

## **Kenyan Spicy Beef Samosas** (makes 12 to 14 samosas)

*My babysitter Edith is somewhat famous among the Kenyan community of Rome because of her knack for making samosas. She now has a thriving business selling her flavorful beef samosas to the Eternal City's homesick Kenyans, but not only. A samosa-hungry public of the Rome ex-pat and diplomatic community keeps Edith busy with orders for these this beloved Kenyan snack. If you're wondering how Kenya came to be known for this traditional Indian treat, think back to the days of the Colony. Under British rule, Indian laborers were brought into the country to help lay the railways and to this day the influence of that country's curries, samosas and chapatis are everywhere. In Kenya, a thicker dough would be used for the wrapper but Edith says that the Asian spring roll wrappers are an easy substitute; it just takes a bit of practice wrapping them!*

2 tablespoons vegetable or olive oil  
½ clove garlic (or to taste), finely chopped  
1 pound ground beef  
2 teaspoons cumin powder  
1 cube of beef bullion  
Sambal olek or other hot pepper to taste (optional)  
¼ pound yellow onion, finely chopped  
¼ pound spring onions, finely chopped, including green part  
Salt to taste  
2 small bunches fresh cilantro leaves  
½ flour  
Water  
1 package Asian spring roll wrappers  
Vegetable oil for frying

1. In a large skillet heat the oil and add the garlic and ground beef. Add the cumin, bullion and sambal olek and stir until bullion has dissolved

completely. When meat is cooked through, add the chopped onions and continue to cook and stir until onions have wilted. Salt to taste and add chopped cilantro. Mix well.

2. Transfer meat mixture to a colander with small holes or mesh sieve and drain meat until there is no more liquid. Transfer to a bowl and let cool.
3. Place flour in a small bowl. Add just enough water to form a loose paste, as thick as pancake batter.
4. Remove wrappers from their package. Working on a clean surface, place on sheet of dough in front of you, with the square wrapper turned to make a diamond shape (the points should be facing top-bottom and left-right).
5. Bring the point closest to your body (bottom point) towards the top point, but stop before the points touch; leave about ½-inch border. Bring the point on the left across to the right; with a bit of the flour and water paste on your finger, coat the wrapper from the bottom point, up along the side of the fold, until you reach the tip of the point you just folded.
6. Take the point on the right and fold towards the left side – folding over the glue paste – pressing to stick and forming a cup. A bit of the point now on the left side of the cup will be going over the top of the cup; gently fold that piece into the cup.
7. You should now have an open cup with the top flap having 3 layers of wrapper. Using your finger, coat the border of the top flap with the glue paste and fold straight down over the body of the samosa.
8. Continue like this until you have used up all of the meat. The samosas are done and can be refrigerated, frozen or fried.
9. To fry, heat an ample amount of oil in a pot; when oil is hot, add samosas without crowding. Fry until golden brown on each side (2 to 3 minutes). Drain on paper towels and serve immediately.

## Cameroonian Ndole (serves 6 to 8)

*Cameroonians prepare Ndole – the country’s national dish - for special occasions like marriages, baptisms and other festive occasions, writes Leopold Happy, a staff member in the WFP office based in Yaounde. No party is a party without it!*

*Originally prepared by the Douala (Littorial province) people along the Atlantic Coast, Ndole is now widely eaten throughout the country, prepared with either meat or cod or with more affordable dry fish. Ndole is great served with plantains and rice but it is also served with boiled tubers or fermented cassava that have been pounded and steamed in leaves called “miondo”.*

10 quarts kale or turnip greens

2 to 4 cups skinless peanuts

6 tomatoes

4 to 7 cloves garlic

35 white peppercorns

1 leek

1½ onions

3 bouillon cubes

Salt to taste

Hot peppers (scotch bonnets, if possible)

Fresh celery leaves and parsley, to taste

2 pounds meat or fish (Cameroonians often use cod)

Vegetable Oil

1. Clean the greens, removing the stems, and cut into small pieces.
2. Soak the peanuts in plain water for 30 to 45 minutes. While they are soaking, cut the meat into pieces and boil with ½ onion and a small quantity of salt, until well cooked. Note that once the meat is cooked, you will drain it and save the stock.
3. Blend the tomatoes and ½ leek (the white part). Cut ½ onion, a bit of parsley, and a bit of celery leaves into small pieces. In your food

processor, grind the other ½ leek, white pepper, hot pepper, ginger, and garlic.

4. Drain the peanuts and puree in a food processor or blender with ½ onion and a bit of water to help the blending process.
5. Heat oil until very hot, and add the sliced ½ onion, parsley and celery leaves. After a couple of minutes, add the blended tomato mix. Let this cook for several minutes, then add the meat.
6. Take half of the ingredients that you ground in the food processor, and add to the sauce, along with some of the meat stock. Let this cook for 5 to 10 minutes, stirring periodically, and then add the blended peanut mixture, along with a bit of salt and the bouillon cubes. (Note: you want the peanuts to be noticeable, but not dominate the sauce, so experiment with the quantity that is appealing to you.)
7. Add a small amount of meat stock (or plain water if the stock is insufficient) and the greens. Let this cook for a few minutes, and then add more water as needed, and the rest of the ground ingredients. Add salt to taste, and stir with regularity so that the sauce doesn't burn. I recommend a medium heat. As with many sauces in Cameroon, Ndole is thick and not watery. Let the sauce cook another 5 to 10 minutes, again stirring.

*Serving suggestion:* Some people fry a bit of onion in oil and then drizzle the flavored oil on top of the sauce.

## **Madagascar Vegetable Soup**

### ***Lasopy***

**(Serves 8)**

*Lasopy is a great soup, simply flavored with meat bones, loaded with vitamins and minerals and low in calories. Any combination of fresh vegetables and meat bones may be used, but do not add pulses (dried beans, peas, and lentils) or any other starchy vegetable like potatoes or even rice as it would change the consistency of this soup.*

3 pounds veal bones

2 quarts water

2 tablespoons salt

3 carrots, peeled and cut into three pieces

1 small turnip, peeled and cut into chunks

6 to 8 scallions, cut into large pieces

1 cup fresh or frozen string beans

1 cup tomatoes, cut into quarters

½ teaspoon black pepper

1. In a 4-quart pot simmer the veal bones in 2 quarts water with the salt for 1 hour with the cover on. Add the carrots, turnip, string beans, tomatoes and black pepper.
2. Simmer for about 1 hour or until vegetables are tender. Remove the veal bones.
3. Put the vegetables through a sieve or vegetable mill to make a puree.
4. Serve hot.