



International Teams
Cameroon

Training Nationals to Start Church-Planting Movements Among the Unreached

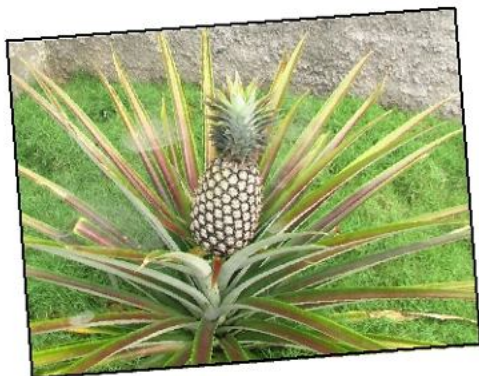
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West African Cooking



Cape Sierra Salad

1/4 cup Chicken or tuna, diced
1 small can of mushrooms, diced
1/4 cup pineapple bits
1/4 cup green peppers, diced
1/4 cup tomatoes, diced
1 medium boiled potato, diced
1 medium onion, diced
Mayonnaise
Ketchup
Salt to taste
Lettuce



Dice all the vegetables into small bits. Add 1/3 cup mayonnaise (more if needed to make a creamy mixture). Arrange lettuce on individual plates, placing a large scoop of the vegetable mixture in the center of the lettuce. Can garnish with sliced cucumbers, tomato slices, and/or slices of boiled eggs, if desired. Mix mayonnaise, ketchup, and salt together to make a dressing to go over the lettuce. Makes about 3 plates of salad.

Egg Salad Sandwiches

10 hard boiled eggs
1/3 cup mayonnaise
2 teaspoons soy sauce (or 1/2 cube beef bullion)
1 Tablespoon sugar
1 Tablespoon milk
Salt and red pepper to taste

Peel hard boiled eggs and chop into small bits. Add remaining ingredients and mix well. Serve on toast or on sandwich bread. Makes about 4 servings.

Hot Salmon Burgers

1 can (7 3/4 oz) salmon (reserving 2 Tablespoons of the liquid)
1 egg
1/2 cup coarse cracker crumbs
1 Tablespoon lemon juice
1 small onion, finely chopped
Salt and pepper to taste
1 Tablespoon butter
1/8 cup chopped pickles
2 hamburger buns
2 slices cheese (swiss or american)

Drain and flake salmon in 2 Tablespoons of the drained liquid. Add egg, cracker crumbs, lemon juice, onion, salt, and pepper. Shape into thick patties. Melt butter in a skillet. Saute patties until lightly browned. Makes 2 -3 servings.

Banana Cakes

3 ripe bananas, mashed
3 1/2 cups flour
2 Tablespoons sugar
1 teaspoon baking powder
1/2 teaspoon nutmeg
1/2 teaspoon salt
1 teaspoon peanut oil
1 medium egg, beaten
Water



Mix bananas and dry ingredients in a bowl. Add the remaining ingredients and mix thoroughly. Finally add enough water to make a thick batter. Add a little butter to a hot frying pan and add a ladle of the batter. Tip the pan to cover with the pancake mix and fry until the pancake sets on one side. Turn over and cook on the other side. Set aside in a warm place and continue until all the batter has been cooked. Serve warm.

Butterscotch Candy

Cutting board
Wooden spoon
Sharp knife with smooth blade
Non-stick spray
2-3 Tbsp. Butter
1 can sweetened condensed milk

Prepare a surface to work on BEFORE you begin cooking. You will need a greased tray or cutting board to work on. Also grease the wooden spoon, to keep the butterscotch from sticking to it.

Melt butter in a medium saucepan. Add sweetened condensed milk. Cook (stirring constantly) until mixture turns a caramel brown color. Remove from heat. Turn caramel onto the greased surface. With the greased spoon, flatten the caramel to about 2-inch thick. Cut into 2-inch pieces. Roll each piece into a ball, being careful not to burn your fingers. Allow to cool before serving.

Sugar Peanuts

5 cups peanuts (with skins still on)
3 cups sugar
2 cups hot water

Combine all ingredients in a medium saucepan. Cook over medium heat, stirring until syrup thickens and becomes hard to stir (about 45 minutes). Spread on a greased cookie sheet or wax paper to dry. Heat oven to 350 degrees. Bake until peanuts begin to crust a little on the outside (about 10 - 15 minutes), stirring occasionally, and watching closely. Remove from oven. Cool and serve.

Guava Ice Cream

1 (14-1/2 oz) can evaporated milk

2 cups guava pulp

1 1/2 cups sugar

Pour evaporated milk into freezing tray and freeze until crystals form at edges. Whip milk until stiff. Add sugar to guava pulp and blend thoroughly. Fold into whipped milk. Pour into freezing trays and freeze until firm. Stir once during freezing process.

Kanya (Peanut Bars)

1/2 cup smooth peanut butter

1/2 cup fine granulated sugar

About 3/4 cup Cream of Rice (or about 1 cup rice flour) slightly warmed in the oven.

In a medium bowl, combine the peanut butter and the sugar with a fork until well mixed. Gradually add the cream of rice. When well blended, press the dough into a shallow 9x9-inch cake pan and cut into small squares. Cool in the refrigerator until set.

Groundnut Cakes (peanut butter candy)

Cutting board

Wooden spoon

Sharp knife with smooth blade

Non-stick spray

1 cup roasted peanuts

1/2 cup sugar

Prepare a surface to work on BEFORE you begin cooking. You will need a greased tray or cutting board to work on. Also grease the rolling pin to keep the candy from sticking to it.

Put peanuts in a large ziplock bag and crush with a rolling pin until they are coarse, fairly even bits. Dissolve the sugar in a saucepan over medium heat. Continue to cook sugar without stirring until it turns a dark golden brown (*almost* to the point of nearly burning). Add the peanuts and mix well. Pour out on a wet or greased board. Roll out with a rolling pin until mixture is in a flat sheet about 3/8 inch thick. Cut into pieces while still warm, or brake into pieces once the candy has cooled and hardened.

Note: Mixture cools and hardens very quickly, so be sure to have your cutting board and rolling pin greased and ready before you begin. Once the sugar and peanuts have been mixed together, you will need work quickly to pour it out and roll it flat. If you don't work quick enough, the mixture will cool too quickly and won't roll out nicely.



Corned Beef Cakes

1 pound potatoes or yams

Salt and pepper to taste

1 small onion, chopped

1 teaspoon cayenne pepper, optional

1 tablespoon finely chopped parsley

7-oz can corned beef

1/4 cup milk

2 eggs, beaten

2 cups bread crumbs for coating

Deep fat for frying

Peel potatoes or yams; wash and boil in salted water until tender, drain and mash. Add pepper or cayenne, chopped onions, parsley and corned beef. Add milk to eggs.

Mango & Papaya Salsa

1 ripe mango, finely diced

1/2 red onion, finely diced

1 large papaya, mashed

3 red chilies, finely chopped

Juice of 2 limes

Salt to taste

1/2 teaspoon black pepper

Mix all ingredients together in a bowl and serve as an accompaniment to salad or as a salsa dip. This also goes very well with fish.

Guacamole

1 large, ripe, avocado

2 Tablespoons lemon juice

Pinch of salt

1 small tomato, diced

Toasted bread or chips

Mash the avocado in a bowl with a fork until smooth. Add lemon juice, salt, and tomato and mix well. Use as a spread to put on toast, or eat as a dip with chips and salsa.



Hummus

1/3 cup water
1/4 cup tahini
2 Tablespoons olive oil
2 cloves garlic
1/3 cup lemon juice
1/2 teaspoon salt
2 cup cooked chickpeas (garbanzo beans)

Place water, tahini, lemon juice, olive oil, garlic, lemon juice, and salt in blender or food processor. Puree until smooth. Slowly add garbanzos and process until very smooth. Scrape down any solids from the sides and process again until smooth. Serve as a dip with pita bread.



Roasted Corn on the Cob

It is common to find roast corn cooking on an open coal pot on the streets in African countries. If you're hungry, you can just stop, buy one, and eat it while walking. Often times, this quick and easy appetizer is a favorite with villagers gathered around a fire telling folktales. Here in the US, we usually steam it on the grill. After removing the husk, we wrap it in foil and place it on the grill. But now you can try it a different way, grilled on an open fire.

Remove corn husks. Put uncovered ears on the hot grill. Rotate while cooking as needed, until tender.

Remove from grill when ready. Serve hot.

Fried Plantains

3-4 over-ripe plantains (ripe to the point where peelings are turning black and plantains are very soft)

Oil for deep-frying

Salt and lemon juice to taste

Slice the peeled plantains into 1/4-inch thick circles. Deep fry in oil until they turn golden brown on the outside, but are still soft on the inside. Remove from the oil and drain on absorbent paper.

Plantain Chips

2 large green plantains

Oil for deep fat frying

Salt to taste

Peel plantain and cut or shred into very thin circles. Heat oil to deep fat frying temperature. Fry shredded plantain until golden brown. Remove from the oil and drain on absorbent paper. Add salt to taste.

Note: The chips get brown and crisp very quickly.

Fried Donuts

2 cups white flour
1 teaspoon baking powder
2 tablespoons sugar
1/4 teaspoon cardamom
1/4 teaspoon salt
1 egg
3/4 cup water
4 cups vegetable oil, for frying



Combine flour, baking powder, sugar, cardamom and salt in a large bowl. Whisk egg and water together in a small bowl. Make a well in center of dry ingredients and add egg mixture. Mix together gradually with a fork until mixture forms a soft dough. You can add additional flour (1 or 2 Tablespoons at a time) if it is too sticky. Cover dough with a wet towel or plastic wrap and leave 30 minutes or longer.

Heat oil in a deep, heavy pot (cast iron is preferable) until hot. While oil is heating, roll dough out on a floured surface into a rectangle 1/2 inch thick. Cut into 2-inch circles with a glass or small biscuit cutter. You can also use a knife to cut rectangles. Form ball again with remaining dough and repeat process until all of dough is cut. You should have about 20 circles.

Fry dough in batches of 5, for about 5 minutes per batch. Be sure to turn them several times during the frying process so they cook evenly. Remove from oil when both sides are golden brown. Serve warm, dipped in powdered sugar if desired. Makes about 20 donuts.

Mango Jam

3 mangos

1 cup water

1 1/2 cups sugar

1 Tablespoon vinegar

Pinch of salt

Peel and cut mangos into medium sized pieces. Put in blender and add remaining ingredients. Blend until smooth. Pour into a sauce pan. Bring to a boil on medium high, then reduce heat to medium and boil slowly for about 30 minutes, stirring frequently.

Reduce heat to medium-low and simmer for another 30 minutes, stirring frequently, until thickened.

Remove from heat and set aside to cool. Makes about 12 ounces.

Note: Jam should simmer at a very slow boil. Adjust the heat if necessary. If it is too high, it will burn.

Jollof Rice

12 medium potatoes
6 cups uncooked rice
1 lb. cooked meat or chicken
15 medium onions, chopped
tomatoes
6 beef bullion cubes
5 teaspoons salt (2 for sauce, 3 for rice)
1 teaspoon black pepper
Hot pepper to taste
1 teaspoon thyme (optional)
1 bay leaf (optional)
1 - 2/3 cups tomato paste (divided)
1/4 cup oil
14 cups water (divided)



Peel potatoes, cut into bite sized pieces and fry in oil. Drain on absorbent paper and set aside. Wash rice and drain, set aside.

In a medium sauce pan, fry meat and chopped onion in a little oil until tender. Add tomatoes, bullion cubes, salt, pepper, thyme, and bay leaf.

Cook about 5 minutes, then add 2/3 cup tomato paste

After 5 minutes time add 2/3 cup tomato paste, oil, 2 cups water, and fried potatoes. Cook over low heat until potatoes have absorbed flavor from the sauce.

In a separate pan, put 12 cups water, 1 cup tomato paste, 3 teaspoons salt, and the excess oil and water from the sauce. Bring to boil. When it boils, add the rice. When this returns to boiling point again, add 2 cups of the cooked sauce (approximately half the sauce) to the rice and continue cooking. As liquid reduces, lower heat. Cook until rice is tender. Serve with sauce.

Punky Soup

Vegetable Oil
1 small Pumpkin
2 Onions (cut into chunks)
2 boneless chicken breasts
2 cubes beef bullion
1 cube chicken bullion
Salt and red pepper to taste

Prepare pumpkin ahead (Peel. Cook. Cut into bite-sized pieces). Season and cook chicken, cut into bite-sized pieces and set aside. In a medium sized pan put enough oil to cover bottom of pan. Heat oil until hot. Add pumpkin, chicken, onions, bullion cubes, red pepper, and salt to the oil. Fry until onions are cooked. Add peanut butter (if sauce is too dry, add 1/2 cup water). Cook a few minutes more. Remove from heat. Serve hot on rice.

Ground Nut Chop (Peanut Butter Sauce)

3 cups water
1 lb. Beef stew meat
3-4 large potatoes, cut into bite sized pieces
1 large onion, chopped
Salt and red pepper to taste
3 beef bullion cubes
5 cloves garlic, minced
1/2 cup peanut butter
1/2 can tomato paste

Cook meat ahead of time (boil or pressure cook) until tender. Put 3 cups water in a large sauce pan. Add meat, potatoes, onion, salt, red pepper, beef bullion, and garlic. Boil over medium heat until potatoes are cooked through. Mix in peanut butter until smooth. Add tomato paste. Remove from heat. Serve over rice.

Plantains in Peanut Sauce

3 cups water
1/2 pound beef stew meat, cooked
1 large onion
6 cloves garlic, minced
1 teaspoon fresh ginger, minced
3 beef bullion cubes
Salt and red pepper to taste
1/2 cup peanut butter
6 ripe plantains (ripe to the point where the skins are just starting to get black patches on them)



Bring water to boil. Add meat, onion, garlic, ginger, bullion, salt, and pepper. Boil about 20 minutes. Mix in the peanut butter until smooth. Peel plantains and cut into thirds. Drop plantain pieces into the sauce and cook another 8 minutes. Remove from heat and serve hot.

Makes about 3 servings

Onion Sauce

2 boneless chicken breasts
Vegetable Oil
7-8 Onions (cut into thin slices)
1 can tomato paste
2 cubes beef bullion
Salt and red pepper to taste
1 cube chicken bullion.

Season and cook chicken separately, cut into bite-sized pieces and set aside. In a medium sized pan, put enough vegetable oil to cover the bottom of the pan. Heat oil until hot. Cut onions into thin slices. Fry onions in the oil until starting to brown. Add chicken, tomato paste, salt, bullion cubes, and red pepper. Serve hot on rice or deep-fried yams.



Jama-Jama

8 cups water (divided)
1 large onion
6 cloves garlic, minced
1 teaspoon fresh ginger, minced
3 beef bullion cubes
Salt and red pepper to taste
1/3 cup peanut butter
6 cups chopped collard greens
6 ripe plantains (ripe to the point where the skins are just starting to get black patches on them)



Bring water to boil. Add onion, garlic, ginger, bullion, salt, and pepper. Boil about 20 minutes. Mix in the peanut butter until smooth. Remove collard green leaves from stem and cut into smaller pieces. Add collard greens to the sauce and boil another 10 minutes or so, until greens are soft.

In a separate pan, bring 5 cups of water to a boil. Peel plantains and cut into thirds. Drop plantain pieces into the boiling water and cook about 8 minutes. Drain plantains. Serve the plantains with the sauce. Makes about 3 servings.

Collard Green Soup

1 lb. Beef stew meat
1 large onion
2 - 3 hot peppers
1 large can crushed tomatoes
1/4 - 1/2 cup peanut butter (optional)
1 - 2 cups water or chicken broth
2 beef bullion cubes
2 Tablespoons tomato paste
2 - 3 large bunches of collard greens, washed and cut
Salt to taste



Brown meat in 1/4 cup oil. Add onions and peppers (and a little more oil if needed). Add cut up collard greens. Mix the bullion, tomato paste, peanut butter in 1/2 cup hot water to get it all blended, then add the tomatoes to this mixture. Pour this mixture into the collard green sauce. Add water or chicken broth to point of being able to see the liquid in the kettle through the collards. Simmer until greens cook down, stirring frequently. Continue cooking until greens are tender or to the consistency that you prefer. Serve over rice.

Spicy Yam Sauce

1 teaspoons vegetable oil
1 small onion, chopped
2 medium yams or 1 large sweet potato, peeled and diced
1 garlic clove, minced
1 Tablespoons hot chilies, pounded to a paste
4 cups water
2 Chicken bullion cubes
1/4 teaspoons dried thyme
1/4 teaspoons ground cumin
6 tomatoes, chopped
1 cups cooked chickpeas (garbanzo beans)
1/3 cup rice, cooked
3 Tablespoons smooth peanut butter

Add oil to a pot over medium heat and use to fry the onion and yams (or sweet potato) until the onion is soft (about 5 minutes). Turn down the heat then add the garlic and chilli paste. Fry for 1 minute before adding the water, chicken bullion, thyme, and cumin. Bring to a boil, reduce to a simmer then cover and cook for 15 minute. Add the tomatoes and chickpeas.

Return the mixture to a simmer and cook, uncovered until the vegetables are tender (about 15 minutes). Remove 6 Tablespoons of the sauce and mix with the peanut butter to make a smooth paste. Return to the pan along with the cooked rice and continue simmering until everything is warmed through. Serve on a bed of rice with spiced plantain chips

Pumpkin Chop

1 small pumpkin
2 onions, finely chopped
1/8 cup peanut butter
Salt to taste

Prepare pumpkin in advance (Peel. Cook. Mash). Brown onions in a skillet with a small amount of oil. Add pumpkin, peanut butter, and salt. Cook only until heated through. Serve over rice, season with soy sauce if desired.

