



AFRICA-EUROPE
COOKBOOK

A SELECTION OF RECIPES
FROM THE TWO CONTINENTS



**With the Compliments of the
European Union Delegation to the African Union**

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Those who have had the privilege of travelling to our two continents have been struck by the vast diversity that can be observed in the culture and ways of living within Africa and Europe.

This diversity is a source of richness. Without it, as human beings our lives would be significantly limited, less meaningful. Those who are engaged daily in the relationship between Africa and Europe see diversity as an attraction, not a challenge. It is our profound belief that diversity is something to celebrate and to build on, and it drives our commitment to this relationship.

Culture in general and food in particular are essential elements of this diversity. When we travel, whether for leisure or business, most of us are keen to experience the local food and restaurants. If we did not it would almost feel as if our visit never happened.

Food also has a unique ability to connect people, to make them feel closer. Complex negotiations and business deals always include a meal. It is on these occasions that trust, friendship and understanding are established. This applies also in our day to day work with our African friends and colleagues from the African Union. A relationship, to be sustainable and productive, requires enjoyment and appreciation of each other's culture including food.

This is the reason for this cookbook. This volume is a celebration of what unites all of us, from Lapland to Cape Agulhas: the necessity and the pleasure of food. Food as an expression of our cultural identities and as the epicentre of our social lives.

To prepare this cookbook we have reached out to AU and EU Commissioners, AU and EU Member State Ambassadors and other colleagues involved in building the Europe-Africa relationship, based both in Addis Ababa and across Africa.

The contributions we have received are compiled on the pages that follow.

Enjoy!

Ranieri Sabatucci

EU Ambassador to the African Union

With a diversity of cuisines comes also a diversity of ingredients that you may never have heard of. Take it as an opportunity to discover them; or simply be creative in identifying alternatives. We look forward to seeing pictures of your creations on social media – tag us @EUtoAU !

Acknowledgements

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ALGERIA

Algerian Couscous

Ingredients \ 3-4 pax

- 2 tbsp. olive oil
- 500 -750 g lamb pieces (on the bone)
- 1 medium onion (finely chopped)
- 1 tsp. ras el hanout spice mix
- 1 tsp. ground cumin
- 1 tsp. ground coriander
- 1 tsp. salt
- 0.5 tsp. ground cinnamon
- black pepper to taste
- dash of harissa paste
- 1 l water
- 2 carrots (cut in half lengthwise)
- 2 celery stalks (cut to the same length as the carrots)
- 2 courgettes (cut into quarters)
- approx. 200 g cooked chickpeas

For steaming the couscous:

- 250 g fine couscous (not instant)
- 1 tbsp. extra virgin olive oil
- approx. 400 ml water
- pinch of salt
- 1 tbsp. unsalted butter

Instructions

Warm the olive oil in the base pot of a “couscoussier”. Add the meat and brown for about 10 mins. Remove the meat from the pot and set aside.

Reduce the heat. In the same pot, cook the onion until soft. Return the meat to the pot along with the spices and seasoning and cook for another few mins. Add the water, increase the heat and bring to a boil, then reduce to a simmer and cover. Allow to cook for 40 mins before adding the vegetables, then cook for another 20 mins. In the meantime, prepare the couscous.

Place the couscous in a large bowl, and stir in 0.5 tbsp. of olive oil followed by a small amount of water. Grease the steaming pot with some olive oil and add the couscous. Cover and steam for 10 mins.

Place the couscous back into the bowl. Separate the grains, add a pinch of salt, and a small amount of water. Repeat the steaming process for a further 10 mins.

Add the chickpeas to the stew and steam the couscous a third time, adding water once again. Then, stir the remaining olive oil and the butter into the couscous, place in a shallow serving dish, decorate with the stewed vegetables and the meat, and cover with the sauce.

This recipe was kindly contributed by Smail Chergui, African Union Commissioner for Peace and Security.



ANGOLA

Calulu de Peixe (Fish Calulu)

This Angolan signature fish stew combines delicious vegetables cooked in red palm oil with okra and sweet potato leaves. It is unbelievably rich in flavours and spices, and is one of the most popular dishes in Angolan cuisine for good reason. It is typically served with funje, a mashed potato-like substance made from cassava flour.

Ingredients \ 3-4 pax

- 2 lb dried and smoked fish
- 1 finely chopped onion
- 3 chopped tomatoes
- 1 finely chopped scotch bonnet chili
- 1 lb okra (trimmed and sliced)
- 2 lb sweet potato leaves (you can substitute with collard greens, kale, or cassava leaves)
- 4 chopped garlic cloves
- 1.2 cups red palm oil
- salt
- 1 tbsp. lemon juice
- 2 sliced courgettes.

This recipe was kindly contributed by Josefa Leonel Correia Sacko, African Union Commissioner for Rural Economy and Agriculture.



Instructions

Wash the fish thoroughly. Place in a bowl, cover with boiling water and set aside for 20 mins. Drain the water, add boiling water again, then set aside again for 1 hour. Remove the skin and bones from the fish. In a large saucepan, alternate layers of fish, onion, tomatoes, garlic, courgettes, sweet potato leaves and okra. Add the palm oil, chili, and salt (to taste). Bring to a simmer and cook for about 40 mins, or until the contents of the pot are tender.

Serve the calulu with funje. Bring 2 cups of water to a boil. Meanwhile, beat 0.5 cups of fufu (cassava flour) in a bowl with 2 cups of cold water until the mixture is smooth and consistent. Add the hot water while stirring well. Cover and place in an oven, pre-heated to 355°F. Bake for about 45 mins, or until the mixture has thickened to a dough-like consistency.



AUSTRIA

Salzburger Nockerln

Ingredients

- 40 g butter
- 10 g icing sugar
- 60 ml milk
- pinch of vanilla sugar
- 5 egg whites
- 40 g granulated sugar
- 3 egg yolks
- 20 g plain flour
- grated lemon zest
- icing sugar and vanilla sugar for dusting

Instructions

Preheat the oven to 180°C. Heat the butter, icing sugar, milk and vanilla sugar in an ovenproof dish. Mix the 5 egg whites with the granulated sugar and whisk until stiff. Quickly fold in the egg yolks, flour and lemon zest. Threads of yolk should still be visible. Form 3 nockerln with a spatula, place them in a dish on top of the butter mixture, and bake for 7 minutes or until golden brown. Dust with the sugar mixture and serve immediately.

This recipe was kindly contributed by Johannes Hahn, European Commissioner for European Neighbourhood Policy and Enlargement Negotiations.





BELGIUM

Carbonnade flamande (Flemish beef stew) with fries and mayonnaise

The French word “carbonnade” comes from “charbon” (charcoal) as this dish used to be slow-cooked on charcoal embers. It is a cousin of the “Boeuf Bourguignon” which is prepared with wine. Part of Belgian culinary heritage, it should be served with a Belgian beer (why not a Trappist?) ...and with real Belgian fries!

Ingredients \ 10 pax

- 500 g of beef (chuck or beef shank)
- butter
- 2 tbsp. flour
- 1 bottle of fairly sweet Belgian brown beer
- 200 ml water
- 1 tbsp. beef broth
- 2 onions
- thyme
- 3 bay leaves
- 2 tbsp. brown sugar
- mustard

This recipe was kindly contributed by the Embassy of Belgium in Addis Ababa. It was prepared by “Brusseleir” Master Chef Albert Verdeyen for the book by Kathleen Billen and Kristin van de Voorde-Heidbüchel “Be our guest, The Ambassadors of Belgian Hospitality” (Lannoo, 2018).

Instructions

Cut the beef into equal cubes. Heat the butter in a pan and brown the beef cubes on all sides. Season with salt and pepper. Sprinkle one tbsp. of flour over the beef. Then put the meat in a deep casserole and sprinkle another tbsp. of flour over it. Peel and roughly dice the onions. Sauté them together with the sugar in the fat of the meat until soft and golden brown. Then add a little water, bring to a boil and scrape the brown bits from the bottom of the pan. Add the onions to the casserole. Next, pour in the beer and the beef broth (not cold so as not to ‘grab’ the meat). Add thyme, bay leaves and mustard and bring to a boil, then reduce heat and simmer for 60 to 90 mins. Do not cover. The cooking time depends on the quality of the meat. Stir from time to time and check whether the meat is sufficiently cooked. Cover as soon as the sauce has the desired thickness.

The stew should preferably be served with homemade chips and a large spoonful of mayonnaise. To make the fries, peel 1 kg of floury potatoes, wash, and cut them by hand. The ideal Belgian fry is 1 cm thick and 6-7 cm long. Do not wash the fries as this will remove the starch. Bake them twice, in vegetable oil or beef fat: first at 140-160 °C, so that they begin to cook but not brown, then, once cooled down, bake a second time at 180 °C until crisp and golden. Drain the fries well before serving.



BENIN

Amiwò au Poulet (Red Paste and Chicken)

This Beninese dish is reserved for special occasions. The red paste known as “amiwò” is served with “poulet bicyclette” or “bicycle chicken”, a West African term for quick-footed street chicken.

Ingredients \ 4 pax

- A 1.5 kg chicken
- seasoning (garlic, pepper, ginger, salt),
- 0.25 litres of peanut oil
- 2 onions
- 8 fresh tomatoes or one can
- 20 g of smoked prawns
- 6 glasses of corn flour (or of extra fine semolina)
- green chili peppers

This recipe was kindly contributed by the EU Delegation to Benin. Ambassador Oliver Nette prepared the dish with his chef, Jean Melonou.

Instructions

Season the chicken (in pieces), fry and put to one side. Heat 4 spoons of oil, add 4 crushed tomatoes and 2 cups of water (or chicken stock). Leave to cook for 10 minutes. Add the remainder of the spices, the smoked prawns, and crushed chillies. Salt and leave to cook for another 10 minutes.

Turn the sauce into a “porridge” with one or two glasses of corn flour. Bring to a boil and gradually add the remainder of the flour while stirring well. Do not let the paste become too hard. Cover the amiwò for 10 minutes.

Prepare a tomato sauce with chicken stock, oil, onion, tomatoes, garlic, salt and pepper, and chili peppers.

Serve the chicken with some amiwò and the tomato sauce, and sprinkle with crushed chili peppers.





BOTSWANA

Seswaa

Seswaa is a Botswanan dish made of beef or goat meat. It is served at weddings, funerals, and other celebrations. Seswaa is traditionally cooked in a large cast iron pot on firewood.



Ingredients

- Cooking beef (Preferably tender meat like round steak)
- Salt to taste

This recipe was kindly contributed by the EU Delegation to Botswana.

Instructions

Cut beef into chunks and place in a pot. Add enough water to cover and simmer until the meat is cooked and tender. Remove the bones (the meat should come off quite easily). Remove from heat and use a wooden spoon to pound the meat, which should appear shredded. You may brown the meat further if desired or cook off the remaining liquid.

Sides: Seswaa is best served with maize porridge ("Pap") or sorghum porridge ("Bogobe").



BULGARIA

Banitsa (Cheese Pastry)

Ingredients

For the pastry

- 2 cups milk
- 1 tsp. sugar
- 1 tbsp. salt
- 2 eggs
- flour (as much as can be absorbed)
- 50 g yeast

For the filling

- 400 g white cheese
- 2 eggs
- 400 g yoghurt
- butter

Instructions

If you prepare the filo pastry from scratch, mix the milk, salt, sugar, eggs, yeast and flour and allow dough to rise. Otherwise, buy ready-made filo sheets.

Tear small balls from the dough and roll out on a floured surface. Place the rolled-out sheet on aluminium foil. Spread a mixture of the eggs and cheese on each sheet. Use the foil to roll up the sheet. The rolled-up sheets are placed on a baking tray in the form of a spiral. Bake in preheated oven at 200-250 °C until brown.



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BURUNDI

Igitoki (Green bananas and vegetables)

Ingredients \ 6 pax

- 2 kg of green bananas
- 8 small eggplants ("intore")
- 400 g of amaranth leaves ("lengalenga")
- 500 g of peas
- 4 tomatoes
- 1 onion
- 5 cloves of garlic
- 1 pepper
- 3 leeks
- 5 tablespoons of peanut flour
- half a bunch of celery
- a drizzle of olive oil
- salt

This recipe was kindly contributed by the EU Delegation to Burundi.

Instructions

Peel, wash and cut the bananas. Clean the amaranth leaves, cook in boiling water for 8 minutes, remove from water and put aside. In a large pot, sauté the onion and garlic in oil. Cut the pepper, leek and eggplants. Allow these to cook before adding the tomatoes (peeled). Bring to the boil for 5 minutes. To this vegetable mixture, incorporate the peas, amaranth leaves, banana pieces and salt. Reduce the heat and cook for 45 minutes.

In the meantime, mix the peanut flour with water at room temperature. Add this to the pot and leave for another 10 minutes before incorporating the celery. Simmer for 5-10 minutes, then season.

Tip: Add chicken or fish.



CABO VERDE

Cachupa

Cachupa is Cape Verde's signature stew. This recipe is for "Cachupa Rica", i.e. rich Cachupa, so-called because it is made with meat.

Ingredients

- 0.5 kg diced pork
- 0.5 kg of diced beef
- 1 diced chicken breast
- 2 chorizo sausages
- 1 pork trotter
- 5 pieces of pork belly
- 200 g dried beans
- 0.5 kg dry corn
- 1 small can of black eyed beans
- 1 small can of red beans
- 1 cup frozen peas
- 2 onions
- 5 garlic cloves
- bay leaf and olive oil to taste
- piri piri sauce
- chicken broth
- 3 fresh tomatoes
- 1 savoy cabbage
- 4 carrots
- 1 cassava
- salt, white pepper, and sweet paprika to taste.

This recipe was kindly contributed by the EU Delegation to Cape Verde.

Instructions

Put olive oil, bay leaves, garlic and onion in a pan and fry. Add sweet paprika and mix well. Add hot water, as well as the dried beans and corn (do not add salt). During cooking add more hot water when required. Repeat the process until the beans and corn are well cooked (approx. 2 hours unless beans are pre-soaked or cooked in a pressure cooker). Set aside. Do not drain the cooking water of the beans and corn.

Season the meat with salt, white pepper, sweet paprika, and piri piri sauce. If possible leave to marinate for a few hours. Add olive oil to a large pan. Once hot, fry the onions, bay leaves, chicken broth and garlic. Add the fresh tomatoes and marinated meats. Fry until they turn brown. Cook with the pan covered for 45-60 mins or until well cooked. Once cooked, add the chorizo (sliced), the black eyed beans and red beans. Cook with the pan on medium heat until tender. Season as needed.

Cook the sliced carrots, cassava, peas and cabbage in a pot with hot water and a little bit of salt for about 15 mins. Then add to the big pan (with the cooking water), followed by the dried beans and corn (with the cooking water). Mix everything together and allow to cook until the sauce thickens a bit. As a final step sauté onions and garlic in olive oil and add to the dish.



CAMEROON

Kono Ngond

This dish is made using the seeds of cucurbitaceous plants, known locally as "pistaches" or egusi. It can be made with fish or meat.

Ingredients

- 1 kg of dried pumpkin seeds
- 300 g of smoked fish
- 1 l of water
- salt
- banana leaves (or suitable cling film)
- string

This recipe was kindly contributed by Romuald Ngomssi Ngomssi, a Cameroonian Young Expert of the AU-EU Youth Cooperation Hub. The "Hub" (www.aueuyouthhub.org) is an initiative aiming to pilot ideas proposed by young people at the 5th AU-EU Summit in November 2017. The pilot projects will unfold in six areas: Education and Skills; Business and Job Creation; Environment and Climate Change; Culture, Arts and Sports; Governance and Political Inclusion; and Peace and Security.

Instructions

Prepare the banana leaves by soaking them for 5 mins in boiling water. Clean the fish, remove the skin and soak in lukewarm water. Finely crush the pumpkin seeds, place them in a terrine dish, and pour over half of the water to form a paste.

Season with salt (and other spices to your taste) and gradually add the rest of the water. Strain the fish and add to the dish. Place the banana leaves over the bowl in a cross.

Place a portion of the seed/fish paste in the centre and tie up the banana leaf parcel with string. Steam for 2 hours on medium heat.



COMOROS

Mataba



Ingredients

- a handful of cassava leaves
- 4 large coconuts or 2 cartons of coconut milk
- 2 onions
- chilli pepper
- garlic
- salt
- fish (fresh, or canned sardines)

This recipe was kindly contributed by Giovanni Di Girolamo, EU Ambassador to the Republic of Madagascar and the Union of Comoros.

Instructions

Crush the onions, pepper, garlic and salt. Add the cassava leaves and pound until fine.

Empty the coconut water into a bowl. Grate the coconuts and add to the bowl. Add a bit of water and strain to extract the coconut milk.

Place the fish in salted boiling water, and set aside once cooked.

In a pot, boil the coconut milk and add the crushed cassava, stirring regularly.

Serve with rice and a sauce/salad made of tomatoes, onion, pepper, and lemon.



REPUBLIC OF THE CONGO

Saka Saka

National dish “par excellence”, the saka-saka, also known as “pondu” or “ntoba” features in all celebrations in the Republic of the Congo. There are about ten different variations, all equally delicious. It is also enjoyed in several other African countries.

Ingredients

- 1 bunch of cassava leaves
- 1 kg of bilondo or mosséka fish
- 500 g purple eggplant
- 250 g of binsoukoulou (small green eggplant)
- 250 g onion
- 250 g peanut paste
- 150 g garlic
- salt
- 0.5 litre palm oil
- 1 small green papaya or 1 cabbage
- 1 small bunch of celery
- 1 small bunch of parsley
- 1 small bunch of spring onion
- 2 green chilli peppers and 1 red chilli pepper
- laurel leaves

This recipe was kindly contributed by the EU Delegation to Congo.

Instructions

Crush the cassava leaves in a mixer or mortar. Gradually, add the papaya or cabbage in chunks, the purple eggplant, celery, green peppers, parsley, and spring onion. Place the mixture into a pot filled with water, and add the salt. Cook, partially covered, for around 3 hours on high heat, while stirring with a wooden spoon.

If the cassava leaves are still tough, add water and continue cooking until they become tender. Add the onion and garlic, the small green eggplants, and the palm oil. Mix and cook for 15-20 mins on low heat.

Pre-cook the cleaned fish by placing it on top of the other ingredients. Remove the fish after 15 mins, de-bone, and incorporate into the cassava mixture. Crush the cooked vegetables and simmer for a further 45 mins. Your saka-saka should be sufficiently moist as to absorb the peanut paste – add this little by little and simmer for 15 mins on low heat.

Add the laurel leaves and adjust the seasoning if necessary. Ten minutes before finishing the cooking, add the whole red pepper. Let the saka-saka rest for at least 30 mins before serving. Accompany with grilled fish, rice, steamed plantain or yam, or bread.



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CROATIA

Pašticada

"I was born in Mimice, a small village in Dalmatia, and therefore it is no surprise that I would like share with you the most famous Dalmatian recipe. Even though my region is most famous for a variety of fish dishes, pašticada is a dish that can always be found on the plate of every true gourmand. Traditional Dalmatian pašticada is slow-cooked beef prepared in a rich red sweet and sour sauce, served with gnocchi or homemade pasta- enjoy!" – Neven Mimica

Ingredients \ 6 pax

- 1.8 kg of beef round (or other cut)
- 5 cloves garlic (sliced)
- 100 g bacon (cut into pieces)
- 4 cups wine vinegar
- 0.5 cup olive oil
- 1 cup vegetable or beef broth
- 3 onions (quartered)
- 2 carrots (peeled and cut)
- 1 celery root (peeled and quartered)
- 1 parsley root (peeled and quartered)
- 1 tbsp. flour
- 4 whole cloves
- 2 tbsp. tomato paste
- 1 bay leaf
- 0.5 cup prošek (or other dessert wine)
- 1 tbsp. sugar
- 0.5 cup red dry wine
- 4 prunes
- 0.5 kg of gnocchi
- parmesan cheese (optional)
- 0.5 bunch parsley (chopped)
- salt
- pepper

Instructions

Pierce the meat with a sharp pointed knife and insert pieces of garlic, bacon and cloves in it. Place the beef in a large dish, cover with vinegar and leave it overnight in the refrigerator. The next day, remove the meat from the vinegar and also remove the bacon and garlic and save them on the side. Put the meat in a Dutch oven or deep pot and dust with flour, then add olive oil. Cook on medium-high heat and remove when it has browned on all sides, after about 8-10 mins. Fry the onion, garlic and bacon in the same oil for a few minutes. Return the meat to the pot, add stock and cook for about 6-8 mins. Add the tomato paste diluted in dessert wine, then add the carrots, celery root and parsley root. Incorporate red wine and sugar, and cook covered on low heat for 3 hours or until the meat is tender. Halfway through cooking, add the bay leaf and prunes. When the meat is tender, remove it to a plate and cut into thick slices. Purée the vegetables and the sauce left in the pot with a hand blender. Serve with gnocchi or pasta. Garnish with parsley or grated parmesan cheese.

This recipe was kindly contributed by Neven Mimica, European Commissioner for International Cooperation and Development.



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CYPRUS

Afelia (Pork with Red Wine and Spices)

Afelia is a traditional Cypriot dish of small pieces of fried pork meat cooked in red dry wine and coriander. It is usually accompanied by bulgur pilaf.

Ingredients \ 4 pax

- 1 kg (2 lb) boneless lean pork (diced)
- 200 ml red wine
- 2 tbsp. coriander seeds (lightly crushed)
- 1 stick cinnamon
- 6 tbsp. olive oil
- salt, and lots of freshly ground black pepper.

Instructions

Make a marinade from the cinnamon, coriander seeds, salt and pepper and wine and pour over the pork. Refrigerate the meat in the marinade for at least 4 hours but preferably overnight. Once

This recipe was kindly contributed by Christos Stylianides, European Commissioner for Humanitarian Aid and Crisis Management. It is one of his favourite dishes.



marinated, put the marinade sauce aside. Heat the oil in a heavy pan and brown the diced and marinated meat, a few pieces at a time until nicely browned. Add more oil if necessary. Wipe any excess oil and return the meat to the pan, with the marinade and enough cold water to just about cover the meat. Bring to a boil, then cover the pan, reduce the heat, and cook the meat gently for about 30 mins or until tender. Most of the liquid should have evaporated to leave a thick sauce. If not, continue to cook uncovered until the excess liquid is gone.

Serve with a side of bulgur pilaf and yoghurt. To prepare the pilaf, heat 2 tbsp. olive oil and sauté one crumbled nest of vermicelli until almost browned. Add 1 cup of coarse bulgur and mix. Season with salt and freshly ground black pepper. Add 2 cups of chicken or vegetable stock and mix. Bring to a boil and turn off the heat. Cover the pot and set aside until the water has been absorbed (about 10 mins).



CZECH REPUBLIC

Traditional Czech Beef Sirloin with Cream Sauce and Dumplings

"Each year, together with my daughter I visit a world music summer festival in Ostrava, the post-industrial part of the Czech Republic. We have to drive there for about three hours, so each year we stop in the same renowned restaurant for this dish. It is our little ritual and I look forward to it every time. Whenever I prepare this dish for my international friends they always say "oh, this is perfect; it is a main dish and a dessert in one" because of the cranberries and cream we serve it with." – Vera Jourova



Ingredients \ 6 pax

- 800 g beef sirloin
- 50 g bacon (cut in narrow bits)
- 2 big carrots
- 150 g celery root
- 1 parsley root
- 1 big onion
- 5 peppercorns
- 3 all spice balls
- 3 bay leaves
- pinch of thyme
- salt
- ground pepper
- 150 g melted butter
- juice of 1 lemon
- 250 ml cream for whipping
- 20 ml vinegar
- 4 cups of all-purpose flour
- 1 cup warm milk
- 1 egg
- 2 handfuls of diced white baguette (2 days old)
- 1 tsp. yeast
- 1 tsp. sugar
- 1 tsp. salt

This recipe was kindly contributed by Vera Jourova, European Commissioner for Justice, Gender Equality, and Consumers. Image: AND-ONE / iStock / Getty Images Plus.

Instructions

Wash the meat, pierce in a few places and insert bits of bacon into the holes. Sprinkle with salt and pepper. Fry quickly in the melted butter, on all sides. Chop the onion and vegetables and fry in the melted butter until golden. Place the meat on top, add the spices, sprinkle with lemon juice, cover, and leave in the fridge overnight. The next day baste the vegetable/meat mix with some water, pre-heat the oven to 220°C fan, and cook for approximately 90 mins with a lid on. When tender, remove the meat and set aside. Remove the spices from the sauce, especially the bay leaves, then pour the sauce into a blender and blend until creamy. Pour back into a pot, add the cream and boil gently, mixing from time to time. If the sauce is too thick, dilute it with some water. Season with salt, add some lemon juice. To highlight the taste, you can add vinegar, and optionally a bit of sugar.

To make the dumplings, put the flour in a bowl, make a hole in the middle, pour in warm milk and add the yeast. Wait about 10 mins until it is foamy on top. Add one egg, salt, and the diced baguette, and stir until the dough detaches from the edges of the bowl. Cover the bowl with a cloth and let it rise for 2 hours, in a warm area. Dust a work surface with flour and form the dough into 3 loaves. In a large pot, bring salted water to a boil. Carefully place the dumplings in the pot. Reduce the heat to low and cook (covered) for 20 mins, turning the dumplings half way through the cooking. Maintain a rolling boil throughout. Remove the dumplings from the pot and poke with a fork to let the steam out. Slice the dumplings delicately with a sewing thread, dental floss, or a serrated knife. Slices should be about ¾ inch thick.

To serve, heat the meat and sauce and serve with the dumpling, a slice of lemon, and some cranberry sauce.





DEMOCRATIC REPUBLIC OF THE CONGO

Liboké

Ingredients \ 5 pax

- 1 kg of “capitaine” fish (or cod)
- 20 banana leaves (or parchment paper)
- 175 g of peanut paste/ butter
- 1 bunch of sorrel
- 2 cassava roots (or a few potatoes)
- pili-pili pepper
- 5 citronella stalks
- 1 vegetable stock cube
- 1 onion
- 1 or 2 peeled and finely chopped tomatoes

Instructions

Heat half a litre of water in a pot with the stock cube and peanut paste, until the peanut is well mixed in. Add the sorrel leaves and pili-pili, salt and pepper. Simmer on low heat for a few minutes. Brown the onion, add the tomatoes and 0.25 l of water. Integrate the three sauces and make sure the mixture remains liquid enough. Boil the cassava in a lot of water for 30 mins, then throw out the water (it is toxic!) Wash

This recipe was kindly contributed by the EU Delegation to DRC, and in particular by its Residence chef, Mr Martin Ibeya. Ambassador Bart Ouvry shared the meal with his colleague, AU Ambassador Abdou Abarry.



and dry the banana leaves. For each portion, stack four leaves and place the following in the middle: one piece of fish, the sauce, some pieces of cassava, and a pinch of black pepper. Fold the leaves to form a parcel, and tie it with citronella stalk. Cook on medium heat for 20 mins. Then, place the parcels on a barbecue on moderate heat (so as not to set the banana leaves on fire) for 45-50 mins until the sauce has caramelised. Serve with a bowl of rice and a glass of fruity white wine, blond beer, or Congolese “Tembo” (dark beer).



DENMARK

Aebleskiver (Danish Pancake Puffs)

In Denmark, Aebleskiver are traditionally eaten during the Christmas season and are often served with glogg, Scandinavian mulled wine. The name Aebleskiver literally means “apple slices” in Danish, although apples are not usually an ingredient in present-day versions.

Ingredients

- 250 g all-purpose flour
- 4 dl buttermilk
- 3 eggs
- 100 g butter (melted)
- 1 tbsp. sugar
- 1 tbsp. vanilla sugar
- 0.25 tsp. salt
- 0.5 tsp. baking soda
- 0.5 tsp. cardamom (optional)
- butter for cooking

This recipe was kindly contributed by the Embassy of Denmark in Addis Ababa.

Instructions

Separate the egg whites and yolks. In a completely clean and dry bowl, whisk the sugar and egg whites until fluffy and stiff, and set aside. In a separate bowl, mix the egg yolks, all-purpose flour, baking soda, salt, vanilla sugar and cardamom. With a hand mixer, continue blending the ingredients while gradually adding the buttermilk. Melt the butter, leave to cool a bit, then whisk into the buttermilk mixture. Finally, use a wooden spoon to slowly fold the stiff egg whites into the batter.

To cook the aebleskiver, you'll need a special cast iron pan with round indentations. Heat the pan to medium heat, then add a small piece of butter in each hole. Fill each hole up to $\frac{3}{4}$ with the batter. As they start to become firm, gradually turn each aebleskive sideways to shape it into a puff/ball. You can try to fill them with chocolate chips, jam, or small pieces of apple. Keep turning the aebleskiver until they get an even and light-brown crust. Keep them warm and serve with jam and icing sugar.



DJIBOUTI

Rice and Meat Broth

In Djibouti this dish is appreciated for its generosity. When you cook for 2, there is actually enough for 4...



Ingredients \ 6 pax

For the broth:

- 4 potatoes
- 3 fresh tomatoes
- 3 shallots
- goat meat (a quarter of a goat)
- a quarter of a cabbage
- 1 leek
- 1 clove of garlic
- 1 handful of coriander seeds
- 1 small bunch of parsley
- 2 tbsp. of sunflower oil
- salt

For the rice:

- 500g of basmati rice (long grain)
- 10 shallots
- 3 fresh tomatoes
- 1 tsp. ginger
- 1 tsp. pepper
- 1 tsp. cumin
- 1 tsp. cinnamon
- 1 tsp. curry
- 1 handful of cardamom
- 1 handful of raisins
- 1 clove of garlic
- 1 small bunch of parsley
- 1 tbsp. mustard
- 1 tsp. mayonnaise
- 0.5 tsp. red food colouring
- 0.5 tsp. green food colouring
- 2 tbsp. vinegar
- 3 tbsp. sunflower oil
- salt

Instructions

To prepare the broth, cut all the vegetables. Clean the meat and sauté in oil with the vegetables for a few minutes. Grind the parsley, garlic, a pinch of salt and coriander seeds with a pestle and mortar to make a paste, then add to the pot. Add water until the vegetables are covered and let simmer over medium heat under cover until all ingredients are cooked. Adjust the salt to your liking.

For the rice, sauté 5 shallots (in lengthy slices) in the sunflower oil until golden brown. Drain and set aside. Then brown the other 5 shallots and add the tomatoes (cut roughly). Once well mixed, add the mustard and mayonnaise.

Grind a paste out of the parsley, garlic, salt and powdered spices and incorporate into the pot. Adjust the salt to your liking. Wash the rice well, add to the pot and cook until it starts to stick to the bottom. Then add enough simmering water so as to cover the rice, and put a lid on the pot. Once cooked, mix the food colouring with a tablespoon of vinegar and pour over. Top with the raisins and with the shallots that were set aside at the beginning.

This recipe was kindly contributed by the EU Delegation to Djibouti.



EQUATORIAL GUINEA

Akwadu

Ingredients \ 4 pax

- 4 bananas (or plantains)
- 1 cup ground coconut
- 0.5 cup orange juice
- 0.25 cup sugar
- 3 tbsp. unsalted butter
- 2 lemons
- cinnamon
- honey



Instructions

Preheat the oven to 200°C. Cut the bananas in half lengthwise, keeping their skin on. Cut lines into the flesh of the bananas, and arrange them onto a baking dish. Pour over the butter, orange, and lemon juice. Sprinkle with cinnamon, brown sugar, and coconut. Bake for 20 mins, remove from the oven and put a little honey on each.

Return to the oven on grill setting and brown the tops.



This recipe was kindly contributed by Helmut Kultz, EU Ambassador to Gabon, Equatorial Guinea, Sao Tomé-et-Príncipe and CEEAC.



ERITREA

Hilbet

This traditional vegetarian dish, hilbet, is a legume paste that is dressed with a thick red sauce known as selsi and served with injera, the iconic sourdough crepe also eaten in Ethiopia. Overall, Eritrean cuisine strongly resembles that of neighbouring Ethiopia, although Eritrean cooking tends to feature more seafood than Ethiopian cuisine. Eritrean dishes also tend to employ less seasoned butter and spices.

Ingredients

- Hilbet flour (made of fava beans, lentils, and fenugreek powder)
- selsi sauce (made of fried onion, berbere spice, tomatoes)

Instructions

The legumes are soaked in water for half a day, then dried up and milled into a mixed hilbet flour that is sold in shops. It should still be sifted at home to further remove impurities.

Use 1 l of warm water per 250 g of hilbet flour, mixing continuously until creamy and lightly white in colour. Then, remove from the stove and let cool before mixing again by hand or blender, and seasoning with garlic, salt and chili.

Serve on injera and top with selsi sauce.



This recipe was kindly contributed by the EU Delegation to Eritrea.



ESTONIA

Kukeseenekaste (Chanterelle Sauce)

“Summer in Estonia is unimaginable without picking wild mushrooms. Every family has their own secret places where to pick fresh chanterelle mushrooms – these places are guarded sacredly and information is not shared with just anybody” – Andrus Ansip

Ingredients \ 4-5 pax

- 400 g fresh chanterelle mushrooms
- 1 large tbsp. of butter
- 1 yellow onion (finely chopped)
- 200 g sour cream or fresh cream (mixed with a bit of flour to thicken)
- salt and pepper

Instructions

Clean the mushrooms, then chop and set aside. Melt the butter in a large pan, add the chopped onions and stew for about 5-7 mins, until just slightly golden. Increase the heat and add the mushrooms. Season with salt and pepper, then fry for about 5 mins, stirring every now and then until the mushrooms have softened. Add the sour cream, stir and bring to a boil. You can add freshly chopped spring onions or other green herbs as the last step. Serve with fresh boiled (or mashed) potatoes.

This recipe was kindly contributed by Andrus Ansip, European Commission Vice President for the Digital Single Market.



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ESWATINI

Traditional Swazi Meal

This meal comprises “Inkhukhu yasemakhaya” (Swazi-style boiled free range chicken), “Sinkhwa semmbila lesibilisiwe” (steamed mealie bread), and “Umbhidvo wetintsanga nemantongomane lasiliwe” (pumpkin shoots with groundnuts).

Ingredients

For the chicken:

- 1 large free range indigenous chicken
- lots of shallots (at least 8, white and green parts)

For the bread:

- 2 fresh green mealies (white corn) on the cob
- 1 egg
- 2/3 cup of sweet corn kernels
- 3 tbsp. self-raising flour
- 2 tbsp. softened butter
- 1 tsp. white sugar
- salt

For the pumpkin shoots:

- 2 cups pumpkin shoots
- 1 cup raw ground peanuts [1 cup ground tinganu (marula) nuts, if and when available, as a substitute]
- 1 cup chopped young pumpkin
- salt

This recipe was kindly contributed by Nondumiso Hlophe, who participated in the AU-EU Youth Plug-In Initiative, which aimed to gather innovative ideas from African and European youth in the run-up to the 5th AU-EU Summit (Abidjan, November 2017). “Noni” was part of the Education and Skills cluster.

Instructions

Cut the chicken, place in water and boil, adding salt to taste. When the chicken is tender, add plenty of chopped shallots and boil for a further 15-30 mins.

To make the mealie bread, shell and grind the mealies. Add the egg, beaten, and sweet corn. Add the sifted self-raising flour and mix in the soft butter. Add the sugar and a pinch of salt. Pour into a stainless steel bowl and place the bowl in a pot with boiling water (with water level around a quarter of the level of the bowl) to steam the bread. Steam for an hour, replenishing the boiling water as needed.

Cut the young pumpkin into cubes. Peel and rinse the pumpkin shoots, chop them finely and allow them to drain. Cover the bottom of a pot with the cubed young pumpkin. Add the chopped shoots. Allow to cook for 15 mins and sprinkle groundnuts over the top. Mix well. Cook for a further 15 mins, stirring occasionally. Add salt to taste.





ETHIOPIA

Beef Tibs

The basis of Ethiopian food is injera, a spongy sour-dough flatbread made of teff, served with a variety of toppings. It is mostly made at home in a pan, though in Ethiopia it is also sold ready-made in supermarkets. In the absence of injera, serve the delicious beef tibs with rice, bread, vegetables, or any side of your choice.

Ingredients

- 200 g beef fillet (diced)
- 50 g tomatoes
- 50 g onions
- 15 g chili peppers
- salt and black pepper
- awaze sauce
- rosemary
- oil or 30 g butter [Ethiopians would use niter kibbeh clarified spiced butter]

Instructions

Prepare the awaze sauce by combining hot chili powder, salt, oil, and fenugreek, mix them with hot water. Fry the chopped beef in oil or butter, season with salt and pepper, then add the onions and tomatoes. Top with chopped chili peppers and rosemary sprigs (to taste).

This recipe was kindly contributed by the EU Delegation to Ethiopia. Ambassador Johan Borgstam was taught this recipe by chefs at a local cultural restaurant, who were impressed by his culinary skills.



© Sergey Mayorov: 123rf.com



FINLAND

Risotto with wild mushrooms

Ingredients

- 1 l wild mushrooms
- olive oil
- salt, black pepper
- 0.75 l beef stock
- 100 g butter
- 1 red onion or shallots chopped finely
- 250 g risotto rice
- 4 cl vermouth (Noilly Prat)
- 100 g grated parmesan
- handful of parsley

Instructions

Fry the mushrooms "dry" and set aside. Melt half of the butter, add a splash of olive oil, and sauté the onion. Add the rice and stir for a moment. Add beef stock one ladle at a time. After the mixture starts to boil add more stock until the rice is moist "al dente". To finish, add the wild mushrooms, dry vermouth, rest of the butter, and the grated parmesan. Season with black pepper and if needed with salt. Decorate with parsley and enjoy right away! Bon appetit!

This recipe was kindly contributed by Anne-Mari Virolainen, the Former Finnish Minister for Foreign Trade and Development.





FRANCE

Orange - Nigella Religieuse, served with Abesh Eweha



Ingredients

For the choux pastry:

- 115 g butter
- 125 g water
- 125 g milk
- 5 g sugar
- pinch of salt
- 5 eggs

For the choux's crispy topping:

- 50 g butter
- 50 g brown sugar
- 55 g flour
- 5 g Nigella seeds

For the orange cream:

- 400 g milk
- 200 g freshly squeezed orange juice
- 75 g sugar
- 60 g flour
- 1 egg
- 2 egg yolks
- 150 g liquid cream
- 15 g sugar

This recipe, incorporating Ethiopian traditional ingredients to a French dessert recipe, was created jointly by Ethiopian chef Yohanis and the Ambassador of France to Ethiopia, Frédéric Bontems. They came together on the occasion of the global Goût de France / Good France culinary event, and the moment was featured on Chef Yohanis' cooking show on Ethiopian TV channel EBS on March 24, 2017.

Instructions

To make the choux pastry, pour water, milk, salt and sugar into a saucepan. Cut the butter into small pieces and add to the mixture. Heat, on low temperature, until boiling, then remove the pan from the stove. Add some flour and stir until smooth. Put the pan back on medium heat and stir the mixture until it forms a ball.

Put in a mixer, on medium speed, until no more steam is released. Add the eggs one by one, stirring slowly, until the pastry has a soft consistency and a satin appearance (and forms peaks). Set aside.

For the choux topping, mix the butter (in small pieces), sugar, flour, and Nigella seeds in a bowl. Work by hand until you get a paste. Spread between 2 sheets of parchment paper until 1 mm thick. Put in the freezer until hardened. Cut out 10 discs of 20 mm in diameter and 10 discs of 40 mm in diameter. Return to the freezer.

With a 10 mm pastry bag, form 10 choux pastries of 20 mm in diameter and 10 of 40 mm. Cover with the crispy topping discs and place in the oven at 180°C. Bake for 15 to 20 mins, until they are well inflated. Open the oven for 10 seconds to remove moisture and close it again. Cook for another 5 mins or so, until the choux are perfectly golden, then set aside.

To make the orange cream, put the orange juice in a saucepan. Reduce to about 50% on high heat. Remove from the stove while adding the milk,



then let the mixture boil. In a bowl, work the flour, 75 g sugar, and eggs. Gradually pour in the boiling milk mixture, turning briskly. Place everything in the saucepan over low heat. Cook until thickened, then remove from the heat when it starts to simmer. Put the mixture in the fridge. Whisk the cream (cold) with 15 g sugar very quickly to obtain a whipped cream. Gently mix in this whipped cream with the cold orange custard.

Finally, pierce the base of the choux with a sharp knife. Using a 6mm pastry bag, garnish with the orange cream. Assemble the religieuses by placing the small choux on the large choux, held together by a little bit of orange cream in between. Decorate with small "flames" of the cream.

Serve with Abesh Eweha, a traditional beverage from Argoba. Bon appétit!



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GABON

Nyembwe Chicken

Ingredients

- 2 tbsp. cooking oil
- 2 kg chicken
- 1 onion (chopped)
- 1 tomato (chopped)
- 2 cloves of garlic (chopped)
- salt and pepper
- 1 can of palm nut sauce
- 1 cup of water

Instructions

Heat the oil over medium-high heat in a wide pot. Add the chicken, onion, tomato, and garlic and brown. Season, then add the palm nut sauce and the water. Bring to a boil, then reduce to low heat and simmer uncovered for one hour, stirring occasionally. Serve with rice.

This recipe was kindly contributed by Simone Abala, Chief of Protocol at the African Union Commission.





GAMBIA

Fish Benachin

"Benachin" is served at all major social gatherings in The Gambia. Literally translated, it means "one pot" because it is prepared in a single piece of cookware. An imitation of the dish known as "Jollof Rice" is prepared in other West African English-speaking countries, Jollof or Wollof being one of the main ethnic groups in The Gambia. The recipe provided here is by Yabouy Home Cooking, an initiative of Ida Cham Njai, who invites visitors to spend a whole day with her savouring the experience of preparing the Benachin: starting with a shopping trip to the local market to buy the condiments and ingredients for the dish, through to the final stage of sitting around a communal bowl to consume the end product.



Ingredients

- One large fish (gutted but with the head on if so desired)
- vegetables cut into big chunks (bitter tomatoes, pumpkin, sweet potato, okra, aubergine, cabbage, carrot, cassava root, white radish)
- garlic
- black pepper
- onions
- spring onions
- one hot pepper (scotch bonnets)
- fresh tomatoes
- sweet pepper
- tomato paste
- carrot (diced very well)
- fresh sorrel leaves (similar to spinach)
- steamed broken rice
- fresh limes cut into wedges
- vegetable oil

This recipe was kindly contributed by the Embassy of The Gambia in Addis Ababa, with the support of Yabouy Home Cooking. For further information: ida@yabouyhomecooking.com or www.gambianhomecooking.com.



Instructions

Heat the oil in a large pan. Pound the garlic, peppers, onions and tomatoes with a pestle and mortar and add to the pot along with a healthy dollop of tomato paste. Cook on low heat for 15 mins, adding a little water now and then. When the mixture is very soft, add more water, the fish, and all the vegetables. Add sea salt and salted dried fish (such as anchovies) to taste. Let the stew simmer on very low heat for 1 hour. Then remove all ingredients, leaving the broth behind. Add the rice and diced carrots to the broth, cooking for some 30 mins or until the rice is ready. Serve on a platter, laying the vegetables and fish on top, with dollops of mashed and steamed sorrel leaves and lime wedges on the side.



GERMANY

Bavarian Obatzda (Cheese Dip)



Ingredients

- 250 g Camembert or Brie cheese
- 1 tbsp. of butter
- 100 g cream cheese
- 1 medium sized onion
- spices (salt, pepper, paprika, caraway seed or powder)

Instructions

Cut the cheese in very small slices and crumble. Mix with the butter, cream cheese and the finely chopped onion. Spice to your own taste. Leave in the fridge for at least one hour before serving. You can eat Obatzda with any bread, or, ideally, with bretzels. Use within two days.

This recipe was kindly contributed by the Embassy of the Federal Republic of Germany in Addis Ababa.



GHANA

Apapransa

Ingredients

- 2 cups of cornmeal
- palm nut soup
- cooked kidney beans and crabs.

Instructions

To prepare the cornmeal, roast two cups of dry maize in a saucepan until brown. Take off the heat and leave to cool. Blend in a clean container until powdery.

For the apapransa, heat the palm nut soup until hot. Turn down the heat to a simmer and scoop some of the soup into another saucepan. In the second pan, gradually add the cornmeal while stirring. Continue adding cornmeal until the desired quantity of apapransa is reached, then knead until smooth. Add some more soup if the mixture is too thick. Mix in some of the kidney beans and crabs, and stir. Scoop some apapransa into a bowl, pat down, then turn over onto a plate. Garnish with crabs and kidney beans. You may also serve some of the soup on the side.



This recipe was kindly contributed by the Embassy of Ghana in Addis Ababa.



GREECE

Moussaka

Ingredients \ 6-8 pax

- 1 kg beef mince
- 4 onions (finely chopped)
- 2 garlic cloves (crushed)
- 1.5 tbsp. cinnamon
- 200 ml red wine
- 400 g tin chopped tomatoes
- 2 tbsp. tomato purée
- 1.5 eggplants cut into 0.5 cm slices
- 2 tbsp. fine sea salt (plus extra for seasoning)
- 200 ml extra virgin olive oil (preferably Greek)
- 500 g potatoes (peeled and sliced)
- freshly ground black pepper

For the cream sauce:

- 100 g butter/ margarine
- 100 g plain flour
- 500 ml milk
- 100 g Greek Graviera cheese or alternatively Gruyere (finely grated)
- 1 tsp. finely ground nutmeg
- 2 free-range eggs (beaten)

This recipe was kindly contributed by the Embassy of Greece in Addis Ababa. In the picture, Former Ambassador Nikolaos Patakias and his wife Sofia stand outside the Greek Club, "Olympiakos", in Addis Ababa.

Instructions

Put the beef mince, onion, garlic and cinnamon in a large heavy-based frying pan and cook over a medium heat for 10 mins, stirring with a wooden spoon to break up the meat. Stir in some flour and a good pinch of salt and pepper. Add the wine, tomatoes and tomato purée and bring to a simmer. Cook for 30 mins, stirring occasionally, until the meat is tender and the sauce has thickened. Season again if needed and set aside.

Meanwhile, place the eggplant slices in a colander and sprinkle with a tablespoon of salt. Set aside for 10 mins. Put the eggplant slices in a pot with cold water and salt for 15 mins. Pat dry with a clean tea towel. Heat some extra virgin olive oil in a pan and fry the eggplants for 2–3 mins on each side, adding more oil when necessary. Remove from the pan and set aside to drain on kitchen paper. Cook the potatoes in boiling water for 5 mins, then drain in a colander under running water until cold. Preheat the oven to 200°C / 180°C fan.

To make the cream sauce, melt the butter in a large saucepan and stir in the flour. Cook for a few seconds, then gradually stir in the milk. Add half the cheese and the ground nutmeg. Simmer the sauce gently for 4–5 mins, stirring regularly. Season to taste. Remove the saucepan from the heat and allow the sauce to cool, then stir in the eggs.

Place layers of the following ingredients in a large enough ovenproof dish: One layer of potatoes (half quantity), one layer of eggplants (half quantity), one layer of meat (half quantity). Repeat the layers once more with the other half of the ingredients.

Pour over the cream sauce, making sure it covers everything in a thick, even layer. Sprinkle with the remaining cheese. Bake for 35–40 mins, or until deep golden-brown and bubbling.



GUINEA

Leaf sauce with peanut paste

Ingredients

- 500 g beef
- 500 g smoked fish
- 300 g cassava leaves
- 200 g crushed peanuts
- 2 onions
- 2 cloves of garlic
- 3 round chilies
- 50 g chives
- 2 tbsp. olive oil

This recipe was kindly contributed by the EU Delegation in Guinea. In the image, Ambassador Josep Coll is wearing a traditional outfit worn in the forested areas of the country.

Instructions

Sauté the meat, adding the chopped onions, pressed garlic, and some water. Let it simmer on low heat.

In a bowl, mix the crushed peanuts with some water, to obtain a paste. Mix it into the boiling meat and let it simmer for another two hours on low heat. Add the smoked fish, the chilies, and the chives. Let everything cook for half an hour, adding salt and pepper to taste.

In a separate cooking pot with boiling water, bring the cassava leaves to boil for 10 mins. Drain and mince the leaves, then add to the sauce. Let everything cook together at low heat for another 30 mins, and serve with local rice.



GUINEA-BISSAU

Marisco em Caldo de Mancarra (Seafood with Peanut Sauce)

Ingredients \ 6 pax

- 300 g ground peanuts
- 300 g dried shrimp
- 300 g salted dry fish
- 200 g volutes
- 100 g dried crown conch
- 50 g salted dry barbel fish
- 50 g fresh oysters
- 50 g dried oysters
- 50 g cockles
- 6 large crabs
- 12 small crabs
- 6 sprigs of parsley
- 3 Indian nightshades
- 4 medium sized tomatoes
- 1 large onion
- 1 hot chili
- 1 eggplant
- 4 limes
- 1 green pepper
- 2 kg rice
- salt to taste

Instructions

Bring one litre of water to a boil. Wash the tomatoes, vegetables and seafood very well (opening the crabs - small and large - to remove any fat with care). In a bowl, manually make a paste of the tomatoes and ground peanuts. Gradually add warm water until it turns into a uniform liquid. Pour this into a



pot and boil for 15 mins. Then, add the Indian nightshade, the dry crown conch, dry and fresh oysters, volutes and cockles. Cook on low heat until consistent, and stir continuously. Chop the onion, eggplant, peppers, and parsley and place in a saucepan with the juice of the 4 limes and the remainder of the seafood: the crabs, shrimp, as well as the dried fish. Cook for 10 mins on low heat, then mix in with the seafood that was cooked in the peanut sauce. Season to taste.

Ideally, the dish is served with "pestle rice" (a local wholegrain rice) cooked in salted water. In the absence of pestle rice, use brown rice.

Tip: The dish can also be prepared with smoked catfish, minced chicken, beef, or other ingredients of your choice.



This recipe was kindly contributed by the EU Delegation to Guinea-Bissau. It was selected and prepared by the graduates of a Traditional Culinary course under the project "Promotion of the Creative Economy", funded by the European Union and implemented by ADPP (Ajuda de Desenvolvimento de Povo para Povo) and partners. The project logo reads "our culture is our wealth".



HUNGARY

Gulyás (Goulash) Soup

This thick, hearty soup was a common dish among cattle herdsman of the Great Hungarian Plain (puszta) for centuries, and “gulyás” in fact means “herdsman”. In its original form the soup is prepared in an iron kettle on an open fire. It is a popular dish at Hungarian diplomatic events and definitely a “must” course on the menu of the Hungarian Ambassador in Ethiopia, personally prepared by his spouse. In Addis Ababa, it is recommended to use a pressure cooker to make sure that the beef is tender. The word “gulyás” has been adapted to many foreign languages as “goulash” and in some parts of the world stews and casseroles are called goulash too.

Ingredients

- 800 g beef shin
- 500 g peeled potatoes
- 3 tbsp. vegetable oil
- 1 onion (finely chopped)
- 2-3 tbsp. powdered sweet Hungarian paprika
- salt and ground black pepper to taste
- 2 tsp. ground caraway seed
- 2 tbsp. chopped celery leaves
- 2 medium carrots (cut into cubes)
- 2 medium parsnips (cut into cubes)
- 2 fresh sweet green peppers (if not available you can replace with yellow bell peppers)
- 2 medium tomatoes
- 1 bay leaf
- 2 cloves of garlic (crushed)

This recipe was kindly contributed by the Embassy of Hungary in Addis Ababa.



Instructions

Cube the meat and potatoes into 2-3 cm pieces. Stew the onion in vegetable oil over low heat until golden yellow (not brown). Remove the pot from the heat, add the powdered sweet Hungarian paprika, and stir. Start heating the pot and add the meat, salt, garlic and 1 tsp. ground caraway seed. Add enough water to cover the meat. Bring to a boil. Lower the heat, cover and stew until tender, adding more water if needed. Once the meat is tender, add the cubed potatoes, fresh green peppers and tomatoes, celery leaves, carrots, parsnips, and bay leaf. Add about 1.5 litres of water (optionally you can add a stock cube to enhance flavour). The soup should not be too thick or thin. Bring to a boil, then simmer until all the vegetables become soft. Add salt, ground black pepper and ground caraway seed to taste.



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IRELAND

Traditional Irish Soda Bread

Soda bread is a staple at every Irish kitchen table, and each family will have some variation of this recipe. It is best eaten with jam or honey the day it is made.

Ingredients

- 450 g plain flour
- 0.5 tsp. sugar
- 0.5 tsp. salt
- 0.5 tsp bicarbonate of soda
- 300-600 ml sour milk or buttermilk
- 1 tbsp. sesame seeds or pinhead porridge oats (optional toppings)

This recipe was kindly contributed by the Embassy of Ireland in Addis Ababa.

Instructions

Preheat the oven to 250°C. Sieve all the dry ingredients into a bowl. Pour the buttermilk into a well in the centre of the dry ingredients, and gradually stir together from the inside working your way out to the edge of the bowl to form a soft dough. Place the dough on a well-floured surface and pat it into shape (loaf or round). Place in a lightly oiled loaf tin, or on a flat tin, and sprinkle on any optional toppings.

Bake in the oven for 15 mins at 250°C, then turn down to 200°C for 30 mins until cooked. To check if it is ready, tap the bottom of the bread. If it sounds hollow, it is ready! Remove from the tin and wrap in a clean tea towel while cooling. This will keep the crust soft.

“Spotted dog” variation: For a variation, follow the recipe above adding: 1 tbsp. sugar, 100 g sultanas and 1 egg. Add the sugar and the sultanas with the flour and add the egg in with the milk.



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ITALY

Lasagne al Forno

Ingredients

- Olive oil
- 1 onion (finely chopped)
- 1 carrot (finely chopped)
- 1 celery stalk (finely chopped)
- 1 garlic clove
- 600 g beef minced meat
- 120 g pancetta (speck)
- 0.25 tsp. of oregano
- pinch of nutmeg
- 0.5 glass of wine (red or white)
- 600 g peeled tomatoes
- 350 ml beef stock
- 30 g butter
- 200 ml milk
- 50 g flour
- 100 g grated parmesan
- 1 or 2 mozzarellas
- lasagne pasta sheets (freshly made or dry)

Instructions

In olive oil, cook the chopped vegetables, garlic and pancetta on moderately low heat for 5 - 6 mins or until softened and lightly golden. Add the minced meat, increase the heat a little and cook for 10 mins or until coloured (not browned). Add the nutmeg and oregano and season well. Add the wine and let it evaporate. Then add the beef stock and peeled

This is the lasagne recipe of choice for Ranieri Sabatucci, European Union Ambassador to the African Union.



tomatoes and simmer for two hours (stir and check that is not too dry, otherwise add some hot water to keep it moist). Once all the liquid is absorbed, remove from the heat and let it cool down.

To prepare the béchamel sauce, melt the butter and add the milk on low heat. Stir gently and add the flour. Put aside.

You may now start laying out your lasagne. Note that if you use ready pasta sheets, they must be boiled before use. Spread the meat sauce in an oven dish. Lay over some chopped mozzarella, then cover with slightly overlapping layers of pasta sheets. Stir your béchamel (adding a little milk if it has thickened too much) and pour some of it over the pasta. Sprinkle with some parmesan, repeat the layer, then finish with béchamel and parmesan.

Bake for about 45 mins until golden brown in a preheated oven at 180 °C and leave to rest for 10 mins before serving.



KENYA

Pilau

Ingredients

- 7 cups water
- 100 g beef cubes
- 3 medium Irish potatoes
- 1 kg basmati rice (washed and soaked for 15 mins)
- 0.5 kg chopped onions
- 1 tsp. turmeric powder
- 0.5 tsp. cumin powder
- 1 tbsp. garlic paste
- 1 tbsp. tomato paste
- 0.5 tsp. cardamom
- 0.5 tsp. cinnamon
- 0.5 tsp. ginger paste
- 0.5 tsp. black pepper

Instructions

Boil the meat for 45 mins. Heat the oil in a large pot. Add the potatoes, stir for 3-4 mins, then remove them from the pot. Add the chopped onions, stir until brown, add the tomato paste, and stir for 1-2 mins. Continue by adding all the spices, stir for 2 mins, add the rice, then stir for 3 mins. Finally, add the meat, stirring for 3 mins, followed by the meat broth. If the broth is not enough, add some more

This recipe was kindly contributed by the Embassy of Kenya in Addis Ababa.



water. Boil for 10 mins, reduce the heat, and cook for a further 10-15 mins.

You may serve the pilau with a salad ("kachumbari"). For this, peel and chop 2 onions and 5 tomatoes, and optionally add half a cucumber, chilli, and avocado. Dress with salt and lime juice.



LATVIA

Piragi (Bacon Rolls)

Ingredients

- 450-500 g flour
- 250 g milk or water
- 25 g yeast
- 75 g margarine
- 25 g sugar
- 5 g salt
- 1 egg
- 350 g smoked streaky bacon
- 50 g onion
- ground pepper

This recipe was kindly contributed by Valdis Dombrovskis, European Commission Vice-President for the Euro and Social Dialogue, also in charge of Financial Stability, Financial Services and Capital Markets Union

Instructions

Prepare the dough without a starter. After it has risen, divide into 30-35 g pieces, roll into round balls and leave to rise for 10-15 mins. Press each piece flat, place bacon filling (see instructions below) in the centre, press together the edges of the dough above or at the side of the filling. Roll with both hands to even out the filling; make the shape long with slender ends and bent into a half-moon. Place on a greased baking tray, leave to rise, brush with beaten egg and bake in a hot oven. Brush with melted butter once removed from the oven.

To make the bacon filling, cut the rind off the bacon and cube. Dice the onion and sauté with the bacon (only shortly, so that the fat does not run off), add pepper and mix well. If the bacon is already smoked there is no need to fry, just prepare the filling without onions.





LESOTHO

Traditional Weekend Lunch

The below constitute key components of a weekend lunch in Lesotho; usually reserved for guests (or for one's parents).

Likhobe (beans & sorghum): Boil water, add dried beans and sorghum (about 50 g per person), a pinch of salt, and a tablespoon of cooking oil. Cook at boiling temperature for 30 mins, then reduce the heat and cook for another two hours.

Leqebekoane (steamed bread): Mix whole wheat flour (about 100 g per person) with a portion of yeast and a pinch of salt and sugar. Put everything into room temperature water, cover, and leave to rise for about 1 hour. Then wrap with plastic, put into boiling water, and cook for 2.5 hours. Remove, wrap in a dry cloth and cut into thin slices when serving. Dip into the mutton sauce (see below).

Pap: Boil water and then add about 100 g of coarse maize flour per person, stirring constantly until it thickens; keep it on the stove for 20 mins, stirring from time to time to prevent burning. Serve hot directly on the plate.

Moroho: Cut spinach (200 g per person) into salad-sized pieces, put into a pot, add half a cup of water, 2 tbsp. of cooking oil and a pinch of salt. Cover it and let it boil for 15 to 20 mins, stirring from time to time.

Mutton and chicken stew: Take a whole farm-raised chicken, clean it, stuff it with its (washed) intestines, add salt and a little pepper, and cook; add several slices of mutton cutlets (1 per person) and cook together with the chicken for about 2 hours. Once finished, pour the sauce into a small bowl, for dipping the leqebekoane bread. Serve the meat on a platter or directly on each plate. Alternatively, you can cook only the mutton and roast the chicken in the oven, after rubbing it with a mixture of traditional spices and herbs (salt, pepper, rosemary, etc.).

Motoho (sorghum drink): Put a few tbsp. of mabele (special variety of sorghum) into a bowl, add a cup of water, cover and keep it at room temperature for two to three days until it develops into yeast. Put 100 g of mabele per person into a pot, add water (at room temperature), add the yeast and a little salt, and let it ferment for 5 to 7 hours. Then cook it, remove the water from the top and boil it separately for 10 to 15 mins. Add the mabele from the first pot, stir vigorously for 5 mins, let it cool down and put it into the refrigerator. The brew should have a consistency between ordinary beer and Lassi (south Asian drink from sour milk). Motoho is served to accompany the other dishes or sometimes as a dessert.

These recipes were kindly contributed by the EU Ambassador to Lesotho, Christian Manahl



LIBERIA

Liberian Palm Butter

Palm butter is originally a staple food for the Grebo, the Kru and the Krahn tribes of the southeast of Liberia which over time has become one of the most widely savoured national dishes. According to the traditional stories told among the Grebo people, God created the palm tree the same day he created the Grebo. Most Grebos originate from Cape Palmas, a land in South Eastern Liberia near the coast where palm trees grow naturally. It is said that a Grebo man would not survive without eating palm butter at least once per week. Traditionally every Grebo girl must know how to cook palm butter before getting married. Grandmothers would make sure their granddaughters know what good palm butter looks and tastes like.

Palm butter is extracted from the palm tree, in particular from the creamy chaff covering the palm nut. This palm cream is also the source of palm oil. The cream, composed of one third oil, is extracted from the chaff through cooking, sifting, and draining processes. The creamy raw pulp is later mixed with water and stewed with all sorts of meats, fish, and vegetables.



Ingredients \ 6 pax

- Approx. 100 fresh, ripe, palm nuts
- 500 g of chicken or fish (chopped)
- 500 g of dried or salted fish (soaked in water and cleaned)
- 1 to 2 dozen shrimp
- lobsters and/or crayfish (dried or fresh)
- crab meat
- 1 onion (finely chopped)
- palm butter leaves (or bay leaves)
- salt and pepper
- 3 stock cubes
- 15 large bitter balls (small African eggplants),
- rice or 1 kg fufu (dough made from boiled root vegetables).

Instructions

Wash the palm nuts and put them into a pot. Add 3 cups of water, cover the pot and cook the nuts for 15 minutes. Drain the water and use a mortar and pestle to crush the palm nuts into a pulp. Mix the pulp with 2 litres of water and stir. Squeeze the palm nuts with your hand to remove all the fruit and oil, and then press the pulp through a strainer into a pot, discarding all the nut skins and kernels (strain twice). Place the pot with the palm nut pulp onto a stove or charcoal fire. Let it boil and stir often.

In a separate pot boil the remaining ingredients (except the 500 g of chicken or fish) with 1 stock cube and salt to taste. Once the palm butter sauce is boiling, add the already seasoned (salt and pepper) chicken or fish and another 2 stock cubes with 1/3 of a tea spoon of salt. Cook for approximately one hour over low or medium heat, stirring regularly, until the sauce has thickened.

Serve with rice or fufu.



This recipe was kindly contributed by the EU Delegation to Liberia. Ambassador H el ene Cav e was guided on a culinary adventure by "Master Chef" Lorpu on a sunny afternoon, between two heavy rainfalls. After two hours of effort, we are told the result was as beautiful as it was tasty.



LITHUANIA

Šaltibarščiai (Cold Beetroot Soup)

This traditional Lithuanian soup is healthy and very easy to prepare. It is best served with boiled potatoes.

Ingredients \ 6-8 pax

- 2-3 beetroots
- 2 peeled cucumbers
- 4 cups buttermilk
- 1 cup sour cream
- 1 spring onion
- 2 hard-boiled eggs
- 1 bunch of fresh dill

Instructions

Boil the peeled beets until tender, set aside some of the cooking water, then cool the beets in the fridge and grate. Mix 2 cups of the beet water with the buttermilk and sour cream. Add the grated beets, diced cucumbers, chopped spring onion, and diced eggs. Stir well and cool in the fridge before serving. Garnish with dill.

This recipe was kindly contributed by Vytenis Andriukaitis, European Commissioner for Health and Food Safety. He prepared this refreshing dish for his staff on a hot summer's day in Brussels.



LUXEMBOURG

Gromperekichelcher (Potato Pancakes)



Ingredients \ 10 pax

- 1.5 kg potatoes
- 100 g shallots
- 30 g garlic
- 100 g butter
- 50 g flour
- 5 eggs
- 200ml oil
- q.s. parsley, q.s. salt and ground pepper, q.s. nutmeg

Instructions

Skin, wash and grate the potatoes. Add the chopped shallots, crushed garlic and chopped parsley. Fold the eggs into the mixture, blend and season, then add the flour. Sauté the patties in a saucepan in hot oil.

This recipe was kindly contributed by the Embassy of the Grand Duchy of Luxembourg in Ethiopia. Source: visitluxembourg.com.



MADAGASCAR

Lobster with Coconut Milk



Ingredients

- 8 medium-sized lobsters
- coconut milk
- 1 tomato
- 2 onions
- coriander
- ginger
- black pepper, salt
- cooking oil

This recipe was kindly contributed by Victor Harison, African Union Commissioner for Economic Affairs, and his spouse Hanta Harison.

Instructions

Remove the lobster meat from the shells and wash with care. For the coconut milk, combine 500 ml of hot water and grated fresh coconut, then strain [though not as good as the fresh version, you may also use ready coconut milk]. Cook the onions and tomato in oil, then add the lobster, black pepper, and ginger. Stir a little and add the coconut milk. Salt, cover, and leave to cook for about 5 mins, taking care that the lobster meat does not become tough. Add shredded coriander and eat with rice.

Tip: Swap the lobster with shrimps or fish.



MALAWI

Nsima

Nsima is a staple food in Malawi. It is normally prepared for lunch or dinner, though at times it's also eaten at breakfast.



Ingredients

- Maize flour and water

This recipe was kindly contributed by the Embassy of Malawi in Addis Ababa.

Instructions

Mix some maize flour with half a litre of cold water and place on a stove. Add warm water to the mixture depending on the size of the pot and the desired serving size. Allow to boil for 10 to 15 mins. Add more flour if necessary and stir continuously until medium hard. To serve, form portions of nsima ("ntanda") with a "chipande", typically a wooden spoon that is dipped in water. Nsima can be eaten with different types of relish/ sauce, and with meat, fish (such as Chambo, a fish endemic to Malawi), vegetables (such as mustard turnips cooked with groundnut flour and tomatoes), or legumes (such as stewed cowpeas).



MALI

Widjila

Widjila are a specialty of the Timbuktu region in northern Mali. They are steamed buns, paired here with an aromatically spiced sauce called Al Marga Mafé.

Ingredients

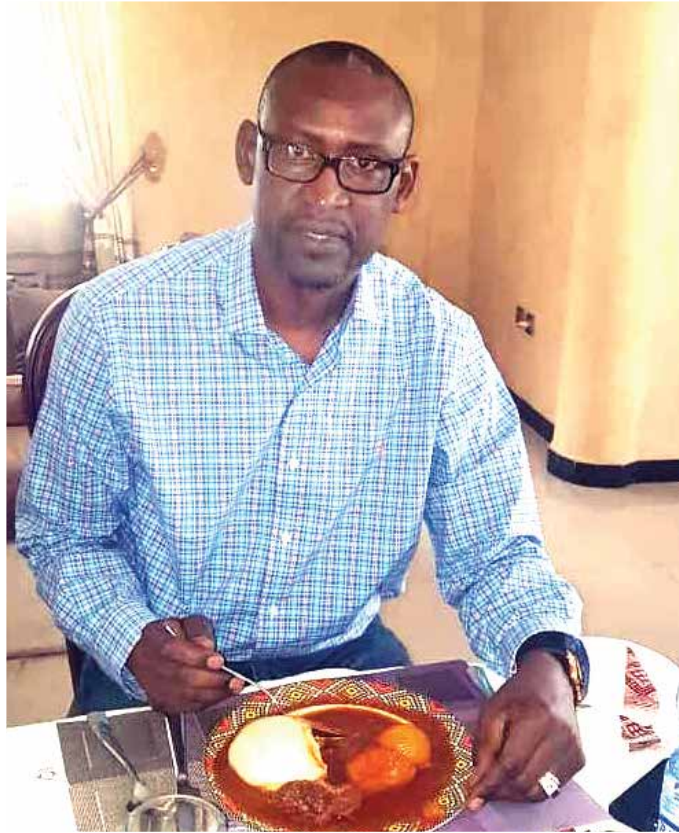
For the buns (approx. 15):

- 500 g flour
- 5 g dry yeast or 10 g fresh yeast
- 1 egg
- 250 ml water
- salt

For the sauce:

- beef or lamb (in large chunks)
- oil
- 1 onion
- 1 tbsp. tomato concentrate
- 1 tbsp. date paste
- 1 tbsp. roasted onion powder
- 1 tsp. cinnamon
- 1 tsp. cumin
- 1 tsp. green aniseed powder
- 2 laurel leaves
- salt and pepper
- 1-1.5 l of water

This recipe was kindly contributed by the Chief of Staff of the African Union Commission Chairperson, Ambassador Abdoulaye Diop.



Instructions

To prepare the buns, place the sifted flour in a bowl. Add the rest of the ingredients and knead. The dough should not be sticky. Form a ball, cover the bowl, and let the dough double in volume. On a floured surface, roll the dough out with your hands and form the buns. Place a lightly floured cloth in the basket of a couscoussier (steaming pot). Place the buns inside and cover with the cloth. Cover the pot and steam for 20-25 mins.

To make the sauce, heat the oil in a pot. Add all the ingredients except for the water and date paste. Mix, cover and cook for 3-5 mins on medium heat. Dissolve the date paste in water and add to the pot. Cover and cook until the meat is tender.



MALTA

Imqarrun Il-Forn

Ingredients

- 500 g macaroni
- 2 eggs
- 3 tbsp grated cheese
- 125 g minced pork
- 125 g minced beef
- 2 cans of tomatoes
- 1tbsp. tomato sauce
- 1 large onion
- 3 bay leaves
- olive oil
- salt, pepper, and spices
- 2 carrots
- peas
- 200 g veal liver
- 100 g bacon strips
- chicken stock

Instructions

Prepare the sauce separately in a large, low pan by lightly frying the onion and some garlic, then the minced meat, liver, bacon, carrots and peas. When all has browned increase the flame to sizzle, add chicken stock and bay leaves and let simmer. Add the canned tomatoes, tomato sauce, salt, pepper, and spices and bring to a boil. Then lower the flame

This recipe was kindly contributed by Karmenu Vella, European Commissioner for Maritime Affairs and Fisheries.



completely and let simmer for at least one hour, stirring occasionally until the sauce takes a rich red/orangey colour. Boil the macaroni leaving it well al dente and when drained toss with one tablespoon of olive oil. When cool mix the macaroni and sauce, combining the egg and the cheese and lay in an oiled oven dish. Bake in the oven on a medium flame for at least an hour and then intensify the heat for a while until the top browns to a delicious crunch.



MAURITANIA

Ngombou

Mauritanian wheat couscous is prepared with vegetables and meat. It is a dish generally consumed by the Moor community but also widely enjoyed by others. It is mainly prepared during ceremonies and large celebrations, and is eaten by hand.

Ingredients \ 4 pax

- 800 g lamb
- 200 g lamb offal
- onions
- 1 clove of garlic
- 2 cloves
- black pepper
- cumin
- 400 g carrots
- 200 g white or green cabbage
- 1 leek
- 150 g turnip
- wheat couscous
- 100 g bell pepper
- 1 bunch of parsley
- 1 bunch of coriander
- 40 g raisins
- 40 g herbs

This recipe was kindly contributed by the EU Delegation to Mauritania.

Instructions

Cut up the lamb and place in a pot. Add the chopped onions and garlic, the cloves, a pinch of black pepper and cumin, as well as salt to taste. Add some water (about double the contents of the pot), cover, and put on the stove on medium heat. 20 mins later, add the peeled vegetables. Thoroughly wash the couscous in cold water, then steam (40 mins). Place the diced bell pepper and chopped parsley and coriander into a salad bowl, followed by the raisins, a tbsp. of olive oil, and the couscous. Mix well, then steam a second time for 40 mins. Place back in the salad bowl, mix in the herbs, then steam a third time for 30 mins. Remove the meat and vegetables from their pot, along with some of the sauce, then place the couscous in the pot with the remainder of the sauce and cook on low heat for 20 mins. Serve with the meat and vegetables.



MAURITIUS

Authentic dry deer curry

Deer meat is highly valued in Mauritius. The most popular way of savouring it is as a dry curry, accompanied by white rice, lentils, and a local chutney

Ingredients \ 8pax

- 800 g tender deer meat
- 120 g of small tomatoes ("love apples")
- 10 large onions
- 8 cloves of garlic
- 30 g of ginger
- 3 small red chili peppers
- 20 curry leaves
- 2 tbsp. garam masala
- 4 tbsp. curry powder
- 2 tbsp. peanut oil
- salt and pepper

For the condiments:

- 4 slices of sandwich bread
- 2 onions
- 50 g of dry raisins
- 50 g of ground coconut
- 50 g of grilled peanuts
- 6 branches of coriander

Instructions

Finely chop the onions and tomatoes, separately. Crush the garlic and ginger. Dice the deer. Brown the onion, garlic and ginger. Add the garam masala, curry powder, cut curry leaves, and the meat, and allow to brown. Add the chopped tomatoes and chili peppers (sliced into rings).

Cook on low heat for approx. 15-20 mins until you get a dry curry.

For the condiments: Dice the bread and fry. Put aside on some absorbent paper. Use the same pan to fry the onions (cut into rings). Add the dry raisins, ground coconut, peanuts, and chopped coriander.

Serve the dry curry with the condiments, white rice, and with a chutney of grilled "love apples". You can also accompany it with a watercress étouffée.

The leaves of the curry tree are shiny, dark green, and shaped like feathers. They are 3-4 cm long, 1- 2 cm wide, very aromatic, and found in numerous Mauritian dishes.

This recipe was kindly contributed by the EU Delegation to Mauritius and the Seychelles. Credit goes to Jacqueline Dalais, known as the "grand dame" of Mauritian cuisine.





MOZAMBIQUE

Cabrito à Moçambicana (Goat)

Ingredients

- 2 onions
- 5 garlic cloves
- 1.5 kg goat (0.75 kg of boneless meat and 0.75 kg of rib)
- 3 dl of white wine or 5 dl of beer
- 1.5 kg of potatoes
- 200 g of carrots
- 1 green pepper and 1 red pepper (200 g in total)
- 200 g of okra
- chili
- salt
- 1.5 dl of palm oil
- 2 bay leaves
- 1 kg of ripe tomatoes

Instructions

Remove all the fat from the goat and cut it into medium pieces. Marinate in the wine (or beer) for two hours, adding the salt, the chopped garlic and the crushed chili. Place the palm oil, chopped onions and the bay leaves in a pot. Once the onion starts to look translucent, add the goat, cover the pot and let it cook on low heat, stirring occasionally. The goat will release some water and, when it starts to evaporate, add the marinade. After 15 mins of boiling, add the peeled and chopped tomatoes.

Cook until the goat starts to get soft, adding a bit of water, if necessary, to keep it moist. Add the potatoes and carrots in slices and cover with water. 10 mins later, add the okra in slices and the cubed peppers, and adjust the seasoning.

Cover the pot and cook on low heat, stirring occasionally and adding water if necessary. When the potatoes are cooked, remove from the heat. This dish is always best served the following day.





NAMIBIA

Lamb and Oxtail Potjie

The word "Potjie" translates as "little pot", referring to the 3-legged cast iron pot one uses to cook this hearty meal in. Potjie-kos, as it is referred to, is a whole meal in one pot; it is a heart-warming meal loved by all in Namibia, cooked during winter. You can serve it as is or with a side of freshly cooked white rice.

Ingredients

- 1 kg oxtail
- 1 kg lamb neck
- 1 onion
- 0.75 cup olive oil
- 1 kg small potatoes
- 500 g small carrots
- 4 baby marrows
- 2-3 cobs of corn (cut in round sections)
- 1 packet green beans
- 1 packet fresh mushrooms
- 2 cups beef/ mutton or chicken stock
- 500 ml fresh dairy cream
- salt and pepper
- steak seasoning
- garlic flakes
- corn starch
- Worcestershire sauce



Instructions

Fry the onion in oil and add the garlic flakes. Add the oxtail and lamb neck and fry until the meat and onion are brown. Spice the meat with salt and pepper, steak seasoning, and Worcestershire sauce. Add the stock and 1.5 cups of water and cover. After 90-120 mins, add the potatoes and carrots and 1.5 cups of water. Cook for another 15-20 mins. Cut the baby marrows in big chunks and place on top, followed by the corn, green beans and mushrooms. Cover for 10-15 mins while making the sauce. In a separate pot, mix the cream, 0.75 cup water, and corn starch, and stir. Pour the cooked sauce over the vegetables and meat and let everything simmer together before serving.

This recipe was kindly contributed by the EU Delegation to Namibia.



NETHERLANDS

Dutch Erwtensoep (Pea Soup)

Ingredients

- 400 g (14 oz) dried green peas
- 2 l water
- 2 tbsp. salt
- 250 g (9 oz) smoked bacon (one piece)
- 500 g (18 oz) pork trotter or ribs
- 2 potatoes (cubed)
- half a celeriac (cubed)
- 2 leeks (sliced in rings)
- 4 tbsp. celery or celeriac greens (chopped)
- pepper
- 1 Dutch smoked sausage
- rye bread
- mustard

This recipe was kindly contributed by Monica Sabatucci, the spouse of Ranieri Sabatucci, EU Ambassador to the AU

Instructions

Rinse the peas, remove any bad ones and soak in 2 l of water, with salt, for 12 hours. Bring the peas and the salt water to a boil and simmer for about 2 hours until tender and cooked. Add the bacon and pork trotter after 1 hour.

After the 2 hours, remove the meat and pour out the cooking liquid (set aside). Mash the peas to your preferred consistency. Put the cooking liquid and meat back into the pot. Also add the potatoes, celeriac, leeks and celery. Season with salt and pepper, and add some more water if the soup is too thick. While stirring, bring the soup back to a simmer and cook until the vegetables are tender.

Meanwhile heat the smoked sausage (follow instructions on packaging) and slice. Take the bacon and pork trotter out of the pot. These can be served on the side, or sliced and put back into the soup.

If preparing in advance, refrigerate everything and prepare the smoked sausage when serving. Serve in big bowls with slices of rye bread (topped with the bacon or the sausage, and some mustard).





NIGERIA

Green Gazpacho, Miyan Taushé soup, and Hibiscus Refresher

Green Gazpacho is a cold soup prepared with cheap, locally sourced vegetables and herbs. It is the brainchild of the EU Ambassador to Nigeria, Ketil Karlsen. He serves the soup in a bowl of ice as a tribute to the State of Sokoto, where ice blocks can now be bought at the local market thanks to solar panels installed by the EU in 2018 (for the benefit of local farmers, food processors, and others). The second soup presented here, Miyan Taushé, is native to Northern Nigeria. It is also known as pumpkin soup, but can be made without pumpkin. This pumpkin-less version was prepared by Nigerian Senator Binta Masi Garba. The dishes were prepared in an environmentally friendly way, in line with the EU's clean energy policies.



Ingredients

Green Gazpacho

- One white fish fillet (50 g)
- one big handful each of Ugu (pumpkin)
- curry, and water leaves
- lemongrass
- 6 almonds
- nutmeg
- chili
- salt and pepper
- 3 garlic cloves
- 0.5 cup of coconut cream
- lemon
- juice of 1 beetroot
- plain gelatine powder
- cooking oil

Miyan Taushé \ 10 pax

- 1 kg assorted meat (beef or ram)
- 1 piece of smoked fish
- 1 cup blended groundnut (fresh or roasted)
- local nutmeg (ehuru)
- 1 chopped onion
- blended garlic and ginger
- pieces of ata rodo chili peppers
- 8 fresh tomatoes
- 8 red bell peppers
- 1 tbsp. palm oil (optional)
- 2 tbsp. ground crayfish
- mashed stock cubes (to taste)
- salt
- chopped sorrel leaves and spinach (small bunch)
- 3 spring onion heads.

Instructions

For the gazpacho, boil the green leaves in a little water for 10 mins, with 2 garlic cloves, almonds and lemongrass. Remove the lemongrass and blend with half a cup of water. Add coconut cream and blend until creamy and smooth. Grate nutmeg and some lemon zest and add 1 garlic clove as well as a spoon of lemon juice. Add a pinch of chili, salt, and pepper, then blend again and leave to cool down.

Prepare a homemade beetroot caviar by combining beet juice, salt, sugar, and gelatine powder. Place small drops of the mixture into cold oil (using a syringe), then rinse with cold water. Place the caviar on a steamed fillet of fish and serve with the gazpacho.

For the Miyan Taushé, cook the meat, add a cup of water to the meat and its stock, then bring to a boil. Add the groundnut paste and smoked fish and simmer for 5 mins on medium heat, until the groundnut has dissolved. Blend the nutmeg, onion, garlic and ginger, and add to the pot. Blend the red bell and ata rodo peppers and the tomatoes, add to the pot and cook for 10 mins on low heat. Add palm oil if necessary. Add the crayfish, stock cubes and salt, and continue to simmer on low heat. Finally, add the spinach and sorrel leaves, stir, and cook for 3-5 mins on low heat (uncovered). Decorate the soup with the chopped spring onion heads and some red bell pepper, and serve with rice, "tuwo shinkafa" (rice flour pudding), semolina, or even with naan bread.

Suggestion: Accompany the soups with a refreshing hibiscus drink ("zobo"). For 10 servings, rinse 3 cups of dried hibiscus flowers. Add ground ginger, pineapple rind/peel, and 15 cups of water. Boil for 30 mins on medium heat. Remove the leaves and pineapple chaff, sweeten to taste, and serve chilled.

These recipes were kindly contributed by the EU Delegation to Nigeria. Ambassador Ketil Karlsen took the opportunity to invite Senator Binta Masi Garba, Chair of the Senate Committee on Women's Affairs, to cook with him. Masi Garba, who represents the North-East State of Adamawa, is the only female senator from the 19 states of Northern Nigeria. Previously, she served three terms in the House of Representatives, the lower chamber of Nigeria's bi-cameral National Assembly. She is also the first woman to chair the state chapter of a major political party in Nigeria.



POLAND

Sauerkraut Pierogi

Sauerkraut filling is one of the quintessential flavours for stuffing Polish pierogi. They are traditionally served as a Christmas Eve supper. The sauerkraut filling can be made one day ahead of time and refrigerated until ready to use. Then you can make the dough, roll, and fill it. You can enjoy the pierogi after they have been boiled. Or, take it a step further and fry them in butter with some onions.

Ingredients \ 36 pierogi for 6 pax

For the sauerkraut filling:

- 2 tbsp. oil
- 1 large onion (finely chopped)
- 1 lb. sauerkraut (drained, rinsed, and chopped)
- 2 large carrots (peeled and grated)
- 1 tsp. salt
- 0.5 tsp. black pepper
- 2 tbsp. sour cream

For the pierogi dough:

- 2 large eggs
- 5 tbsp. sour cream
- 3 tbsp. vegetable oil
- 1 tsp. salt
- 4 cups flour

This recipe was kindly contributed by the Ambassador of Poland in Addis Ababa, Aleksander Kropiwnicki.

Instructions

To make the sauerkraut filling, heat the oil over medium heat. Add the onion and cook until tender. Add the sauerkraut and carrots. Cook, stirring often, for 10 to 15 mins or until the sauerkraut is tender. Remove from heat and stir in the salt, pepper, and sour cream. If the mixture doesn't hold its shape when squeezed together, add more sour cream. Let this filling cool completely.

To make the dough, combine eggs, sour cream, oil and salt. Add the flour and knead by hand or in a stand mixer until the dough is smooth. Wrap with plastic and let rest at least 10 mins before rolling. Then, on a lightly floured surface, roll out to 1/8-inch thickness. Using a 3-inch round cutter, cut into circles. Gather the scraps, cover with plastic wrap and set aside. Portion the sauerkraut filling onto all the dough circles before folding into half-moon shapes. Press the edges together with your fingers (or a fork). Roll, cut, and fill the reserved scraps of dough.

Bring a pot of salted water to a boil. Reduce to a simmer and drop 12 pierogi at a time into the water. Stir once so they don't stick to the bottom. When they rise to the surface, cook 3 mins or until the dough is done. Place them on a platter smeared with butter.



PORTUGAL

Farólias com Creme

Ingredients

- 175 g of sugar
- 5 eggs
- 1 l of milk
- 1 vanilla pod
- 2 tbsp. flour (or ideally corn starch)
- 1 cinnamon stick
- 1 lemon peel

This recipe was kindly contributed by the Embassy of Portugal in Addis Ababa

Instructions

Boil the milk together with the cinnamon stick, the lemon peel, the vanilla pod and two tbsp. of sugar.

Beat the egg whites in a bowl, adding a few drops of lemon juice. Add two tbsp. of sugar to the egg whites and continue to beat. Place spoonfuls of the egg white in the boiling milk, and cook for one minute. Drain the egg whites and place on a platter.

Add the flour/corn starch and the remaining sugar to the egg yolks, adding some of the boiled milk, and mix well. Add this mixture to the remaining milk, and bring it to boil, stirring constantly, until it becomes a cream.

Pour the cream over the boiled egg whites, sprinkle with cinnamon powder and place in the refrigerator. Serve very cold, sprinkled with cinnamon and / or toasted almond on sticks.





©Larysa Swayne: 123rf.com



ROMANIA

Sarmale (Cabbage Rolls with Pork and Rice)

“This is really one of Romania’s national dishes that people cook at home for celebrations. When I was a child, I used to watch my parents or other relatives cook it before Christmas, or ahead of a wedding or birthday party, to the point that today, just like Proust’s famous madeleines, the smell of Sarmale emanating from a kitchen brings me back to my childhood years.

The dish seems to have many origins, like the word Sarmale, and this, in a way, reflects the history of Romania itself. Indeed, some trace this dish back to the Dacian kingdom, others to the Roman Empire and yet others claim it has Jewish origins. No wonder the humble Sarmale would have so many origins as today’s Romania is the result of so many influences: Dacian, Latin, Slav...” – Corina Crețu

Ingredients

- 2 tbsp. vegetable oil
- 1 large chopped onion
- 0.5 cup of uncooked long grain rice (basmati)
- about 1 kilo of ground pork (or whatever meat you prefer)
- 0.25 cup chopped parsley
- 0.25 cup chopped fresh dill
- salt and pepper to taste
- about 1 kilo of sour cabbage leaves
- 15 slices chopped bacon
- 4 cups of tomato juice

This recipe was kindly contributed by Corina Crețu, European Commissioner for Regional Policy.

Instructions

Preheat the oven to 375°F degrees. Heat the oil in a pan, add the onion and cook until soft and translucent. Add the rice and cook for another minute. In a large bowl, combine the minced pork, salt, pepper, and parsley with the onion and rice mixture. Be cautious with the salt as only a small amount is needed (the sour cabbage is already salty). Cut the cabbage leaves in half, then fill each leaf with 2 tbsp. of the meat mixture and roll. If you have any cabbage left over, chop it up and spread it in a big pot. Put all the rolls in the pot, add the chopped bacon in between them and pour in the tomato juice. Add some water if needed (the juice should cover the cabbage rolls entirely). Cover the pot with aluminium foil or a lid. Place in the oven and bake for 2 hours. Remove the foil or lid, place back in the oven and cook for another 1.5 to 2 hours. Serve hot with dill and a bit of sour cream on top.





RWANDA

Gitoki and Sambaza (Vegetable and Fruit Stew & Fish)

This Rwandan dish uses traditional locally grown ingredients. The dish called Gitoki is made using various local vegetables, fruit and spices. The essential ingredient is green banana, which plays an important role in Rwandan culture and cuisine. It is used in many different ways - it can be eaten or converted into an alcoholic sweet wine. When used in cooking, the green banana can be prepared in different ways - fried, roasted or boiled.

Sambaza is a small fish that resembles the sardine. Considered a delicacy in some regions, it is commonly fished in Lake Kivu which forms a natural border between Rwanda and the Democratic Republic of Congo. Sambaza is often available as an appetizer or an evening snack, eaten crispy deep fried with a twist of lemon and various dipping sauces.



Ingredients \ 6 pax

- 4 kg green bananas
- 1 kg sambaza
- 6 medium sized onions
- 6 large tomatoes
- 3 large bell peppers or capsicum
- 2 leeks
- 5 lemons
- 3 carrots
- 1 kg green peas
- 3 bunches of dodo (local spinach)
- 6 cloves of garlic
- 2 small cans of tomato paste
- 2 chicken stock cubes
- 0.5 cup fresh cream
- olive oil or sunflower oil
- salt, pepper and curry powder
- 2 tsp. of natural Rwandan Ghee

This recipe was kindly contributed by the EU Delegation to Rwanda. Ambassador Nicola Bellomo partnered with Rwandan chef Japan Shaban to create this meal. Chef Japan is constantly looking for ways to promote Rwanda by using his country's amazing natural ingredients. Cuisine, in his words, "is a way of expressing the beauty of ingredients using the most common ones combined in infinite ways to create memorable moments. This is why I chose this career; to share my love for food".

Instructions

Rinse the sambaza three to four times until the water is clear. Remove the stomach contents of the fish without damaging the spinal cord, which is edible. Season and marinate with lemon juice, salt, and pepper, 2 tbsp. of flour and 1 tbsp. of curry powder. Set aside in a refrigerator to allow the marinade to absorb.

To prepare the dodo, place in a large pot and detach the leaves from the stems, then clean and rinse in cold water. Finely chop the leaves. In a sauce pan, sauté some julienne (fine strips) of onion and garlic, add the dodo leaves and cook with 0.5 cup of cream until soggy. Place the cooked dodo aside. [Chef's tip: add flavours of your choice or grated parmesan cheese to finish.]

Place rinsed peas in boiling water and boil until soft but not overcooked (approx. 20 mins). Peel the green bananas and place in 1 l of water. Add a small amount of vinegar to avoid discoloration by oxidation. Chop all of the remaining onions, carrots, garlic, leek, capsicum and tomato. In a large sauce pan, heat some cooking oil. Add the chopped ingredients and the cooked peas and season well. Once the ingredients in the pan start to brown, add some tomato paste and about 2 tsp. of curry powder. Add the green banana and make sure it's coated by the curry mix. Once coated properly, add some water and 2 chicken stock cubes to cover the fruit and slowly simmer on medium heat. Once cooked, the green banana should be soft and should be possible to split using a spatula. [Chef's tip: add 2 tsp. of natural Rwandan ghee to enhance the gitoki.]

As a final step, heat 1.5 l of oil in a deep-frying pan and fry the sambaza until crispy and dry. To serve, place the gitoki on a plate with a side of dodo and crispy sambaza.





SÃO TOMÉ AND PRÍNCIPE

Polvo (Octopus)

Ingredients

- 2 onions
- 3 garlic cloves
- 4 baby octopuses of about 250 g each (softer and faster to cook) or one 1 kg octopus
- 0.5 dl of vinegar
- 2 dl of beer
- chili
- salt
- 1 dl of palm oil
- 1 bay leaf
- 2 ripe tomatoes

Instructions

Thoroughly wash the octopus and cut it into medium pieces. Place in a pot together with the palm oil, chopped onions, chopped garlic, peeled, chopped and deseeded tomatoes, the bay leaf, and crushed chili. Cover and let cook on low heat, stirring occasionally. Add the beer after 15 mins.

Once the octopus is cooked, add the vinegar and let it boil for a bit longer with the pot covered. Remove from the heat and adjust the seasoning.

Serve with white rice or, as is traditional, with "Papas de Farinha de Mandioca" (Cassava Flour Paste). To make the latter, mix 500 g of cassava flour with 5 dl of water and a bit of salt in a pot. Cook on medium heat for about 10 mins, stirring constantly.



SENEGAL

Yassa Chicken

Ingredients / 4 pax

- 1 whole chicken
- 7 onions
- 3 lemons
- 2 tbsp. mustard
- 6 cloves of garlic
- 1 fresh chili pepper
- 1 bay leaf
- salt to taste
- pepper

Instructions

Wash the chicken. In Senegal it is usually washed with lemon and salt to remove the smell.

Using a food processor, make a seasoning by blending garlic and half of the chopped chili pepper. Cut the chicken into pieces. Marinate with half of the seasoning, 1 tbsp. mustard, crushed garlic, 2 lemons, black pepper, and a little salt, then keep in the refrigerator for at least 2 hours.

This recipe was kindly contributed by Aïssatou Touré, a participant in the AU-EU Youth Plug-In Initiative, which proposed innovative ideas for the Africa-EU Partnership ahead of the 5th AU-EU Summit, November 2017.



© Alexandr Mychko: 123rf.com

Grill the chicken in the oven or fry it in a pan with a little bit of oil, or ideally grill it on a barbecue. Cut the onions into cubes or slices and stir-fry. Add a bay leaf and the rest of the chili pepper. Once the onions become translucent, add the rest of the seasoning and a little salt and pepper. Add the juice of a large lemon and some water. Mix well, then cook over low heat for about 30 mins. Towards the end of the cooking time add the second tbsp. of mustard.

Place the grilled chicken in the sauce and let it cook slowly for 20 mins. Add some green olives and serve with white rice.



SEYCHELLES

Banana Kat Kat

Seychellois cuisine is based on an extraordinary variety of fish, found in the archipelago's crystal clear waters. Tuna, the red snapper, octopus (known as "zourites"), rays, and the capitaine are among 800 species of fish and crustaceans that are found in abundance.

The "kat kat" is a popular dish made of green bananas, fish, and coconut milk.

Ingredients \ 8 pax

- 8 fillets of white fish (tuna, whiting, bass, bream, trevally, scorpion fish...)
- 8 green bananas
- 750 ml coconut milk
- salt and pepper.

This recipe was kindly contributed by the EU Delegation to Mauritius and the Seychelles. It is available on the website "Mémoire de marmite".

Instructions

Cut off the ends of the bananas and place them in salted boiling water for 10 mins. Drain the water, peel the bananas, mash them, and season. Place the banana purée in a pot, pour in the coconut milk, and cook for 15 mins on low heat. Place the fish on top, season, and cook for 7 minutes. Serve with rice.





SIERRA LEONE

Cassava Leaves in Palava Sauce

You can hardly find a Sierra Leonean who doesn't love this dish, made with cassava leaves, rich in Vitamins B and C. In preparation for cooking, the leaves are washed, then either pounded very finely, bruised with a pestle and mortar, or blended. The leaves are then added to palava sauce.

Ingredients

- 2 bundles of cassava leaves
- 0.5 kg meat
- 2 dried fish
- 0.25 litres of palm, coconut or vegetable oil
- half a cup of peanut butter
- 1 tablespoon of Ogiri (fermented sesame seeds)
- 2 large onions
- 2 red peppers
- 3 okra
- 2 stock cubes
- 2 cups water

Garnish:

- 6 okra
- 3 bitter balls (small African eggplants)
- 6 red peppers



(until the colour of the leaves change from bright green). Add palm oil and simmer again for about 10 minutes or until the meat is tender. Mix peanut butter with a little water and add to the sauce, stirring frequently to prevent burning. Grind the okra into a paste and add to the sauce. Flake the fish and add to the sauce. Season with a stock cube, cover and simmer gently until most of the water has evaporated. Add a pinch of salt if necessary.

Serve with rice. Boil the okra, bitter balls and red pepper to garnish.

This recipe was kindly contributed by the EU Delegation to Sierra Leone and cooked with great pleasure by Ambassador Tom Vens.



SLOVAKIA

Veal Ragout

Ingredients

- 750 g of bone-free veal (e.g. shoulder)
- about 10 tiny onions or small shallots
- 1 garlic clove
- 1 twig of sage
- 2 tbsp. vegetable oil
- 1 tbsp. butter
- 1 tbsp. tomato paste
- 400 ml calf broth
- juice and grated peel from half a lemon
- salt
- freshly ground black pepper

Instructions

Wash the veal and cut it into cubes, cut the onions and garlic into small pieces. Heat the oil and butter in a stew pot. Add the chopped meat and fry on all sides until it browns. Then add the garlic, onions, sage and tomato paste. Roast briefly while stirring. Season with salt and pepper. Add the meat broth, lemon juice and grated peel. Cover and simmer on low heat for about 60-70 mins. Season the ragout with salt and pepper according to your taste. It can be served with pasta, steamed rice, boiled potatoes or simply with bread.



This recipe was kindly contributed by the Ambassador of Slovakia in Addis Ababa, Mr. Drahomír Štos.



SLOVENIA

Sirovi Štruklji (Cheese Dumplings)

Ingredients

- Breadcrumbs
- butter
- cinnamon
- sugar

For the filo pastry:

- 500 g flour
- 1 egg
- 1 tbsp. oil
- 1 tbsp. of lemon juice or vinegar
- pinch of salt
- 2 dl lukewarm water

For the filling:

- 500 g cottage cheese
- 1 dl sour cream
- 100 g sugar
- 2 eggs (if you want them really light, beat the whites)

Instructions

To make the filo pastry, mix all ingredients together and make the dough. Put it to rest in a warm place, covered with a cloth, for one hour. In the meantime, make the filling by mixing together all the ingredients.

On a floured cloth, roll out the pastry as thinly as possible, so you can see through it. Cut away the thick edges, spread the filling over the pastry, and roll the štrukelj into a sausage-like shape. Wrap it in a damp kitchen towel sprinkled with breadcrumbs (to prevent the pastry from sticking to the towel when cooked), and secure it with a string all around.

Bring a pot of salted water to a boil. Add the štrukelj. Cook for 20 mins, remove from the water and set aside for five mins so that the dough separates from the cloth. Unwrap the towel and slice the štrukelj into 5 cm wide pieces.

Serve sprinkled with cinnamon and breadcrumbs toasted in butter and sugar.

If you use this dish as a side dish for meats or vegetables, skip the sugar and cinnamon.

This recipe was kindly contributed by the former Ambassador of Slovenia to Ethiopia and the African Union, Matjaž Šinkovec, and his spouse Magdalena. In Magdalena's words: "the translation of the name of this dish [cheese dumplings] is not adequate. Dumplings are a kind of potato or bread dough mixed with herbs, lard, and ham, then boiled or baked. This is nothing like that. And furthermore you can eat these dumplings as a dessert or side dish with roast meat and gravy. This dish is truly Slovenian and I chose to have it as a dessert."



SOUTH AFRICA

Bobotie

One of South Africa's favourite dishes is bobotie. It is a kind of beef casserole that reportedly originates from a Dutch dish that was brought to the Cape Colony in the 17th century. The recipe appears to have been popular with the Cape Malay community at the time and was localised through the use of available ingredients and spices ... today this exotically flavoured and delicious dish is regarded by many as South Africa's national dish. While there are many bobotie recipes, and as a general rule, ingredients vary only slightly, the secret lies in the mix of herbs and spices. Recipes are jealously guarded within families and handed down from one generation to the next. Popular variants of this dish are further characterised by the use of almonds, sultanas, coconut and/or dried fruit.

Ingredients

- 15 ml vegetable oil
- 50 ml butter
- 2 large onions (chopped)
- 500 g minced beef/ostrich
- 10 ml crushed garlic
- 5 ml crushed ginger
- 15 ml masala
- 5 ml turmeric
- 10 ml ground cumin
- 10 ml ground coriander
- 3 cloves and 5 all spice
- 5 ml mixed herbs
- 2 ml peppercorns
- 125 ml sultanas
- 125 ml chopped apricots
- 60 ml flaked almonds
- 125 ml (fruit) chutney
- salt and pepper to taste
- 50 ml chopped parsley
- 8 lemon leaves
- 250 ml milk
- 3 eggs

Instructions

Fry the onions in butter until soft, then add the ground beef and fry in a saucepan until the meat has lost its colour. Add all the other ingredients except lemon leaves, milk and eggs. Cook for 1 min. Mix well and empty into an oven proof dish. Press down with the back of a spoon and spike with lemon leaves. Beat the eggs and milk together lightly and pour over the Bobotie. Bake in a medium oven until the egg mix has set and is golden brown.

Serve with yellow/savoury rice and vegetables. Popular additions include fruit chutney, sliced banana and/or coconut (fresh or desiccated). This dish definitely qualifies as comfort food and a glass of grape juice (fermented or not!) will further enhance the culinary experience.

The EU Delegation to South Africa (Twitter handle: @EUinSA) is delighted and honoured that well-known and published culinary artist Cass Abrahams kindly provided this recipe. Ms Abrahams, who has authored "The Culture and Cuisine of the Cape Malays" as well as "Cass Abrahams Cooks Cape Malay" is the recipient of a lifelong membership of the Chefs Association of South Africa. In the image, enthusiastic foodie and EU Ambassador to South Africa, Marcus Cornaro, gets down to some serious cooking as Yumna Martin, Project Officer at the EU Delegation and relative of chef Abrahams, directs operations in the kitchen.



SOUTH SUDAN

Pondu

South Sudan, like many African countries, is awash with a variety of delicacies such as nyete, wolwol, basiko (fresh simsim sauce), khudura (green slippery sauce) and pondu among others. Pondu is a sauce that is widely consumed in the Greater Equatorial region and a delicacy for the Azande community. It is made from cassava leaves and can be served with boiled (cassava) tuber.

Ingredients

- Cassava leaves
- peanut butter
- palm oil
- stock cubes
- water
- salt

Instructions

Half fill a pot with warm water, add the cassava leaves and bring to a boil. Leave to simmer until the leaves have softened, then remove them from the pot. Wash the leaves thoroughly under running water to cool. Squeeze the water from them, then pound them into a rough mixture. Place this into a pot and add 4 cups of water. Place on the stove, add the palm oil and stock cubes and boil for 45-60 mins. When the cassava mixture has softened to a paste, add the peanut butter and salt. Leave to simmer for a further 5 mins and keep stirring to prevent it from burning. Serve with rice, posho, cassava, sweet potatoes, or kisra.

Note: Cassava leaves are rich in vitamins A and C. You should not attempt to eat them raw because they contain poisonous hydrocyanic acid.



This recipe was kindly contributed by the EU Delegation to South Sudan.





© Francesco Dibartolo: 123rf.com



SPAIN

Andalusian Gazpacho

This refreshing chilled tomato soup is a Spanish staple in the summer months. The quality of the tomatoes really determines the taste – use vine ripened tomatoes if available and never green salad tomatoes!

Ingredients \ 4 pax

- 6-7 medium tomatoes
- 1 green Italian pepper (the long type, not a bell pepper)
- 1 cucumber
- half of a small white onion
- 1 clove of garlic (not too big)
- 0.25 cup good quality extra virgin olive oil
- a pinch (or two) of salt
- 4 tablespoons of vinegar

This recipe was kindly contributed by the Embassy of Spain in Addis Ababa.

Instructions

Wash and dry all of the vegetables very well – if you prefer, you can peel the tomatoes. Cut the tomatoes into slices (removing the cores) and put into a blender, along with the sliced (and de-seeded) pepper, peeled and sliced garlic, sliced onion, and half of the peeled cucumber. Blend everything at high speed until completely pureed. Add the salt and vinegar and, while blending on slow speed, add the olive oil. Taste and adjust salt and vinegar. If the texture is too thick for your liking add some cold water.

Refrigerate and serve very cold! The soup can be topped with diced cucumber, onion, or pepper, croutons, and/or hard-boiled eggs.



SWEDEN

Cinnamon Buns

Ingredients (25 buns)

- 35 g yeast
- 100 g sugar
- 300 ml milk
- 1 egg
- 120 g butter
- 1 tsp. salt
- 1 tbsp. ground cardamom
- 750 g flour

For the filling:

- 100 g butter
- 50 g sugar
- 2 tbsp. cinnamon

Glaze:

- 1 egg
- 2 tbsp. water
- pearl sugar

Instructions

Crumble the yeast in a bowl and stir in a few tablespoons of milk. Melt the butter and pour the milk on it. Add the rest of the ingredients and knead the dough in a mixer for 10–15 mins. Let the dough rise while covered at room temperature for 30 mins.

This recipe was kindly contributed by the Embassy of Sweden in Addis Ababa. Ambassador Torbjörn Pettersson prepared cinnamon buns with members of the Ethio-Swedish Alumni Network.



Roll out the dough so it is about 3 mm thick and 30 cm wide. Spread the room-temperature butter on top. Make a mixture of sugar and cinnamon and sprinkle it over the dough. Roll the dough the long way and cut the roll into about 25 slices. Place them with the cut edge upward in paper moulds. Place on a baking sheet and let rise under a towel for about 60 mins or until the buns have doubled in size.

Beat together the egg and water, brush the mixture carefully on the buns and sprinkle pearl sugar on top. Bake in the oven (220 °C) for 5–6 mins. Allow to cool on a rack.



TOGO

Djenkoumé Chicken

Ingredients \ 4 pax

- 1 chicken (cut into pieces)
- 400 g of corn flour
- 50 g of tomato pureé
- 2 fresh tomatoes
- 1 onion
- 2 chicken stock cubes
- 250 ml of sunflower oil
- 1 cup of ground spices (20 g ginger, 2 garlic cloves, one onion)
- salt



This recipe was kindly contributed by the EU Delegation to Togo. Ambassador Cristina Martins Barreira took the opportunity to invite the Togolese Minister of Culture for dinner.



Instructions

Place the corn flour in a dry pot, roast while regularly mixing for 20 minutes, then put aside. Soak the chicken with half the spices, one stock cube, a drizzle of oil and salt. Roast the chicken on charcoal or in the oven.

Heat a pot with 2 tablespoons of oil, add a chopped onion and cook for 5 mins. Add the tomato purée, the remaining stock and spices. Simmer for 15 mins, then add 500 ml of water and boil. In the meantime, mix a handful of corn flour with a bit of water and incorporate into the tomato sauce. When the sauce begins to boil, gradually pour the rest of the corn flour into the sauce while stirring. Continue stirring for around 10 mins, then remove from the stove.

Serve the chicken with the sauce.



TUNISIA

Chicken with Couscous

Ingredients

- 2 tbsp. extra-virgin olive oil
- 1 lb. skinless chicken
- 1 large onion (chopped)
- 0.5 can of chickpeas (drained and rinsed)
- 10 baby carrots
- 1 medium potato cut in 4
- 1 zucchini cut in 4
- 4 medium pieces of pumpkin
- 1 tbsp. tomato paste
- 0.5 tsp. ground coriander
- 0.5 tsp. ground chili pepper
- 0.5 tsp. curcuma
- salt and pepper

Instructions

In a sauce pan, heat the chicken (in 4 pieces) and the onion in olive oil for a few mins. Add 3 cups of hot water, chickpeas, tomato paste, chili pepper, ground coriander, curcuma, baby carrots, potatoes, pumpkin, and zucchini. Cook until the chicken is tender. Season with salt and pepper.

This recipe was kindly contributed by the former Ambassador of Tunisia to Ethiopia, Mr Sahbi Khalfallah, and his spouse Monia Jaber.



In a different pot, cover 2 cups of couscous with boiled, salted water and 1 tbsp. of olive oil. Let it soak for 5 mins. Fluff it up with a fork.

Mix the couscous with the sauce and decorate with the vegetables and chicken.



UGANDA

Luwombo

Luwombo is a traditional Ugandan dish, prepared on special occasions such as when a couple's parents meet for the first time. The paternal aunt of the bride-to-be is responsible for preparing and cooking the Luwombo for the groom-to-be. It can be made with chicken, beef or groundnuts, and spiced with dry fish or mushrooms. Luwombo is cooked in young banana leaves known as "oluwombo", which are softened over a fire before use.

Ingredients

- chicken or beef
- peanuts
- onions
- tomatoes
- mushrooms
- smoked fish
- banana leaves
- salt and pepper

Instructions

Cook the onions, tomatoes, peanuts, mushrooms, and smoked fish, with salt, pepper, and a stock cube. Add some water to make it a sauce, then add the meat (already browned).

This recipe was kindly contributed by Esther Nakajjigo, Uganda's Ambassador for Women and Girls. She is a member of the AU-EU Youth Cooperation Hub.



Place a portion of the meat mixture in the center of each banana leaf. Fold the leaf to form a parcel, and tie with a string. Boil water in a pot and place the parcels on a rack inside the pot.

Once cooked, the luwombo can be eaten directly from the leaves with a side of mashed plantain.



UNITED KINGDOM

Beef Wellington



Ingredients \ 4 pax

- 2 x 400 g beef fillets
- olive oil
- 500 g mixture of wild mushrooms (cleaned)
- 1 thyme sprig (leaves only)
- 500 g puff pastry
- 8 slices of Parma ham
- 2 egg yolks (beaten with 1 tbsp. water and a pinch of salt)
- sea salt and freshly ground black pepper

For the red wine sauce:

- 2 tbsp. olive oil
- 200 g beef trimmings (ask the butcher to reserve these when trimming the fillet)
- 4 large shallots (peeled and sliced)
- 12 black peppercorns
- 1 bay leaf
- 1 thyme sprig
- splash of red wine vinegar
- 1 x 750 ml bottle red wine
- 750 ml beef stock.

Instructions

Wrap each piece of beef tightly in a triple layer of cling film to set its shape, then chill overnight. Remove the cling film, then quickly sear the beef fillets in a hot pan with a little olive oil for 30-60 seconds until browned all over and rare in the middle. Remove from the pan and leave to cool.

Finely chop the mushrooms and fry in a hot pan with olive oil, the thyme leaves and some seasoning. When the mushrooms begin to release their juices, continue to cook over a high heat for about 10 mins until all the excess moisture has evaporated and you are left with a mushroom paste (known as a duxelle). Remove the duxelle from the pan and leave to cool.

Cut the pastry in half, place on a lightly floured surface and roll each piece into a rectangle large enough to envelop one of the beef fillets. Chill in the refrigerator. Lay a large sheet of cling film on a work surface and place 4 slices of Parma ham in the middle, overlapping them slightly, to create a square. Spread half the duxelle evenly over the ham. Season the beef fillets, then place them on top of the mushroom-covered ham. Using the cling film, roll the Parma ham over the beef, then roll and tie the cling film to get a nice, evenly thick log. Repeat this step with the other beef fillet, then chill for at least 30 mins.

Brush the pastry with the egg wash. Remove the cling film from the beef, then wrap the pastry around each ham-wrapped fillet. Trim the pastry and brush all over with the egg wash. Cover with cling film and chill for at least 30 mins. Meanwhile, make

the red wine sauce. Heat the oil in a large pan, then fry the beef trimmings for a few mins until browned on all sides. Stir in the shallots with the peppercorns, bay and thyme and continue to cook for about 5 mins, stirring frequently, until the shallots turn golden brown. Pour in the vinegar and let it bubble for a few mins until almost dry. Now add the wine and boil until almost completely reduced. Add the stock and bring to a boil again. Lower the heat and simmer gently for 1 hour, removing any scum from the surface of the sauce, until you have the desired consistency. Strain the liquid through a fine sieve lined with muslin. Check for seasoning and set aside.

When you are ready to cook the beef wellingtons, score the pastry lightly and brush with the egg wash again, then bake at 200°C for 15-20 mins until the pastry is golden brown and cooked. Rest for 10 mins before carving. Meanwhile, reheat the sauce. Serve the beef wellingtons sliced, with the sauce as an accompaniment.

This recipe was kindly contributed by the British Embassy in Addis Ababa.



ZAMBIA

Kapenta

Ingredients

- 1 tomato
- 2 cups of dried kapenta (Tanganyika sardines)
- half an onion
- 3 cups of water

Instructions

Dice the tomato and onion and set aside. Place the kapenta on the stove and turn on medium heat. Continuously mix the kapenta for roughly 10 mins – this removes the bitterness. Then, place in a bowl of water and rinse. Clean the pan and put it back on the stove. Add 4 tbsp. of oil and brown the kapenta. Stir in the onion, brown, then add the tomato. Stir continuously for 5-10 mins. Serve with nshima (maize porridge) and rape greens.

This recipe was kindly contributed by Albert Muchanga, African Union Commissioner for Trade and Industry. It is his favourite Zambian meal.



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