI WA NAZI NA GNAMA (COCONUT MILK BEEF CASSAVA)

Cassava with coconut is a very popular dish in the Comoros. It is prepared with dry cassava. The chef shares with you the fresh cassava recipe which is so delicious.

INGREDIENTS

- 1 kg of cassava
- 500 g of meat (beef)
- 400 ml coconut milk
- Salt

STEP BY STEP

1. Cut the meat into medium sized chunks.
2. Wash the meat and cook it, add a bit of salt and 3 cups of water.
3. Once the meat is cooked, set it aside. Peel the cassava and remove the middle thread.
4. Cut the cassava into small sticks, then cut each stick into several small pieces (2 to 3 cm thick) and wash the cassava.
5. Place a first layer of cassava at the bottom of a pan, add the meat and finish with a layer of cassava.
6. Add 2 cups of water, cover and cook until the cassava are well cooked and tender.
7. Stir in the coconut milk, add salt, and simmer for 5 minutes before serving.

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CÔTE D'IVOIRE

MEET THE CHEF

CHRISTELLE VOUGO

Christelle Vougo, accountant by training, was not destined for a career in cooking. However, spurred by her passion, she found herself working in several restaurants in the United States.

In 2005, she opened her first restaurant The Avenue in Atlanta.

Having acquired such a vast experience in the kitchen, she decided to go back to her home country.

In 2011, she opened her first restaurant in Cote d'Ivoire, Norima, and the second one in 2012, Saakan. Ultimately, she founded the Mondial and a catering service, Zanda traiteur, in 2016.

CÔTE D'IVOIRE GASTRONOMY MUSTS

AKPI

SOUMBARA

ADJOVAN

GINGER

PEPPER

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DO IT YOURSELF!

PEANUT SAUCE WITH DAH LEAVES

INGREDIENTS

- 500 g beef meat
- 4 to 5 tablespoon peanut butter
- 1 bunch of *dah* leaves
- 1 big onion
- 2 small tomatoes
- 2 *habaneros* (hot chili)
- ½ tablespoon of smoked fish powder
- ½ tablespoon of shrimp powder
- 2 pinches of pepper chili to your taste
- Salt
- Garlic
- Ginger

STEP BY STEP

1. Rinse the *dah* leaves thoroughly with water. Dry then and set aside. Boil them for about 10 to 15 minutes and dry them.
2. Cut the meat in cubes. Season it with salt, pepper, garlic, ginger paste and finely chopped onion to taste. Add one cup of water and put to medium heat.
3. After 15 minutes, once it is precooked, pour the peanut butter diluted in a glass of water into the pan. Add the chopped onion, the fresh tomato cut into small cubes.
4. Simmer while stirring frequently. Add water and stir occasionally for a few minutes until the peanut butter comes up to the surface.
5. Add the chili and the *dah* leaves. Simmer on low heat about 10 minutes. When the stew is almost done, add the smoked fish powder and the pepper.
6. Leave to simmer for a few more minutes before serving.
7. Serve with white rice.

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DEM. REP. OF THE CONGO

MEET THE CHEF

CHRISTIAN YUMBI

A mix between nutrition, tradition and modernity.

After obtaining a Business Manager Diploma as restaurant owner and caterer with a Ritz Escoffier Master, Chef Christian Yumbi opened his own restaurant in 2004, RE-SOURCE or "back to basics", in Brussels with his wife. He was recognized in 2006 by the Gault & Millau guide and the restaurant received a mention in the Michelin guide.

In 2012 he opened a second RE-SOURCE restaurant in Kinshasa, in the town of Gombe.

He won the title of best African cook in the first edition of the 2014 "Star Chef" competition and in 2015, the Mwana Mboka, the Diaspora award.

In 2017, RE-SOURCE moved to the CTC building and became Arôme Restaurant.

DEM. REPUBLIC OF THE CONGO GASTRONOMY MUSTS

CRICKET

AVOCADO

PALM LARVA

CHERRY TOMATOES

CORN

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DEM. REP. OF THE CONGO

DO IT YOURSELF!

SMALL SALAD WITH GRILLED INSECT

INGREDIENTS

- 1 cricket
- 1/3 avocado
- 2 palm larva
- 1/3 cherry tomato
- 8 corn
- 25 termite mound

STEP BY STEP

1. Make a small salad, mixing the avocado, corn, salad leaf.
2. In a pan, brown the insects still alive at the right temperature until they become crisp.
3. Add salt and pepper with zests of cucumber.

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DJIBOUTI

MEET THE CHEF

BOUHOUL ABDILLAHI MOHAMED

Chef Abdillahi has eight years of professional experience in catering.

Djiboutian gastronomy is a true culinary melting pot and is illustrated by the diversity of culinary traditions which it embodies. *Moukhbaza,* a delicious dish that originated from Yemeni influence. It is most popular in Djibouti especially with fish and grilled in the oven or charcoal, after being brushed with a mixture of tomato and spices, which gives consistency and taste. It is accompanied by mashed dates, bananas, sesame seeds or *khobs* (Arabic flat bread).

DJIBOUTI GASTRONOMY MUSTS

MEAT

RICE

EGGPLANT

RED PEPPER

TAMARIND

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DO IT YOURSELF!

MOUKHBAZA DISH CHEESE

Commonly used to refer to traditional fish meal and its accompaniments, *moukbaza* is a kind of folded bread which, after being baked, is cut into pieces and mixed with honey, banana or dates. Served as a thick puree with some nuts or sesame seeds, it is the perfect dip to delight your fish, traditionally cooked over charcoal or in the oven. You can choose your own fish to accompany the dish.

INGREDIENTS

- 300 g flour
- 4 spoonful olive oil
- 2 pinches *nigel* seeds
- 2 pinches sesame seeds
- 5 cheeses
- 1 garlic
- 2 eggs
- 2 pinches salt
- 5 bananas
- 2 drops honey

- **Side dish recipe:** Sauce, spicy and grilled fish in the oven and fenugreek

STEP BY STEP

FISH:

1. Upstream, cutting the fish (remove bones, fins, flanks).
2. Brush a layer of chili on both sides.
3. Add a pinch of salt.
4. Then put the whole fish in the oven (outer side) for 20 to 25 minutes.

ACCOMPANYING SAUCE:

5. Mix together, and on the same bowl, mayonnaise, parsley, red pepper, salt, white and red pepper, you can also add spices.

CHEESE GALETTE:

6. Put 300 grams of flour and add 1/2 spoon of salt and 2 eggs.
7. Beat the dough with flour, and fluff it with olive oil.
8. Add 5 cheeses.
9. Add 2 pinches of *nigel* seeds.
10. Put in a leather oven for 10 minutes.
11. Remove the baked galette from the oven and put it in a bowl.
12. Knead the pancake with a handful of rubbed dates and 5 bananas.
13. Once the prepared menu is in place on the plate, pour a little honey over it.

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ESWATINI

MEET THE CHEF

DOLORES GODEFFROY

Dolores is a bonafide liSwati born in eShiselweni. She is an ardent food activist, a farmer, restauranteur, business owner, fighter and visionary.

Her Zulu mother's dedication to indigenous foods was a strong influence in her current vision of a nation, indeed a continent, that can feed itself. A voice of reason in the stampede towards industrialized farming, reminding us that we already have the tools to put an end to hunger in Africa and not be dependent on others to feed us.

ESWATINI GASTRONOMY MUSTS

IMBUYA
(Amaranth)

TINDLUBU
(Jugo beans)

TINHLUMAYA
(Cow peas)

EMABELE
(Sorghum)

EMASELWA
(Gourd)

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ESWATINI

DO IT YOURSELF!

IMBUTI STEW (GOAT STEW)

Succulent cuts of bone-in goat meat slow cooked in aromatic spices and vegetable broth until tender.

INGREDIENTS

- 1 kg goat meat
- 6 medium potatoes
- 4 medium carrots
- 1 medium grated tomato
- 4 crushed garlic cloves
- 1 tablespoon ginger
- 1 tablespoon paprika
- 1 cup vegetable broth
- 3 cups water
- Salt and black ground pepper

STEP BY STEP

1. In a pot, fry onions, add ginger and garlic until lightly browned.
2. Add the spices, grated tomato, vegetable broth and water.
3. Cut meat into small sized stewing pieces and add to the stew.
4. Add the carrots and the potatoes last.
5. Allow to simmer gently until tender (but not falling into pieces).

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ETHIOPIA

MEET THE CHEF

HENOK ZERIHUN

His carrier started as a teenager when he saw, for the first time, a busy chef working in a small down-town restaurant.

Every action he took, what he did, the way he communicated with service staff was mesmerizing. He always remembers that moment which ignited a deep sense of passion and desire to be in that uniform. Then he studied Culinary Art in one of the best catering schools in Addis and worked for 17 years in various hotels in different capacities.

Currently, he is working as a consultant for restaurants, advising them on how to make a restaurant the best place for dinning experiences. His job includes training staff and managing restaurants. As a passionate chef, he is involved in the Ethiopian Chefs Association and serves currently as its president. Further, he is a board member for Ethiopian Airlines catering service.

The Ethiopian cuisine is so unique and fascinating, as it uses fresh and organic food items, herbs and spices. Since prehistoric time, Ethiopia is the main route to spices and coffee to Middle East, Asia and Europe. The most amazing healthy food introduced now to the world is *injera* which is baked from *teff* which is originally from Ethiopia.

ETHIOPIA GASTRONOMY MUSTS

BLACK CUMIN

CARDAMOM

MITIMITA
(Small chili flakes)

TURMERIC

CINNAMON

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DO IT YOURSELF!

KITFO KEBAB WITH KALE AND COTTAGE CHEESE

INGREDIENTS

- 880 g minced topside lean meat
- 250 g Ethiopian clarified butter
- 20 g chili powder
- 20 g cardamom powder
- 200 g kale (cooked and finely chopped)
- 200 g cottage cheese
- 10 g salt
- 100 g false banana root bread *(kocho)*

STEP BY STEP

1. Place the clay pan on a medium fire and let it to get hot.
2. Put quarter of the butter, cardamom powder, chili powder and let it to get hot too.
3. Add the finely chopped kale to the mixture and cook it for a few minutes.
4. On another pan put the butter and cardamom powder and mix it with cottage cheese and season it well.
5. In a mixing bowl, mix the minced lean meat with the rest of the butter, cardamom and chili powder.
6. Put the mixed mixture on skewer, cook it on a hot grill basting with Ethiopian butter till done and serve with kale and cottage cheese.

GHANA

MEET THE CHEF

ISAAC SACKEY

With over 14 years of experience as professional chef and as CEO of Food Link Logistics, Chef Isaac Sackey started his career at Novotel Hotel, Accra, as a Commis Chef.

He rose to Chef de Partie and Sous Chef and is now Executive Chef with BSC in hospitality management.

Chef Isaac K. Sackey has travelled across the globe to acquire expertise on current culinary trends; he serves as a judge for cooking competitions and organizes food workshops.

Ghana's gastronomy is hugely influenced by the country's large ethnic groups. However, running through all these intrinsic dishes are some common ingredients such us spices and vegetables.

The country's dishes are definitely a must-try. First on the country's dining table is the *jollof* rice. The *fufu* is another hit with the locals. And last but not least, another mainstay of the Ghanaian gastronomic plate is *banku*.

GHANA GASTRONOMY MUSTS

DAWADAWA
(Locust bean)

AIDAN
(Prekese)

TIGER NUT MOULD
(Atadwe milk)

ASHANTI PEPPER
(Soro wisa)

WHOLE GRILLED TILAPIA

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GHANA

DO IT YOURSELF!

WAAKYE, BEEF STEW AND SALAD

INGREDIENTS

WAAKYE:

- 500 g rice
- 250 g black eyed beans
- 10 millet leaves
- 2 l water
- Salt

BEEF STEW:

- 200 g beef chuck
- 40 g cow skin (wale)
- 50 g beef stock
- 50 g shrimp powder
- 100 g tomatoes
- 20 g *kpokpo shito* (chili powder)
- 5g ginger
- 20 ml cooking oil

SALAD:

- 80 g lettuce
- 30 g cabbage (finely sliced)
- 20 g carrot (finely sliced)
- Dressing of choice
- Salt and white pepper

STEP BY STEP

1. In a pot, add the water, washed beans and millet leaves. Boil until half-tender, and season with salt.
2. Add the washed rice and cook for 10 minutes, stirring regularly. Remove the millet leaves after cooking.
3. Wash and cut the beef into cubes, and slice the cow skin (wale). Season them with garlic, ginger, onion, salt, half of the stock and cook in a pan with oil until tender. Set aside
4. In another pan, sauté the chopped onions, blended garlic and ginger in oil; simmer for 5 minutes. Add the tomato, chili and simmer for another 2 minutes. Then add the shrimp powder, meat, the rest of the stock and seasoning and cook for 10 minutes.
5. Dress the cabbage, carrots and lettuce with the dressing of choice and season with salt and pepper.

ASSEMBLY:

Place the waakye *and the beef stew on a serving plate, and arrange the salad next to them.*

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GUINEA

MEET THE CHEF

BARRY FATOUMATA BINTA

Originally from Middle Guinea, Chef Barry Fatoumata Binta grew up in one of the regions of the lower coast of Guinea, with the Soussou people where she took a taste of the region's cuisine little by little.

With 15 years of experience in African cuisine, particularly local cuisine, the great Chef has worked for almost ten years in the prestigious catering company By Issa where she continues to delight the taste buds of customers through her African cuisine.

GUINEA GASTRONOMY MUSTS

PALM OIL

FRESH CASSAVA

SMOKED FISH

SORREL LEAVES

ONION LEAVES

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GUINEA

DO IT YOURSELF!

KONKOÉ TOURÉ GBÉLI

Dish in sauce – smoked fish, local rice and palm oil. The sauce, originally from the fish-rich coast of Maritime Guinea, is very popular and traditionally very spicy – to be adjusted according to the taste.

INGREDIENTS

- 1.2 kg smoked fish
- 80 cl palm oil
- 80 g onion
- 80 g sweet eggplant
- 80 g bitter eggplant
- 120 g fresh tomato
- 120 g mashed tomato
- 120 g sorrel leaves
- 120 g squash
- 140 g fresh pepper
- 120 g onion leaves
- 500 g fresh cassava
- 60 g salt and 4 g pepper
- 1 Maggi cube

STEP BY STEP

1. Wash and cut the fish into four large pieces.
2. Peel the onions, clean and cut the squash, wash and remove the heads of the fresh onion leaves.
3. Wash and clean the chili by removing the stem.
4. Wash, prune the tomatoes and cut them into quarters.
5. Wash, clean and cut the eggplants.
6. Put and heat 80 cl red oil about and add the pieces of fish to be seared in the pot.
7. Mix the rest of ingredients in a food processor with the mashed tomato, add the seasoning elements (Maggi cube, salt, pepper).
8. Add 2 litres of water until boiling then add to the mixture the onion leaves, the previously cut cassava. Put everything into the boiling pot and cook and simmer for a half an hour, cover and reduce the heat by constantly adjusting the seasoning elements, and the sauce will be ready after 15 minutes. This sauce is accompanied by rice with okra.

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KENYA

MEET THE CHEF

CHEF BENARD M.O.

He developed his passion for cooking at the tender age of ten when his mother had an accident which badly damaged her hands. As the eldest, the responsibility of cooking was left to him not knowing that he had already identified his passion for cooking.

After he finished his secondary education, he joined the University of Eldoret and pursued a Bachelor's degree in Hotel and Hospitality Management.

He has since specialized in Kenyan and African foods infusing various spices with his favourites being cumin, turmeric, coriander, ginger and rosemary which can be found within Kenya's gardens.

KENYA GASTRONOMY MUSTS

CUMIN

CORIANDRE

GINGER PASTE

TURMERIC

ROSEMARY

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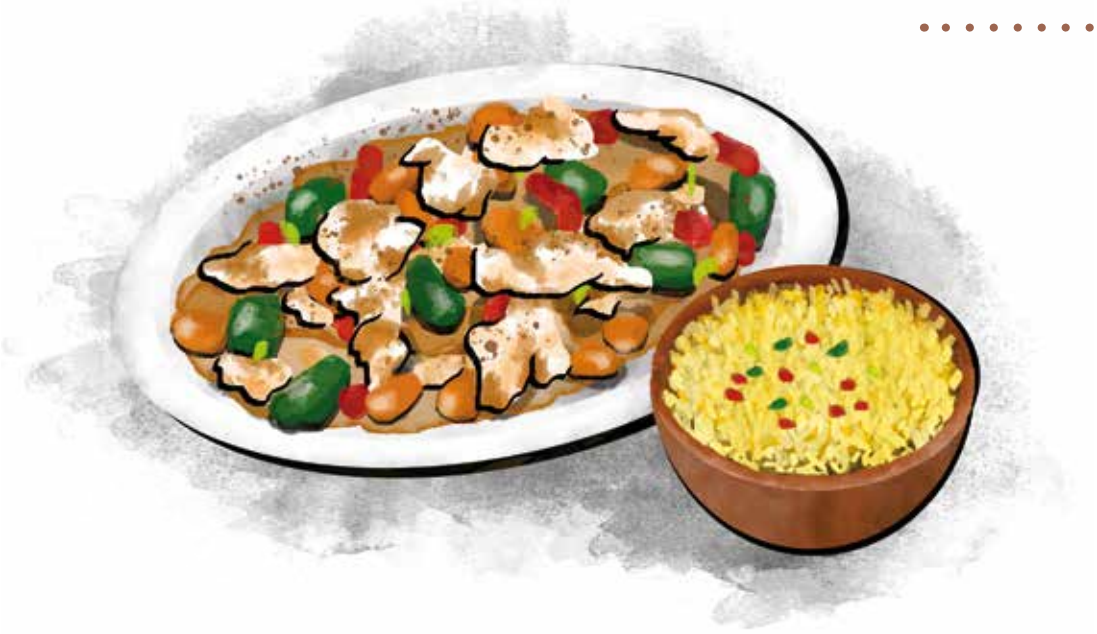
KENYA



DO IT YOURSELF!

CHICKEN STIR FRY

INGREDIENTS

- 200 g minced chicken breast
- 40 g white onions
- 40 g red pepper
- 40 g green pepper
- 40 g yellow pepper
- 10 ml cooking oil
- 100 ml barbecue sauce

STEP BY STEP

1. Pan fry the 200 g of minced chicken breast for 8 minutes while dicing.
2. Add the 40 g of each white onions, red, yellow and green peppers and dice for 3 minutes.
3. Add the 100 ml of barbecue sauce, stir for 2 minutes and serve with rice.
4. Garnish with lettuce, tomato slice, a ring of onion and coleslaw salad.

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LESOTHO

MEET THE CHEF

DONALD REAUBOKA MOLETSANE

In 2002, he joined the South African Chefs Association (SACA) and became one of the top chefs in 2003 in the Free State Province. Chef Donald was the only black student at Olive Chef School out of a class of 29.

He achieved the role as the Executive Sous Chef Lesotho Sun Hotel and at Black Mountain Hotel as the Executive Chef and Operations Manager. Chef Donald is the President of the Lesotho Chefs Association and the Brand Ambassador of Blue Ribbon Lesotho and has worked for the American Embassy as Ambassador Michelle Bond's personal Chef.

He vigorously encourages young people to follow the career of becoming a chef to help promoting tourism and contributes to the empowerment of cooks and caterers handing down professional skills.

LESOTHO GASTRONOMY MUSTS

PIG KNUCKLES

TROUT FISH

LEKAKARANE
(Hardbody chicken)

SEPHAPATHA
(Short bread)

LIKAHARE
(Tripe)

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DO IT YOURSELF!

SECHU SA NKU KA LEQEBEKOANE, LE MOROHO OA BOBATSI, LE MOKOPU OA POTELE

INGREDIENTS

LEQEBEKOANE:

- 1 kg wheat flour
- ½ cup brown sugar
- ¼ teaspoon salt
- ½ teaspoon yeast

MOROHO OA BOBATSI, TENANE LE LESHOABE:

- 200 g *moroho*
- ½ teaspoon salt
- 1 spoon cooking oil
- 1 teaspoon medium *rajh*

MOKOPU OA POTELE (PUMPKIN):

- 300 g pumpkin *(mokopu)*
- 150 g butter
- 2 g cinnamon stick
- 1 cup brown sugar

STEP BY STEP

1. Mix all ingredients with lukewarm water.
2. Let it rise then cook in hot water (cover the dough with plastic).
3. Cook for 1 hour.

1. Wash *moroho* in cold water with a bit of sea salt.
2. Drain the *moroho* and chop thinly.
3. Heat pan, add oil and curry powder.
4. Add *moroho* to the pan and mix with the rest of ingredients.

1. Peel and cut *mokopu*.
2. Mix all ingredients.
3. Cook on lower heat for 45 minutes.

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LIBERIA

MEET THE CHEF

ALEX M. YAMAH

Alex is a West Africa acclaimed career Master Chef and Chief Executive Officer of Max Culinary Services, a top-notch Liberian catering company providing excellent domestic and continental cuisines and camp management services that is growing in recognition across Liberia and West Africa.

He is an American-trained professional Chef in the Arts and Techniques of Fine Cooking from the Institute of Culinary Education, New York, United States of America, in March 2015.

In October 2019, he led the Liberian delegation of professional chefs under the auspices of the Liberia Professional Chef Association (LIPCA) to participate in the West Africa Annual Food Festival held in Accra, Ghana. Proudly, the Liberian delegation finished second in the festival, while Mr. Yamah finished as the 2nd Best Chef in the competition for 2019.

LIBERIA GASTRONOMY MUSTS

THONG

BUSH PEPPER

COUNTRY SPICE

WORLOR

CLOVE

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LIBERIA

DO IT YOURSELF!

SMOKED CHICKEN PALM BUTTER

INGREDIENTS

- 2 kg fresh Liberian palm nut
- 4 pods fresh pepper
- 2 palm butter leaves
- 3 pieces dry bonnie
- 225 g dried fish
- 1 kg smoked chicken
- 225 g onion
- 225 g crabs (optional) salt and black pepper
- 2 pieces *onga* vita (optional)

STEP BY STEP

1. Cut up smoked chicken, fish and bonnie, wash and add to pot. Add salt, black pepper and pepper pods. Bring to boil and steam until tender (keep 1 cup of liquid).
2. Boil palm nut for 20 minutes. Crush, wash and string liquid.
3. Into a large square pan, add prepared palm butter and all the ingredients and cook uncovered until sauce becomes thick.
4. Add two pieces of *onga* vita cubes to improve taste.
5. Service with stem rice.

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MADAGASCAR

MEET THE CHEF

JOHARY MAHALEO RAKOTOSON

With 20 years of experience, Johary decided to own his restaurant in 2018, Café du Musée, which is the only restaurant specialized in chocolate in the country.

It allowed him to be named Chocolate Ambassador by the first chocolate producer in Madagascar, Chocolaterie Robert.

In Madagascar, fertile soil produces incredibly nourishing and succulent aliments. His favourite recipes are the traditional meat and vegetables *romazava*, or pork meat and cassava leaves *ravitoto*.

MADAGASCAR GASTRONOMY MUSTS

COCOA

VANILLA

ZEBU

WILD PEPPER

LITCHIS

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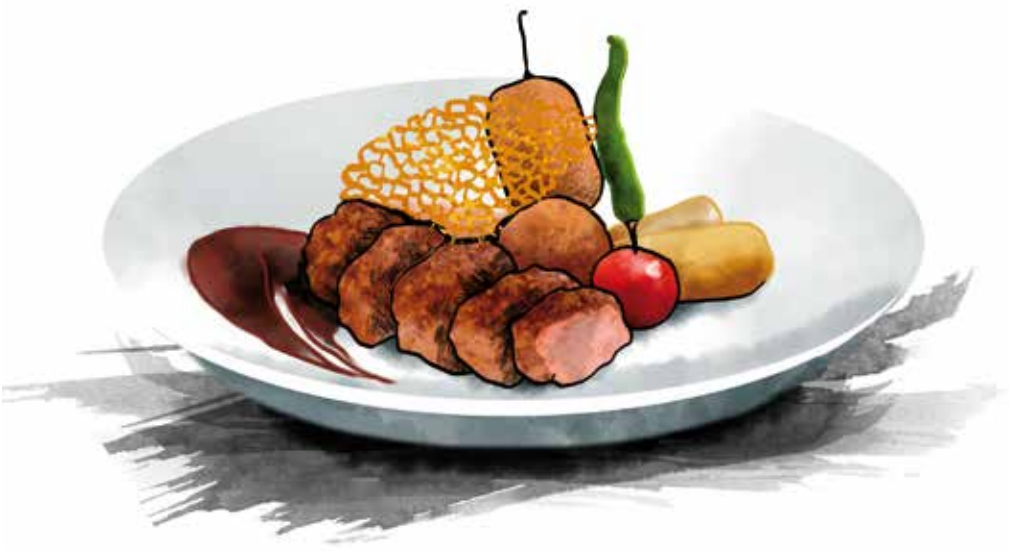

DO IT YOURSELF!

SEARED DUCK BREAST, CHOCOLATE SAUCE, BREADED RICE AND CARAMELIZED APPLE

INGREDIENTS

- 200 g duck breast
- 60 g apple
- 4 cl lemon juice
- 1 egg
- 40 g flour
- 90 g rice
- 40 g bread crumbs
- 10 g vanilla
- 40 g chocolate sauce (chocolate of Madagascar 85 % cocoa)
- 5 g wild pepper

STEP BY STEP

1. Cook rice with the wild pepper, ball it and bread it (egg, flour, bread crumbs) in a hot oil.
2. Caramelize the apple with 5 g vanilla.
3. Fry the duck breast and flavour with salt and pepper.
4. Melt the chocolate with the butter in a bain-marie, add 5 g vanilla and the lemon juice.

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MALAWI

MEET THE CHEF

MIRIAM KAUDZU

Passionate with food and cooking, she obtained a certificate in food production from the Malawi Institute of Tourism in 2001 and started working as a chef at the Mwaiwathu private hospital where she did her internship.

Miriam Kaudzu joined Sunbird Tourism PLC in 2006 where she is currently working as an Executive Chef. She also obtained an advanced Diploma in Culinary Management in July 2011 at the Business and Hotel Management School in Switzerland.

Malawian food is very special as it has unique taste and flavour such as the Chambo or the Kilombero rice. There are also many kinds of delicious, very nutritious and easy to prepare vegetables.

MALAWI GASTRONOMY MUSTS

PAPRIKA

GARLIC

PARSLEY

KAMBUZI
(Fresh chili)

MINT

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MALAWI

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DO IT YOURSELF!

CHAMBO STEW MAMA'S

Chambo stew 'mama style' served with *nkhwani ofwafwaza* (boiled pumpkin leaves) and *nsima*.

INGREDIENTS

- 400 g whole *chambo*
- 1 medium tomato
- 1 small onion (white or red)
- 100 ml cooking oil
- 1 pinch of salt
- Fresh *kambuzi* (optional)

STEP BY STEP

1. Descale the fish, wash thoroughly with running water and cut into half.
2. Put in a pot and add salt and a little water. Boil for 15 to 20 minutes.
3. Meanwhile, cut the tomato and onion into small pieces *(brunoise)*.

In a separate pan, fry the onion, the tomato and the chopped *kambuzi* (optional) and then add them to the fish.

4. Simmer for 10 minutes.
5. Serve with *nsima* (a thick porridge made of maize flour) and a traditional vegetable stew.

MALI

MEET THE CHEF

BOUKENEM HAWOYE BABY

Born in 1940 in Bourem in the region of Gao, Ms. Boukenem, is promoter of the accommodation and catering establishment Relais Touristique Tin-Buctu, a strong advocate for the tourism and hotel industry.

Malian gastronomy is rich and varied. It stems from the diversity and mixing of the different ethnic groups that inhabit the country.

The ingredients used in the preparation of meals include dry cereals: rice, millet, sorghum, corn and fonio. Their grains are eaten whole, in paste or in couscous form and most often accompanied by a variety of sauces.

MALI GASTRONOMY MUSTS

FAKOUHOYE POWDER

SHEA BUTTER

DRIED FISH

SUMBALA

MEAT

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DO IT YOURSELF!

FAKOUHOYE

Fakouhoye or *fakoye* sauce is a dish originating in northern Mali. It is prepared from leaves of the vegetable corete, also called *mloukhiya* in Arab countries, dried and pounded. The sauce, made black by cooking, is eaten with rice and sheep.

INGREDIENTS

- 200 g powdered *fakouhoye* leaves
- 500 g frozen spinach
- 1 kg of unfattened sheep,
- 30 g of *sumbala* (1 cube of stock)
- 100 g of dried fish
- 100 g shea butter
- 1 teaspoon of cumin powder
- 1 teaspoon of anise powder
- 1 teaspoon of ground peas
- 4 tablespoons of peanut oil
- Salt and pepper

STEP BY STEP

1. Cut the sheep into small pieces. Season them with salt and pepper.
2. Heat up the oil in a large casserole dish. Sear the pieces of meat to colour them.
3. Remove the oil from the casserole dish. Add the *sumbala* (or the stock cube), the dried fish and the meat spices.
4. Add water to cover and simmer for 30 minutes over very low heat.
5. Mix the shea butter with the *fakouhoye* powder.
6. Set aside and pour 1½ litres of water into the casserole dish and bring to boil, then add the mixed butter (or the butter, then the spinach).
7. Stir and cook for 2 hours, while stirring occasionally.
8. Serve with rice.

MAURITIUS

MEET THE CHEF

MOOROOGUN COOPEN

Mooroogun Coopen is the Executive Chef at the Shandrani Beachcomber Resort and Spa.

He is a holder of a Diploma in Hotel Management from Singapore Hotel Association (in collaboration with IVTB), has a certificate in Supervisory Development from MEF and ILO, and a Diploma in Catering from École Hôtelière and Catering Training School. He was trained by the Quali'Bré institute which is located in France. Chef Coopen promotes Mauritian cuisine around the world and represents Mauritius in different culinary and tourism fairs. He is a registered trainer in Mauritius and the President of the Mauritius Chefs Association.

The chef encourages the youth of Mauritius to join his profession and commit themselves to reach perfection in their endeavours so that in the future, the Mauritian cuisine becomes a reference all over the world.

MAURITIUS GASTRONOMY MUSTS

CURRY LEAVES

GARLIC AND GINGER PASTE

TURMERIC

CORIANDER

STAR ANISE SEEDS

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MAURITIUS

DO IT YOURSELF!

SHRIMPS IN TOMATO SAUCE, PUFF STUFFED WITH CHAYOTE, COCONUT CHUTNEY AND SAUTÉED GREEN LEAVES

INGREDIENTS

- 600 g shrimps
- 600 g *chayote*
- 120 g coconut
- 120 g *bok choy* leaves
- 200 g onion
- 20 g garlic
- 50 g thyme
- 10 curry leaves
- 200 g peeled tomato
- 20 g coriander leaves
- 20 g mint leaves
- 15 g tamarind paste
- 5 g red chili
- 100 ml oil
- 15 g sesame oil
- Salt and pepper

STEP BY STEP

1. Clean and wash the shrimps. Prepare the tomato sauce with chopped onions, garlic and coriander leaves. Fry the toppings, add the peeled tomato, seasonings, add water and cook.
2. Fry the shrimp, seasonings and add the tomato sauce at the end and let simmer for a few minutes, then add the chopped coriander.
3. Peel the *chayotes,* cut into strips, chop the onions in small slices, the garlic and coriander leaves. Fry the toppings, add the slices of *chayotes,* seasonings, add water and cook, at the end of cooking add the chopped coriander leaves.
4. Wash and cut the *bok choy* leaves in half. Cook them until they become white. In a pan, heat the sesame oil, add the chopped garlic, add the *bok choy* leaves and season.
5. Peel the fresh coconut, cut into cubes, grill the pieces well in a pan. In a blender add the pieces of coconut, mint leaves, coriander leaves, tamarind juice, chili and crush everything.
6. Decorate the plate.

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MOROCCO

MEET THE CHEF

MOHAMED FEDAL

Mohamed Fedal, or Chef Moha, born May 30th 1967 in Marrakech (Morocco), is a Moroccan chef and founding manager of several restaurants in Marrakech, Madrid and Paris.

He is also a jury member of the culinary reality show Master Chef Maroc since 2014. Chef Moha is known for his participation in major international events where he represents Morocco and Moroccan gastronomy.

His favourite dish is the *tanjia*. This typical Marrakech dish has been rethought by the chef in both taste and form, he revisited it and dazzled the jury of the Embassy Chef Challenge in Washington in 2017.

MOROCCO GASTRONOMY MUSTS

SAFFRON
(Saafrane beldi)

CUMIN
(Kamoun)

CINNAMON
(Karfa)

TURMERIC
(Kharkoum)

RASS EL HANOUT

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MOROCCO

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DO IT YOURSELF!

TANJIA MARRAKCHIA

INGREDIENTS

- 3 kg beef shank
- 1 candied lemon
- 15 cl olive oil
- 15 g *smen* (rancid butter)
- 1 pinch salt
- 1 pinch saffron pistils
- 5 g *beldi* cumin
- 8 to 10 cloves garlic

STEP BY STEP

1. Rinse the meat and cut it into pieces.
2. In a casserole over medium heat, brown the meat and spices in butter or *smen*.
3. Add crushed garlic, candied lemon cut into pieces (peel and pulp), olive oil and a pinch of salt.
4. Turn the pieces of meat over to soak them well with the mixture, cover with about ⅔ litre of water, stir and bring to a boil. Lower the heat, cover the casserole and cook over low heat for about 1½ to 2 hours.
5. Check the cooking: the meat should be cooked and the water completely evaporated, leaving a creamy sauce.

MOZAMBIQUE

MEET THE CHEF

JOSSIAS JOSSEFA MUTIMUCUIO

Chef Jossias was born in 1969 and he is one of the greatest drivers of the Mozambican cuisine. He is married and has three children.

Jossias has a wide experience of over 25 years. He started working as a chef in different restaurants such as the Ungumi Restaurant (1992–1995) and the Kalifa Restaurant (1999).

His experience allowed him to become an Executive Chef at Villa Alfama in Johannesburg (1996) and at Hotel Casa do Capitão in Inhambane (2010–2011).

In 2009, Jossias founded the Jossimira Culinary School and in 2010 he was the Junior Executive Chef at Pemba Beach Hotel.

MOZAMBIQUE GASTRONOMY MUSTS

BEEF CHUCK

FRESH MASSALA

CASHEW SPIRIT (Ekhaju)

GARLIC CLOVES

LOCAL CHERRY TOMATOES (Rulane)

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MOZAMBIQUE

DO IT YOURSELF!

BEEF STEW WITH FRESH MASALA

INGREDIENTS

- 1 large fresh pasta
- 1 kg beef chuck
- 1 large fresh *massala*
- 60 ml cashew brandy *(ekhaju)*
- 120 ml traditional olive oil *(munhyatsi)*
- 5 large crushed garlic cloves
- 200 g spring onions with leaves
- 150 g local cherry tomatoes *(rulane)*

STEP BY STEP

1. Heat *munhyatsi* in a large sauté pan. Fry the crushed garlic cloves, the chopped spring onions and the tomatoes.
2. Add the beef, and immediately flambé with the brandy. Let cook for 10 minutes.
3. Add the *massala* juice with 4 of its seeds to give a nice aroma.
4. When the meat is cooked, remove it from the pan and continue to heat the sauce until it gets a creamy texture.
5. Remove from heat and serve with rice or with *mbila* (a sour maize porridge).

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NAMIBIA

MEET THE CHEF

NELSON KANANGURE

With 20 years of experience in 5-star hotels, lodges and restaurants, Chef Nelson Kanangure is passionate about food and always seeking ways to put Namibian cuisine on the map.

Chef Nelson received further training in South Africa and works to inspire young and upcoming Namibian chefs by sharing his skills and experience.

According to him, Namibia's cuisine is a classic mix of indigenous, German, South African and Angola/Portuguese traditions. Namibian cooking offers much to savour – even more so for adventurous travelling gourmands prepared to sample a wealth of traditional indigenous dishes and ingredients.

NAMIBIA GASTRONOMY MUSTS

- GAME BILTONG

- OMAJOVA

- KALAHARI TRUFFLES

- !NARA SEEDS AND !NARA OIL

- KAPANA SPICE

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DO IT YOURSELF!
NAMIBIAN SKEWER

INGREDIENTS

- 100 g kudu steak
- 100 g eland steak
- 100 g oryx steak
- 100 g ostrich steak
- 100 g springbok fillet
- 50 g salted butter
- 10 g fresh garlic
- 3 g fresh rosemary
- 100 ml Jimmy's barbecue sauce
- 2 g salt coarse (grinded)
- 2 g whole black pepper (grinded)
- 150 g rustic fries

STEP BY STEP

1. Take the fresh garlic and finely chop it. Do the same with the rosemary. Leave your butter at room temperature and fold in your garlic and rosemary.
2. Place the butter in foil, roll it into a cylinder to secure the butter and close the ends to avoid the butter running out.
3. Season your steaks well with salt and pepper. Brush with the basting sauce onto the meat and let it marinade for 40 minutes.
4. Skewer your meat and get ready to *braai*.
5. Put your butter cylinder on the side to slowly start softening to a runny stage.
6. Place the skewer on the grid over the hot coals and cook to medium rare, allow to rest.
7. Place the garlic and rosemary butter cylinder around the top of your skewer and pierce with a knife so the butter runs down your meat.
8. Your Namibian skewer is now ready to eat with your choice of starch and vegetables.

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NIGER

MEET THE CHEF

HALIMA BAKO

After completing her studies in Marketing, Halima decided to give a twist to her professional career as cooking was always her passion.

She is the instigator of the inspirational project Cooking Hali, offering private catering services, cooking classes and marketing consulting services for the culinary segment. She offers a very intuitive cuisine, with an Afro-fusion inspiration and a reference to the products and tasty dishes that sweetened her childhood.

NIGER GASTRONOMY MUSTS

MORINGA

MEAT

SORREL

VIOLET DE GALMI ONIONS

GARLIC

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DO IT YOURSELF!

WAKEY, RICE AND BEANS

INGREDIENTS

- 1 onion
- 1 clove of garlic
- 1 bay leaf
- Cooking oil
- Salt
- ½ tablespoon of fresh grated ginger
- 250 g of *niébé* (commonly known as black-eyed peas)
- 400 g of uncooked rice
- 1 chili
- 2 sprigs of fresh parsley
- Red natron

STEP BY STEP

1. Cook the beans in a pot with 1.2 litres of water for about 40 minutes until the beans are fully cooked.
2. Place ¼ of the onion chopped and the freshly grated ginger in a slow cooker with 1 spoon of olive oil. Cook for 3 minutes. Add the rice and stir until it gets a pearly white colour. Cover with cooking water from the beans. Add salt and a bouquet *garni* or a *bay* leaf. Cover and leave to cook over a gentle fire for about 25 minutes.
3. Heat 2 tablespoons of oil and brown the rest of the onion, then add the chopped garlic and chili. Cook for 1 minute and remove from heat.
4. Combine the cooked beans, the fried onion, garlic and chili to the rice and mix well.
5. Serve hot, sprinkled with chopped parsley, alone or with traditional butter, or serve as a side dish to accompany meat or fish with tomato sauce.

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NIGERIA

MEET THE CHEF

SEMIRA AJAYI

She grew up in Lagos surrounded by a family who enjoyed cooking.

Her father and aunts used to cook different meals ranging from *EgusiIjebu, Ikokore, Eforiro*, smoked fish stew to continental dishes.

After her studies, she went to culinary school in Dubai to expand her knowledge and love for cooking.

She loves cooking *EgusiIjebu*, which reminds her of her father and the weekends they used to cook together.

Nigerian cuisine consists of various cultural foods from various ethnic groups from the *Yorubas, Igbos, Hausas, Urobos, Efiksto* the *Fulani* and other tribes.

It is important for the world to understand the rich varieties of food Nigeria has.

NIGERIA GASTRONOMY MUSTS

UZIZA LEAVES

STOCK FISH

ASSORTED MEA

SMOKED CATFISH

DRY CHILI PEPPER

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DO IT YOURSELF!

EGUSI IJEBU

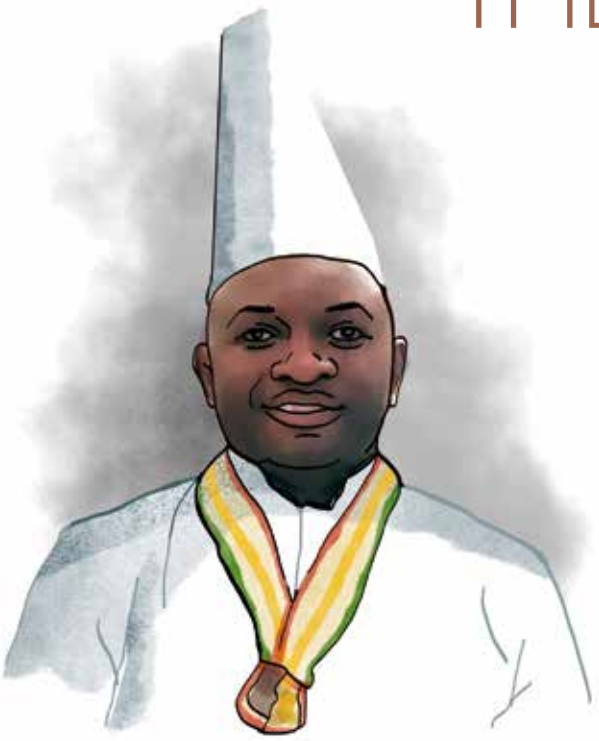
INGREDIENTS

- 1 cup of *egusi*/melon seed
- 1/8 cup dry chili pepper
- ¼ cup of palm oil
- 1½ cup beef stock
- 1 tablespoon *ogiri*
- 300 g beef
- 100 g *shaki*
- 100 g cow leg
- 2 stock fish
- 2 smoked catfish
- Salt

STEP BY STEP

1. In a non-stick pan using medium heat toast the melon seeds until golden brown.
2. Blend the toasted *egusi* with onions and pepper to a smooth consistency.
3. In a pot add the beef, *shaki,* cow leg, stock fish, onions, salt, seasoning cubes if desire and cook until tender.
4. Add the blended *egusi* to a sauce pot and cook on low heat.
5. Add the palm oil, *ogiri* (flavouring made of fermented oil seeds, such as sesame seeds or *egusi* seeds) and beef stock into the *egusi* and cook for 5 minutes.
6. Add the beef, *shaki*, cow leg and stock fish. Cook for 10 minutes and check seasoning.
7. Add the smoked fish and cook for 2 minutes.
8. Serve with hot *eba*. *(Eba* is one of the most common swallow *(fufu)* in Nigeria. It is made with processed cassava called *garri*. There are different types of *garri;* depending on the state it is processed and how it is processed.

REPUBLIC OF THE CONGO



MEET THE CHEF

HONOR TOUDISSA

After two blank years at Marien Ngouabi University, in the early 1990s Chef Honor Toudissa reoriented himself towards catering on the advice of the superior of a Catholic congregation where he spent a vacation internship and where his salads were a great success.

He obtained a diploma in Hotel and Restaurant Management in Kenya, then in Food Production, before taking a certification in Culinary Art and Catering, option cook's Congolese.

REP. OF CONGO GASTRONOMY MUSTS

GINGER

CHIVE

MOUABA

LIBOKE

BACK PEPPER

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REP. OF THE CONGO

DO IT YOURSELF!

SAKA-SAKA "PONDU"

INGREDIENTS

- A bunch pounded vegetables
- 2 cloves garlic
- 1 bunch chives
- 2 green peppers
- 2 onions
- 2 purple eggplant
- 2 cups peanut or palm oil
- ½ tablespoon salt
- 2 vegetable aroma cubes
- 1 green chili

STEP BY STEP

1. Peel and wash the pounded vegetable thoroughly.
2. Bring a pot of water to a boil.
3. Dip the *pondu* in hot water and remove at the same time. *(Pondu,* also known as *saka saka,* or *feuille de manioc* in French, is made from manioc.)
4. Prepare the spices pound the *pondu* with the spices in a food processor or mortar.
5. Place the pounded *pondu* in a saucepan and add the palm kernel oil, water and salt.
6. Cook for about 45 minutes without stirring.
7. Then stir and add the cubed broths, palm or peanut oil.
8. Cook for another 10 minutes and it's ready.

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RWANDA

MEET THE CHEF

NICOLE ANSONI

With over 15 years of experience in the culinary world, travelling to over 35 countries and living in 14, Chef Ansoni amassed skills and techniques along the way while discovering new spices and flavours.

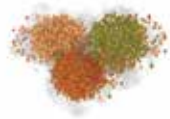
Executive Chef and owner of Inka Steakhouse – the only steak house in Rwanda – and board member of the Rwanda Hospitality Association, this young Rwandan Chef and entrepreneur continues to share her love for food and grow the Rwandan culinary ecosystem through the promotion and advocacy of sustainable cooking and local agriculture.

RWANDA GASTRONOMY MUSTS

BEEF

BANANA AND PLANTAIN

PULSES



GROUNDNUT

SORGHUM

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RWANDA

DO IT YOURSELF!

GROUNDNUT AND LEMONGRASS POACHED KIVU TILAPIA

This gorgeous and delicate dish of softly poached *tilapia* from Lake Kivu in a fragrant groundnut and lemongrass sauce is the comforting hug you never knew you needed.

INGREDIENTS

- 250 g of *tilapia* filet
- 1 tablespoon of smooth peanut paste
- 2 minced garlic gloves
- Juice of 1 lemon
- 1 tablespoon of grated ginger
- 1½ cups of hot water
- 1 lemongrass stalk
- 2 tablespoons of light soy sauce
- ½ chopped white onion
- Black pepper and chili flakes to taste
- 3 tablespoons of olive oil
- Salt to taste

STEP BY STEP

1. Pat your filet of fish dry, lightly salt and pepper on both sides and set aside.
2. Heat a small to medium pot on medium heat; once hot add the olive oil and chopped onion.
3. Once the onion is translucent, add the ginger, garlic and bruised lemongrass stalk to the pot and sautée until fragrant making sure the garlic does not burn.
4. Mix the groundnut paste to the hot water and once fully dissolved, pour into the pot with the rest of the aromatics.
5. Add the juice of one lemon, soy sauce and black pepper and chili flakes to taste and mix it well.
6. Finally, add your fish to the pot to slowly poach in that sauce all while allowing the sauce to thicken. Cover with a lid and allow to cook for 10 minutes on low-medium heat.
7. Serve over steamed Jasmine rice or boiled matoke (local green banana) or with *ugali/bugali* (corn or cassava flour paste).

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SÃO TOMÉ AND PRÍNCIPE

MEET THE CHEF

ANTÓNIA OLIVEIRA

Antónia's cooking experience began in 1990 as she started as an assistant in Braga, Portugal.

In 2003, she opened her own restaurant, which is today one of the best restaurants in São Tomé and the most visited and commented by tourists, according to Tripadvisor.

SÃO TOMÉ AND PRÍNCIPE GASTRONOMY MUSTS

OKRA

MAQUEQUE

PALM OIL

EGGPLANT

MISQUITO LEAF

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DO IT YOURSELF!

CALULU

Calulu is a typical family meal. It is considered a rich delicacy and it is very good for the health.

INGREDIENTS

- 1 big chicken/fish cut into pieces
- 1 onion, chopped
- 6 medium tomatoes, crushed without skins or seeds
- 1 *ossame* seedless
- 1 small pepper stick
- Salt
- 6 chopped turtle leaves
- 6 chopped *otagi* leaves
- 8 *mússua* leaves chopped
- 8 chopped dot leaves
- 5 chopped guava sprouts
- 4 *maqueques*
- 6 chopped okra
- 20 cl palm oil
- ½ fruit bread peeled and sliced
- 2 tablespoons cassava flour
- 1 teaspoon black pepper
- 1 tablespoon cumin in grain
- 1 dried chili
- 1 *misquito* sauce
- Water

STEP BY STEP

1. In a medium saucepan put the chicken seasoned with salt.
2. Remove the peel from the pepper stick and set it aside.
3. With a stone or a hammer, beat the pepper stick and the *ossame*, so that they release the aromas.
4. Put them in the pan. Add all chopped leaves, also chopped okra, onion, tomatoes, palm oil and bread fruit. Pour some water and bring to the heat.
5. Cook the ingredients well between 30 and 45 minutes. If the broth dwells, add water.

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SENEGAL

MEET THE CHEF

RAOUL COLY

Raoul Coly is a Senegalese Chef born in Casamance, in the south of the country. He is passionate about cooking and flavours.

Raoul is the owner of the restaurant O Petit Club Africain, where he offers fish recipes and chicken *yassa*, tilapia and braised captain, *mafe*.

He is the presenter of the programme Suivre le chef/Les Mardis de l'Afrique on Canal+, where he promotes African products and dishes.

Passionate about spices, Chef Coly offers to his customers an authentic menu full of freshness.

SENEGAL GASTRONOMY MUSTS

MILLET

FONIO

BISSAP

SHEA BUTTER

BOUYE

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DO IT YOURSELF!
CHICKEN YASSA

INGREDIENTS

- 1.5 kg chicken
- 1 kg onions
- 1 kg rice
- Lemon juice
- 1 clove garlic
- Fresh chili pepper
- Macedonia
- Salt, pepper, hot pepper, green onion

STEP BY STEP

1. Wash the chicken with lemon and salt to eliminate the strong smell.
2. Mix the garlic clove, the pepper and the green pepper.
3. Cut the chicken and then slit it.
4. Marinate the chicken with the remaining seasoning and grill it.
5. Cut the onion in dices or in strips, then season it and add the lemon juice.
6. In a pot add the onion.
7. Watch the cooking well and add at the end of the cooking a tablespoon of mustard macedonia (minced carrot mixture, small weight, turnip corn).

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SEYCHELLES

MEET THE CHEF

FLAVIEN JOUBERT

With over 45 years of experience in the culinary world, following his studies Chef Flavien Joubert has travelled around the globe to acquire expertise and specific skills to further specialize on what he loves the most. Chef, writer and Principal of the Seychelles Tourism Academy for the last 20 years, he is well-known for his books on creole cuisine and culture that serve as inspiration for travellers.

Seychellois cuisine has been influenced by its multi-ethnic people of Indian, Chinese, African, French and English origin.

The most important features of this cuisine is a careful blending of spices. Coconut milk and breadfruit are used very often by locals. The Seychellois specialities include coconut curries, kat-kat babane, chatini requin, soupe de tectec, bourgeois grille, bouillon brede, kari chauve-souris or fruitbat, kari bernique and salade de palmiste that consists of coconut palm.

Fresh fish (abundant in the Seychelles waters) is one of the main elements of most Seychellois dishes and cooked in a variety of ways: grilled, roasted, fried, curried or even made into salads.

SEYCHELLES GASTRONOMY MUSTS

TUMERIC POWDER

MASALA

NUTMEG

CURRY LEAVES

CINNAMON LEAVES

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SEYCHELLES

DO IT YOURSELF!

BAKED WHOLE RED SNAPPER CREOLE STYLE

INGREDIENTS

- 1 red snapper
- 30 g of crushed garlic
- 30 g of crushed ginger
- 20 g of chopped parsley
- 20 g of chopped thyme
- 10 g of fresh ground chili
- Juice of 1 lemon
- 100 g of crushed onion
- 300 g of sliced onion
- 600 g of sliced tomatoes
- 60 ml of vegetable oil
- Salt and ground black pepper

STEP BY STEP

1. Clean the fish well and make 3 large incisions on both sides with a sharp knife.
2. Mix garlic, ginger, parsley, thyme, chili, lemon juice, crushed onions and seasoning to fill the incisions on both sides of the fish and rub nicely on both sides. Allow to marinate for 2 hours.
3. Place the fish in a baking tray with marinade, coat with 35 ml of oil and put in a hot oven for 15 minutes.
4. Heat the remaining 30 ml of oil, add the sliced onions and tomatoes, season well, place on top of the fish and allow to bake for a further 15 minutes.
5. Serve with rice and chutney.

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SUDAN

MEET THE CHEF

MOHAMMAD AL EZZI

Sudanese cuisine has been influenced by many countries gastronomy.

From neighbouring countries to further away lands due to the cultural and commercial exchanges creating a delicious mixture between the components of the Sudanese varieties that have an authentic African taste.

SUDAN GASTRONOMY MUSTS

MANGO

GRAPEFRUIT

RIGLA

PEANUTS

SESAME SEEDS

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SUDAN

DO IT YOURSELF!

LAMB SHAIYAH

Shaiyah is one of the most popular Sudanese dishes. It can be served for breakfast, lunch or dinner and is the main course in all the Sudanese occasions!

INGREDIENTS

- 1.3 kg lamb (cubed)
- *Jalapeno* pepper
- Bay leaves
- 4 cloves garlic (peeled and sliced)
- ½ large red onion or 1 small red onion (sliced)
- 2 celery ribs, cut into long pieces
- 1 teaspoon black pepper
- 2 teaspoons coriander powder
- 2 teaspoons cumin powder
- Slice of lemon or lime

STEP BY STEP

1. Add sliced onions into the frying pan, celery ribs, bay leaves, salt, sliced garlic, seasonings and 1 cup of water.
2. Wash lamb, put it in a cooking pot and cook for about 30 minutes just so the meat is cooked but not overdone.
3. Heat up 1 tablespoon of oil in a frying pan and add the lamb.
4. Pan fry on high heat for 15 to 20 minutes. When it starts sticking to the pot, add small amounts of water with lemon to prevent burning.
5. Add extra raw onions, lemon or lime slices and pepper to decorate the plate.

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TANZANIA

MEET THE CHEF

FRED UISSO

Chef Fred Uisso is Tanzanian, Africa's Master Chef and multi-international award-winning chef: Africa Chef Champion in 2015, World Chef Champions no. 4 in 2016 in Alabama, Global Chef Champion no. 2 in 2018, Monaco.

He is a core value and a centre of attraction on all food cooking shows, product ambassadorship and branding events.

His flashback is what inspire the majority of food lovers.

Apart from the winning awards, Chef Uisso currently runs a very famous and most loved TV cooking show known as Masapta Sapta whereby he travels around the country searching for the recipes of the Tanzanian ancestors, region by region, tribe by tribe. He is also a food and cookery columnist in the national flag carrier (Air Tanzania) *In-flight Magazine*.

Chef Uisso also owns a self-styled restaurant in Dar es Salaam, known as Afrikando, very famous for tasty food. Visit Instagram "clubafrikando".

TANZANIA GASTRONOMY MUSTS

PILAU

CRISPY JACKET POTATOES

FRIED PLANTAINS

UTUMBO STEW
(Goat/cow intestine)

FLAME GRILLED CHICKEN

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TANZANIA

DO IT YOURSELF!

BARBECUE MACKEREL

Chef Fred's mackerel recipe is simple and straight. The secret to its success is it preserves all the nutrients whole remaining soft and tasty.

INGREDIENTS

- 200 g mackerel
- 1 teaspoon Chinese soy sauce, white vinegar and grated yellow turmeric ginger
- 2 cloves garlic (granted)
- Pepper and salt
- 1 fresh lemon or lime
- 1 tablespoon olive or sunflower oil

STEP BY STEP

1. Pour all ingredients in a bowl and mix thoroughly to make the seasoning sauce.
2. Make small slits on either side of the fish to enable easy penetration of seasoning sauce.
3. Take a soft brush and apply one brush of seasoning sauce all over the fish.
4. Put the fish on a charcoal or electric grill and keep on turning until the seasoning sauce begins to crisp.
5. Apply another brush of seasoning sauce and repeat number 4 until cooked as you want.
6. Serve with fresh salad or sweet potatoes.
7. There you go… a dish to steal your heart.

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THE GAMBIA

MEET THE CHEF

OUSMAN BSL MANNEH

Born and brought up in the Gambia, he knew from an early age that he had a passion for food, how it was made, what was in it and how it would taste. All this led him to make a career in the kitchen.

He loves to experiment with preparation of the dishes, as well as, on the creative side, with the aesthetics of the dishes. Chef Ousman BSL Manneh is also an original artist as he draws pictures of his creations.

His personal favourite dish is *Pem Beng*.

THE GAMBIA GASTRONOMY MUSTS

BITTER TOMATO

OKRA

RED PEPPER

ONION

FISH

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DO IT YOURSELF!

FISH YASSA

Yassa is a traditional Gambian sour and spicy dish.

INGREDIENTS

- 500 g fish
- 3 fresh onion bulbs
- 1 tablespoon mustard
- 2 tablespoons vinegar
- 3 garlic cloves
- 1 piece sweet pepper
- 1 medium carrot
- 4 tablespoons oil
- 1½ cups stock
- 1 piece hot pepper
- Salt and pepper

STEP BY STEP

1. Cut the fish into four portions, marinate with salt and pepper, mustard and vinegar.
2. Peel, wash and cut all the vegetables into juliennes.
3. Marinate the vegetables with mustard, vinegar, salt and pepper.
4. Heat a pan with a little oil and grill the fish.
5. Add the remaining oil, then add in the vegetables and fry until soft. Pour in the stock and bring to the boil.
6. Add in the grilled fish and allow to boil to the desired consistency. Adjust the seasoning and serve.

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TOGO

MEET THE CHEF

AZIZ AWESSO

Aziz is the President of Union des Acteurs de la Gastronomie Togolaise (UAGT), trainer in Togolese gastronomy and head of party at the 4-stars Hotel Sarakawa in Lomé.

He trained for three years at the Hotel Central de Sokodé in Togo. He was also a Laureate at the Happy Festival in Johannesburg, and at the WAFFEST Festival in Ghana.

TOGO GASTRONOMY MUSTS

MAIZE

YAMS

ZOMI

AFITI

GBOYÉBÉSSÉ

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TOGO

DO IT YOURSELF!

ADÉMÈ DÉSSI AND EWOKOUMÈ STICKY GREEN LEAF SAUCE

This dish is the most popular in the whole country and has therapeutic and nutritional virtues.

INGREDIENTS

ADÉMÈ DÉSSI:

- 500 g *adémè* leaves
- 500 g smoked fish
- 1 kg beef
- 200 cl red oil
- 5 g *lanhoin* fish
- 0.5 g ginger
- 500 g mixture (green pepper, white onion, salt, pepper)

EWOKOUMÈ:

- 300 g maize flour

STEP BY STEP

SAUCE ADÉMÈ:

1. Wash the leaves, drain in a sieve. Wash smoked fish (remove skin and bones, crumble into large pieces).
2. Cut the beef into pieces, wash, season and prepare.
3. Put a little water in the pot. Add liquid potash. Pour in the leaves when the water boils. After 5 minutes, add salted fish *(lanhoin),* whip for 5 minutes until glue. Add fish, meat, ginger, green pepper, oil. Cook for 3 minutes. Add onion and salt and remove from heat when everything is cooked.

EWOKOUMÈ *(MAÏZE PASTE):*

1. Make a porridge (1 litre) with maize flour.
2. Stir with a wooden spatula. Bring to boil.
3. Add 300 g of maize flour.
4. Stir for 5 minutes to obtain a paste texture.
5. Cut into pieces with a palette.
6. Serve in soup plates.

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TUNISIA

MEET THE CHEF

RAKIA RACHEG

Rakia is native of the coastal city of Sfax.

She learnt cooking at a very young age with her mother who gifted her with the legacy of every traditional technique, well-kept secrets and tips from her ancestors.

Widely recognized for the unique flavour of her dishes, she started her professional career at the Borj Dhiafa Hotel in 2006 where she still works as an Executive Chef.

To meet the challenge of innovating traditional Tunisian recipes, she decided to give a personal twist to the popular *kaddid halelem:* she created the seafood *halelem*. Her recipe has been a complete success and since then she is known for this contemporary version of the classical soup.

TUNISIA GASTRONOMY MUSTS

HROUSS

CUMIN

CORIANDER

RASS EL HANOUT

CINNAMON

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DO IT YOURSELF!

HALELEM AUX FRUITS DE MER

INGREDIENTS

- ½ kg cuttlefish
- ½ kg shrimps
- ½ kg dought
- 1 tablespoon red chili pepper
- 1 tablespoon tomato paste
- Olive oil
- 1 l shrimp stock
- 4 tomatoes
- 4 garlic cloves
- 1 onion
- 1 tablespoon coriander
- 1 tablespoon cumin
- Cayenne chilies

STEP BY STEP

1. Chop the onions in brunoise and brown them with a bit of olive oil, the mix of spices, the diced tomatoes, the garlic cloves, the tomato paste and the shellfish finely chopped.
2. Gradually add water until the shellfish are fully cooked.
3. Add 1 litre of shrimp stock. Cut the dought in small pieces and leave to cook for 15 minutes.
4. Add the shrimps and lastly, the chilies.

UGANDA

MEET THE CHEF

IVAN KALULE

Chef Ivan Kalule is a professional vocational teacher, nutritionist and chef instructor at the Uganda Hotel and Tourism Training Institute in Jinja, Uganda.

He started professional cookery 16 years ago. He loves cooking Ugandan traditional food for being healthy and a people's choice. Uganda is gifted with a diverse culture making a variety of traditional foods a trending cultural gastronomy tourism.

UGANDA GASTRONOMY MUSTS

MATOOKE
(Steamed banana)

MUKALO GWE NYAMA
(Roasted meat)

NAKATI
(Greens)

KALO
(Millet bread)

KIPOLI/ODI
(Roasted nut butter)

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DO IT YOURSELF!

NYAMA ENJOKYE MU KIPOLI NA KALO

Local dish from the Teso-Land.

INGREDIENTS

- 400 g meat
- 200 g roasted nut butter
- 1 onion
- 1 tablespoon salt
- 1 tomato
- 150 g millet flour
- 200 g cassava flour
- Water (just enough)

STEP BY STEP

1. Roast beef on moderate heat covered with banana peelings until brown and dry.
2. Cut beef with all vegetables and boil in a thick bottom pan until ready.
3. Mix in the peanut butter and cook for 25 minutes on low heat.
4. Add salt to taste.
5. Boil water and mingle *kalo*.
6. Serve hot with a bowl of steamed spinach.

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ZAMBIA

MEET THE CHEF

BERNARD ZULU

Chef Bernard Zulu (alias Chef Zee) boasts of over 24-years' experience in culinary arts after successfully completing his studies.

He has travelled around the globe to get acquainted with knowledge, specific skills, and expertise in the gourmet industry. Current Acting Hotel Manager at the Zambia Institute for Tourism and Hospitality Studies, Chef Zulu has worked in various positions as Head of Department/Senior Lecturer in the Food Production Department and as Executive Chef for over 22 years now. He is an inspiration to his students and has featured on both radio and television shows to demonstrate current trends in gourmet cuisine and has worked in the Arts and Cultural Department of the Ministry of Tourism and Arts as Organizing Consultant on various Zambian local food promotions.

When you visit Zambia, do not forget to sample stewed venison of impala with pounded cassava leaves and fried caterpillars accompanied with fine corn meal *nshima*, coarsely grounded corn meal *nshima*, millet *nshima* or sorghum *nshima* or cassava *nshima*.

ZAMBIA GASTRONOMY MUSTS

POUNDED NUTS

CHILI

KAPENTA

BOILED BEAN LEAVES

VILLAGE CHICKEN

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ZAMBIA

DO IT YOURSELF!

BOILED BREAM FISH – ZAMBIAN STYLE

INGREDIENTS

- 500 to 600 g whole bream
- 150 ml of sunflower oil
- 200 g ripe tomatoes finely chopped
- 100 g finely chopped onion
- 1½ tablespoon iodized salt
- 2 to 3 banana leaves
- 1 l water

STEP BY STEP

1. Wash and remove intestines from the bream with a sharp knife.
2. Use a thick bottomed pot, and place the washed banana leaves in first.
3. Add the chopped onion and chopped tomatoes to the cabbage leaves.
4. Layer the bream on top of step 3 and pour in cooking oil and water.
5. Add salt and cover with lid to boil for 10 minutes and reduce for another 20 minutes to simmer.

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ZIMBABWE

MEET THE CHEF

JOHNSON MARUMA

Growing up in a predominantly boys' family, cooking became a natural pastime in the family.

Chef Maruma has perfected the inborn culinary skills with each passing day where he has managed to infuse modern cooking skills with the traditional skills.

Up to this day he has enjoyed sharing Zimbabwe's dishes with many people around the world hence promoting Zimbabwean Gastronomy worldwide.

The beauty of Zimbabwean cuisine is that its organic, nutritious and contains a lot of medicinal properties, hence a well sort after delicacy.

ZIMBABWE GASTRONOMY MUSTS

SADZA

BILTONG

COWFOOT
(Mazondo)

DRIED KAPENTA

TRIPE

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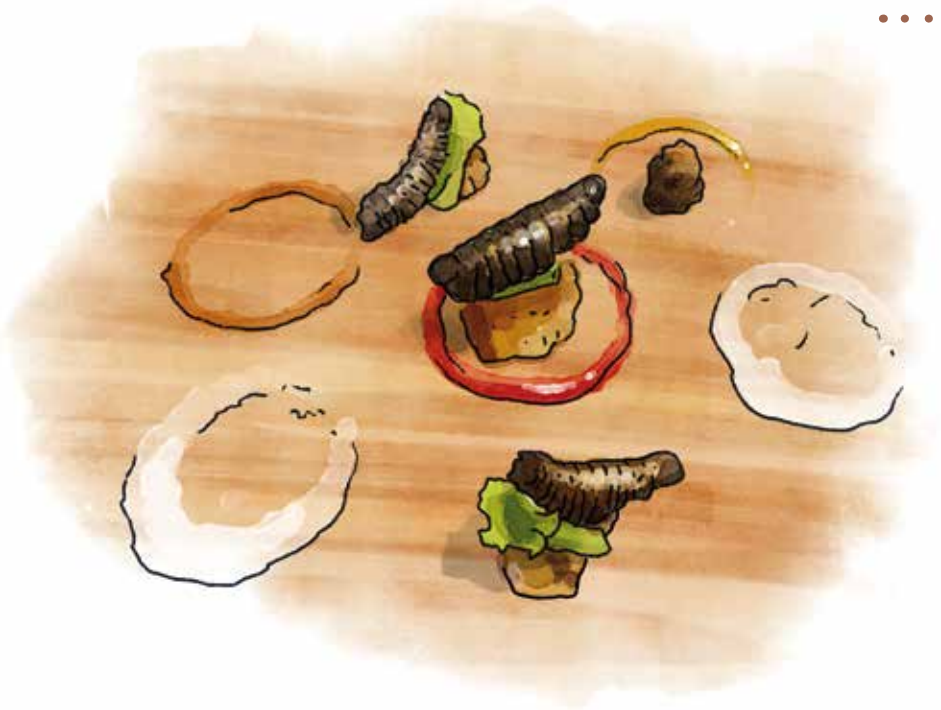

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DO IT YOURSELF!

SUPREME OF GWANDA MOPANE DELICACY

INGREDIENTS

- 50 g *mopani* delicacy
- 30 g mixed Zimbabwean legumes
- 5 g seasoning
- 2 g crushed garlic
- 5 g mixed herbs
- 100 g butter
- 30 g fresh chilies
- 20 g crushed samp
- 1 egg
- 30 g bread crumbs
- 10 ml *mukuyu* wine

STEP BY STEP

1. Boil the *mopani* delicacy in salted water until cooked and soft.
2. Dissect them and stuff with tossed and seasoned legumes.
3. Panfry in herbed butter until crispy and nice.
4. Meanwhile boil the *samp* in separate salted water until cooked.
5. Drain the water, let it cook briefly then add the egg and crumbs.
6. Correct the seasoning and shape in a small dariole mould.
7. Quick fry on both sides until golden brown.
8. Use it as a base for the presentation.
9. Meanwhile prepare the *mukuyu* wine dressing to accompany the dish.
10. Present and serve.

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