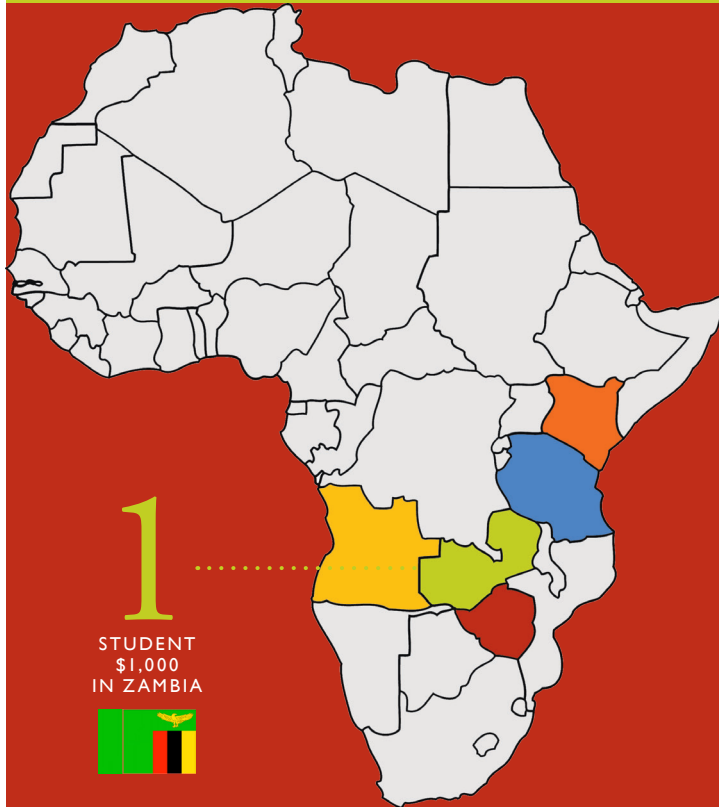


IFISASHI



YIELD: 4 servings

Green leafy vegetables (spinach, cassava, chibwabwa pumpkin, delele with okra, rape, Chinese cabbage)

1 cup raw ground peanut powder

1 tomato, chopped

¼ tsp soda

Salt to taste

Water

Wash the dried leaves thoroughly In a medium pot, add the vegetables and ¾ cup of water. Add the chopped tomatoes and the peanut powder. Add ¼ tsp of soda and some salt. Stir to combine everything. Bring the mixture to a boil for at least 5 minutes, stirring from time to time adding a little bit of water as needed. Continue for 30 minutes then reduce the heat to low and let simmer for about 15 minutes. This will give a flavorful aroma.

NSHIMA

4 cups maize flour

8 cups water

From Zambia

Ifisashi is a traditional vegetarian dish from Zambia that is prepared with spinach and peanuts. It is typically served with nshima.

WINE PAIRING

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FEIJAO

YIELD: 3 servings

1 can of red beans
½ can of palm oil
1 garlic clove, smashed
bananas, as much as you like
coarse yucca flour
salt, to taste

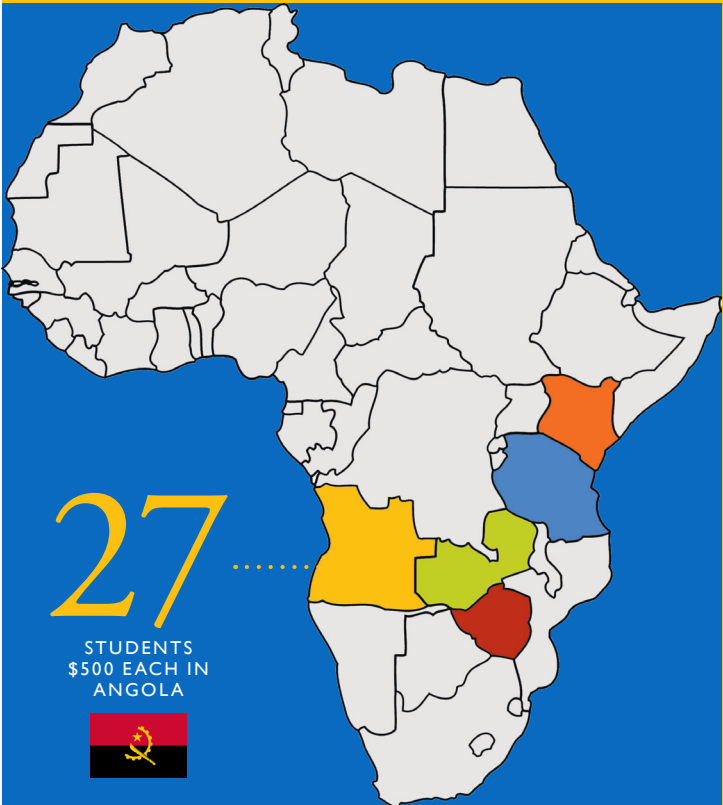
In a pot, add the beans, oil, salt and garlic. Let simmer on a low flame and keep stirring until everything is mixed together well. Be careful not to let it burn.

Serve topped with banana(s) cut in slices and coarse yucca flour.

WINE PAIRING

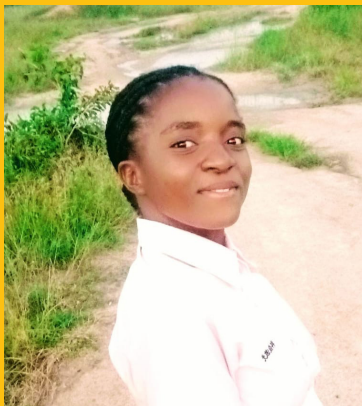
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From Angola

This recipe is Angolan with a Portuguese influence and can be made in 10 minutes and it's incredible.

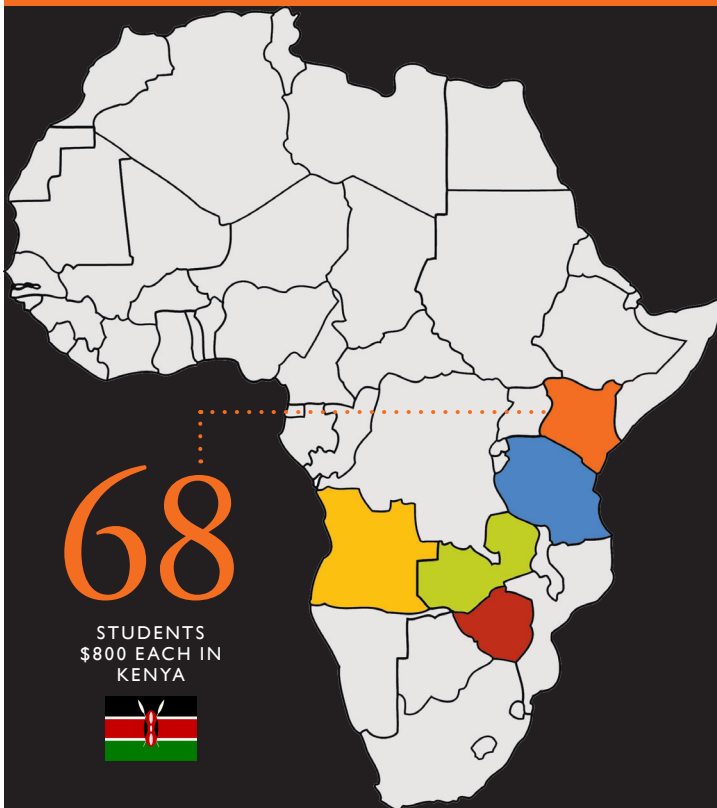


MATOKE

YIELD: 4 servings

10 thinly sliced plantain/matoka
 2 cups coconut milk
 1 Tbsp soy sauce
 Finely chopped fresh coriander
 2 green bell pepper
 4 chopped tomatoes
 1 finely chopped large onion
 ½ fresh ginger
 6 garlic cloves.
 1 Tbsp vegetable oil

Peel the garlic cloves and crush to a fine pulp.
 Cut the ginger and onion into fine pieces. Put into a pot with heated vegetable oil. Cook until the onions become soft. ** Be careful not to burn the garlic as this will make the entire dish bitter.
 Add grated tomato and sauté for about 4 minutes. Then add soy sauce. After two minutes, add sliced plantain. Let simmer about 5 minutes, then add ¾ of the coconut milk. Cover with a lid on medium heat, allow the matoka to cook through. Poke with a fork to see if they are almost done, then add the



From Kenya

Matoka is a simple, healthy, and delicious one-pot East African dish made from green bananas. Easy to prepare and will fill you up for hours!

WINE PAIRING

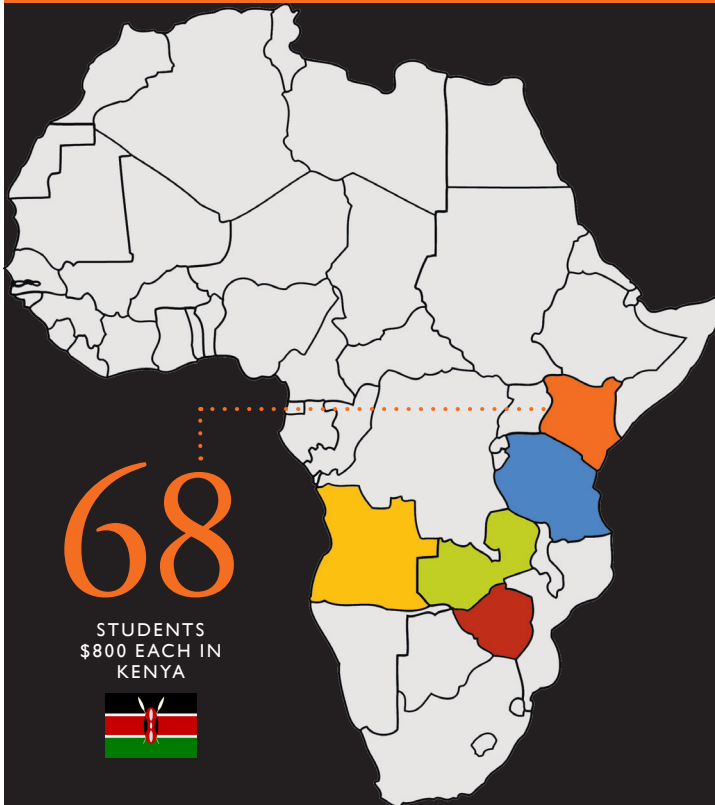
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rest of the coconut milk and the chopped pepper. Simmer until all of them are soft. Another indicator as to whether they will have cooked through is the change of color, from off-white to mustard yellow. Lastly, add your freshly chopped coriander. Mix. Serve immediately.

SUKUMA WIKI



From Kenya

Sukuma Wiki is healthy, economical braised collard greens bursting with flavor and spices. Done right, they're great for a busy weeknight.

YIELD: 4 servings

- 1 bunch kale or collard greens
- 1-2 cups minced beef or chicken
- 3 medium tomatoes, diced
- 1-2 tsp minced garlic
- 1 large white onion
- 2 Tbsp canola oil or more as needed
- 1 Tbsp smoked paprika
- ½ tsp ground coriander
- ½ tsp curry powder or turmeric
- ½ cayenne pepper or more
- 1 Tbsp lemon juice
- 1 Tbsp bouillon powder (or 1 cube)

In a large skillet add oil, onions and garlic. Saute for 2-3 minutes, stirring constantly. Add tomatoes, curry, coriander and paprika. Continue stirring with a heavy wooden spoon for about 2 minutes. Add minced meat and bouillon. Stir until thoroughly combined. Simmer for 5 minutes. Toss in the chopped collards, cayenne pepper and lemon juice. Continue cooking for 5-10 minutes until



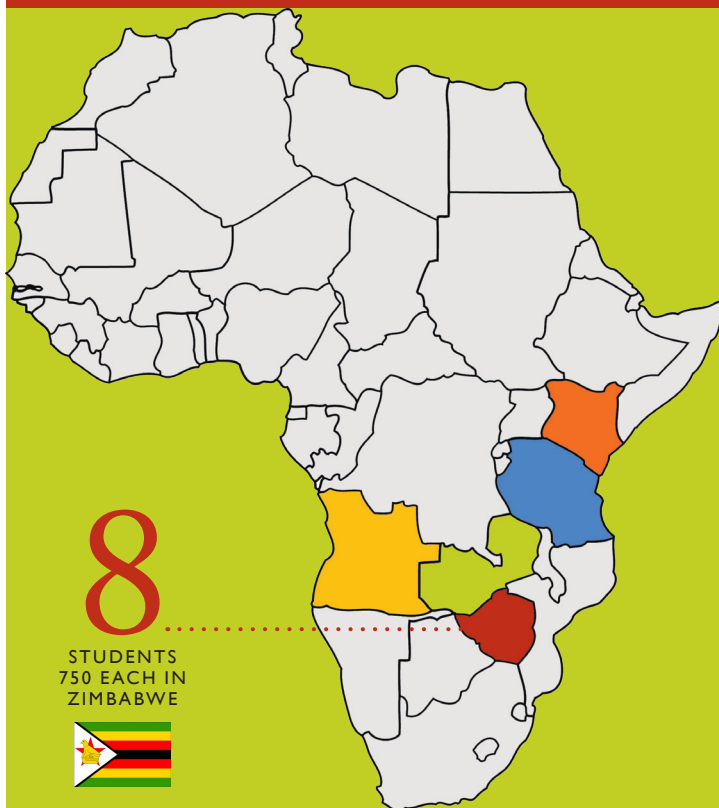
flavors are blended and greens are cooked. Adjust seasonings, salt and pepper. Turn off heat. Let cool slightly. Serve.

WINE PAIRING

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DOVI

*From Zimbabwe*

It was the Portuguese who introduced the region to the peanut, a crop which has since become a paramount feature in most of modern-day Zimbabwe's cuisine. Dovi is a hearty peanut stew. This traditional dish is known for its rich flavors and creamy texture. Dovi is typically made with a combination of tender chicken and creamy peanut butter. Various vegetables are optionally added for texture and flavor. It is typically served with sadza (corn meal) or rice.

YIELD: 6 servings

6 chicken thighs (bone-in), about 2 lb

Vegetable oil for browning

Aromatics: 1 large onion, finely chopped; 5-6 garlic cloves, minced; 1 chili pepper, chopped (optional)

Spices: 1-2 tsp ground cumin, 3 Tbsp ground coriander, 1 Tbsp paprika, 1 tsp chili powder(optional)

½ cup peanut butter

2-3 tomatoes, peeled, seeded and pureed (about 1 cup)

4 cups chicken broth

Vegetables: 1 sweet potato, diced; 1 bell pepper, diced

Salt and pepper, seasoning to taste

Fresh cilantro, chopped for garnish

Heat oil in a large pot, brown seasoned chicken and set aside. In the same pot, sauté onion, garlic and optional chopped chili until soft and fragrant. Add spices, mix and let spices bloom. Next add peanut butter and combine thoroughly with the onion mixture. Add pureed tomatoes, season, combine and let cook for a few minutes. Add chicken broth

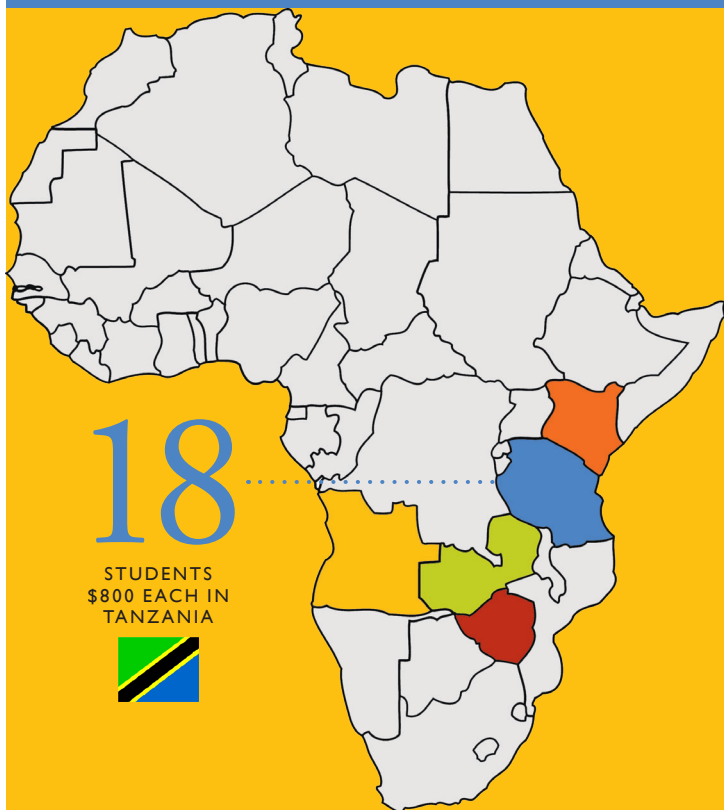
and browned chicken pieces. Bring to a boil, drop heat to low and let simmer partially covered for about 30 min. Next, add diced sweet potato and cook for another 10-15 min, followed by diced bell pepper. Cook for 5-10 min more. Chicken and vegetables should be tender and cooked through. Check seasoning and sprinkle with chopped cilantro.

**WINE PAIRING**

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NDIZI NA NYAMA



From Tanzania

This recipe has been handed down through generations and adapted to suit personal tastes. There are many varieties of bananas but the green ones hold their shape during cooking and are perfect for this.

WINE PAIRING

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YIELD: 6 servings

Beef: 1 lb oxtail + 1 lb stew beef
1 ½ lbs green bananas (green, unripe)
2 Tbsp oil
½ yellow onion, diced
1 Tbsp tomato paste + 1 tomato, large, diced
1 can full-fat coconut milk
275 ml beef broth from the oxtail

Spices: ½ tsp salt, ½ tsp ground black pepper, 1 Tbsp cumin, 1 bay leaf, ½ inch fresh ginger, peeled and minced, ½ tsp turmeric, 1 Tbsp coriander, chopped, 4 cloves garlic

Simmer the oxtail in water with the stew beef. As the broth starts to cook, use a large, flat spoon to skim the oil and foam off the top of the broth until completely removed.

Peel the green bananas. Slice the banana flesh lengthwise in half, then crosswise so that you have half-moon segments. Submerge the banana segments in a bowl of water and set them aside.

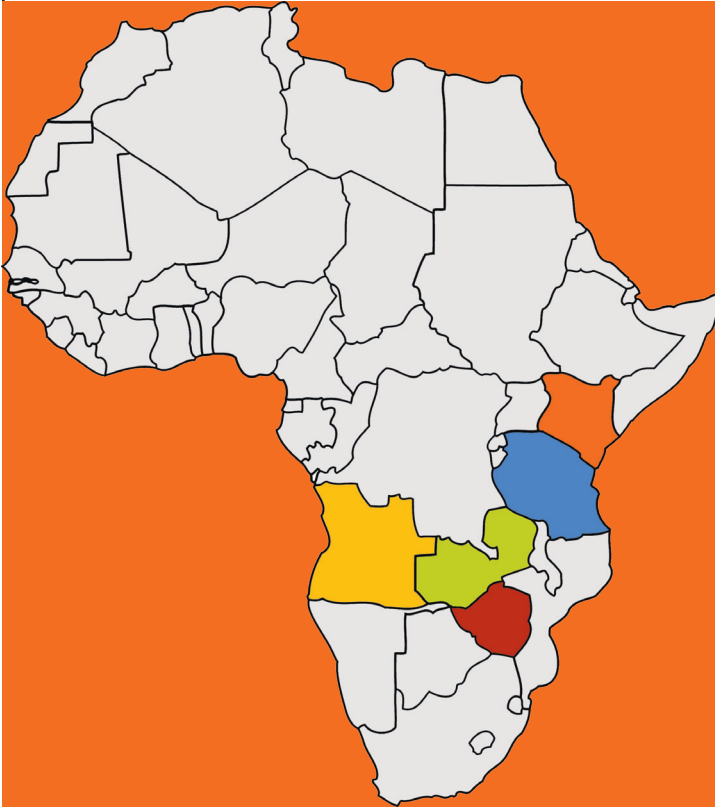
When the stew beef is tender (takes about an hour and a half, depending on the cut), remove it from the broth. Keep the oxtail cooking in the water longer for a deeper flavor. When the oxtail is tender, remove it from the broth and set aside.

In a large pot, add the oil and sauté the stew beef pieces on high heat until browned on all sides. Remove the meat from the pan and set aside.

Turn the heat to medium. Add the onions to the pan. Sauté the onions until they are soft but not browned. Add black pepper, cumin, ginger, turmeric, coriander, bay leaf and garlic. Stir about 1 minute. Stir in the tomato paste and cook about 4 minutes, stirring constantly. Add the tomatoes. Reduce the heat to low and cover the pot. Simmer until the tomatoes soften. Periodically, use a spoon to press the tomatoes so they disintegrate into the broth. Once the tomatoes have blended into the tomato, onion and spice mix, add coconut milk and 2 cups of the broth. Stir. When the liquid is boiling, strain the banana pieces and add them to the tomato and coconut milk stew along with the oxtail and stew beef. The liquid should be roughly level with the beef and bananas. Cook until the bananas are soft (the consistency should be similar to cooked potatoes). Garnish liberally with the coriander.

For the purposes of this event, we removed the oxtail bones from the final dish and added extra beef.

WALI WA NAZI



YIELD: 6 servings

2 cups coconut milk
2 $\frac{3}{4}$ cups water
2 cups rice (washed)
1 tsp salt

Bring coconut milk and water to boil.
When boiling, pour in the rice. Add salt.
Cook on medium heat. When nearly dry,
cover well. Turn heat down and cook for
10 minutes.

A continental staple

As both the coconut and the rice-plant are commonly found in the tropics all around the world, coconut rice, too, is found in many cultures throughout the world, spanning across the equator from Southeast Asia, the Indian subcontinent, South America, Central America, West Africa, East Africa, the Caribbean and Oceania.

We are currently educating 104 African women attending secondary school in Angola, Kenya, Tanzania, Zambia and Zimbabwe. We are a 501(c) (3) since 2004. 100% of all donations support students. Members of the AWEF Board of Directors personally cover all operating expenses.

