

Food

More Recipes From The Motherland



As we celebrate Black History Month, it is a good time to familiarize ourselves with all aspects of our native culture, including its foods.

In days gone by, Americans thought of Africa as one vast place and had no idea of regional and tribal differences. African cooking is as varied as the over-50 countries that the continent includes.

West Africa's sub-Saharan Atlantic coast includes such countries

as Liberia, Sierra Leone, Ghana, Nigeria, Togo, Senegal and Guinea. These densely populated nations feature well as that of the Caribbean and South America.

Following are some recipes which demonstrate the versatility of African cuisine. Live up your winter with a sampling of these favorites.

The tropical flavors will bring some sunshine into your kitchen.

TROPICAL FRUIT SALAD

1 fresh pineapple
6 firm bananas
4 oranges
4 tangerines
1 papaya
2 mangoes
4 guavas
Juice of 1 lemon
Grated coconut and/or chopped roasted peanuts
1/4 cup triple sec



Peel pineapple and cut into cubes, saving juice. Peel bananas and slice in diagonal chunks. Peel oranges and tangerines and cut up. Peel, seed and chop papaya, mangoes and guavas. Mix all fruits with the pineapple and lemon juices. Lace fruit with triple sec or liqueur of your choice. For best flavor, let mixture stand in refrigerator several hours. Just before serving, sprinkle grated coconut and/or chopped peanuts on top of fruit. Serves 15 to 20.

RICE BUJAMBURA

5 cups chicken stock
2 cups uncooked converted rice
1 tablespoon salt
1/4 teaspoon freshly ground black pepper
4 bay leaves
1/4 cup chopped pimento-stuffed olives

Bring the chicken stock to a boil in a three-quart saucepan and add the rice, salt, pepper and bay leaves. Cover and cook over low heat until the stock is absorbed and the rice is fluffy and stands in separate grains. Before serving, remove the bay leaves and add the olives. Makes 6 to 8 servings.

PAN-AFRICAN CHICKEN

3 chicken breasts, split
3 tablespoons butter
1/3 cup chopped scallion or green onion
1 large tomato, diced
1 1/2 cups chicken broth
3 tablespoons chili sauce
1 teaspoon paprika
3/4 teaspoon salt
1 bay leaf
1/2 cup smooth peanut butter
Hot cooked rice



In large skillet, brown chicken in butter; drain off fat. Add scallion, tomato, 1 cup chicken broth, chili sauce, paprika, salt and bay leaf. Simmer covered 25 minutes or until chicken is tender. Remove chicken from pan and keep it warm on a platter. Discard bay leaf. Blend peanut butter and remaining broth into pan liquid. Cook 5 minutes longer and spoon the sauce over the chicken. Serve with rice for six people.

PEAS AND SHRIMP

1 1/2 cups black-eyed peas
Salt and freshly ground black pepper to taste
3/4 cup palm oil or salad oil
1/2 cup finely minced onion
2 cloves garlic, coarsely chopped
3/4 cup raw shrimp, cut into 1/2-inch cubes
1 cup ham, cut into 1/2-inch cubes
1/4 cup fresh tomato sauce or canned tomato sauce
2 tablespoons finely chopped hot red pepper, or to taste (optional)
2 1/2 tablespoons shrimp powder

Place the peas in a mixing bowl and add cold water to reach one inch over the top of the peas. Let stand overnight. Drain the peas and add more cold water to cover. Add salt and pepper and simmer until the peas are tender, 45 minutes to an hour. They should be moist but not too liquid. While the peas cook, heat the oil in a skillet and add the onion and garlic. Cook briefly, stirring, until the onion is translucent. Add the shrimp and cook stirring, 10 minutes. Add the ham and tomato sauce and cook, stirring, about ten more minutes. Stir in the remaining ingredients. Add the sauce to the peas. If the dish seems too dry, add enough boiling water to bring it to the desired consistency. Serves 4 to 6.

SOUTH AFRICAN BEET SALAD

Peel and thinly slice 3 cups cooked beets. Mix with 2 medium red onions, sliced, 1/2 teaspoon each crushed red chili pepper and salt, 1/2 cup each red wine vinegar and beet juice, and 2 teaspoons sugar. Chill. Serves 6.

WOMEN

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and the Planned Parenthood of Southern Nevada. She is the recipient of the Professional Achievement and Service Award.

Deborah L. Moore is a counselor at Jim Bridger Jr. High School, a member of the



Deborah L. Moore

Links, Inc., Gamma Phi Delta and the Clark County Counselor Group and is State Chairman of Human Rights. She was once a dress designer. One of her many famous customers was the late Maude Frazier.

Eva G. Simmons is Director of Employee-Management Relations

for the Clark County School District. She is Vice President of Delta



Eva G. Simmons

Sigma Theta, Inc., Secretary of Les Femmes Douze and the recipient of the Clark County School District International Year of the Child Honoree Award.

Carolyn S. Reedom is Principal of Red Rock Elementary School; Secretary/Treasurer of the Nevada Association of School Administrators; and a member of the National Alliance of Black School Educators. She was the first black female Secondary Administrator in Clark County.

Elmiree Farr Walter is a self-employed convention lecturer and

workshop/seminar leader of programs on self-awareness and creative personal growth. She is President/Owner of Freedom Quest Seminars. She has presented programs to over 100 conventions in Las Vegas and throughout the country.



Elmiree Farr Walter

Among those to be honored include:

Genuvieve Andrade, Margaret Badie, Shirley Barber, LaVerne Brown, Deborah Campbell, Alice Carter, Carene Casselle, Patsy Cole, Naomi Goynes, Maudra Jones, Dorothy King, Estella Kline, Esther

Langston, Ange Lockett, Jackie Love, Daisy Miller, Grace McGlothlen, Maggie Pearson, Mother Sweetie Porter, Jo Ann Pughsley, Carolyn Reedom, Mary Richardson, Vicki Day Richardson, Ruthy Robertson, Elois Sykes, Lena Turner, Elmiree Walter, and Olga Webb.

Red Cross Lifesaving Course Now Underway

The Clark County Chapter of the American Red Cross now has courses scheduled for Advanced Lifesaving and for training to become Water Safety Instructors.

Registration is ongoing. Those interested in either of these courses should contact the Red Cross office, 384-1225.

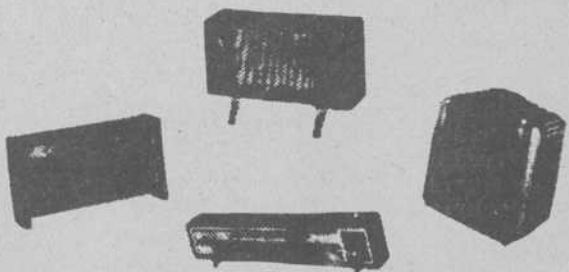
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