

RECIPES

inspired by Africa

Why not offer an African inspired meal or banquet for your Longest Lunch event to honour our 2019 connection with ALWS and the Grace Project. The dishes are simple and delicious!

2019
LONGEST
LUTHERAN LUNCH

GOURMET
GRACE
GATHERING

LUTHERAN
CHURCH
OF AUSTRALIA
where love comes to life

UGALI (Cornmeal Mush)

Served as an accompaniment to meat or stews & eaten with fingers

4 cups water 1 tsp salt
2 cups cornmeal (fine Polenta)

Bring water and salt to a boil in a heavy based saucepan. Stir in cornmeal slowly, letting it fall as through the fingers of your hand. Reduce heat to medium low and continue stirring often, smashing any lumps with a spoon, until the mush pulls away from the sides of the pot and becomes very thick, about 10 mins. Remove from heat and allow to cool slightly. Stir in a little butter for richer flavour. Place into a bowl, wet your hands with water, form into a ball and serve.

IRIO (Kenya mashed peas, potatoes & corn)

Served as an accompaniment to meat

2 cups green peas Water
2 cups corn kernels 2 tsp salt
2.5kg potatoes, peeled and cut into chunks

Place peas and potatoes in a large pan and add water to cover. Stir in salt and place over medium heat. Bring to boil and reduce heat and simmer until potatoes cooked through. Drain, reserving liquid. Simmer corn with a little salted water in separate pan for a few mins while potatoes are cooking. Mash potatoes and peas together with a masher or rice to form a pale green puree. Stir in corn with a little of the reserved liquid and season with salt and pepper. Serve hot.

BEANS WITH COCONUT & CORIANDER

A Burundian side dish

3 cloves garlic 1 cup dessicated coconut
1 tsp chilli powder 1 cup cooked black eyed peas
1 tsp cumin (or replace with kidney beans)
1 tsp coriander powder 1 cup potatoes, diced, parboiled
1 tabs chopped coriander lime or lemon juice to taste
2 tabs coconut/veg oil salt

Place peas and potatoes in a large pan and add water to cover. Stir in salt and place over medium heat. Bring to boil and reduce heat and simmer until potatoes cooked through. Drain, reserving liquid. Simmer corn with a little salted water in separate pan for a few mins while potatoes are cooking. Mash potatoes and peas together with a masher or ricer to form a pale green puree. Stir in corn with a little of the reserved liquid and season with salt and pepper. Serve hot.

Serve your African feast with flatbread, like Chapati. For an authentic and fun experience, leave the cutlery in the drawer. Fingers and flatbread only.

MAHARAGWE (Vegetables & Beans)

A traditional Burundian classic stew of vegetables & beans

1 can red kidney beans, drained 1 bay leaf
4 tabs olive oil ½ tsp allspice
2 onions, chopped 1 can coconut milk
2 garlic cloves, chopped 2 cups potatoes, diced
1 cup canned diced tomatoes salt & pepper, to taste
1 cup white cabbage or spinach, shredded

Add olive oil to pan, heat and fry onions and garlic until translucent. Add drained canned beans, tomatoes, cabbage and spices to onion mixture then gradually add coconut milk and potatoes. Bring to a low simmer then cook for 15-25 mins until potatoes are tender, stirring frequently. Add water if necessary, to keep vegetables moist. Serve with steamed rice.

KUKU PAKA (Kenyan Chicken in Coconut Curry Sauce)

1.5kg chicken, cubed 1 tabs curry powder
1 onion, rough chopped 2 tsp cumin seeds
2/3 chillies, rough chopped 2 cups chopped tomatoes (can)
2 tabs ginger, rough chopped 1 can coconut milk
2 tabs garlic, rough chopped salt, pepper
¼ cup oil or ghee fresh coriander, chopped

Add onion, chillies, ginger and garlic to a food processor and process until smooth. Add a little water if necessary. Heat oil or ghee in a large pan or wok, add onion puree, curry powder and cumin, saute, stirring frequently for 5-8 mins until liquid has reduced. Stir in tomatoes and simmer 3-4 mins. Add chicken, coconut milk, salt & pepper. Reduce heat to low, simmer covered until chicken is cooked through and tender (at least 30mins). Add more water if needed. Stir in coriander, adjust season and serve with rice and flatbreads.