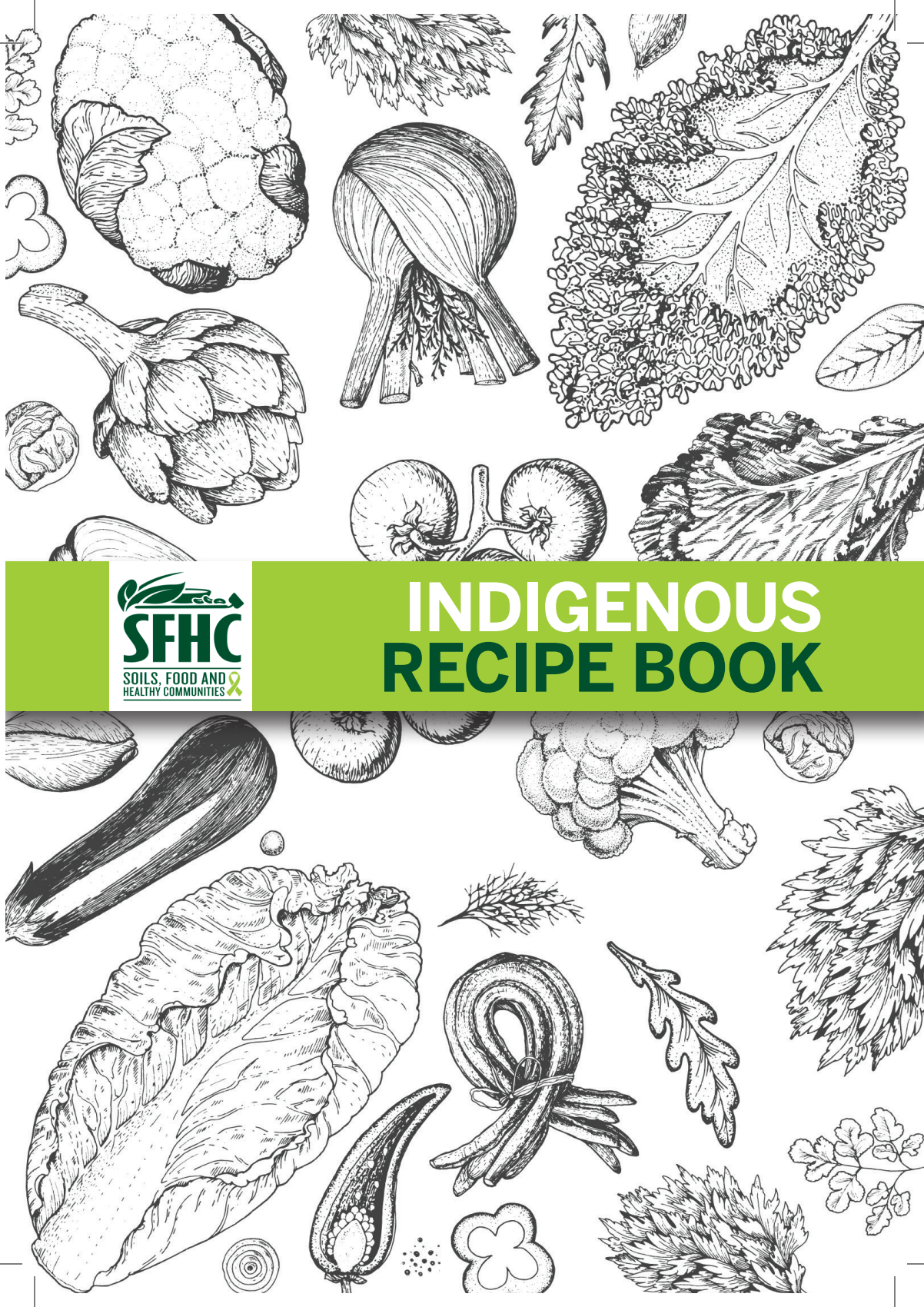




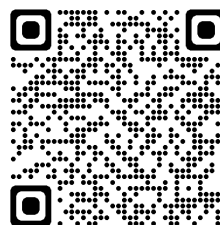
INDIGENOUS RECIPE BOOK



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INTRODUCTION

SFHC has implemented interventions with farmers in Mzimba North, Malawi to address the problem of malnutrition by improving use and processing of food products from agroecologically farmed fields.

This user-friendly recipe book focuses on traditional recipes and can be used by our Farm Research Team to share nutritional knowledge and related recipes with their follower farmers and households. They can do this through community cooking demonstrations or in one-on-one sessions. The recipes focus on six crops: common bean, sorghum, millet, groundnut, Bambara nut, soybean and relishes. These crops were selected because they are traditional, drought tolerant and nutritious crops that are commonly grown in the region by most smallholder farmers.

Why is nutrition important?

Our bodies need carbohydrates, fats, fibre, minerals, oils, protein, vitamins, and water to stay healthy. Good nutrition starts with good feeding. All households should ensure that there is adequate food of a wide variety available to its members at all times. This food should come from all six food groups.

SFHC is committed to women's empowerment and gender equity in agriculture. It also advocates for gender transformative approaches and conducts training using community theatre scenarios on gender issues, including the division of labour, land and resource control, decision-making processes, gender-based violence, and early marriage. To deliver improved extension services, Farmer Research Teams comprise women and men who play a critical role in farmer training, cooking demonstrations, seed distribution, data collection, and awareness raising. This recipe book is intended for use by men and women. The kitchen is a place for all of us so that we can ensure the health of our households.

The six food groups

Animal foods provide us with protein, fats, minerals and vitamins. Animal foods include meat, eggs, milk and milk products, fish, mbewa, ngumbi, grasshoppers, caterpillars and birds.

Fats and oils supply calories and essential fats and help the body absorb fat soluble vitamins such as A, D, E and K. We get oils and fats from oil seeds such as soybeans, groundnuts, sesame and pumpkin seed, and from avocado pear, cooking oil, meat, fish, milk and milk products, such as butter, margarine and yoghurt.

Fruits give us Vitamin C (when eaten fresh), fibre and beta carotene. Fruits include apples, bwemba, guavas, lemons, mangos, masawu, masuka, paw-paws, peaches, pineapple, ripe bananas, tangerines and watermelon.

Legumes and nuts give us protein and carbohydrates. Sources are groundnuts, soybeans, beans, cowpeas, peas, ground beans, and pigeon peas. Soybean and nuts are also rich in fats.

Staples: Cereals provide us with carbohydrates. They include grains like sorghum, millet, maize, rice, starchy roots (cassava, potato) and starchy fruits (plantain).

Vegetables give us vitamins, minerals, fibre and water, which we need for proper digestion. This includes green leafy vegetables such as bonongwe, bwaka, chigwada, chisoso, kamganje, khwanya, luni, mkhwani and mpi lu. It also includes carrots, tomatoes, pumpkin and mushroom.

COOKING METHODS

The cooking methods used in this recipe book include:

Boiling: Put water into the pan/pot – but not too close to the top or it will spill over when boiling. Place pan/pot on stovetop or on fire. It will heat up and bubbles will start forming. When it has bubbled for at least a minute, it is ready for you to place food in it.

Baking: This is a cooking method using dry heat in an enclosed space like an oven with temperatures of at least 150 degrees Celsius.

Frying: This is the cooking of food in hot fats or oils, normally in a pan over the oven or fire. Deep frying is when the food is completely covered by the oil.

Simmering: This is the softening of food in liquid (like water) that is hot but not boiling.

Roasting: This is when food is cooked in an oven or over a fire and the heat is evenly distributed around the food. The minimum temperature is at least 150 degrees Celsius.

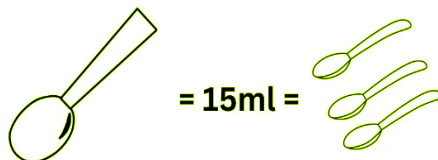
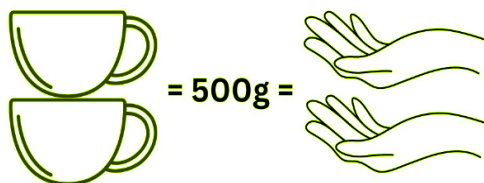
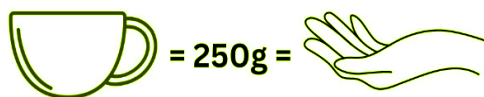
Fire cooking: This is when food is boiled, fried, simmered or roasted over or in a fire.

Households are also encouraged to use improved energy saving cook stoves. Use of these stoves contributes to reducing deforestation resulting from households cutting down trees for firewood to prepare meals.

COMMON MEASUREMENTS

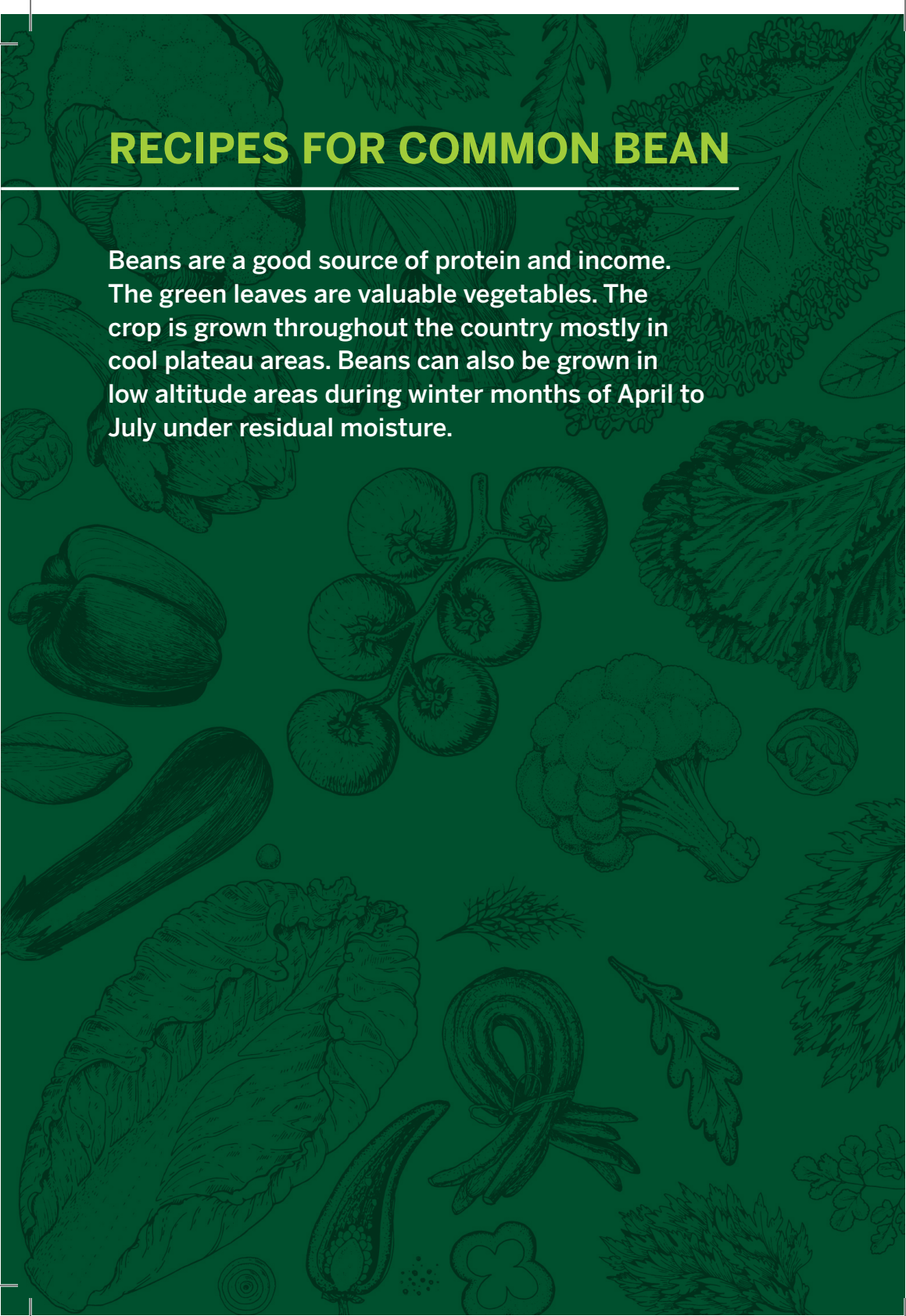
In this recipe book, the following cooking measurements are used:

1 cup	250 ml
1 tablespoon	20 grams
1 teaspoon	10 grams
A pinch	0.5 grams
1 handful	250 grams



RECIPES FOR COMMON BEAN

Beans are a good source of protein and income. The green leaves are valuable vegetables. The crop is grown throughout the country mostly in cool plateau areas. Beans can also be grown in low altitude areas during winter months of April to July under residual moisture.



Common bean: Sausages

Ingredients

- 2 cups dried beans
- 2 eggs
- 2 large onions
- 2 tablespoons wheat flour
- ½ litre cooking oil
- 3 tomatoes
- 3 cups water
- 1 teaspoon salt
- Any spice

Preparation

1. Select the beans and remove unhealthy or rotten ones.
2. Boil the beans until tender but not overcooked.
3. Pound cooked beans in a mortar until smooth (paste).
4. Slice 1 large onion and pound, then add onion to the pounded bean paste.
5. Beat the 2 eggs and mix with the paste.
6. Add wheat flour in small quantities until it can easily be rolled or moulded.
7. Mould into shapes of your choice.
8. Heat cooking oil.
9. Take the moulded bean paste shapes, roll them and fry until brown.
10. Add fried tomatoes and onions to make a sauce.
11. Serve with nsima or any cereal.

This meal is enough for 5 adult persons. It comprises 4 food groups (food from animals, fats and oils, legumes and staples).

Common bean: Meatballs

Ingredients

- 2 cups cooked dry beans
- 2 eggs
- 2 large onions
- 2 tablespoons wheat flour
- ½ litre cooking oil
- 3 cups water
- 1 clove garlic
- A pinch of salt
- Any spice

Preparation

1. Soak beans overnight.
2. Discard the water and pound beans into a fine mixture.
3. Mix/add salt, onion (diced), garlic, spices and scrambled egg.
4. Shape/mould them into balls.
5. Deep fry on medium heat till brown.
6. Serve with nsima or any cereal or use as a relish.

This meal is enough for 5 adult persons. It comprises 4 food groups (food from animals, fats and oils, legumes and staples).

Ingredients

- 2 cups dried beans
- 2 tomatoes
- 1 medium onion
- 2 garlic cloves
- 2 tablespoons cooking oil
- 6 cups water
- 1 teaspoon salt
- Any spice

Preparation

1. Wash beans and cook in boiling water till ready (tender).
2. Add cooking oils to the water and cut pieces of tomatoes, garlic, onion, spice and salt.
3. Cook for 10–15 minutes.
4. Serve with rice, nsima or cooked potatoes.

This meal is enough for 5 adult persons. It comprises 2 food groups (fats and oils and legumes).

Common bean: Boiled

RECIPES FOR SOYBEAN

Soybean provides proteins that are an alternative to animal protein. It is also composed of carbohydrates, fats and fibre.

Note: Before any recipe is prepared from soybeans, we have to make sure that the soybeans are boiled and the outer part removed. This is to remove a substance called phytoestrogen that can affect your body like the oestrogen hormone when eaten.

To prepare soybean flour, mix soybeans with maize and mill it as follows:

1. Winnow and grade the maize grain (clean it of stones and any rotten grain).
2. Winnow soybeans thoroughly and grade it.
3. Boil some water. The amount you use depends on how many soybeans you are going to boil. If you use 3 cups soybeans then boil 2 cups water.
4. Add soybeans to the boiling water and boil for 30 minutes. Make sure the water continues boiling.
5. Check that the outer part of the soybean can be removed easily. If they can, remove pot from the fire or stove and throw the hot water away keeping the soybeans in the pot.
6. Add cold water to the pot and rub the outer skins of the soybeans off and clean the soybeans.
7. Dry the soybeans on a map until thoroughly dry.
8. Measure 1 cup of soybeans and mix it with 4 cups of maize.
9. Mill them together.

RECIPES FOR SOYBEAN

Soybean: Soy milk

Ingredients

- $\frac{3}{4}$ cups soybeans.
- 3 cups water
- $\frac{1}{2}$ cup white sugar

Preparation

1. Boil soybeans in water for 30 minutes.
2. Remove pot from fire or stove, drain the hot water.
3. Add cold water and remove the outer skins of the soybean, rinse the soybeans and throw out the water.
5. Put on the mat in the sun to dry a bit.
7. Put the partially dried soybeans in a mortar and pound/grind the soybeans until smooth.
9. Sieve the grinded/pounded soybeans into a container, keep adding hot water while sieving.
10. Strain the soybean milk into a pot through a double layer – a fine sieve. Add sugar to taste.
11. Boil soy milk for 15 minutes. Stir frequently to prevent skin from forming. Cool to room temperature, then you can use the milk.

This is enough for 5 adult persons.

This meal comprises 2 food groups: legumes and sugar.

Soybean: Soy pieces

Ingredients

- $1\frac{3}{4}$ cups boiled, dehulled and partially dried soybeans
- 1 egg
- 1 large onion
- Cooking oil
- Salt (pinch)
- Any spice

Preparation

1. Boil soybeans for 30 minutes and then remove from fire.
2. Drain the hot water, add cold water and remove outer skins of the soybeans.
3. Rinse the soybeans and discard water.
4. Put on the mat to dry completely.
5. Put the thoroughly dried soybeans in a mortar.
6. Pound soybeans till smooth.
7. Add salt and any spice that you wish and mix them well.
8. Mould balls or any shape of your choice and coat it in a scrambled egg.

9. Heat cooking oil and fry the balls till brown.
10. Can add tomatoes and serve with nsima/cassava/sweet potatoes or boiled green bananas.

This is enough for 5 adult persons.
This meal comprises 3 food groups: food from animals, fats and oils, and legumes.

Soybean: Soy snack

Ingredients

- 1 cup soybeans
- 3 tablespoons sugar to taste (your preference)
- 4 tablespoons cooking oil
- Salt (pinch)
- Pinch chilli pepper

Preparation

1. Boil soybeans for 30 minutes and then remove from fire.
2. Drain the hot water, add cold water and remove outer skins of the soybeans.
3. Rinse the soybeans and discard water.
4. Put on the mat to sun dry for 30 minutes.
5. Fry the cooked soybeans in oil until golden brown.
6. Drain out the fat.
7. Sprinkle with salt, chilli, pepper and serve.

Serve the snack with fruit juice.
This is enough for 2 adult persons.
This meal comprises 3 food groups: fats and oils, legumes and sugar.

African Cake from Soybean and Maize Flour

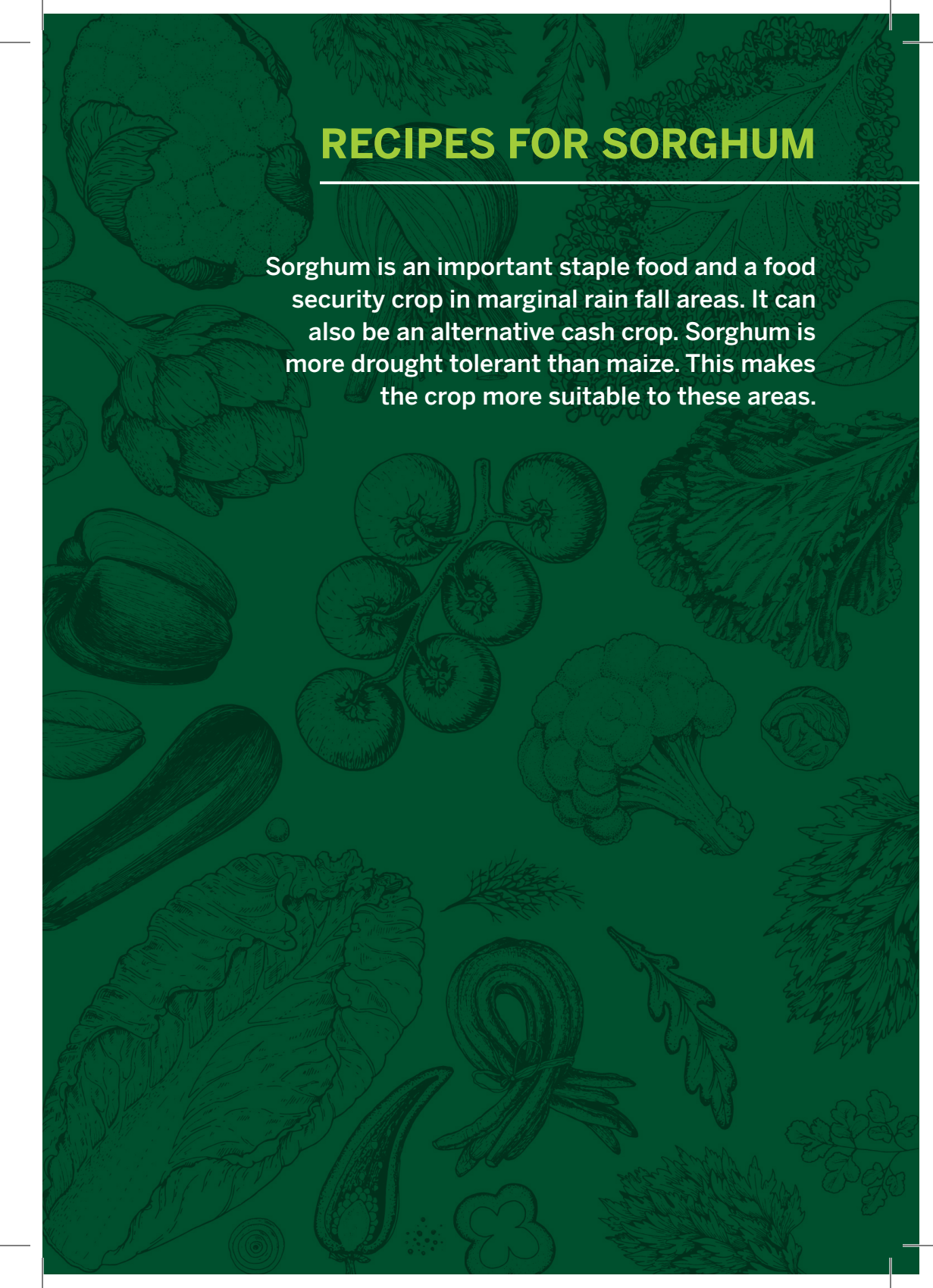
Ingredients

- 1 cup soybean flour
- 4 cups maize flour
- 1 teaspoon soda bicarbonate
- ½ teaspoon salt
- 2 eggs
- 2 tablespoons sugar
- 1 cup mashed bananas
- 1 cup milk (optional)
- 2 cups water

Preparation

- Mix all the ingredients in a basin.
- Add the 2 eggs.
- Add water to the ingredients.
- Add the mashed bananas and mix thoroughly.
- Rub cooking oil in the pot and put the mixture in the pot.
- Place pot on fire and reduce amount of heat under pot.
- Bake on more fire for 30 minutes.

Enjoy African cake with tea. This is enough for 5 adult persons. This meal comprises 5 food groups: food from animals, fats and oils, legumes, staples and fruit.



RECIPES FOR SORGHUM

Sorghum is an important staple food and a food security crop in marginal rain fall areas. It can also be an alternative cash crop. Sorghum is more drought tolerant than maize. This makes the crop more suitable to these areas.

RECIPES FOR SORGHUM

Sorghum: Flour Nsima

Ingredients

- 200 grams (about 1.5 cups) sorghum flour
- 2 cups water

Preparation

1. Heat 2 cups of water.
2. Stir in ¼ cup sorghum flour to make porridge.
3. Stir until the paste comes to the boil.
4. Boil porridge for 10-15 minutes.
5. Add the remaining sorghum flour gradually to the boiling paste while stirring until the porridge is thick and smooth (nsima).

This is enough for 2 adult persons.
This meal comprises 1 food group: staples.

Sorghum: African Cake from Sorghum Flour

Ingredients

- 2½ cups sorghum flour
- 1 teaspoon baking soda
- 2 tablespoons sugar
- 1½ cups warm water
- ½ teaspoon salt
- 2 large eggs

Preparation

1. Mix everything together in warm water to make paste.
2. Keep the mixture at warm place for 5-15 minutes.
3. Smear cooking oil (1 teaspoon) in warm pot.
4. Pour the paste into the pot.
5. Cover the pot with a lid and place in fire so that it is covered.
6. Keep low heat at bottom of pot.
7. Bake for 30 minutes.

This is enough for 2 adult persons.
This meal comprises 1 food group: staples.

Sorghum: Donas made from Sorghum Flour with Banana

Ingredients

- 3 ripe bananas
- 1-2 tablespoons sugar (optional)
- ¼ tablespoon of salt
- 1 tablespoon baking powder
- 1 litre cooking oil
- 2 cups sorghum flour
- 2 eggs
- 2 cups milk
- 1 cup wheat flour/cassava flour

Preparation

1. Peel the bananas.
2. Use cooking stick to mash the bananas into puree.
3. Add salt.
4. Add 1-2 tablespoons of sugar (optional).
5. Mix puree well with sorghum flour to make a paste.
6. Heat cooking oil for frying.
7. Roll/mould the paste into shapes and sizes of your liking.
8. Fry until brown.
9. Serve with nsima or any cereal.

This is enough for 5 adult persons. This meal comprises 5 food groups: food from animals, fats and oils, legumes, fruit and staples.

Sorghum: Sorghum Porridge Seasoned with Groundnut Flour

Ingredients

- ½ cup sorghum flour
- 1 cup groundnut flour
- 4 cups water
- 1 cup milk (optional)
- 1 teaspoon sugar (optional)
- 1 teaspoon salt

Preparation

1. Mix maize flour, sorghum flour, groundnut flour and water.
2. Heat water till it is boiling.
3. Pour the mixture into the boiling water while stirring to make porridge.
4. Reduce the amount of heat and continue stirring until the porridge starts to boil slowly.
5. Continue cooking on low heat for 30 minutes until the porridge is done.
6. Add salt and serve while still warm.
7. Add sugar (optional).

This is enough for 5 adult persons. This meal comprises 3 food groups: fats and oils, food from animals and staples.

Sorghum: Pops

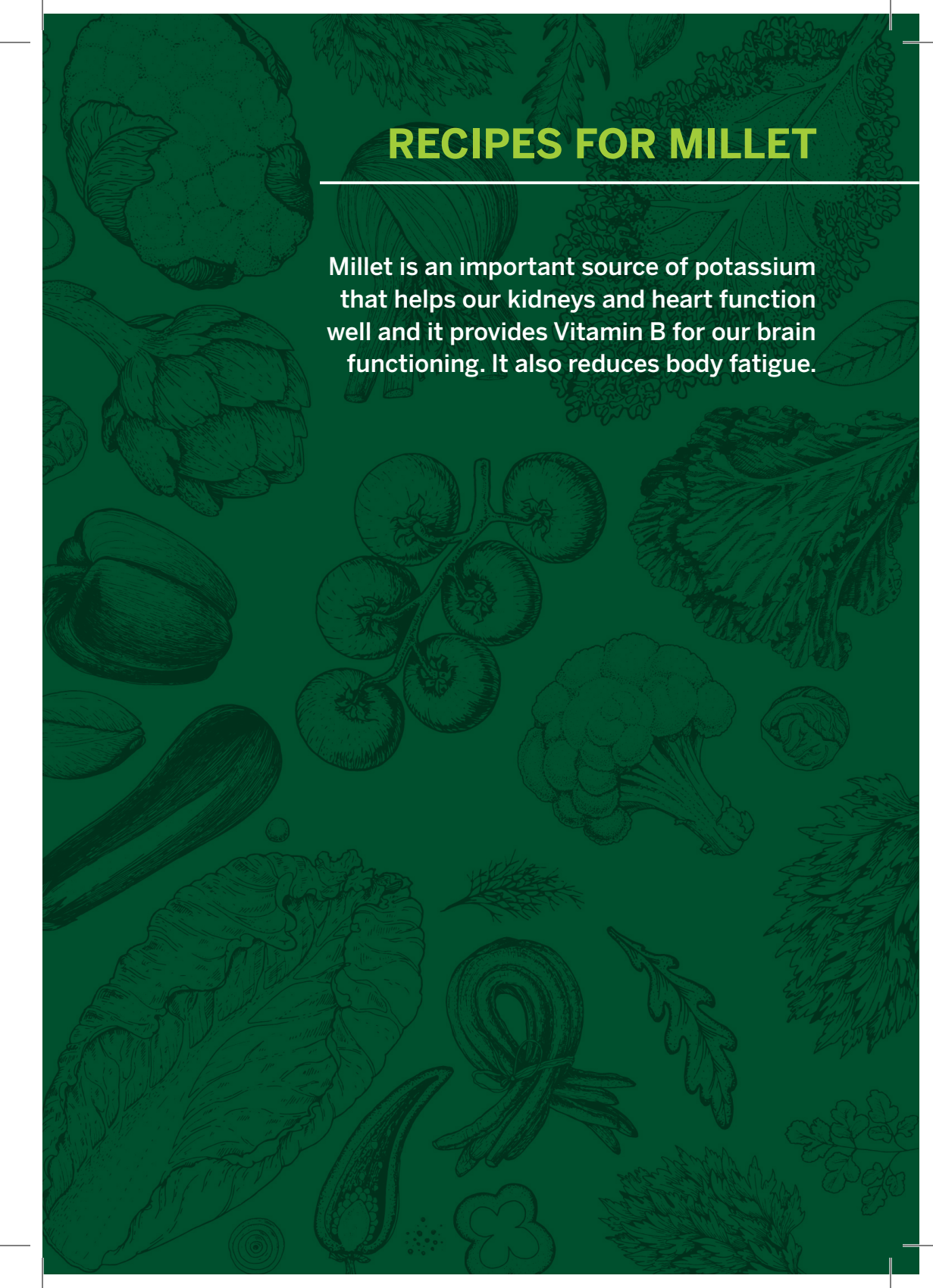
Ingredients

- 1 cup sorghum grain
- ½ cup soybeans
- 1 teaspoon cooking oil
- Pinch of salt

Preparation

1. Clean sorghum and soybeans.
2. Heat a pan and add the oil.
3. Add the dry sorghum and roast until grains pop.
4. Roast soybeans until brown.
5. Remove the outer part of the soybeans by rubbing or grinding moderately and then winnow to remove them from the mixture.
6. Mix soybeans and sorghum pops.

Serve with a drink. This is enough for 5 adult persons. This meal comprises 3 food groups: fats and oils legumes and staples.



RECIPES FOR MILLET

Millet is an important source of potassium that helps our kidneys and heart function well and it provides Vitamin B for our brain functioning. It also reduces body fatigue.

Millet: Millet Porridge Seasoned with Groundnut Flour

Ingredients

- ½ cup millet flour
- ½ cup maize flour (mgayiwa)
- 1 tablespoon groundnut flour
- 3 cups water
- ½ cup milk (optional)
- Sugar to taste (optional)
- Salt (pinch)

Preparation

1. Pour water into pot and bring it to boiling point.
2. Mix maize flour, millet flour and groundnut flour using water or milk in a bowl.
3. Pour the mixture into the boiling water and stir.
4. Reduce the amount of heat while continuing stirring until the liquid starts boiling slowly.
5. Continue cooking on low heat until is done.
6. Add salt and serve while warm.
7. Add sugar (if available).

This meal is enough for an adult.
This meal comprises 3 food groups: food from animals, oils and fats, and staples.

Millet: African Cake from Millet Flour

Ingredients

- 3 cups millet flour
- 3 ripe bananas
- 1 egg
- 1 teaspoon baking soda
- A pinch salt

Preparation

1. Mix the millet flour, soda, egg and salt.
2. Mash banana with a cooking stick to make banana puree and add to the mixture above.
3. Blend the mixture until is well done.
4. Pour the mixture into a cooking pot and bake for 30 minutes.

This is enough for 5 adult persons.
This meal comprises 3 food groups: food from animals, fruit and staples.

Millet: Nsima from Millet and Maize Flour Mixture

Ingredients

- 1 cup maize flour
- 4 cups millet flour
- 4 cups water

Note you can also use banana flour, cassava flour, rice flour or orange fleshed sweet potato flour for this recipe.

Preparation

1. Bring a pot of water to boiling point.
2. Make paste from maize flour using cold water.
3. Pour the maize paste into boiling water while stirring until the mixture starts boiling.
4. Continue boiling for 15 minutes.
5. Add millet flour while stirring until nsima is done.
6. Serve with relish of your choice, like usipa (small fish) seasoned with roasted groundnut flour or white flying ants, beans, cowpeas, pigeon peas or vegetables.

This enough for 3 adults. This meal comprises 1 food group: staples.

RECIPES FOR MILLET

Millet: Sweet Beer

Ingredients

- 2 kilograms sprouted millet flour
- 4 kilograms maize flour
- 20 litres water
- Sugar (optional to your preference)

Preparation

1. Boil 20 litres water in a big pot.
2. Make a paste of maize flour in a separate container.
3. Add the boiled water into the paste while stirring.
4. Keep stirring until the paste is boiling.
5. Let it boil for 30 minutes.
6. Allow to cool then add sprouted finger millet flour.
7. Allow the mixture to cool completely before drinking.

This is enough for 15-20 adult persons. This recipe comprises 1 food group: staples.

Millet Flour: Nsima

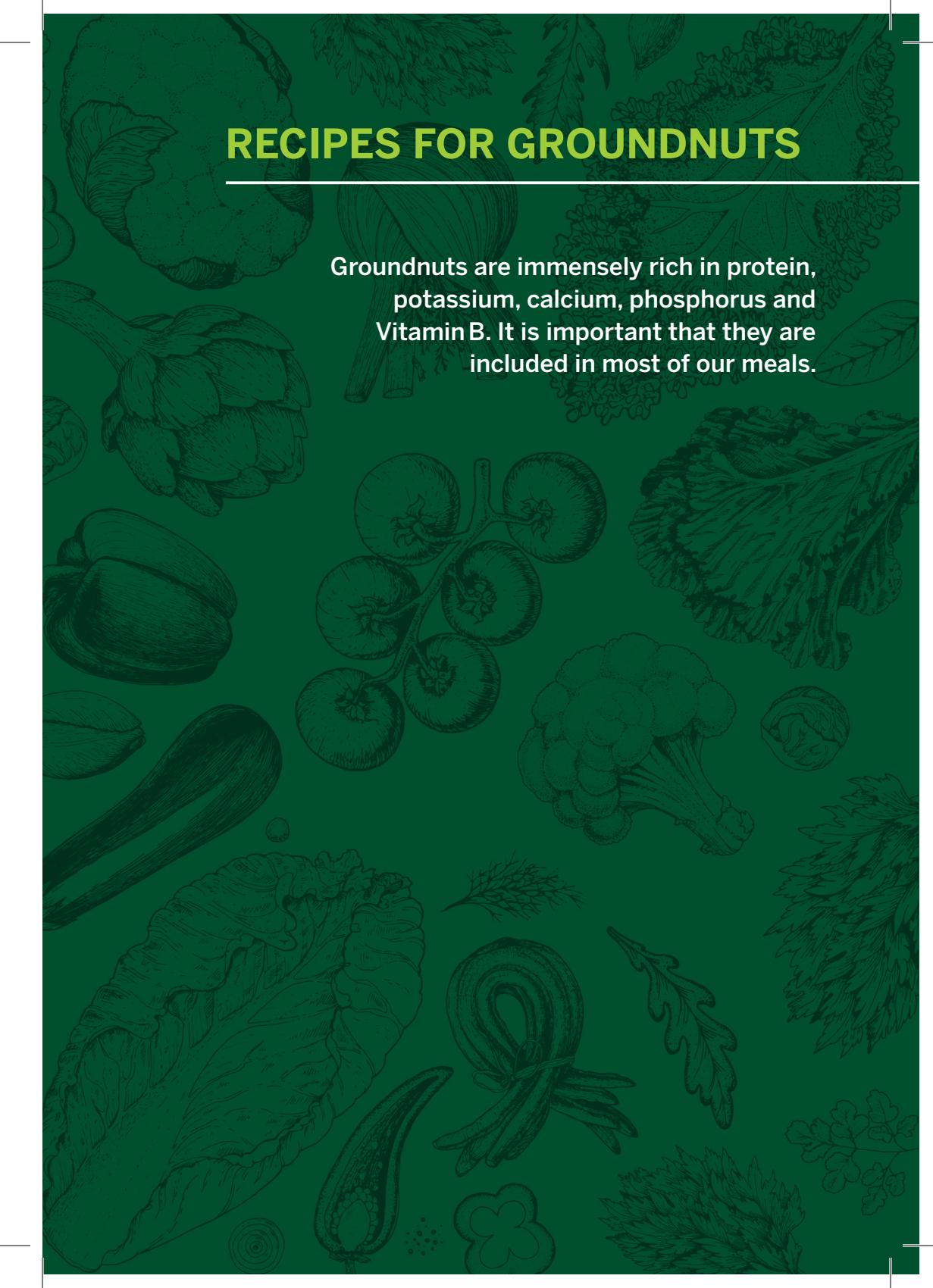
Ingredients

- 1 kilogram millet flour
- 4 cups water

Preparation

1. Boil the water.
2. Make paste with some millet flour in cold water.
3. Add to boiling water and stir until the paste comes to the boil.
4. Boil for 10 – 15 minutes.
5. Add the remaining millet flour gradually to the boiling paste until the porridge is thick and smooth.
6. Serve with relish of your choice such as usipa (small fish) seasoned with roasted groundnut flour, white flying ants, beans, cow peas, pigeon peas and vegetables.

This enough for 3 adults. This recipe comprises 1 food group: staples.



RECIPES FOR GROUNDNUTS

Groundnuts are immensely rich in protein, potassium, calcium, phosphorus and Vitamin B. It is important that they are included in most of our meals.

Groundnuts: Powder & Vegetables

Ingredients

- 2 handfuls young, green pumpkin leaves or any vegetable leaves (directly from pumpkin patch)
- 1 large tomato
- ½ cup groundnut powder
- Salt (pinch)
- 1 cup water

Preparation

1. Wash pumpkin leaves (or other vegetable leaves) in a basin full of water and cut them into small pieces
2. Cut tomatoes into small pieces.
3. Place ¼ to ½ cup water in large pot and salt the water.
4. Place the leaves on top of the water and put lid on pot.
5. Steam on the stove at a medium temperature.
6. Once leaves begin to steam, add the chopped tomatoes on top of the leaves and then the groundnut powder on top of the tomatoes. Replace lid and continue to steam on medium/low heat.
7. As the liquid reduces, stir the vegetable/nut mixture and continue cooking until it has more of a creamy consistency with most liquid reduced.
8. Remove from heat; serve with nsima or other cereal.

This is enough for 2 adults. This recipe comprises 2 food groups: vegetables and oils and fats.

Groundnuts: Roasted

Ingredients

- Groundnuts
- Salt (optional)

Preparation

1. Shell the groundnuts.
2. Select and remove the unhealthy and broken nuts.
3. Heat a pan or put a pot on the fire.
4. Fry groundnuts till brown; if you want you can add salt.

This recipe comprises 1 food group: oils and fats.

Groundnuts: Peanut butter

Ingredients

- 2 cups shelled groundnuts
- ½ teaspoon salt

Preparation

1. Remove stones and rotten groundnuts.
2. Roast the groundnuts and allow them to cool.
3. Put the cooled, roasted nuts in a mortar and pound.
4. After the groundnuts are completely broken down and begin to turn creamy (about 2-3 minutes), slow the pounding to a medium speed.
5. Continue pounding until peanut butter is completely smooth.
6. Add salt.
7. Serve on African cake or bread.

This recipe comprises 1 food group: oil and fats

Groundnuts: Porridge

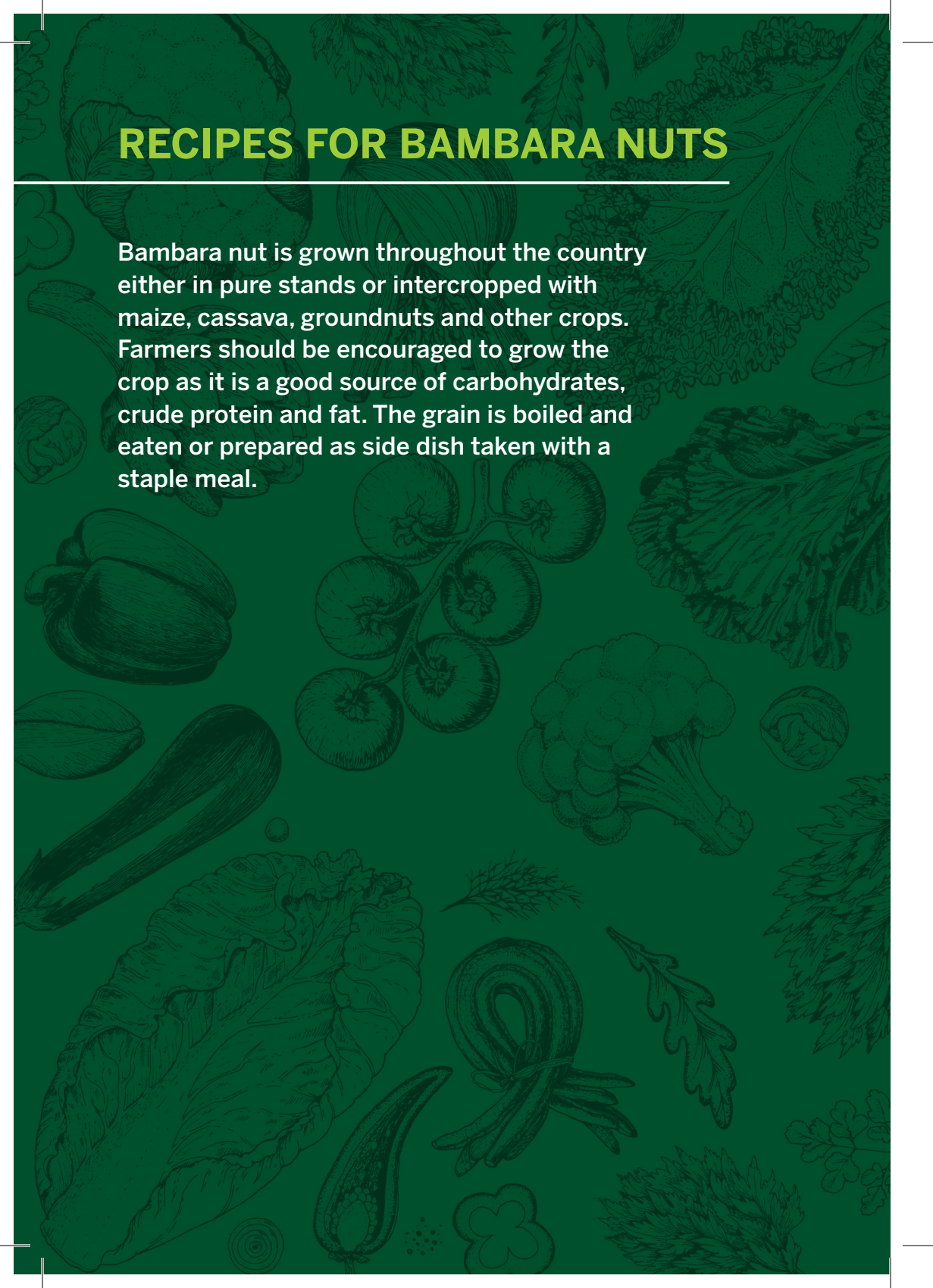
Ingredients

- 1 cup crushed groundnut flour
- 1 cup maize plain flour (mgaiwa)
- 3 tablespoons sugar
- ½ teaspoon salt

Preparation

1. Place a pot of water on fire.
2. Mix groundnut flour and maize flour and add cold water, stir slowly until a paste is made.
3. Add the paste to the boiling water.
4. Continue stirring to make sure that no crumbs are left at the bottom of the pot.
5. Let it boil for 30 minutes and then simmer on a lower heat for 10 minutes.
6. Add salt.
7. Turn off heat and serve.

This recipe is enough for 5 adults. It comprises 2 food groups: oils and fats and staples.



RECIPES FOR BAMBARA NUTS

Bambara nut is grown throughout the country either in pure stands or intercropped with maize, cassava, groundnuts and other crops. Farmers should be encouraged to grow the crop as it is a good source of carbohydrates, crude protein and fat. The grain is boiled and eaten or prepared as side dish taken with a staple meal.

Bambara nuts: Boiled Bambara Nuts

Ingredients

- 2 cups Bambara nuts
- 2 medium tomatoes
- 1 medium onion
- 2 tablespoons cooking oil
- 2 garlic cloves
- 3 cups water
- Salt (pinch)

Preparation

1. Bring water to the boil in a pot.
2. Wash the nuts and add them to the pot.
3. Boil until they are tender.
4. Add cooking oil, chopped onion, tomato and salt.
5. Cook for 5 minutes and serve with rice, nsima, sweet potatoes (whole or mashed).

This recipe is enough for 5 adult persons. It comprises 2 food groups: oils and fats and legumes.

Bambara nuts: Mashed Bambara nuts

Ingredients

- 1 cup Bambara nuts
- 1 medium onion (cut into pieces)

- 2 medium tomatoes (cut into pieces)
- 1 garlic clove (optional)
- 2 tablespoons cooking oil
- Salt (pinch)
- 3 cups of water

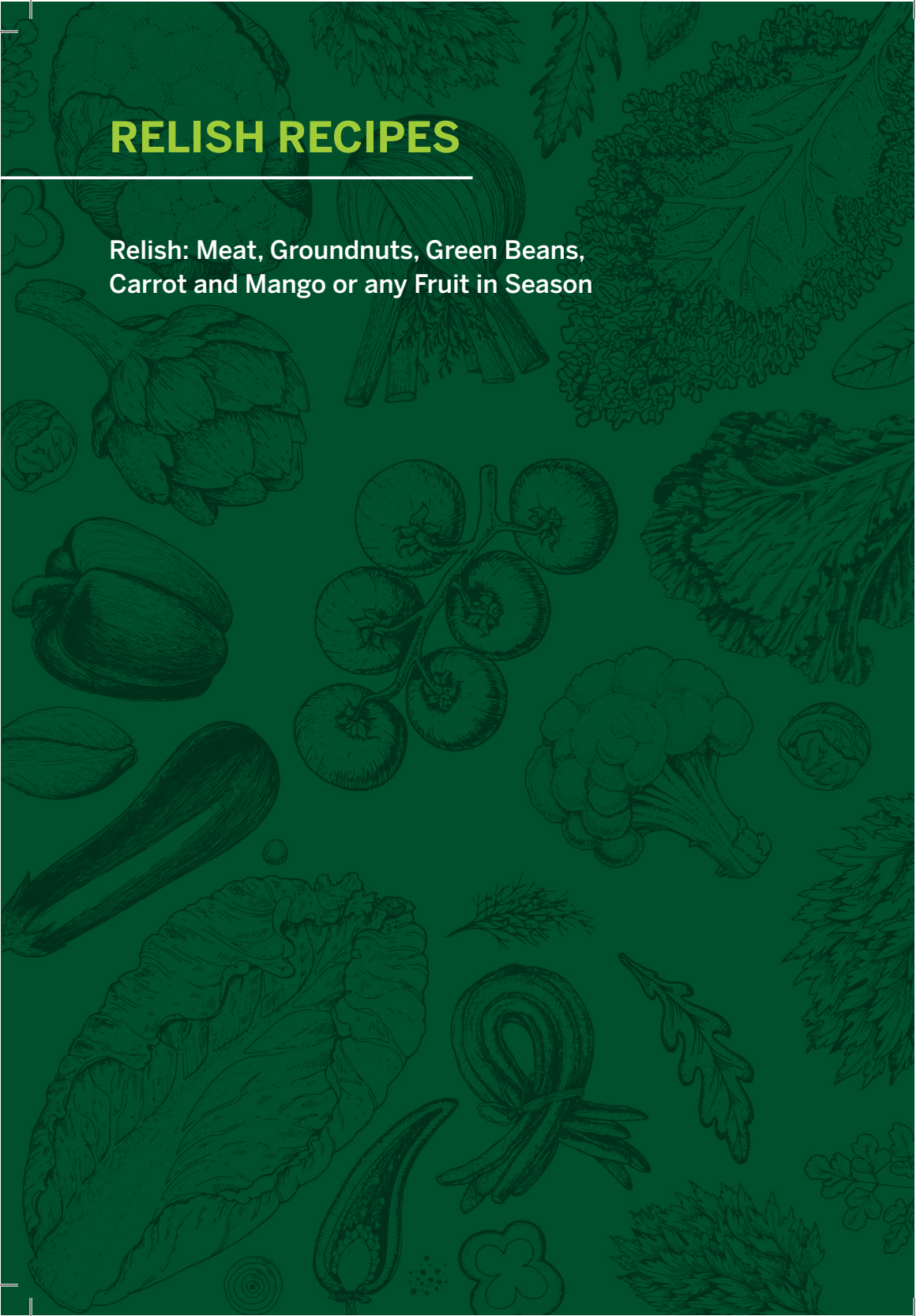
Preparation

1. Soak Bambara nuts in cold water overnight.
2. Remove the outer layer/skin of the Bambara nuts.
3. Bring water to boil on the stove or fire.
4. Boil the nuts until well done for easy mashing.
5. Add onion, tomato and garlic (can also be fried separately before adding to Bambara nuts).
6. Cook on low heat until tomato, garlic and onion is well done.
7. Mash the Bambara nuts.
8. Serve with rice, nsima or add to children's porridge.

This is enough for 5 adult persons. This meal comprises 2 food groups: oils and fats and legumes. and fats and staples.

RELISH RECIPES

Relish: Meat, Groundnuts, Green Beans,
Carrot and Mango or any Fruit in Season



Relish: Meat, Groundnuts, Green Beans, Carrot and Mango or any Fruit in Season

Ingredients

- 75 grams meat (any kind)
- 30 grams roasted and pounded groundnuts
- 1 medium tomato
- 1 small onion
- 30 grams green beans
- 30 grams carrots
- Salt (pinch)
- Oil for frying
- 1 ripe mango or any fruit in season
- 1 cup water

Preparation

1. Wash, cut and cook dried meat with salt till tender.
2. Fry groundnuts, remove skin and pound.
3. Add tomatoes and onions to cooked meat.
4. Add water to pounded groundnuts, just enough to make a paste.
5. Add paste to cooked meat and cook for few minutes.
6. Wash green beans, carrot and chop.

7. Heat oil in a pan and add vegetables.
8. Fry the vegetables until done.
9. Season the meal with salt.

This recipe is enough for 1 adult. This recipe comprises 4 food groups: food from animals, oils and fats, legumes and vegetables.

Relish: Usipa (small fish) seasoned and Mkhwani

Ingredients

- 45 grams dried usipa (small fish)
- 30 grams groundnut flour
- 1 small onion
- 1 medium tomatoes
- 140 grams pumpkin leaves
- 10 millilitres cooking oil
- Salt
- Water

Preparation

1. Wash usipa in warm water and discard the water.
2. Boil usipa in a ½ cup salted water for 20 minutes.
3. Chop the tomato and onions.
4. Add the tomato and onions and the roasted groundnut flour to the usipa.
5. Cover and let it simmer for 10 minutes.
3. Boil ¼ cup of water in a pot. Add salt to the boiling water.
4. Wash pumpkin leaves using clean water, and chop.
5. Put the pumpkin leaves in the pot of boiling water and wait for 5 minutes.
6. Stir the pumpkin leaves

and add cooking oil. Wait till cooked.

7. Serve with nsima and the pumpkin leaves.

This recipe is enough for 1 adult. It comprises 3 food groups: food from animals, oils and fats and vegetables.

Relish: Chicken and Pumpkin Leaves Seasoned with Groundnut Flour

Ingredients

- 1 cup water
- 50 grams chicken portion
- 2 medium tomatoes
- 1 small onion
- 1 cup green chopped vegetables (pumpkin leaves)
- 50 grams groundnut flour
- 2 tablespoons cooking oil
- Salt (pinch)

Preparation

1. Dress the chicken by removing the feathers.
2. Cut it into portions.
3. Boil the chicken thigh in $\frac{1}{2}$ a cup water for 10-15 minutes.
4. Take it out the water and fry it in 2 tablespoons of cooking oil until brown.
5. Chop the onion and tomatoes.
6. Fry the onion in the cooking oil used in step 4 above, add some tomatoes and salt. Continue frying until done.
7. Peel the vegetables and chop into pieces.
8. Boil $\frac{1}{2}$ cup of water and add the chopped vegetables.
9. Cook for 2 minutes and add some tomato and salt.
10. Stir and wait for a minute. Add groundnut flour. Leave it to simmer for 2 minutes.
11. Serve with vegetables.

This is enough for one adult person. This recipe comprises 5 food groups: food from animals, oils and fats, fruit, legumes, vegetables.

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