

West African Menu

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Spicy Kachumbari Salad

with Hibiscus Tea Vinaigrette

A refreshing and spicy West African salad featuring fresh vegetables and a tangy hibiscus tea vinaigrette.

PREP TIME: 15 minutes

COOK TIME: 0 minutes

2 C cherry tomatoes, halved

1 lg cucumber, diced

1/2 red onion, thinly sliced

1/4 C fresh cilantro, chopped

1/4 C fresh parsley, chopped

1 sm red chili, thinly sliced

1/4 C lime juice

1/4 C olive oil

1 T Hibiscus tea

Salt and pepper to taste

PREPARE THE VINAIGRETTE: Brew the Hibiscus tea in 1/4 C hot water and let it steep for 5 minutes. In a small bowl, whisk together lime juice, olive oil, brewed tea, salt, and pepper.

ASSEMBLE THE SALAD: In a large bowl, combine cherry tomatoes, cucumber, red onion, cilantro, parsley, and red chili.

DRESS AND SERVE: Drizzle the hibiscus tea vinaigrette over the salad and toss gently to combine. Serve immediately.

Peanut Soup

with Rooibos Tea

A creamy and flavorful peanut soup with a hint of Rooibos tea, perfect for a comforting starter.

PREP TIME: 15 minutes

COOK TIME: 30 minutes

2 T vegetable oil
1 med onion, chopped
2 cloves garlic, minced
1 T ginger, minced
1 sm red chili, finely chopped
1 T tomato paste
4 C vegetable broth

1 C smooth peanut butter
1 T Rooibos tea
1 can diced tomatoes
1 lg sweet potato, peeled and cubed
1/2 C chopped kale
Salt and pepper to taste
Fresh cilantro, chopped (for garnish)

PREPARE THE TEA: Brew the Rooibos tea in 1/2 C hot water and let it steep for 5 minutes.

COOK THE SOUP: In a large pot, heat vegetable oil over medium heat. Add chopped onion, garlic, ginger, and red chili, and sauté until softened. Stir in tomato paste and cook for another minute. Add vegetable broth, peanut butter, brewed tea, diced tomatoes, and sweet potato. Bring to a boil, then reduce heat and simmer for 20 minutes.

ADD KALE AND SEASON: Stir in chopped kale and cook for another 5 minutes. Season with salt and pepper.

SERVE: Garnish with fresh cilantro before serving.

Suya Skewers

with Tri-Pepper Chai Marinade

Grilled beef skewers marinated in a spicy chai blend, bringing together the bold flavors of West Africa and Tri-Pepper Chai tea.

PREP TIME: 20 minutes

COOK TIME: 10 minutes

1 lb beef sirloin, cut into cubes
1 T Tri-Pepper Chai tea
1/4 C vegetable oil
2 T ground peanuts
1 T ground paprika
1 t ground ginger

1 t ground cayenne pepper
1 t garlic powder
1 t onion powder
Salt and pepper to taste
Wooden skewers, soaked in water

PREPARE THE MARINADE: Brew the Tri-Pepper Chai tea in 1/4 C hot water and let it steep for 5 minutes. In a bowl, mix brewed tea, vegetable oil, ground peanuts, paprika, ginger, cayenne pepper, garlic powder, onion powder, salt, and pepper.

MARINATE THE BEEF: Place beef cubes in a shallow dish and pour the marinade over them. Let it marinate for at least 30 minutes.

GRILL THE SKEWERS: Thread the marinated beef onto wooden skewers. Preheat the grill to medium-high heat. Grill the skewers for 2-3 minutes per side or until cooked to desired doneness.

SERVE: Serve hot with additional ground peanuts for garnish.

Plantain and Black-Eyed Pea Fritters

with Green Bean Almondine Tea Dip

Crispy plantain and black-eyed pea fritters served with a refreshing Green Bean Almondine tea dip.

PREP TIME: 20 minutes

COOK TIME: 15 minutes

2 ripe plantains, mashed
1 C cooked black-eyed peas, mashed
1/2 C flour
1/4 C chopped scallions
1 sm red chili, finely chopped
1 † ground cumin
1 † ground coriander

Salt and pepper to taste
Vegetable oil for frying
1/2 C Greek yogurt
1 T Green Bean Almondine tea
1 T lemon juice
Salt and pepper to taste

PREPARE THE TEA: Brew the Green Bean Almondine tea in 1/4 C hot water and let it steep for 5 minutes.

MAKE THE FRITTERS: In a large bowl, combine mashed plantains, mashed black-eyed peas, flour, chopped scallions, red chili, ground cumin, ground coriander, salt, and pepper. Mix well. Form the mixture into small patties.

FRY THE FRITTERS: Heat vegetable oil in a large skillet over medium heat. Fry the patties until golden brown and crispy, about 3-4 minutes per side. Drain on paper towels.

PREPARE THE DIP: In a small bowl, mix Greek yogurt, brewed tea, lemon juice, salt, and pepper.

SERVE: Serve the fritters hot with lemon verbena dip on the side.

Vegan Jollof Rice

with Spiced Chai Tofu

A flavorful and aromatic vegan jollof rice paired with spiced chai-marinated tofu, bringing together the rich tastes of West Africa and Spiced Apple Chai tea.

PREP TIME: 20 minutes

COOK TIME: 40 minutes

2 C long-grain rice
1/4 C vegetable oil
1 med onion, chopped
2 cloves garlic, minced
1 T ginger, minced
1 red bell pepper, chopped
1 green bell pepper, chopped
1 can diced tomatoes
1/4 C tomato paste
4 C vegetable broth
1 T Spiced Apple Chai tea

1 † ground cumin
1 † ground coriander
1 † smoked paprika
1/2 † cayenne pepper
Salt and pepper to taste
1 block firm tofu, cubed
1 T soy sauce
1 T olive oil
1 † ground cinnamon
1 † ground ginger
1/2 † ground cloves

PREPARE THE TEA: Brew the Spiced Apple Chai tea in 1/2 C hot water and let it steep for 5 minutes.

MARINATE THE TOFU: In a bowl, mix brewed tea, soy sauce, olive oil, ground cinnamon, ground ginger, and ground cloves. Add cubed tofu and marinate for at least 15 minutes.

COOK THE JOLLOF RICE: In a large pot, heat vegetable oil over medium heat. Add chopped onion, garlic, and ginger, and sauté until softened. Add chopped red and green bell peppers, diced tomatoes, and tomato paste. Cook for 5 minutes. Stir in rice, vegetable broth, ground cumin, ground coriander, smoked paprika, cayenne pepper, salt, and pepper. Bring to a boil, then reduce heat, cover, and simmer for 20-25 minutes or until the rice is cooked.

COOK THE TOFU: In a skillet, heat a little oil over medium heat. Add marinated tofu and cook until golden brown on all sides.

SERVE: Serve the jollof rice with spiced chai tofu on top.

Grilled Fish

with Green Bean Almondine Tea Sauce

A delicious and aromatic grilled fish dish served with a tangy lemon verbena sauce, enhanced with Green Bean Almondine tea.

PREP TIME: 15 minutes

COOK TIME: 20 minutes

4 fish fillets (such as tilapia or snapper)
1 T Green Bean Almondine tea
1/4 C olive oil
2 T lemon juice
2 cloves garlic, minced

1 † ground cumin
1 † ground coriander
Salt and pepper to taste
1/4 C fresh parsley, chopped

PREPARE THE TEA: Brew the Green Bean Almondine tea in 1/4 C hot water and let it steep for 5 minutes.

MARINATE THE FISH: In a bowl, mix brewed tea, olive oil, lemon juice, minced garlic, ground cumin, ground coriander, salt, and pepper. Add fish fillets and marinate for at least 15 minutes.

GRILL THE FISH: Preheat the grill to medium-high heat. Grill the marinated fish fillets for 4-5 minutes per side or until cooked through.

SERVE: Serve the grilled fish with a sprinkle of fresh parsley and additional lemon verbena sauce on the side.

Chicken Yassa

with Rooibos Tea

A tangy and flavorful Chicken Yassa dish, marinated in a blend of onions, lemon, and spices, enhanced with Rooibos Vanilla Tea.

PREP TIME: 20 minutes

COOK TIME: 1 hour

4 chicken thighs, bone-in and skin-on
1 T Rooibos Vanilla Tea
1/4 C olive oil
1/4 C lemon juice
2 lg onions, thinly sliced
4 cloves garlic, minced

1 T Dijon mustard
1 † ground cumin
1 † ground coriander
1 † smoked paprika
Salt and pepper to taste
1/4 C chicken broth

PREPARE THE TEA: Brew the Rooibos Vanilla Tea in 1/4 C hot water and let it steep for 5 minutes

MARINATE THE CHICKEN: In a large bowl, mix brewed tea, olive oil, lemon juice, sliced onions, minced garlic, Dijon mustard, ground cumin, ground coriander, smoked paprika, salt, and pepper. Add chicken thighs and marinate for at least 1 hour.

COOK THE CHICKEN: Preheat the oven to 375°F. In a large ovenproof skillet, heat a little oil over medium heat. Remove the chicken from the marinade and brown on all sides. Remove the chicken and set aside. Add the marinade (including onions) to the skillet and cook until the onions are softened. Return the chicken to the skillet, add chicken broth, and transfer to the oven. Bake for 45 minutes or until the chicken is cooked through.

SERVE: Serve the Chicken Yassa with the onion sauce on top.

Beef Stew

with Hibiscus Tea

A hearty and flavorful beef stew with a rich tomato base, enhanced with the tangy notes of Hibiscus tea.

PREP TIME: 20 minutes

COOK TIME: 1 hour 30 minutes

2 lbs beef stew meat, cubed

1 T Hibiscus tea

2 T vegetable oil

1 lg onion, chopped

3 cloves garlic, minced

1 T ginger, minced

1 red bell pepper, chopped

1 green bell pepper, chopped

1 can diced tomatoes

1/4 C tomato paste

4 C beef broth

1 † ground cumin

1 † ground coriander

1 † smoked paprika

1/2 † cayenne pepper

Salt and pepper to taste

2 lg carrots, sliced

2 lg potatoes, cubed

1/4 C fresh cilantro, chopped

PREPARE THE TEA: Brew the Hibiscus tea in 1/2 C hot water and let it steep for 5 minutes.

BROWN THE BEEF: In a large pot, heat vegetable oil over medium-high heat. Add beef stew meat and brown on all sides. Remove the beef and set aside.

COOK THE STEW: In the same pot, add chopped onion, garlic, and ginger, and sauté until softened. Add chopped red and green bell peppers, diced tomatoes, and tomato paste. Cook for 5 minutes. Stir in beef broth, brewed tea, ground cumin, ground coriander, smoked paprika, cayenne pepper, salt, and pepper. Return the beef to the pot. Bring to a boil, then reduce heat, cover, and simmer for 1 hour.

ADD VEGETABLES: Add sliced carrots and cubed potatoes. Simmer for an additional 30 minutes or until the vegetables are tender.

SERVE: Garnish with fresh cilantro before serving.

Fonio Pilaf

with Spiced Chai

A nutritious and flavorful fonio (see note) pilaf, enhanced with the warm spices of Spiced Apple Chai Tea.

PREP TIME: 10 minutes

COOK TIME: 20 minutes

1 C fonio
2 C vegetable broth
1 T Spiced Apple Chai Tea
1 med onion, finely chopped
1 red bell pepper, diced
2 cloves garlic, minced

1 T olive oil
1 † ground cumin
1 † ground coriander
Salt and pepper to taste
1/4 C fresh parsley, chopped

PREPARE THE TEA: Brew the Spiced Apple Chai Tea in 1/2 C hot water and let it steep for 5 minutes.

COOK THE FONIO: In a large pot, heat olive oil over medium heat. Add chopped onion, red bell pepper, and minced garlic, and sauté until softened. Stir in ground cumin and ground coriander. Add fonio and cook for 2 minutes, stirring constantly. Pour in vegetable broth and brewed tea. Bring to a boil, then reduce heat, cover, and simmer for 10 minutes or until the fonio is cooked and the liquid is absorbed.

SERVE: Fluff the fonio with a fork and stir in fresh parsley. Serve hot.

NOTE: Fonio is an ancient West African grain which you can find at places like New Seasons (a local gourmet grocery store), Whole Foods, and Amazon.

Sweet Potato and Cassava Mash

with Rooibos

A creamy and comforting mash of sweet potatoes and cassava, enhanced with the earthy flavors of Rooibos Vanilla Tea.

PREP TIME: 15 minutes

COOK TIME: 25 minutes

2 lg sweet potatoes, peeled and cubed
1 lg cassava, peeled and cubed
1 T Rooibos Vanilla tea

1/2 C coconut milk
2 T butter
Salt and pepper to taste

PREPARE THE TEA: Brew the Rooibos Vanilla tea in 1/2 C hot water and let it steep for 5 minutes.

COOK THE VEGETABLES: In a large pot, bring water to a boil. Add sweet potatoes and cassava, and cook until tender, about 20 minutes. Drain well.

MASH THE VEGETABLES: In a large bowl, mash the sweet potatoes and cassava with coconut milk, brewed tea, butter, salt, and pepper until smooth and creamy.

SERVE: Serve hot.

Spicy Collard Greens

with Hibiscus

A flavorful and spicy side dish of collard greens, enhanced with the tangy notes of Hibiscus tea.

PREP TIME: 10 minutes

COOK TIME: 15 minutes

1 lb collard greens, stems removed and leaves thinly sliced
2 T olive oil
4 cloves garlic, minced

1 sm red chili, finely chopped
1 T Hibiscus tea
1 T apple cider vinegar
Salt and pepper to taste

PREPARE THE TEA: Brew the Hibiscus tea in 1/4 C hot water and let it steep for 5 minutes.

COOK THE COLLARD GREENS: In a large skillet, heat olive oil over medium heat. Add minced garlic and red chili, and sauté until fragrant. Add collard greens and cook until wilted, about 5 minutes.

FINISH AND SERVE: Stir in brewed tea, apple cider vinegar, salt, and pepper. Cook for another 2 minutes. Serve hot.

Roasted Okra

with Green Bean Almondine Tea

A simple yet delicious side dish of roasted okra, enhanced with the bright flavors of Green Bean Almondine Tea.

PREP TIME: 10 minutes

COOK TIME: 20 minutes

1 lb okra, trimmed
2 T olive oil
1 T Green Bean Almondine tea

1 T lemon juice
Salt and pepper to taste

PREPARE THE TEA: Brew the Green Bean Almondine tea in 1/4 C hot water and let it steep for 5 minutes.

ROAST THE OKRA: Preheat the oven to 400°F. In a large bowl, toss okra with olive oil, brewed tea, lemon juice, salt, and pepper. Spread the okra on a baking sheet in a single layer. Roast for 20 minutes or until tender and slightly crispy.

SERVE: Serve hot.

Malva Pudding

with Rooibos Caramel Sauce

A rich and indulgent South African malva pudding, enhanced with a luscious rooibos caramel sauce made with Rooibos Caramel tea.

PREP TIME: 20 minutes

COOK TIME: 45 minutes

1 C flour
1 C sugar
1 t baking soda
1/2 t salt
1 lg egg
1 T apricot jam
1 T butter, melted

1 t vinegar
1 C milk
1 T Rooibos Caramel tea
1/2 C heavy cream
1/2 C sugar
1/4 C butter
1 t vanilla extract

PREPARE THE TEA: Brew the Rooibos Caramel tea in 1/2 C hot water and let it steep for 5 minutes.

MAKE THE PUDDING: Preheat the oven to 350°F. In a large bowl, mix flour, sugar, baking soda, and salt. In another bowl, whisk together egg, apricot jam, melted butter, vinegar, and milk. Combine the wet and dry ingredients and mix until smooth. Pour the batter into a greased baking dish. Bake for 35-40 minutes or until a toothpick inserted into the center comes out clean.

MAKE THE CARAMEL SAUCE: In a saucepan, combine brewed tea, heavy cream, sugar, butter, and vanilla extract. Cook over medium heat, stirring constantly, until the mixture thickens and turns a golden caramel color.

SERVE: Pour the warm caramel sauce over the hot pudding and serve immediately.

Coconut Lime Cake

with Hibiscus Glaze

A light and refreshing coconut lime cake, topped with a tangy hibiscus glaze made with Hibiscus tea.

PREP TIME: 15 minutes

COOK TIME: 30 minutes

1 1/2 C flour
1 † baking powder
1/2 † baking soda
1/4 † salt
1/2 C coconut oil, melted
3/4 C sugar
2 lg eggs

1 † vanilla extract
1/2 C coconut milk
1/4 C lime juice
1 T lime zest
1 T Hibiscus tea
1/2 C Confectioners' sugar

PREPARE THE TEA: Brew the Hibiscus tea in 1/4 C hot water and let it steep for 5 minutes.

MAKE THE CAKE: Preheat the oven to 350°F. In a large bowl, mix flour, baking powder, baking soda, and salt. In another bowl, whisk together melted coconut oil, sugar, eggs, vanilla extract, coconut milk, lime juice, and lime zest. Combine the wet and dry ingredients and mix until smooth. Pour the batter into a greased 9-inch round cake pan. Bake for 25-30 minutes or until a toothpick inserted into the center comes out clean.

MAKE THE GLAZE: In a small bowl, mix brewed tea and Confectioners' sugar until smooth.

SERVE: Drizzle the hibiscus glaze over the cooled cake before serving.

Zobo (Hibiscus Tea)

with Ginger and Pineapple

A refreshing and vibrant hibiscus tea drink, known as zobo, infused with ginger and pineapple, perfect for a hot day.

PREP TIME: 10 minutes

COOK TIME: 30 minutes

1 C dried hibiscus flowers
1 T Zobo tea
1 pineapple, peeled and cut into chunks

1 T fresh ginger, grated
1/2 C sugar
8 C water

PREPARE THE TEA: Brew the Zobo tea in 1 C hot water and let it steep for 5 minutes.

MAKE THE ZOBO: In a large pot, combine dried hibiscus flowers, brewed tea, pineapple chunks, grated ginger, sugar, and water. Bring to a boil, then reduce heat and simmer for 30 minutes. Strain the mixture into a pitcher and discard the solids.

SERVE: Serve chilled over ice.

Kunu Aya (Tigernut Milk)

with Rooibos Vanilla Tea

A creamy and nutritious tigernut milk drink, known as Kunu Aya, enhanced with the sweet flavors of vanilla and Rooibos Vanilla tea.

PREP TIME: 15 minutes

COOK TIME: 0 minutes

1 C dried tigernuts, soaked overnight
1/2 C fresh coconut, grated
1/4 C dates, pitted

1 T Rooibos Vanilla tea
1 † vanilla extract
4 C water

PREPARE THE TEA: Brew the Rooibos Vanilla tea in 1 C hot water and let it steep for 5 minutes.

MAKE THE KUNU AYA: In a blender, combine soaked tigernuts, grated coconut, pitted dates, brewed tea, vanilla extract, and water. Blend until smooth. Strain the mixture through a fine mesh sieve or cheesecloth into a pitcher.

SERVE: Serve chilled.