

Kwanzaa Recipes

Ojojo (Sweet Potato Fritters)

Ingredients:

4 large sweet potatoes, washed and grated

1 onion, chopped

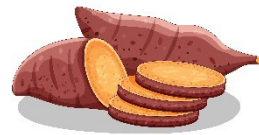
2- 3 fresh chiles, chopped

Salt

½ cup flour

2 large eggs

Oil for frying



Directions:

Squeeze grated yam to remove excess fluid. Add egg, salt, onion, pepper, and flour to the grated sweet potatoes. Combine all ingredients thoroughly. Set oil on medium heat; once the oil is hot enough, add in the sweet potato paste a little at a time. Fry on each side for 3 minutes or until golden brown.

Caramel Coconut Balls

Ingredients:

3 cups flaked, unsweetened coconut

¾ cup sugar

½ cup water

Juice of ½ lemon



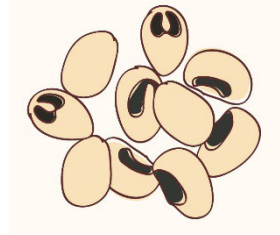
Directions:

Make the caramel by dissolving the sugar in the water and lemon juice. On low heat, stir until most of it is dissolved, prior to bringing it to a boil. Allow to boil 5 to 10 minutes without stirring. Once the caramel is a medium brown shade, add the shredded coconut and stir for 10 minutes. Remove from heat and allow to cool slightly on waxed paper. Serve warm.

Red Red

Ingredients:

- 3 tablespoons palm oil
- 1 onion
- 1" ginger
- 1 clove garlic
- 1 tablespoon tomato puree
- 3 ripe tomatoes, chopped
- 1 vegetable stock cube
- 1 can adzuki beans
- 1 can black-eyed peas
- 1 scotch bonnet pepper, left whole



Directions:

Heat the palm oil and fry the onions until golden. Add the garlic, ginger, and tomato puree and fry for a minute. Add the chopped tomatoes, followed by the stock cube, and allow to fry and reduce for 10 minutes. Add the beans, including bean juice in can. Add the whole scotch bonnet to release flavor without too much heat and bring to a simmer.

Kenyan Simmered Kale and Sweet Potatoes

Ingredients:

- 1 cup tomatoes, chopped (fresh or canned)
- 2 pounds kale, de-stemmed and finely chopped
- 1 large sweet potato, peeled and chopped small
- 1 onion, chopped
- 1 cup vegetable broth
- 1 jalapeno, seeded and minced (optional)
- 3 tablespoons canola oil
- Salt and ground pepper, to taste



Directions:

Heat the oil over medium-high heat in a large, heavy-bottomed pot. Add the onion and jalapeno and sauté until translucent. Toss in the sweet potatoes and stir. Add the greens in batches; sauté each addition until wilted.

Add the tomatoes, broth, salt, and pepper. Bring to a boil and reduce heat to low, simmering gently until the potatoes are tender, about 30 minutes.

Coconut Rice Pudding**Ingredients:**

4 cups coconut milk

1 cup unsweetened shredded coconut, fresh or dried

½ cup packed brown sugar

½ teaspoon kosher salt

1 vanilla bean, seeds scraped and reserved

2 cups cooked white rice

1 tablespoon fresh lime juice

**Directions:**

Bring coconut milk, coconut, sugar, salt, and vanilla bean with seeds to a boil in a 4-quart saucepan over medium heat and cook, stirring often, until reduced slightly, about 5 minutes.

Add rice, and cook, stirring, until rice breaks down and thickens soup slightly, about 5 minutes. Remove from heat and stir in juice; serve hot.

African Peanut Soup

Ingredients:

2 tablespoons olive oil
2 medium onions, chopped
2 large red bell peppers, chopped
4 cloves garlic, minced
1 (28-ounce) can crushed tomatoes, with liquid
8 cups vegetable broth
¼ teaspoon pepper
¼ teaspoon chili powder
⅔ cup extra crunchy peanut butter
½ cup brown rice, uncooked



Directions:

Heat oil in a large stock pot over medium-high heat. Cook onions and bell peppers until lightly browned and tender; add garlic. Stir in tomatoes, vegetable stock, pepper, and chili powder. Reduce heat to low and simmer, uncovered, for 30 minutes. Stir in rice and simmer covered for 15 minutes. Stir in peanut butter until well blended and serve.

Okra and Corn Skillet

Ingredients:

5 slices bacon
½ large red bell pepper, chopped
3 scallions, thinly chopped
1 (16-ounce) package frozen sliced okra, thawed
1 (15 ½-ounce) can whole kernel corn, drained
1 tomato, chopped
¼ teaspoon black pepper



Directions:

In a large skillet, cook bacon until crisp; drain on a paper towel, crumble, and set aside. In the same skillet, sauté the red pepper and scallions over medium heat for 3 to 5 minutes, or until tender. Stir in okra, corn, tomato, salt, and black pepper, and cook 5 minutes, or until heated through. Stir in bacon and serve.

Seafood Gumbo**Ingredients:**

1 tablespoon olive oil
¼ cup all-purpose flour
3 cloves garlic, minced
1 sweet onion, chopped
1 cup celery, chopped
1 medium green or red bell pepper, chopped
4 whole green onions, chop
1 can chopped, fire-roasted tomatoes, undrained
1 teaspoon Tabasco sauce
6 cups chicken broth
1 ½ pounds raw shrimp, cleaned and shelled
1 pound fresh lump crabmeat
½ pint fresh raw oysters with liquid
8 ounces turkey kielbasa, sliced and pre-browned in skillet
Salt and pepper to taste
2 teaspoons file powder

**Directions:**

In a large stockpot, heat oil over low heat and stir in flour until blended. Cook slowly and stir until mixture is a rich, brown roux shade. Add garlic, onion, pepper, and green onions to the roux and stir until softened. Stir in tomatoes with their juice, Tabasco, and chicken broth. Allow to heat about 5 minutes. Add shrimp and oysters with their liquid and simmer about 5 minutes. Add kielbasa, file powder, and salt and pepper to taste. Simmer another 5 minutes. Serve hot with rice.

Kwanzaa Potatoes

Ingredients:

4 ½ pounds sweet potatoes
4 ½ pounds white potatoes
½ cup olive oil
1 teaspoon ground mace
Salt and pepper



Directions:

Preheat oven to 425° F. Loosely wrap the sweet potatoes individually in aluminum foil and cook for 1 ½ hours or until cooked through. Let cool.

Peel and chop the white potatoes and cook them in salted water until tender. Drain and mash. Open the sweet potatoes packages carefully over the mashed white potatoes to catch all the juices. Scoop the sweet potato flesh away from the skin and add to the mashed potatoes.

Add oil and mace and beat potatoes together with a wooden spoon, adding salt and pepper to taste. Serve immediately.

Ambrosia

Ingredients:

1 can sweetened condensed milk
¾ cup sour cream
½ cup lime juice
1 can (20 ounces) pineapple chunks, drained
1 can (11 ounces) mandarin oranges, drained
1 ½ cups grape halves
1 cup white mini marshmallows
1 can (3.5 ounces) flaked coconut
½ cup maraschino cherry halves, drained

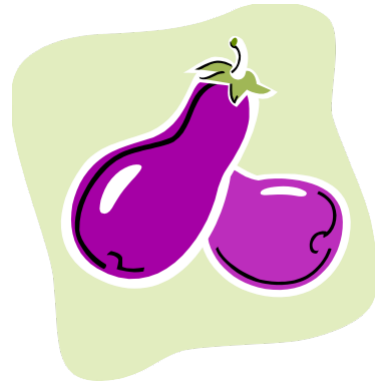


Directions:

In large bowl, whisk sweetened condensed milk, sour cream, and lime juice. Stir in remaining ingredients. Chill at least 3 hours to blend flavors.

Gages**Ingredients:**

- 1 tablespoon butter
- 1 eggplant, peeled and thinly sliced
- 1 fresh red chile pepper, seeded and chopped
- 4 tomatoes, sliced
- 1 red onion, sliced
- ¼ cup vinegar
- 3 tablespoons vegetable oil
- ¼ cup unsweetened flaked coconut
- ¼ cup unsalted dry-roasted peanuts

**Directions:**

Melt butter in a large skillet over medium heat. Fry the eggplant in the butter until lightly browned, stirring frequently. Remove from heat and set aside to cool slightly.

In a large bowl, combine the hot pepper, tomatoes, onion, and eggplant. Mix together the vinegar and oil, pour over the vegetables, and toss gently to coat. Cover, and chill for at least 3 hours. Toss salad with coconut and peanuts just before serving.

Kwanzaa Stew

Ingredients:

2 cups chicken broth
1 bunch kale
1 (14-ounce) can fire roasted tomatoes
1 cup canned garbanzo beans
8 ounces baked sweet potato, cut into chunks
1 tablespoon peanut butter
1 tablespoon combined soy sauce and molasses
1 teaspoon paprika
1 dash hot sauce
¼ teaspoon Asian sesame oil



Directions:

Rinse and chop the kale, and steam it in the broth with the pot covered, until the kale is tender.

Add the tomatoes and garbanzo beans and simmer for a few minutes. Add the peanut butter, paprika, soy sauce, molasses mixture, and paprika; stir until smooth. Add the sweet potato chunks and simmer, stirring often, until they partially dissolve into the sauce, leaving some chunks intact. Taste and add salt as needed. Serve over rice.

Benne Cakes

Ingredients:

¼ cup butter or margarine, softened
1 cup packed brown sugar
1 egg, beaten
½ teaspoon vanilla extract
1 teaspoon freshly squeezed lemon juice
½ cup flour
½ teaspoon baking powder
¼ teaspoon salt
1 cup toasted sesame seeds
Vegetable oil



Directions:

Preheat oven to 325° F. Lightly oil a cookie sheet. Mix together butter and brown sugar and beat until creamy. Mix in egg, vanilla, and lemon juice. Add flour, baking powder, salt, and sesame seeds. Mix together.

Drop by teaspoonfuls onto cookie sheets about 2” apart. Bake for 15 minutes or until lightly browned. Remove the cookies from the cookie sheets and allow them to cool on cooling racks.

Jollof Rice**Ingredients:**

- 1 cup long grain rice, washed in a sieve with cold water
- 2 large onions, chopped (1 red, 1 white)
- 1 medium bell pepper, chopped
- 2 cloves garlic, grated
- 4 tablespoons oil
- 1 teaspoon red pepper flakes
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- 1 tablespoon tomato puree
- 2 tablespoons tomato ketchup
- 1 pinch of pepper
- 2 chicken broth cubes
- 1 can diced tomatoes
- 1 cup water



Directions:

Preheat oven to 300° F. In a medium-sized pan, add 2 tablespoons oil and heat over a medium heat. Add the onions, peppers, and red pepper flakes and cook for 4-5 minutes. Add garlic and cook for a minute while stirring.

Stir in the chili powder, cumin, paprika, and pepper and cook, while stirring, for 2 minutes. Crumble in the broth cubes and cook for a further minute. Stir in the tomato puree and ketchup, and immediately add the canned tomatoes and water.

Bring to a gentle simmer, stirring to dislodge any spices at the bottom. Fold in the rice, bring to just under a simmer, and stir through the remaining oil. Cover pan with tinfoil and place in the preheated oven. Cook for 20-25 minutes or until all liquid is absorbed and rice cooked. After 20 minutes, take out of the oven. Check to see if rice is cooked and stir. If the rice still isn't cooked, cover and cook for another 5 minutes. Let stand for 2 minutes with the lid on before serving.

Collard Greens**Ingredients:**

½ pound sliced bacon, cut crosswise into fourths

3 medium red onions, chopped (about 3 cups)

1 ¼ cups chicken broth

¼ cup cider vinegar

1 tablespoon firmly packed dark brown sugar

½ teaspoon dried red pepper flakes

4 pounds collard greens, coarse stems and ribs discarded, leaves and thin stems washed well, drained, and chopped



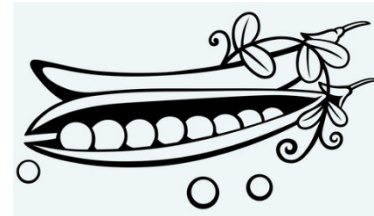
Directions:

In a deep, heavy pan, cook bacon over moderate heat until crisp and transfer to paper towels to drain. Pour off all but about 3 tablespoons drippings. In remaining drippings in pan, cook onions, stirring occasionally, until browned slightly and softened. Transfer onions to a bowl.

To pan, add broth, vinegar, brown sugar, red pepper flakes, bacon, and collards, stirring until sugar is dissolved. Toss until wilted slightly. Simmer collards, covered, 30 minutes. Stir in onions and simmer, covered, 30 minutes more, or until collards are very tender.

Black-eyed Peas with Ham**Ingredients:**

3 ½ cups black-eyed peas fresh (or frozen, thawed)
3 cups chicken stock
3 ounces ham, finely chopped
1 yellow onion, chopped
2 tablespoons red wine vinegar
3 garlic cloves, minced
1 bay leaf
½ teaspoon dried thyme, crumbled
¼ teaspoon dried crushed red pepper

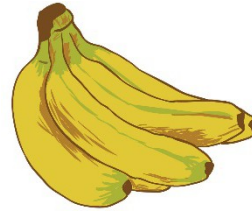
**Directions:**

Bring all ingredients to boil in heavy, large saucepan. Reduce heat and simmer until peas are tender, stirring occasionally, about 45 minutes. Season to taste with salt and pepper.

Curried Banana Salad

Ingredients:

2 tablespoons olive oil
2 thinly sliced red onions
2 tomatoes, seeded and sliced
3 tablespoons balsamic vinegar
2 tablespoons sugar
1 tablespoon cornstarch
1 tablespoon curry powder
6 ripe bananas, sliced



Directions:

Add oil to pan and heat onions until soft. Add tomatoes and heat, stirring until saucy. Combine vinegar, cornstarch, sugar, and curry powder and bring to a boil, stirring constantly. Allow to cool and reserve until ready to complete salad. Add mixture to bananas.