African Recipes

1/2 pound beef stew meat, cut in

cup chopped onion

teaspoon salt

1/8 teaspoon pepper Dash garlic powder Dash ground nutmeg Dash ground ginger Dash ground cloves

teaspoon cornstarch

8 oz. can tomatoes

1/2 cup finely chopped peanuts

In a 3-quart saucepan brown meat in hot shortening. Stir in water, onion, salt, pepper, garlic powder, nutmeg, ginger, cloves and paprika. Simmer, covered, till meat is tender, about 1 hour.

Slowly blend milk into cornstarch. Stir into soup and cook till slightly thickened and bubbly. Gradually undrained tomatoes, stirring constantly; stir in peanuts. Serves 4.

CHICKEN GUMBO

(From central and eastern Africa, using Congolese method)

1 .4 pound ready-to-cook stewing chicken, cut up

cups water

11/2 pounds fresh okra, thinly sliced (4 cups]

28-ounce can tomatoes

1/2 cup chopped onion

teaspoon sugar 1/4 teaspoon pepper

Place chicken in 5-quart Dutch oven. Add water and 1/2 teaspoon salt; bring to boiling. Reduce heat; cover and simmer till barely tender, about 2 hours. Remove chicken; reserve 4 cups broth. When cool enough to handle, cut chicken from bones; cube meat. Skim off excess fat from broth.

Return chicken to broth; add okra, undrained tomatoes, onion, sugar, pepper, and 1 teaspoon salt. Cover and simmer till okra is tender, about 30 minutes.

Serves 8.

SWEET POTATO PONE

(Try this version of pone either as a sweet vegetable course or as a des sert.)

cups shredded raw sweet potato (1 pound)

cup water

1/2 cup packed brown sugar

1/2 teaspoon salt 1/4 teaspoon ground ginger tablespoons butter or

margarine

Combine potatoes, water, sugar, salt, and ginger; turn into a 1-quart casserole. Dot with butter. Bake at 350 degrees till potatoes are tender and carmaelized, stirring occasionally, about 2

Makes 4 servings



