

The Dawn of Cooking

Peace Corps, Ghana
2003

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♦Denotes items found in the original 1995 version of the Peace Corps Ghana Nutritional Handbook.

INTRODUCTION ♦

Welcome to Ghana! You have come here with your own culture, knowledge, experience and enthusiasm to do your work. You are now surrounded by a completely new culture, faces, languages, and food. It will take you a while to integrate these new experiences and very soon you will experience the joy of being here.

Trying out new foods is an important part of the cross-cultural experience. But food is more than an experience and a source of joy-it can also determine your health and the ability to accomplish your goals.

This handbook was created to introduce you to this important part of Ghanaian life and to help you maintain a healthy and balanced diet during your stay here. You can experiment with the Ghanaian recipes or choose the more familiar international ones.

The following books were used to prepare this handbook:

The VSO Chop Guide for Ghana, 1988 Margaret Stevens,
The Art of West African Cooking, 1994 Dinah Ameley Ayensu,
Recipes for West African Foods, 1994 Christine Joyce Boahene,
Ghanaian Favorite Dishes, Alice Dede, Anowuo Publications
The New Internationalist Food Book, 1991 Troth Wells

Happy and Healthy Eating!

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Accra, 1995

DAWN' S INTRODUCTION

Welcome to the 2003 expanded version of the Peace Corps Ghana Nutrition Handbook. The original version, last modified in 1995, and its 64 recipes (denoted by a [◇]) are included in this version. The inspiration for the expansion comes from my love of cooking, envy of expansive cookbooks made by PCVs or VSOs in other countries, and a perceived need for more US recipes by volunteers. My hope is that you will take this first “expanded” version and future groups will develop it even further and make additions and corrections as needed.

Please use your two years here in Ghana to experiment with cooking—do not fear it. Any good cook starts by making plenty of mistakes. If you try something once and it does not turn out, try again, and again. Make changes, be creative, and use substitutions. Cooking is similar to a science; so many factors can affect the outcome of a recipe including temperature and humidity. Watch and learn from a more experienced volunteer or Ghanaian. Note: if you cook for PCVs, you do not do dishes. Have fun.

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Education Volunteer
2001 – 2003

Acknowledgements

I would like to thank all the volunteers who contributed in some way to this updated “Handbook”. Recipes were provided by Amanda Plourde, Vikki Smith (and her “Peace Corps Namibia Cookbook”), Linda Atwater, Theo Stephansen, Brenda Lee Brooks, Tophe Anderson, Jen Krenz, Rebecca Scibek, Ben Adams (and his mom), Kirstin Green, Emily Shroyer, Rebecca Pike, and Bonnie Kelly. For emotional and other support I thank Joseph Boamah, APCD; Agnes Ofori-Boadu, PCMO; Gladys Dawson; Sophia White; Joselyn DiPetta; and all my northern and southern PCV pals who acted as guinea pigs with my cooking. Thank you.

Disclaimer

Please, I beg, this “Handbook” is not for sale. Any similarities to recipes in other publications are not intentional and should not be held against Peace Corps Ghana, Peace Corps Washington, or any of the contributors to this “Handbook”, in any way.

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HEALTHY EATING IN GHANA [◇]

Eating a nutritious diet is easy to do in most regions of Ghana. Some areas do not have a wide selection of food and it may require a little more effort to eat a balanced diet.

All foods can conveniently be classified into four main groups.

Group 1	=	Protein
Group 2	=	Fats and Oils
Group 3	=	Carbohydrates and Starches
Group 4	=	Vitamins and Minerals

Although most foods contain substances from each of these groups, each food's most important nutritive value is in the group in which it is classified. Eating a variety of foods from each group every day will provide all the nutrients you need to stay healthy.

Group 1 – Protein [◇]

Protein is important for maintaining, building and repairing body structures. Proteins are made up of amino acids; some are *essential* and cannot be synthesized by the body. They must therefore be supplied by our diet to meet the requirements for tissue maintenance and growth.

Meat, poultry, fish, eggs, milk, and legumes such as beans and lentils are all sources of **protein**. We need about 5-8 servings of protein a day (1 serving = 1 ounce).

Group 2- Fats and Oils [◇]

Fats and oils are sources of concentrated energy which help keep our body temperature constant. They make foods tastier and give one a feeling of fullness. Fats are broken down into fatty acids, some of which are *essential*. As with essential amino acids, these fatty acids must be obtained from our food. Fats are very important in the African diet because of their high energy potential.

Sources of **fats and oils** are butter and margarine. Red palm oil, very rich in vitamin A, groundnut oil, composed of 50 percent fat and 27 percent protein, coconut oil and shea butter are all important ingredients in Ghanaian food. We only need a few tablespoons of fat and oils daily to meet our requirements.

It is best to use unsaturated fats and oils such as corn, safflower and sunflower oil. Red palm oil is also unsaturated and should not be confused with the clear palm kernel oil which is saturated.

[◇]Denotes items found in the original 1995 version of the Peace Corps Ghana Nutritional Handbook.

Group 3- Carbohydrates and Starches [◇]

Carbohydrates and starches are another major source of energy for the body. Carbohydrates differ in their complexity. Some carbohydrates such as sugar are small molecules, quickly and easily digested, while larger molecules such as starches take longer to be digested due to their larger size and more complex structure.

Carbohydrates in the form of **cereal grains** and **root vegetables**, are the major energy sources in Ghana. Examples of cereal grains are rice, millet, guinea corn and maize. Roots and tubers such as cassava, yam, cocoyam, and sweet potato are important staples but they do not contain as much protein as cereal grains. We need about 5-8 servings of starches daily (one serving =1 slice of bread =1/2 cup of rice =4 ounces yam)

Group 4- Vitamins and Minerals [◇]

These substances protect us from illness and ensure proper metabolism. Since we cannot synthesize vitamins and minerals, they must also be supplied in the food we eat.

Vitamins are often destroyed or lost during food processing, such as milling. This is the case with the cereals and the processing of white rice, white flour and highly milled corn meal. Many vitamins are destroyed by high temperatures, storage, and excessive light.

Minerals are essential both as structural components of our bodies and in many vital processes. They play a role in bone formation and are necessary for muscular activity. They also are the major factors in water metabolism. Examples of minerals are calcium, phosphorus, magnesium, sodium and potassium.

Fruit such as oranges, pineapple, bananas, pawpaw and mangoes are rich sources of vitamins and minerals. We should eat 5-8 servings of fruit a day. (1 serving = 1 orange =1/2 large banana = 4 ounces fruit juice).

Other sources of vitamins and minerals are green leafy **vegetables** such as spinach and Kontomire (cocoyam leaves) ; both are found in southern Ghana. A larger variety of wild and cultivated leafy vegetables such as bitter leaf, cassava leaves, baobab leaves and Guinea sorrel are found in northern Ghana.

Other vegetables found in Ghana are peppers, onions, tomatoes, cucumber, eggplant and okro.

Eat as many vegetables as you want to but limit the fats or oils you put on them if you want to keep trim.

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In addition to eating a variety of foods from the four main groups, our diets should also contain two additional substances- **fiber** and **water**.

Dietary fiber adds bulk to the body's waste products and helps prevent constipation. High fiber foods are whole grains, beans, nuts, fruit and green leafy vegetables.

Because our metabolism occurs in a water environment, 60-70 percent of our body weight is water. Water is vitally important for the functioning of every organ in the body; without it digestion, absorption, circulation and elimination would not occur. It also plays a major role in the regulation of body temperature. A water loss of 10 percent can be serious; a 20 percent loss can be fatal. Drink at least four glasses of water daily. This amount must be increased in hot weather, or if you are ill. You can lose a few liters a day when you perspire- this fluid needs to be replaced.

There are three tables at the end of this handbook.

- Table 1 divides the foods in Ghana into their four main groups and gives their names in some local languages.
- Table 2 lists food according to its geographical region.
- Table 3 lists the times of year when certain food is readily available.

VEGETARIAN KNOW-HOW ♦

Many Volunteers are vegetarian or they decide to become vegetarian during their stay in Ghana. If you are new to this way of eating, begin with things you already know like rice or egg-based dishes. Gradually try different grains, nuts, seeds and add legumes one at a time. Eat plenty of fresh vegetables and fruit and vary your diet so that you can get all the necessary nutrients.

Don't be alarmed by warnings of insufficient protein. Vegetarian food will provide all the protein you need, provided you combine food from one main source with food from another. The following are three main food sources:

- Source 1. Legumes** include all forms of dried beans, lentils and groundnuts.
- Source 2. Grains, Nuts and Seeds** include all forms of grain such as rice and wheat and grain products such as bread, pasta and rice.
- Source 3. Dairy Foods or Eggs** include milk and all milk products like cheese, yogurt and skimmed milk powder.

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Always combine any 2 of 3 sources. Protein foods should be eaten every day and ideally at every meal. Here are some simple examples:

Source 1 and 2

Peanut butter and bread
Lentils with rice
Beans on toast

Source 2 and 3

Pasta with cheese
Oatmeal with milk
Egg quiche

Source 1 and 3

Chickpea salad with mayonnaise and yogurt
Bean sprouts with scrambled eggs
Cream of lentil soup

Most of these combinations form quite naturally and you will soon get used to planning your meals this way. You can eat something from all three sources but if you only eat from one, the protein it contains will not be fully metabolized. The two sources need not be part of the same dish just part of the same meal. For example, you could eat rice with stir fried vegetables followed by cheese or yogurt.

Vegans ♦

A vegan diet takes the concept of vegetarianism a step further. Dairy products and eggs (source 3) are excluded but sufficient protein is obtained by combining foods from sources 1 and 2. Soya beans contain complete protein.

It is possible to suffer from a vitamin B₁₂ deficiency if you follow a strict vegan diet or if only small amounts of dairy foods are eaten. Lack of B₁₂ can cause pernicious anemia, so it should be included in the diet. Brewer's yeast, yeast extract, powdered yeast and yeast tablets all contain vitamin B₁₂.

HEALTH TIPS ♦

- **Weight gain** is often a concern, especially for female Volunteers. If you increase your physical activity while you cut down on the amount of food you eat (especially fats and oils), you will begin to lose weight in no time. Taking a walk after meals is also helpful. Crash diets are as useless in Ghana as they are in the States.
- **Weight loss** is common, mostly in male Volunteers. This is due to a loss of muscle from inactivity and not eating properly. Eating a balanced diet and lifting weights can help prevent major weight loss.
- If you are **constipated**, eating high fiber food such as whole grain cereal and bread, nuts, fruit and vegetables is the solution. Drinking lots of water also helps.

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- **Water and mineral loss** due to vomiting and/or diarrhea, needs to be replaced. Use the pre-packaged solutions in your medical kit (ORS/Gatorade). Consult your medical handbook or visit your PCMO for appropriate treatment. As you recover, eat bland foods such as bananas, bread, boiled eggs and weak tea. When you feel better, slowly return to your normal eating pattern.
- **Headaches** can be caused by lack of food and/or water, another reason to drink a lot of fluids. Adding a little extra salt to your food in very hot weather helps replace sodium lost with perspiration.
- Eat iron rich foods to prevent **anemia**. This is especially important for menstruating women. Iron rich foods are organ meats and smoked fish. Cooking in an iron skillet is also a good idea.

KEY POINTS

- Eat a variety of foods from the four main food groups;
- Try to avoid processed foods such as white flour and rice; brown rice and whole wheat bread are better choices;
- If you are a vegetarian or a vegan, choose correct food combinations for essential protein intake;
- Drink four to eight glasses of water daily;
- Add extra salt to your food in very hot weather.
- Eat high fiber foods to prevent constipation;
- If you become ill or sustain an injury, eat protein foods for proper healing;
- Eat unsaturated fats instead of saturated ones and try to reduce your fat intake;
- Experiment with new foods and recipes.
- If you are not able to eat a balanced diet, get some multivitamins from your PCMO.

GHANAIAN FOOD [◇]

Meal Patterns

The most popular Ghanaian foods are those which can be made into sauces, stews or soups. They usually contain tomatoes, palm oil, okra, garden eggs and groundnuts. The common ingredient in these dishes is hot peppers. There are several varieties of peppers ranging in degrees of hotness. In the beginning they may give you watery eyes and running noses, but after a while, you will build up quite a tolerance.

Sauces, soups and stews are eaten with starchy staples which differ among ethnic groups and geographical regions. The staples range from cereals such as maize, sorghum, millet, rice and wheat to the roots and tubers such as yams, cassava, cocoyam and sweet potatoes. The starchy fruit - plantain is an important part of the Ghanaian diet. Meat, chicken or fish are included in soups and stews in various quantities depending on financial resources. Occasionally, you may be invited to a festive pot of soup with plenty of meat, fish, snails, crab and shrimp. Eat hearty for it is an insult to refuse food especially when so much energy has gone into its preparation.

In the coastal plain, cereals tend to be the staple along with some root vegetables such as yam and cassava. Soups and stews may be made with garden eggs, okra and various green leaves. On the coast and river areas, fried smoked or dried fish is eaten.

In the North, millet, sorghum, rice and yam form the staples. Certain green leaves and okra, both fresh and dried, are used in considerable quantities. Tomatoes are used when available. Many people keep guinea fowl and eat their eggs (delicious), but these are not eaten as often as one would think. Goat meat is very popular.

Plantain, cocoyam and cassava form the staples in the forest area. Accompanying soups are often made with garden eggs, cocoyam leaves (Kontomire), palmnuts, pepper, dried beans, tomatoes, and onions. Protein sources are snails, river fish, and bush meat, such as grass cutter.

In general, most Ghanaians eat only one main meal a day- the evening meal. This is probably because the country is mainly agricultural. Farmers leave home early in the morning for their farms. They are away all day and return late in the afternoon for a cooked meal, which is eaten early in the evening. During the day, some cassava, corn, cocoyam, plantain or yam may be roasted over a fire and eaten along with oranges, mangoes, bananas, or pawpaw plucked from a nearby tree.

In the urban or industrial centers, patterns vary. Many employees in industries or in offices may leave for work without eating breakfast. Some purchase their breakfast or lunch from food vendors. The meal pattern depends on the individual's ability to pay. Very often, when the money runs out, people begin to miss meals.

Many chop bars (local restaurants) provide delicious meals at reasonable prices. Street vendors may have nutritious items such as groundnuts, oranges, mangoes, bananas,

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coconuts, pineapple, fried fish, kenkey, fried yam, and plantain. You can also find meat pies and kebabs.

A word of caution about eating street food and in chop bars. Make sure the food is piping hot before you eat it. Eating food that has been left standing too long is a common source of gastrointestinal illness among Volunteers.

Food Preservation ♦

Traditionally, food preservation in Ghana employs the methods of smoking, frying, curing, drying or roasting. Among the staple foods in Ghana, cassava is the only one preserved on a large scale. The two foods produced are gari and konkonte.

Fish is either smoked, dried, or cured. Smoked fish is the most popular. The traditional method of fish smoking is done in a kiln made out of an empty oil drum or clay pot with grills. The hearth is pre-heated. When pieces of fish are placed on the grills, smoke is produced by slowly burning the fuel. Wood and other materials such as dry sugar cane husks, dry cassava peels, dry coconut fibers, and a certain succulent creeping plant known in Ewe as *Sonli*, are used as fuel.

Fish can be smoked *soft* or *dry*. Large fish such as horse mackerel are cut into pieces and smoked soft while small ones like herrings are smoked dry.

Another method of preserving fish is to dry it in the sun. Very small fish are spread on sand or on iron sheets immediately after the catch and left to dry in the sun. It takes 3 three to four days to become quite dry. This type of dry fish is the main ingredient in soups and sauces in villages remote from the coast.

Curing uses a special kind of fish known as *Akpa* (Ewe) *Mpatua* (Twi). In this process, the fish is salted fresh and left in brine for about 8 - 10 hours before drying it in the sun. This cured fish is used as a main ingredient in stews. It may be boiled, fried or roasted before use.

Meat smoking is done on a very small scale usually by meat sellers. Only game such as grass cutter is smoked then sold. Whenever meat is purchased in a home without refrigeration facilities, it is cooked the same day. Soups and stews are often re-heated to keep them fresh.

Most vegetables are used fresh in soups and stews. In Southern Ghana, only red pepper is dried for storage. It is steamed and dried thoroughly in the sun, and can keep for years. Dry pepper as well as the fresh one are ground into powder and paste and sold in the markets. In the North, okra and some of the leafy vegetables such as baobab and okra leaves are dried for future use. After being cut up, the pieces are sprinkled with wood-ash before drying. When dried, the leafy vegetables are ground into powder for storage. Both are sold in the market.

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SETTING UP YOUR KITCHEN [◇]

Much of your settling-in allowance goes to purchase of kitchen utensils and equipment. Use it wisely because the ability to prepare appetizing and healthy meals depends on a well-equipped kitchen. Everything you require to set up your kitchen can be purchased in Ghana. Here are the essentials.

- **Pots** - at least three would be ideal; a large one for soups and boiling drinking water; medium-size one for vegetables and starches and a small one for boiling eggs, heating leftovers, making tea or coffee. The small pot can also be used as a ladle.
- **Skillet** - for frying and sautéing. A cast iron skillet is ideal;
- **Mixing bowls** - at least two;
- **Measuring cups and spoons**
- **Dishes, cutlery, cups and or drinking glasses**
- **Two good knives** - a large one for slicing bread and cutting meat; a small one for peeling vegetables and fruits.
- **Serving spoons, spatula, egg turner**
- **Colander**
- **Dishtowels**
- **Soap, sponges, and scouring pads**
- **Drain board**
- **Cutting Board.**
- **Plastic containers** of various sizes with tight fitting lids for food storage.

If you plan on cooking Ghanaian meals, the following items will come in handy:

- **Charcoal pot** is a smaller version of the “hibachi” used for barbecuing at home. It uses charcoal for fuel which is not always available so you should keep some on hand. Even if you have a gas or electric cooker, a charcoal pot comes in handy if you aren’t able to get propane or if you don’t have electricity.
- **Mortars** are wooden bowls used for grinding or pounding. Small mortars have a ridged surface for grinding pepper, tomatoes, garden eggs, etc. Large mortars are used for pounding fufu.

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- **Pestle** - A wooden tool used to grind in small mortar.
- **Pounding stick** - A long wooden stick used to pound fufu in large mortar.
- **Grinding stones** - Two large smooth stones: one flat and one round. They grind food to very fine consistency.

HELPFUL HINTS ♦

How To Measure

Always use the same measuring cups and spoons for the same recipe.

3	teaspoons	=	1	tablespoon
4	tablespoons	=	1/4	cup
8	tablespoons	=	1/2	cup
16	tablespoons	=	1	cup
1	cup	=	8	ounces
1	cup	=	1/2	pint
2	cups	=	1	pint
4	cups	=	1	quart
• 1	lb.. butter	=	2	cups
1	lb.. sugar	=	2	cups
1	lb.. flour	=	4	cups

Substitutions

	Use		For
1	square chocolate	3	tablespoons cocoa & 1 tablespoon shortening
	Cornflour		Cornstarch
2	tablespoons flour	1	tablespoon cornstarch (for thickening)
1/2	cup evaporated milk &	1	cup fresh milk
1/2	cup of water		

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Oven Temperatures [◇]

Low	250°- 300° or gas mark 2
Moderate	325°- 375° or gas mark 5
Hot	450°- 550° or gas mark 8/9

If you do not have a temperature gauge on your oven, sprinkle flour on a pan and place in heated oven. If it turns light brown in 5 minutes, the oven temperature is low. If it turns medium golden brown, the oven is moderate. If it turns a deep dark brown the oven is hot. If it turns deep dark brown in less than 5 minutes, the oven is very hot and care should be taken with baking.

If you don't have an oven, try frying biscuits and cookie on a lightly greased pan over very low heat for about 15 minutes on each side. Pineapple upside down cake can be done this way also. Put about 1/2 cup margarine and 1/2 cup sugar along with the fruit in the bottom of a fry pan and pour the batter over the mixture. It will cook in about 30 minutes. Be sure that the heat is low, otherwise the fruit and sugar will burn.

Useful Tips [◇]

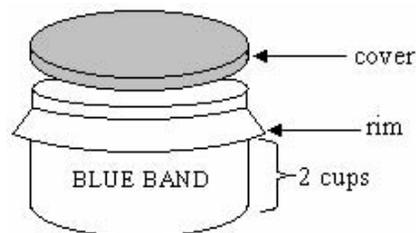
- If you've put too much salt into a soup or stew, add a slice of raw yam. It will absorb the excess salt.
- If you've added too much sugar to a recipe, add a little salt.
- Remove fat from soup by putting it in the refrigerator overnight. The fat rises to the top and is easily skimmed off.
- To restore wilted lettuce, place the stems in soda water.
- Keep 5-10 grains of rice in your salt shaker to absorb moisture.
- When frying food, turn a metal colander upside down over the fry pan. This allows steam to escape, but keeps the oil from spattering.
- Sprinkle lemon juice on fruit salad to prevent discoloration.
- Deodorize you refrigerator by keeping a piece of charcoal or an open box of baking soda on a shelf.
- Avoid stirring hot food. Nutrients may get destroyed.

[◇]Denotes items found in the original 1995 version of the Peace Corps Ghana Nutritional Handbook.

MEASURING , CONVERSIONS , AND SUBSTITUTIONS

If you do not have measuring cups and/or spoons, the following conversions and suggestions may be useful.

- If you have a Nalgene bottle, you can measure out water, in ounces, into the container of your choosing and make marks at each desired level—e.g. 8 oz/1 cup, 4 oz/1/2 cup, 16 oz/2 cups, etc.
- Use empty tin cans or Blue Band containers as measuring cups. A small tomato tin is about 1/3 cup, medium about 1 cup, and large (400g) is about 1 3/4 cups. The bottom rim of a Blue Band container measures about 2 cups.



Abbreviations

pound (lb)
 kilogram (kg)
 liters (L or ℓ)
 milliliters (mL or mℓ)
 ounces (oz)
 cup (c)
 tablespoon (T)
 teaspoon (t)
 gram (g)
 quart (qt)

Conversions

Volume:

8 oz = 1 cup
 4 oz = 1/2 cup
 2 oz = 1/4 cup
 1 oz = 1/8 cup
 3 t = 1 T = 16 mL
 4 T = 1/4 cup = 2 oz
 4 cups = 1 qt = 2 pints = 1 L = 32 oz
 4 qt = 1 gallon
 mL to T multiply by 0.064
 L to cups multiply by 4

Weight:

1 lb = 16 oz = 2 cups
 1 kg = 2.2 lbs = 4.4 cups = 35 oz
 kg to pounds multiply by 2.2
 pounds to kg multiply by 0.45
 grams to oz multiply by 0.035

Favorite Ghanaian Product Conversions

Tub of Blue Band, 450 g = 15.75 oz ≈ 2 cups
 Vanilla, 28 mL ≈ 2 T
 Frytol, 0.9 L = 3.6 cups
 Sankofa flour bag, 2 kg = 8 cups
 Kingsbite, 100 g = 3.5 oz = 0.4 cups
 Laughing Cow cheese, 140g = 5 oz = 5/8 cups

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Substitutions

Powdered Sugar

Blend 1c sugar with 1t cornstarch, or you can substitute 1/3c dry milk powder for 1/3c powdered sugar. Powdered sugar can be made by grinding granulated or regular sugar—put in a blender, or roll with a rolling pin.

Brown Sugar

Light brown: 2 tablespoons molasses per cup of white sugar

Dark brown: 3 tablespoons molasses per cup of white sugar

Regular: 1/4c malt or molasses, 8c sugar and maple flavor

Corn Syrup and Honey Substitute

CornS.: Use twice as much sugar as water, bring to a boil; allow it to cool if used in baking.

For 1/2 cup corn syrup, combine 1/4 - 1/2 c water, 1 c sugar.

Honey: 1 1/4 cups sugar plus 1/4 cup water

Shortening

For 1 cup of Shortening use 1 cup + 2 tablespoons of butter or margarine

Sour Cream Substitute

Mix:

1c 70°F evaporated milk

With:

1T vinegar or lemon juice

Allow it to stand until it clabbers and thickens.

(Can also be used as a yoghurt substitute for baking)

Molasses

Equal quantity of dark brown sugar or dark honey

Whole Milk, Buttermilk, Baking Powder/Soda

1/2 c cream = 1/2 c dry milk powder = 1/3 c water

1 c whole milk = 1/2 c evaporated milk + 1/2 c water

1 c whole milk = 1 c water + 1/3 c nonfat dry milk powder

1 c buttermilk = 1 T lemon juice/vinegar + enough milk to make 1 c (let stand 5 min before using)

1 c buttermilk = 1 c milk + 1 3/4 t cream of tartar

2 t baking powder = 1 t baking soda

Flour Substitutes:

1 cup Cake Flour, Sifted = 1 cup less 2 tablespoons sifted all-purpose flour

1 cup self Rising Flour = 1 cup all-purpose flour plus 1 teaspoon baking powder and 1/2 teaspoon salt

1 cup Soft Flour = 2/3 cup cornstarch plus 1/3 cup all-purpose flour, sifted together

Nut Substitutes (Pecan,etc)

1 cup chopped Pecans = 1 cup regular oats, toasted (in baked products)

Tapioca

1 Tablespoon Tapioca = 1 1/2 tablespoons all purpose flour

Unsweetened Chocolate

1 square = 3 tablespoons unsweetened cocoa powder plus 1 tablespoon butter, margarine or vegetable shortening OR 3 tablespoons carob plus 2 tablespoons water

Cream of Tartar

When cream of tartar is used in whipping egg whites, it acts as a stabilizer. There is no exact substitute, but you can add a pinch of salt for each 1 to 2 egg whites instead, but it has a lesser stabilizing effect.

In general, 1/8 teaspoon cream of tartar = 1/4 teaspoon freshly squeezed lemon juice or distilled white wine vinegar. However, vinegar leaves a subtle aftertaste in the baked good..

Normally, when cream of tartar is used in a recipe, it is used together with baking soda. The two of them combined work like double-acting baking powder. When substituting for cream of tartar, you must also substitute for the baking soda at the same time. A teaspoon of baking powder will substitute for 1/4 teaspoon of baking soda plus 1/2 teaspoon of cream of tartar. If there is additional baking soda that does not fit into the equation, simply add it to the batter.

Eggs

If you're one egg short in a recipe, substitute one tsp of cornstarch.

Baking Soda

Very soon after the onset of the Civil War, baking soda became a thing of the past. Some creative person came up with the idea of using the ashes of burned corn cobs in its stead and it worked. Sweep away the ashes from the fire place and light/burn the dried corn cobs (corn removed). Put the ashes into a glass jar and cover with water. Use this as you would baking soda in your baked goods.

Light Cream/Half and Half

1 cup light cream or half-and-half= 3 Tablespoons butter plus 7/8 cup milk

Whipping Cream

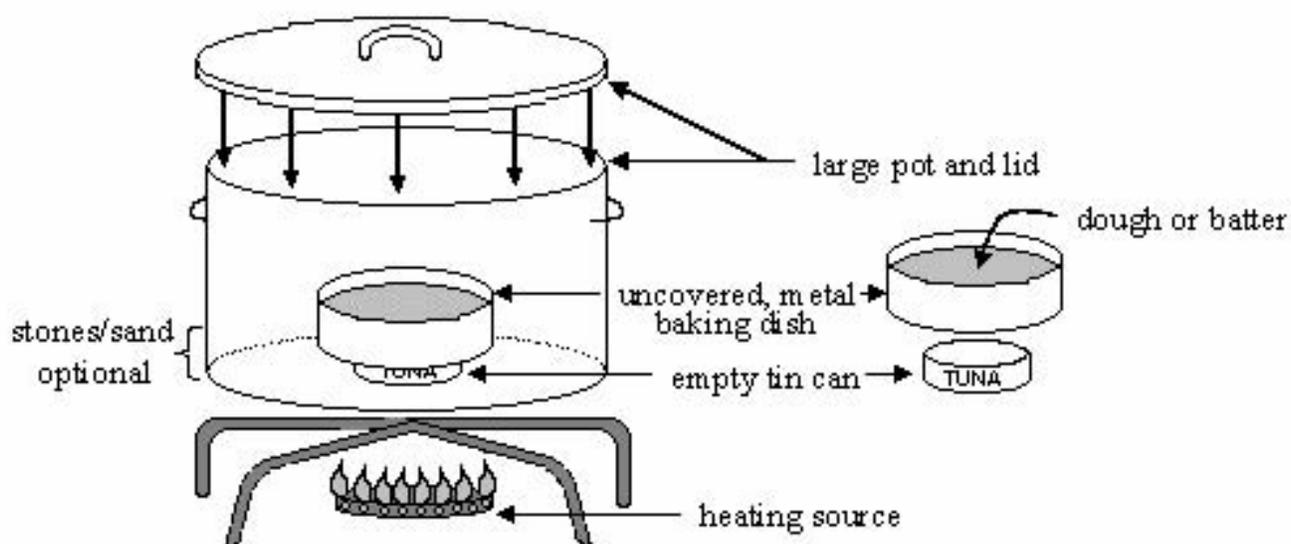
1 cup heavy (whipping) cream= 1/3 cup butter plus 3/4 cup milk

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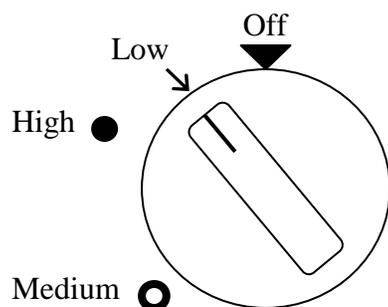
PEACE CORPS/DUTCH OVEN

If you don't have an oven and you want to do some small-scale baking, buy a large pot and make your own PC oven. You can put three inches of sand or stones in the bottom of the pot to help distribute the heat. Place an empty tin can, open end down, in the bottom center of the pot. Put your dough or batter in a baking pan, and set it in the pot on top of the tin can. Make sure your baking pan does not touch the sides of the larger pot! Put the lid on top—it should not be an airtight seal. You can bake many things in your oven—cookies, cakes, breads, pies, meats, etc. Items baked in a PC oven often take at least twice as long as in a regular oven, and they are unlikely to brown on top. It is difficult to gauge temperatures for your oven, but generally it is best if you keep it medium to low so the bottom does not cook quicker than the top and sides (especially if you do not use sand/stones).

Peace Corps Oven



To adjust the temperature of your gas stove to medium low to low, slowly move the knob towards the off position.



◊ Denotes items found in the original 1995 version of the Peace Corps Ghana Nutritional Handbook.

BASIC HERB/SPICE GUIDE

Vanilla:

- can use in all sweet baked goods, ice cream, and frostings
- safe to add 1 T or more to each recipe, even if it calls for 1 t

Pie spices:

- pumpkin – ginger, nutmeg, cinnamon, cloves
- apple, peach – cinnamon, nutmeg, cloves

Mexican-style, beans and rice, chili, etc:

- *from home* - taco or chili seasoning packet
- Adobo, Maggie cubes, salt, pepper, red pepper
- oregano, all-purpose Mexican seasoning, chili powder, paprika, onion powder, garlic powder, black or white pepper, coriander, cumin
- ground fresh hot pepper, green pepper, onions, garlic, tomatoes, tomato paste, zucchini, mushrooms, spinach, canned corn

Italian, especially tomato sauces, pizza, pasta:

- *from home* – pesto, white sauce, alfredo sauce packets, dried parmesan cheese
- all-purpose Italian seasoning, oregano, rosemary, bay leaves (remove after cooking), thyme, marjoram (like oregano—try not to use too much of both), black/white pepper, sage, red pepper, Adobo, fresh parsley and basil (dried have little flavor)
- mozzarella, ricotta (home-made or goat milk), laughing cow, and parmesan cheeses, olive oil
- tomato sauce - tomatoes, tomato paste, onions, garlic, green onions, green pepper, hot pepper, zucchini, eggplant, garden eggs, carrots, mushrooms, sun-dried tomatoes (available in non-tomato season)
- white or cheese sauce – onions, garlic, mushrooms, zucchini, carrots, peas, green beans, cauliflower, eggplant, garden eggs, green pepper, green onions

Savory dishes like soups, pot pies, stews, etc.:

- bay leaf, bullion cube, salt, pepper, garlic, onions, green onions, mushrooms, marjoram, parsley, basil, rosemary, thyme, sage, oregano, garlic/onion powder, Adobo, caraway seeds
- different base options for the soup or stew;
 - tomato – tomatoes, tomato paste, may add bullion
 - cream – melt butter, sprinkle on flour, gradually stir in milk/cream
 - bullion – add water to sautéed vegetables, add bullion to boiling water, add flour/water mix to thicken
- cooked meat chunks, carrots, green pepper, green beans, potatoes, onions, zucchini, eggplant, garden eggs, lentils, beans, mushrooms, greens (aleefu, kontomire, spinach), corn, cabbage

Stir Fries, fried rice:

- *from home* – Thai rice, stir fry, Thai noodle, fried rice and other seasoning packets
- soy sauce, oyster sauce, bullion cubes, garlic, oregano, parsley, red pepper, chives, green onions, onion/garlic powder, curry powder (cinnamon, nutmeg, allspice, cumin, coriander, turmeric), Adobo, ginger, sesame oil, groundnut paste
- thicken stir fry sauces by making a mix of flour or cornstarch and water, add slowly to the simmering broth, add to veggies after they are cooked
- any combination of vegetables, meat, egg, nuts, tofu

◊ Denotes items found in the original 1995 version of the Peace Corps Ghana Nutritional Handbook.

RECIPES

FAVORITE GHANAIAN DISHES ♦

Soups ♦

Palmnut Soup is made from the pulp of palmnut. The traditional palmnut soup is not complete without fish, meat, crabs or snails. The other ingredients vary to suit individual tastes.

Apapransa is palmnut soup to which roast corn meal is added and cooked to a very thick consistency.

Groundnut soup is made with chicken, meat or smoked fish, groundnut paste, tomatoes and garden eggs. It is delicious and served with rice, fufu or kenkey.

Light Soup is like consommé made from garden eggs, tomatoes and hot peppers and meat, chicken or fish. It is highly seasoned and usually served with fufu.

Stews and Sauces ♦

Kontomire Stew is made from cocoyam leaves, and served with boiled yam, cocoyam or boiled plantain.

Palaver sauce is made from spinach, agusi, tomatoes, and onion, and served with rice, kenkey or boiled yam.

Okro Stew is made from fresh or dried okro, fresh or dried fish, palm oil, tomatoes, onion and pepper. It goes well with banku and kenkey.

Garden Egg Stew is made from ground garden eggs, tomatoes, onions and pepper. It is served with “ampesi” (boiled, sliced yam, cocoyam or plantain).

Other Dishes ♦

Tatare is made of pounded ripe plantain mixed with wheat, rice or corn flour. It is then shallow fried in palm oil.

Dadafi-Aboboi (Red-Red) is fried plantain with beans. It is served with rice or gari.

Gari and Beans is a combination of beans and *Zomi* (a special kind of palm oil). It is served with gari and very nutritious.

Kelewele are chips of ripe plantain seasoned with ginger and pepper, then fried in groundnut or coconut oil.

♦ Denotes items found in the original 1995 version of the Peace Corps Ghana Nutritional Handbook.

Gari-Foto is made of gari sprinkled with water and mixed with a little salt. A sauce is made of tomatoes, onions, pepper and ground smoked shrimp. Sometimes a beaten egg is added and the gari is then poured into the sauce. This is one of Ghana's best one-dish meals.

The Staples [◇] (accompanies soups, stews and sauces)

Fufu is boiled plantain, cassava, cocoyam or yam alone or any combination of two pounded to a smooth consistency.

Kenkey is fermented corn dough, cooked to thick porridge and wrapped in corn or plantain leaves - different variations in different regions.

Abolo is ground, soaked corn flour sometimes mixed with sweet potatoes, and steamed or baked on leaves.

Gari is fermented, grated cassava lightly dried into grits.

Kokonte is dried cassava flour cooked to a thick consistency

Banku is fermented corn dough cooked to a thick consistency and formed into balls.

Akpler is corn flour or corn dough cooked in boiling water to a thick porridge.

Tuo Zaafi is also corn flour cooked in boiling water and shaped into balls, similar to banku (Northern).

Spices and Flavorings [◇]

Spices and seasonings used most frequently in Ghana include nutmeg, cloves, cinnamon, peppercorns, ginger, garlic and curry powder.

Dried shrimp adds flavor to soups and stews. Dawadawa (fermented locust beans) is also used to flavor soups and stews and is very high in protein, riboflavin and iron. Dawadawa is used mainly in north of Ghana but it is also found in the markets in the south. Silk cotton seeds and baobab seeds are also used for making Dawadawa.

Oil Seeds [◇]

Agusi (melon seed), neri and bungu (false sesame seeds) are examples of oil seeds. The latter two are used mostly in Northern Ghana. All three types are ground, sometimes lightly roasted, and used to thicken soups and stews. They can also be used as snacks because of their high protein content.

[◇]Denotes items found in the original 1995 version of the Peace Corps Ghana Nutritional Handbook.

GHANAIAN RECIPES ♦

The Ghanaian kitchen is a strategic meeting place. Meal preparation starts early in the morning and the procedures for adding flavorings and spices are discussed at length. Besides tasting good and being plentiful and nourishing, the food must look colorful and appetizing.

A good approach to your own cooking is to be flexible and to experiment with different ingredients. Why not try lentils instead of ground beef? This approach reflects the way most cooking is done in Ghana where food preparation depends on what is available and recipe books do not usually exist. If you want to learn more about Ghanaian cooking, ask an experienced cook for some help. It's a great way to meet people and to learn something new.

Kelewele ♦

2 plantains	oil for cooking
juice of lemon	salt
1 heaping teaspoon ginger powder	

Slice the plantain into fairly thin slices. Sprinkle with the lemon juice, ginger and a dash of salt. Let stand for 5 minutes. Heat oil and fry a few pieces at a time until well browned. Drain well.

Groundnut Soup ♦

1 lb meat or chicken	1 medium size onion
1 cup groundnut paste	Red pepper to taste (ground or whole)
1 tablespoon tomato paste	Maggi cubes/nutmeg/ginger
3 medium size tomatoes	salt to taste
6 medium size garden eggs,	

Mix groundnut paste with water to a smooth paste. Cook over moderate heat stirring all the time until oil is separated from the paste.

Boil garden eggs and red pepper until tender. Grind and strain them adding a little water. Set aside.

Wash meat or chicken, cut into pieces and put into a saucepan.

Add chopped onion, tomato paste and salt. Sauté over moderate heat for 5 minutes.

Add strained garden eggs and pepper to meat or chicken. Add tomatoes. Cook over moderate heat for about 1/2 hour. Then add groundnut paste. Remove tomato from soup, grind into smooth paste and put it back into the soup. Add salt, maggi cube, ginger, and nutmeg to taste. Cook for another 30-45 minutes. Serve with fufu, boiled rice or yam.

Fufu ♦

1 lb yam, cassava, or cocoyam (or a mixture)

♦ Denotes items found in the original 1995 version of the Peace Corps Ghana Nutritional Handbook.

½ lb plantain

Peel the yam and plantain and cool in heavy pan until tender. Pour off the water. Place them one at a time in a fufu mortar and pound, yam first plantain next.

Add the yam to the plantain and continue pounding until soft and elastic, add a little water as required. Serve with soup.

Best way to learn is to watch a Ghanaian at work!

Note: Palmnut and Groundnut soup are complete meals when served with fufu, boiled yam or rice.

Jollof Rice ◆

1/2 lb meat/poultry	1 cup rice
2 large tomatoes	Ground red pepper
1 tablespoon tomato paste	1 pint water
1 large onion	salt
¼ pint cooking oil	

Cut meat or chicken into small pieces and boil in salted water until tender. Remove from water, drain and fry lightly till golden brown. In another pot, sauté the chopped onions, tomatoes, and ground pepper in oil until soft. Wash the rice and add it to the onion and tomato mixture. Add water and salt and cook in a covered pot until the rice is soft. Just before serving add the tomato paste and stir well to mix. Garnish with cooked beans or chopped green pepper. Serve with fresh or cooked vegetables.

Gari Foto ◆

1 cup gari	salt & pepper
2 tomatoes, chopped	½ teaspoon grind ginger
1 tablespoon tomato paste or ketchup	½ cup cooking oil
2 onions, chopped	½ cup water
2 eggs, lightly beaten	2 cans mackerel

Sprinkle the gari with cold salted water till the grains have absorbed all the water, leave to swell. Fry the onion tomatoes, ginger, mackerel, seasoning well. Add the eggs and stir until the eggs are cooked. Remove from the heat and mix with the gari, saving a little of the sauce for garnish. Heat the gari mix through for a few minutes. Serve hot and garnish with the remaining sauce and some sliced green pepper if possible.

Garden Egg and Agusi Stew ◆

4 -5 garden eggs -	2 can mackerel
1 large onion, chopped	¾ pint cooking oil, or palm oil
2 large tomatoes, chopped	water
½ cup ground agusi (melon seed)	

Cook the garden eggs in salted water and mash. Fry the onions and tomatoes with the pepper in the oil and add to the fish. Mix the agusi with some water and add to the mixture

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along with the mashed garden eggs. Season to taste and add a little more water. Simmer until well stewed. Serve with boiled plantain.

Chichinga (Kebab) ♦

1 lb beef, lamb or liver	1/3 cup cooking oil
onions	1 tablespoon vinegar
firm tomatoes	1/2 teaspoon salt
1 cup roasted cornflour	

Cut the meat into bite- sized pieces and marinate in a mixture of oil, vinegar and salt for one hour. Place the meat on the skewers, alternating with pieces of tomato and onion. Sprinkle the kebabs with the roasted cornflour. Roast over coalpot or under grill until cooked. Serve with rice and pepper sauce.

Small Fish Stew ♦

3 pounds fresh small fish	1 teaspoon powdered ginger
1/2 pound shrimp	2 large ripe tomatoes, peeled and diced
1 tablespoon tomato paste	1/2 cup cooking oil or palm oil
1 teaspoon paprika	1 medium onion, minced
1 tablespoon fresh lemon juice	Salt and pepper to taste

Clean fish and shrimp, rub with lemon juice, and arrange in a wide saucepan. Mix all remaining ingredients, including the oil, in a bowl and pour over fish and shrimp. Cook over medium heat, shaking the saucepan from time to time to avoid sticking until fish is done and most of the natural stock from the fish is evaporated - about 40 to 50 minutes. Serve with rice, gari and avocado slices.

Ashanti Stewed Greens ♦

2 1/2 pounds Kontomire or spinach	1/2 cup palm oil
1 teaspoon paprika	1/4 cup vegetable stock
1 medium onion, chopped	2 tomatoes, diced
1 cup cooked, flaked codfish	salt and pepper to taste
1/2 cup dried or smoked shrimp	

Cook greens until tender, mash lightly with wooden spoon, and set aside. Fry onions in oil until lightly browned, then add tomatoes, salt, and pepper. Cook for 10 minutes, then stir in paprika, codfish, and shrimp. Add vegetable stock when shrimp are tender, and simmer for another 10 minutes. Stir in greens, cook slowly for 15 minutes, then serve hot with kelewele or rice.

Palaver Sauce (Kontomire stew) ♦

1 bundle Kontomire (cocoyam leaves)	salt & ground red pepper
1 onion, chopped	1/4 pint water
2 tomatoes, chopped	2 hard boiled eggs
1/3 cup palm oil	

♦ Denotes items found in the original 1995 version of the Peace Corps Ghana Nutritional Handbook.

Wash cocoyam leaves well. Boil until soft, then strain and wash well. Fry the onions, tomatoes and red pepper in the palm oil. Add the water and simmer. Add the mashed leaves and season to taste. Halve the boiled eggs and pour the sauce over them. Serve with rice or boiled yam.

Boiled Plantain ♦

Allow 1/2 plantain per person. Peel and cut into pieces. Put in saucepan, Cover with water and cook until soft. Should take around 10 minutes. Serve hot.

Tom Brown Porridge ♦

4 –6 heaped tablespoons roasted cornflour	1/2 teaspoon salt
3 cups water (approx.)	1 teaspoon cinnamon

Mix a small amount of cold water with the cornflour to make a thick paste. Slowly add the remainder of the water, stirring all the time. Add the salt and cinnamon and bring to the boil, Boil for several minutes, stirring constantly, until thick. Serve with cold milk for breakfast.

Note: Roasted cornflour can be bought in many markets, but you can make it yourself. Buy some dried maize, fresh to avoid weevils. Roast the maize in a dry pan until golden brown, or darker, if you want more flavor.

This takes a lot of time but it smells wonderful! Take to your local mill for grinding. Put it through about 3 times. Store in a tightly covered tin.

Groundnut Paste ♦

Put shelled groundnuts into the oven and roast until brown and skins can be easily moved. If you have no oven roast over a coal pot shaking the pan frequently to prevent burning. Grind the nuts in your meat grinder or pound in a mortar until they are smooth and oily. If the mixture is too dry, add some groundnut oil to bring it to the right consistency. Add salt to your own taste.

Note - If you like crunchy groundnut, reserve some of the ground nuts and add to the mixture with salt.

Shitto (Pepper Sauce) ♦

3 tablespoons dry pepper	2 small tins tomato paste
1 cup small dried fish	1 Maggi cube
1 cup dried prawns	6 large onions finely chopped
ground Ginger	1 bottle Groundnut or vegetable oil

Remove heads and skin from the fish and shrimp. Add pepper and finely grind ingredients in a mortar. Fry onion in hot oil until lightly brown. Add the fish mixture, stirring all the time. Cook for 15 minutes. Add ginger, tomato paste and maggi cube. Reduce heat and

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simmer for about 15 - 20 minutes. When cool, put into a clean jar. Serve with any main course.

Note: This black pepper sauce can be kept for weeks without refrigeration. The oil should be kept at the top. Always use a dry spoon when serving it.

Kakro

2-3 ripe (the riper the better) red plantain	spices to taste
2 ginger roots	~1 cup flour
2-3 fresh peppers	oil (frytol)
1 small onion (or half a larger onion)	

Scrape the skin off the ginger, then chop up the onion and the pepper. Grind all three together in a grinding bowl. Mash up the plantains in a small mortar, or in a grinding bowl. Mix mashed plantains together with the ground up onion/pepper/ginger paste. Add a little spice to taste. Slowly mix in flour until the consistency becomes like thick pancake batter. Heat the oil in a pan, enough to deep fry spoon sized globs. Using a wetted spoon, scoop up heaping tablespoons of the batter and drop into the oil. You can fry quite a few blobs at the same time. It might stick to the bottom, so you may have to gently pry them loose to turn them. Fry for a few minutes, turning frequently, until the outside has a reddish-brown color. Remove from oil and you are done.

Note: This is usually eaten with stews, especially bean stew.

REGIONAL RECIPES

The following are Ghanaian foods normally found in the regions specified. There are not many specific recipes for local dishes because 1) it is difficult to have people give specific measurements they use, 2) each person has his/her own way of making dishes, and 3) I did not get time to watch and record methods for each one. My suggestion is that you if you want a recipe for a Ghanaian dish, find someone who makes it to your liking, and ask him or her to show you sometime. He/she may or may not let you participate in the processes, but at least you can watch how it is done, and mentally record the recipe.

NORTHERN REGION

Tuo Zaafi (T. Zed) *Corn and/or maize flour cooked in boiling water and formed into balls. The process is similar to that of banku—a large pot stirred with a wooden flat-tipped spoon, steadied with the feet on hooks in the handles, over a coal pot.*

Made with millet, corn, or a mix of flours. Boil water and slowly add flour. Add salt to taste. Take out approximately $\frac{1}{4}$ of the mix and set aside. Wait until the flour/water mix boils and gradually stir in the $\frac{1}{4}$ reserved mix. Add water to the top and let it boil before stirring it in. It is done when it will not stick to your fingers when you pinch it. Form into balls and serve with okro or aleefu soup.

Dried Okro Soup

Similar to fresh okro soup; dried okro is ground and added to boiling water. Soup may also contain ground raw groundnuts.

Aleefu Soup

Chopped leaves added to boiling water. Also contains ground onion, pepper, fish, and raw groundnuts ground to paste. Whole raw groundnuts are also a nice addition. There are several varieties of green leafs (pumpkin, nanjena, bitto, barre) that are growing around, and may resemble weeds, but local people can direct you to them to add to your soup/stew—Linda Atwater.

Jollof Rice—Northern Style

Different in the addition of approximately 2T of ground dawadawa. Add the chunk of dawadawa to the grinding bowl with the pepper and garlic. Dawadawa is made of fermented locust beans, silk cotton seeds, and/or baobab seeds. It is very high in protein, riboflavin, and iron.

Tubani *Bean dough cakes*

Bambara beans are ground into flour. Mix the flour with water, salt. Steam dough between layers of leaves, or plastic bags, or in a bowl.

Bambara Beans

Boiled beans eaten with shea nut butter and dried ground pepper.

◊ Denotes items found in the original 1995 version of the Peace Corps Ghana Nutritional Handbook.

KuliKuli

Fried balls or thin rings of groundnut, flour, salt dough. Taken as is, or with ginger porridge. Powdered version mixed with salt and pepper powder is sprinkled over fried yam/plantains.

Fufu—Yam

WESTERN REGION

Akyeke *Cassava transformed into a couscous-like consistency.*

Made with cassava. It's a long process involving drying, mashing, boiling and various other techniques in an unknown order. I think the dish is an Ivorian/Nzema thing. There are about two ladies in my town who actually make it and then the chop ladies go and buy it from them, and you go and buy it from the chop ladies. It reminds me of cous-cous. In Half Assini we usually take it with a mix of pepe, onion and tomato with fried fish. However in Abidjan, I once had it with groundnut soup. I prefer the pepe. Provided by Emily Shroyer

VOLTA REGION

Akple *Corn flour dough made to a banku-like consistency.*

Consists of corn flour, salt, and water. Corn flour is added to boiling water, stirred, and more water is added. Taken with groundnut, palmtree, okro soup or pepper.

Abolo *Cornbread-like, may be leavened*

Can be made with different types of ground corn. Sugar and water are added to form a dough; baking powder is added to some types and the dough allowed to rise overnight. The dough is wrapped in cornhusks and grilled. Taken with pepper.

Dabli (Mpe hoo) *Mashed yam*

Small chunks of yam is boiled. A soup is made of ground tomatoes and pepper, onion, tomato paste, and salt. The boiled yam is mashed into the soup and palm oil is added. Can also add fish.

Fufu—Yam

OTHER/SOUTHERN REGION

Fufu—Plantain, cassava

Stews/Soups: Okro, Palmtree, Groundnut, Light Soup, Palaver Sauce, Kontomire Stew, Rice/Stew, Pepper—See Favorite Ghanaian Recipes (It has been said that the difference between a soup and a stew is the addition of oil for stew...)

Kenkey—**Ga** corn husk covered, not fermented; **Fanti** dry plantain leaf covered, fermented, can keep for some time

Gari—Eat with beans, or make cereal by mixing with milk and sugar.

◇ Denotes items found in the original 1995 version of the Peace Corps Ghana Nutritional Handbook.

Red Red, Ampesi, Kokonte, Rice Balls, Yam Balls, Banku, Fried Rice, Jollof Rice—
See Favorite Ghanaian Recipes

Iced Kenkey

(smashed)

Take a ball of kenkey in a bowl, add small water, and squish with hand or potato masher. Keep squishing and adding water until the consistency of smooth porridge. Can sieve it and add more water to make drinking consistency. Add sugar, ginger to taste.

Provided by Linda Atwater

BREAKFAST FOODS

Pancakes #1 [◇]

1 cup flour	1 egg
3 teaspoon baking powder	½ teaspoon salt
¾ cup milk	2 teaspoons sugar
2 tablespoon oil	

Sift dry ingredients in a bowl. Make a well in the center and add oil, egg and milk, all at once. Beat until well blended. Cook in a hot pan until golden brown on both sides.

Note: Add mashed banana to the mixture before cooking for a delicious breakfast treat.

Pancakes #2

1 1/4c flour	1 beaten egg
2T sugar	1c milk
2t baking powder	1T oil
1/2t salt	

Mix flour, sugar, baking powder, salt. Mix egg, milk, oil. Mix all until slightly lumpy.

Can add mashed bananas—good with plenty of cinnamon.

For a special pancake topping, slice a peeled apple. Melt butter, sugar and add apples. Saute and add cinnamon.

Granola #1

Can be prepared in an oven or on the stovetop. Melt margarine or peanut butter oil or honey. Melt sugar (brown), oil, vanilla. Add salt, oats, raisins, coconut, etc. May want to brush with egg whites. Bake.

Granola #2

Mix:

3c oats	2c cornmeal
3c wheat flour	1/2c butter
2c grated coconuts	2t salt
1c brown sugar	

Spread on 2 large pans. Bake 350°F for 1 hour, stirring often.

Granola #3

Mix:

10c oats	1c nuts
2c coconut, grated	other grains, seeds

Mix in a separate bowl:

[◇]Denotes items found in the original 1995 version of the Peace Corps Ghana Nutritional Handbook.

1 can sweetened condensed milk	1T salt
1 1/4c sugar (brown if possible)	1/2c oil
1/4c market honey	1/2c water

Pour over oats, and mix well. Bake at 350°F until brown

Cornmeal Pancakes

Mix in 1c boiling water:

1c cornmeal or 1c millet

1t salt

1-2T sugar

Let sit for 10min, then add:

1 egg

1/2c flour

1/2c milk

2t baking powder

2T butter

Fry on a hot greased skillet. Serve with maple syrup.

Bisquick

Stir:

5c flour

4T baking powder

2t salt

Cut in 1c margarine

Add and refrigerate:

2c milk powder

2T sugar

Pancakes: 1 1/2c mix, 1T sugar, 1 egg, 1c milk

Biscuits: 1 1/2c mix, 1/3c milk

Coffee Cake: 3c mix, 1 egg, 1c milk, and 2T sugar, pour in an 8 x 8" pan and bake 20 min at 400°F.

Basic Sweet Dough

4-4 1/3c flour

1/3c margarine

1 package yeast (2 1/4t)

1/2t salt

1c milk

2 eggs

1/3c sugar

Combine 1 1/2c flour and yeast, set aside. In a saucepan, heat and stir milk, sugar, margarine, and salt just until warm and margarine melts. Add to flour mixture, then add eggs. Beat. Stir in remaining flour as you can. On a floured surface, knead in enough remaining flour to make a moderately soft dough that is smooth and elastic. Shape into a ball. Place in a greased bowl; turn once. Cover and let rise in a warm place until doubled (1hr). Punch down. Turn out onto a lightly floured surface. Divide in half. Cover and let rise 10 min. Shape and bake dough as directed in recipe.

◊ Denotes items found in the original 1995 version of the Peace Corps Ghana Nutritional Handbook.

Cinnamon Rolls

(20 to 24 rolls)

1 recipe Basic Sweet Dough

3T margarine, melted

1/2c sugar

2t cinnamon

3/4c raisins

1 recipe Powdered Sugar Icing

Prepare Basic Sweet Dough as directed. Grease two 9 x 1 1/2" round baking pans. On a lightly floured surface, roll each half of the dough into a 12 x 8" rectangle. Brush with margarine. In a small bowl, stir together sugar and cinnamon. Sprinkle the sugar, cinnamon mixture on top of dough. Sprinkle on raisins. Roll up each rectangle, jelly roll style, starting from one of the long sides. Pinch seams to seal. Cut each roll into 10 to 12 pieces. Place pieces, cut side down, in prepared baking pans. Cover and let rise until nearly doubled (about 20 min). If chilled, let stand, covered for 20 min at room temperature. Puncture any surface bubbles with a greased wooden toothpick. Bake, cool. Remove rolls from pans. Drizzle with powdered sugar icing. Serve warm or cool.

Maple Syrup

Heat equal amounts of sugar (preferably brown) and water. When it boils, add about 2t cornstarch per cup of water. Mix the cornstarch with a bit of water and add it to the syrup. Add about 1t mapeline flavoring, and bring to a boil again.

OPT: add 1/4t vanilla and 1/4t salt

Rebecca Pike's Fruity Oats

Can use mango, papaya, or apples for this recipe. Add peeled, pitted ripe mangoes to your oats as they cook. Option two: peel, seed, and cube papaya. Put in a pot and just cover with water. Mash. Can add sugar to taste. Mix with oats. Add spices (ginger, cinnamon, nutmeg) and milk if preferred. Option three: peel, core, and slice apples. Put in a pot and just cover with water. Mash. Mix with oats. Add spices (ginger, cinnamon, nutmeg) and milk if preferred.

Easy Maple Syrup

2 c granulated sugar

1 c water

1/2 t Mapeline

Combine sugar and water; bring to a boil. Remove from heat and stir in Mapeline. Serve hot.

Bubbly Apple Topping

1/4 c butter/margarine

2 small apples, cored and sliced

1/4 c chopped nuts

1/8 c water

1/4 c brown sugar

In a small frying pan, melt butter. Add apples and cook, stirring occasionally, until tender. Stir in brown sugar, nuts, and water; heat through. Serve hot.

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Banana-Orange Sauce

½ c orange juice	1 large banana
¼ c sugar	1 large orange, sectioned and chopped
1 ½ t cornstarch	

Combine cold orange juice, sugar, and cornstarch; stir until cornstarch is completely dissolved. In small saucepan, bring mixture to a boil and simmer until thickened, stirring constantly. Stir in bananas and oranges; heat through. Serve hot.

Cinnamon Syrup

½ c light corn syrup	½ c evaporated milk
1 c granulated sugar	¼ c water
1 t cinnamon	

Combine corn syrup, sugar, water, and cinnamon; bring to a boil, stirring constantly. Cook for 2-3 min. Remove from heat and allow to cool for 5 min. Stir in milk (make sure you allow the syrup to completely cool or the milk will curdle.) Serve warm.

PC Pancake Mix

1 ½ c flour*	3 T sugar
½ c + powdered milk	1 ¾ T baking powder
1 t salt	

Mix dry ingredients and store in a tight container. To make pancakes, use about ½ c of mix per person. (Add 30% when serving volunteers.) Add to PC mix:

- ½ to 1 egg per person depending on your supply
- 2 T cooking oil per person, more or less, and enough water to make a thin batter

Batter should be lumpy, not smooth.

*Recommended ½ whole wheat, ¼ white, ¼ wheat germ

Pancakes: Version 1

3 T butter	½ t salt
½ c milk	1 t baking powder
1 egg	3T sugar
½ t vanilla	½ t cinnamon/mixed spice
1 c flour (cake flour best)	

Melt butter in frying pan. Beat egg and milk together in a bowl, add vanilla. Tilt pan so butter coats bottom evenly, pour excess into egg/milk/vanilla mixture. Add flour, salt, baking powder, sugar, cinnamon. Mix lightly. The batter should be uniformly wet, but lumpy. Pour into hot pan. No extra oil needed. When pancakes bubble and have crisp edges, flip. For thicker pancakes, add more flour. Thinner, more milk. Makes 3-4 good sized pancakes.

Variations:

◊ Denotes items found in the original 1995 version of the Peace Corps Ghana Nutritional Handbook.

Banana Pancakes—Add sliced bananas. Pancakes will be denser and take longer to cook.
Banana/Walnut Pancakes are a nice combination, if you can get walnuts.
Apple Pancakes—Add finely diced apples (peeled) and extra cinnamon.

Pancakes: Version 2

4 eggs	½ t vanilla
1 c yoghurt	2 c flour
1 c oil	1 T baking powder
½ c milk or water	1/8 t salt

In a mixing bowl, beat the eggs well. Add the liquid ingredients and beat together. In another bowl mix all the dry ingredients. Add the liquid ingredients to the dry and beat until creamy smooth. Heat griddle, brush lightly with oil and cook until golden brown. Serves six.

Mango Popovers

Popovers:

2 T butter	¾ c milk
3 beaten eggs	¾ c flour

Sauce:

4 mangoes, peeled and sliced	½ of squeezed lemon
½ c sugar	2 t cinnamon

To make popovers, preheat oven to 400-500 °F. Put batter in cake pan. Put in oven to melt. While waiting, mix the other 3 ingredients. After butter sizzles, coat pan and pour batter in. After baking for 20 min, cut in slices. Pour hot mango sauce over and serve with cream or milk. To make sauce, boil all ingredients until thick, stirring constantly.

French Toast

3-4 slices of bread (the older the better, within reason!)	½ c milk
1 egg	dash of vanilla, cinnamon, nutmeg, mixed spices

Beat egg and milk in a bowl with spices. French toast is best using one or two day old bread which has been sliced thickly and allowed to sit out overnight. Dip bread slices in egg-milk mixture and fry lightly on an oiled hot skillet for a minute or two.

Aunt Sarah's Coffee Cake

¼ lb butter	1 c sugar
2 c flour	1 t baking powder
1 t baking soda	2 eggs
¼ t salt	1 c sour cream or yoghurt
1 t vanilla	

◊ Denotes items found in the original 1995 version of the Peace Corps Ghana Nutritional Handbook.

Cream butter, sugar, eggs, and vanilla. Add alternately sour cream and dry ingredients. Prepare the nut topping: $\frac{1}{2}$ c chopped nuts, 1 t cinnamon, $\frac{1}{4}$ c sugar. Grease a 10" tube pan well. Sprinkle pan with $\frac{1}{3}$ of nut mixture. Put half of the batter in the tube pan. Sprinkle with another third of the nut mixture over dough. Pour the rest of the batter in the pan and sprinkle with the remaining nut mixture. Bake at 350 degrees f for 45 min.

Oshikandela Coffee Cake

Batter:

2 c flour	$\frac{1}{2}$ c butter
1 t baking powder	2 eggs
1 t baking soda	1 c sour cream
$\frac{1}{4}$ t salt	1 c sugar
1t vanilla	

Topping:

1 t nutmeg	3 t cinnamon
$\frac{1}{2}$ c sugar	$\frac{1}{2}$ c chopped nuts

Cream together butter and sugar. Add eggs, sour cream, and vanilla, mixing well. Add sifted dry ingredients and blend well. Grease and flour a cake pan or 2 small bread pans. Pour half of the batter in the bottom of the pans or pan. Sprinkle on half of the topping, and cut into the batter with the spoon. Pour on the rest of the batter and sprinkle on the remaining topping. Cut in with a spoon again. Make sure the top of the batter is no higher than $\frac{2}{3}$ of the pan as it rises quite a bit and can make quite a mess in your oven if you're not careful! Bake at 177 °C for anywhere from a half of an hour to 45 min; the top should be golden brown and bounce back when touched. Cool for ten min and then remove form the pan.

Karen's Granola

Mix the following in a large bowl or pan:

8 c old-fashioned rolled oats	1 c coconut
2 c nuts	1 c bran
1 c wheat germ	

Put the following in a jar and mix well:

7 oz corn syrup	7 oz oil
2 t salt	2 t vanilla

Mix with the other ingredients. After mixing, add whatever seeds you may have to taste (sunflower, sesame, poppy). Bake at 350 °F for 1 hr 15 min. Stir every 15 min. Mixture should brown lightly.

Bagels #1

1 c scalded milk	white of one egg
$\frac{1}{4}$ c butter	1 $\frac{1}{2}$ t sugar
1 T yeast	3 $\frac{3}{4}$ c flour
$\frac{1}{2}$ t salt	

◇ Denotes items found in the original 1995 version of the Peace Corps Ghana Nutritional Handbook.

Add butter, sugar, salt to milk. Add yeast and flour to lukewarm milk. Knead and let rise until doubled in size. Roll into small doughnut-shaped pieces. Let stand on a floured board until they begin to rise. Fill large, shallow pan halfway with water. Heat and keep hot water just under a boil. Put one bagel at a time into the hot water turning once to cook both sides. The bagel will be done when it holds its shape. Remove and bake in a 400 °F oven for 10 min.

Bagels #2

1T yeast	2 1/2t salt
1c warm water	2 1/4c flour
2T sugar	

Knead 10min. Rise 15min. Punch down. Divide dough into 8 parts. Roll each part into 6" lengths, moisten the ends and join. Let rise for 20min. Heat 2L water to boiling and reduce heat. Simmer bagels 3 or 4 at a time in water for 7mi, turning once. Drain on a towel. Bake on a greased cookie sheet at 375°F for 30-35 min.

Cake Doughnuts

Combine:

4 egg yolks or 2 whole eggs, well beaten	2T soft shortening or oil
1 c sugar	3/4 c milk

Combine separately and add:

3 1/2 c flour	1/4 t nutmeg
4 t baking powder	1/4 t cinnamon
1/2 t salt	

Add more flour if necessary. Roll out and cut doughnuts. Fry in hot oil until brown. Drain over kettle, then on absorbent paper in a warm place. Serve plain, sugared, glazed, with grated coconut or breadcrumbs.

Peabody Muffins

2 eggs	1T baking powder
1 c sugar	2 c milk
1/4 lb melted butter	1 T vanilla extract
4 c sifted flour	1/2 t salt

Preheat oven to 400 °F. Grease bottom of muffin tins to be used. Sift flour with sugar, baking powder and salt into a large bowl. Add melted butter to milk and eggs, beat with a fork to mix well, make a well in the center of the flour mixture and pour in milk mixture all at once. Stir quickly, with a fork, just until all dry ingredients are moistened. Do not beat because the batter will become lumpy. Quickly spoon batter into muffin tins, filling each slightly more than 1/2 full. Bake 20 to 25 min, serve hot.

Caramel Rolls

◊ Denotes items found in the original 1995 version of the Peace Corps Ghana Nutritional Handbook.

Basic Roll Dough (see bread section)	$\frac{3}{4}$ c brown sugar
$\frac{1}{2}$ c melted butter	1 T corn syrup
1 t cinnamon	

Roll $\frac{1}{2}$ recipe of basic roll dough on a lightly floured surface to a 12 x 8 inch rectangle. Brush with $\frac{1}{4}$ c melted butter; sprinkle with mixture of $\frac{1}{4}$ c brown sugar and ground cinnamon. Roll as for a jelly roll, starting with long edge; seal. Cut in 1" slices. In saucepan mix $\frac{1}{2}$ c brown sugar, $\frac{1}{4}$ c butter, and the corn syrup. Heat slowly, stirring often. Pour into 8 x 8 x 12" baking pan. Place rolls, cut side down, over mixture. Cover; let rise in a warm place until doubled, 30 to 45 min. Bake at 375 °F for about 20 min. Cool 2 to 3 min; invert on rack; remove pan. Makes 12 rolls.

SOUPS AND SALADS

Salad Dressing #1 ♦

Thoroughly mix 3 parts oil with 1 part vinegar or lemon juice. Add a little salt, pepper, sugar and spices of your choice. Shake well.

Salad Dressing #2 ♦

2 teaspoons sugar	2 tablespoons flour
½ teaspoon salt	1 teaspoon dry mustard
1 egg	1 cup milk
cup vinegar	2 tablespoons margarine

Cook the dressing in a double boiler. You can improvise by putting the ingredients into a small pot which is placed in a larger one filled with water.

Thoroughly mix the sugar, salt, flour and mustard in the small pot. Slowly stir in the milk, egg, vinegar and margarine one at a time. Stir over the boiling water until slightly thick. cool and store in the refrigerator.

Pineapple Avocado Salad ♦

Slice the avocado and pineapple into small chunks and toss with salad dressing.

Tomato and Onion Salad ♦

4 tomatoes
1 onion
Salt & pepper

Wash the tomatoes and onion carefully. Finely slice the tomatoes and arrange on a flat dish. Slice the onion across the way and separate the rings. Arrange over the tomatoes in the dish and pour over the salad dressing. Season with salt and pepper.

Mixed Bean Salad ♦

Use any kind of beans available. Beans must be cooked beforehand. A delicious salad can be made with red beans, bambara beans and finely chopped onion. Mix together in a bowl and add the salad dressing. Season with salt and pepper.

Soup Stock ♦

Good stock for soup can be made with bones (beef, chicken) left over from a previous meal. Place the bones in a large pot, add salt to taste, one onion finely chopped, a few carrots or any other vegetable and cover with water. Bring to the boil and simmer gently for about one hour. Strain and store in the refrigerator if not used at once.

Hearty Soup ♦

¼ lb. meat, fish or chicken	2 garden eggs
2 tomatoes	1.5 pints water
1 large onion	salt and pepper

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Wash and cut meat, fish or chicken into small pieces and put on low heat to simmer in water. Add garden eggs, chopped onion, tomatoes and seasoning. Simmer until meat or fish and vegetables are cooked.

Creamy Groundnut soup ♦

2 large tablespoons margarine	1/3 cup groundnut paste
1/4 cup flour or 1/8 cup cornflour	2 cups chicken stock
1 cup milk	salt and pepper

Heat margarine in a pot, add the flour and cook for a few minutes stirring well. Remove from heat and stir in the milk. Bring back to a boil and cook until smooth and thick, stirring all the time. Put the groundnut paste in a small bowl and add a little of the warm mixture. Add this to the pot and add the chicken stock, salt and pepper, stirring to blend well. Serve hot with crispy squares of toasted bread.

Cream of Chicken Soup ♦

1 pint chicken stock	salt and pepper
1/2 cup evaporated milk	cup cooked rice

Heat the chicken stock and add the rice and seasoning. Slowly warm the evaporated milk and add to the warmed stock stirring all the time. Bring to a boil and serve immediately.

Onion Soup ♦

1 cup coarsely chopped onion	4 cups stock (or water)
1 tablespoon margarine	salt and pepper
1 tablespoon flour	

Fry the onions slowly in the margarine until soft. Sprinkle flour over the onions and cook for another minute. Add the stock, salt and pepper slowly stirring all the time. Simmer on low heat for at least thirty minutes. Serve with toasted bread and a salad.

Chicken Soup

Grind small onion, ginger, anise seed, and one medium tomato. Cut chicken (whole leg and thigh). In a pot, put the ground tomato, ground ginger, ground onion, all the anise, 1 Maggi cube, s/p, diced onion. Boil for 10 min. Add water and 1 large spoon of tomato paste. Boil for 20 min. Can also add green beans, carrots, rice

Pumpkin Soup #1

Peel and cube the pumpkin, boil, mash (a fork works well)

Add water and a can of condensed milk

Add ground garlic, onion, ginger, and tomato

Add cinnamon, red pepper, chili powder, and salt

If you want a sweeter alternative, use pumpkin, water, milk, a lot of cinnamon, and mixed spices. Add water according to your desired thickness.

♦ Denotes items found in the original 1995 version of the Peace Corps Ghana Nutritional Handbook.

Pumpkin Soup #2

(Makes 6 cups)

3c pumpkin	Salt and pepper
3c scalded milk or chicken broth	Ginger and cinnamon
1T butter	1/2c finely julienned ham
1T flour	(3/4c light cream, if you have used the chicken broth)
1T sugar or 2T brown sugar	

Mix pumpkin in milk or broth. Nnead butter and flour together and add to soup. Then add sugar, s/p, spices, and ham. Heat but do not boil. Serve at once.

Macaroni Salad #1

2c macaroni (measure before cooking)	plenty ground black pepper
1 small onion, diced	1/2c mayo
1c diced, seeded cucumber	1/2t mustard
1t salt	

Mix macaroni, onion, and cucumber. Separately mix spices, mayo, and mustard. Mix all and refrigerate. Better if made the day before. May also add green pepper, steamed carrot, steamed/blanched green beans, garlic, etc.

Macaroni Salad #2

1 c cooked macaroni	1/2 c fresh parsley
1 T salad oil	1/2 c chopped onion
2 T lemon juice or vinegar	3 T sour cream
1 c diced vegetables – cucumber, green pepper, steamed green beans/carrots	3/4 t salt
	dash pepper

Drain macaroni well. Mix lemon juice and oil. Mix together and chill before adding other ingredients.

Cole Slaw #1

1 large cabbage	1/2t salt
3-4 carrots, shredded	2t white vinegar
onion	mayo, s/p
2t sugar	

Mix all ingredients. Serve or refrigerate.

Coleslaw #2

1 c mayonnaise	1 t vinegar
cabbage	grated carrots
aniseed or cumin seed	raisins, opt

Slice cabbage. Can cook in water and cool, if softer cabbage is desired. Mix mayo, vinegar, salt and pepper to taste and add to cooled cabbage. Mix in carrots, raisins and spices.

Poppy Seed Dressing

3T red onion, chopped	1T vegetable oil
2T cider vinegar	1/2t salt
4t honey	2t poppy seeds

Combine all dressing ingredients in blender except poppy seeds. Cover and blend until smooth. Stir in poppy seeds.

Creamy Lentil Soup

1c washed red or brown lentils	2 cubes beef bouillon
4c water	2 cubes chicken bouillon
1 large potato, peeled and diced	1/2c light cream or milk
1 small onion, minced	

Combine lentils and water and bring to a boil. Add and simmer potatoes until soft. Meanwhile sauté onion in 2 T butter for about 15 min. Add 4 cubes bouillon. Pass soup through a food mill. Season to taste. Return to kettle and stir in cream or milk. Serve with seasoned croutons.

Cream of Mushroom Soup

Boil about 15 min, until tender:

fresh or smoked mushrooms (found in market)

Drain and save the water. Chop mushroom caps finely (the stems are usually too tough.)

Using the mushroom water and powdered milk, make a white sauce. Add the chopped mushrooms and spices as you like.

French Onion Soup

4 large onions, sliced or chopped fine	pinch sugar, salt, pepper
3c chicken broth	1c dry white wine
3T flour	

Melt 6 T butter in a skillet. Add onions. Cover tightly and steam over low flame until pureed and soft. Add broth, flour, spices and wine. Simmer for 1hr, or pressure cook for 10min. In serving bowls, place croutons and grated cheese. Cover with hot soup.

Mushroom Soup Substitute

For cream sauces, fry onions in oil. Add 1 can evaporated milk and 2T flour mixed with a bit of water. Add spices (paprika, celery salt, salt, pepper, parsley) and let it cook until thick. If you need more, or it is too thick, add regular milk.

Chilled Cucumber and Yogurt Soup

2c yogurt	2c well-flavored chicken stock
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◊ Denotes items found in the original 1995 version of the Peace Corps Ghana Nutritional Handbook.

lemon juice
salt, pepper
1 grated cucumber, seeded

2T chopped parsley
1T chopped mint

Beat yogurt well. Add stock, lemon juice, and spices. Chill for 4-5 hours. When ready to serve, add cucumber. Put 2 ice cubes in each bowl.

Tomato Soup

2T margarine
2T onion, chopped
3T flour
2t sugar
2 c tomato juice or 2/3c tomato paste mixed with 1 1/4c water

2c cold milk
1t salt
1/8t pepper
dash of garlic salt, basil, oregano, thyme

Sauté onion in margarine. Blend in herbs, s/p, and sugar. Remove from heat. Gradually stir in tomato juice. Bring to a boil, stirring constantly. Boil 1 min. Stir hot tomato mixture into milk. Heat almost to boiling and serve.

Carrot Soup

1/4 c butter/margarine
2 cloves garlic, minced
3 T flour
2 c water
1 1/2 lb carrots, sliced
3-4 Maggie cubes

5 c milk
salt
spice options – 1/2 t fresh chopped ginger or 1/4 t ground, bay leaf, 1 t ground coriander, 3/4 t curry powder, 1/8 t ground allspice, pepper

Melt butter in a large pot. Add garlic, onions, ginger, and spices. Cook until onions are soft. Stir in flour. Add water, carrots, and Maggie cubes. Bring to a boil over high heat; reduce heat, cover, and simmer until carrots are soft but tender. Blend carrot mixture, a bit at a time, in a blender until smooth, adding milk as needed. Return to pot and add remaining milk and heat to steaming, but not boiling. Salt and pepper to taste.

Potato Salad

1 c mayonnaise
4-5 medium potatoes
1 onion
2 eggs
2 cloves garlic, chopped, opt.

salt, pepper to taste
1 t white vinegar, opt.
1 T mustard, opt.
2-3 T milk, opt.

Peel and boil potatoes until soft, but still tender. Let them cool for 30 min or more. Cube potatoes. Boil eggs, cool, peel, and slice. Add eggs to potatoes. Chop onions and garlic and add them to mix. Mix mayonnaise and mustard with vinegar or milk. Add garlic, salt, pepper. Add mayo to potato mix and stir to coat well. Flavors enhanced if refrigerated for 5 hrs or overnight.

Rice Salad

◊ Denotes items found in the original 1995 version of the Peace Corps Ghana Nutritional Handbook.

2 c cooked rice	4 tomatoes, diced
$\frac{3}{4}$ c oil	2 thinly sliced green peppers
$\frac{1}{4}$ c vinegar	2 T finely chopped parsley
salt and pepper	2 T chopped onion
1 clove garlic, crushed	

Blend oil, vinegar, salt, pepper, and garlic. Pour over rice and veggie mixture and toss.

Lentil Salad

2 c lentils	1 t grated lemon peel
6 c water	2 T lime juice
2 cloves garlic	3 cloves garlic, crushed
2 bay leaves	1 t ground cumin
$\frac{1}{2}$ c olive oil	2 T chopped parsley
2 T red wine vinegar	1 c thinly sliced green onions with tops
1 hot pepper, finely chopped	

Rinse lentils, sort and clean. Drain well. Combine lentils, garlic cloves (whole, peeled), and bay leaves. Bring to a boil over high heat. Cover and simmer until tender. Drain well. Discard garlic and bay leaves. Cool for 15 – 20 min. Mix with onions and pepper. Combine remaining ingredients (except parsley) in a jar with a lid and shake well. Pour over lentils. Cover and let stand at room temperature for about an hour. If made ahead of time, keep refrigerated until an hour before serving. Garnish with chopped parsley.

Vinaigrette Dressing

1 garlic clove, crushed	$\frac{1}{8}$ c vinegar
1.2 t salt	$\frac{1}{2}$ c olive oil
black pepper	1 t sugar or honey
1 $\frac{1}{2}$ t Dijon mustard	

Mix all ingredients together. Shake well, and keep refrigerated.

Tahini Dressing

$\frac{1}{2}$ onion, finely chopped	$\frac{1}{3}$ c cider vinegar
1 clove garlic, minced	$\frac{1}{2}$ c tamari
$\frac{1}{2}$ c tahini	$\frac{1}{2}$ c canola oil
1 T dill	water if needed
$\frac{1}{2}$ green pepper, finely chopped	

Mix all ingredients in a bottle; shake well and refrigerate.

Easy Dressings

Base	For Vinaigrette (add to base)	For Creamy Dressing (add to base)
Fresh herb – 1 T chopped parsley, 1 t chopped tarragon, 1 T water, 1/2 t pepper, 1 T minced chives, 1 clove garlic-crushed in press	1/4 c olive oil, 2 T lemon juice, 1/2 t salt, 1/2 t sugar	1/4 c mayonnaise, 1 T lemon juice
French – 3 T ketchup, 1/4 t dried mustard	1/4 c vegetable oil, 2 T cider vinegar, 1/4 t salt	1/4 c mayonnaise, 1 T cider vinegar
Honey mustard – 1 T Dijon mustard, 1 T honey, 1 T cider vinegar	1/4 c vegetable oil	1/4 c mayonnaise
Caesar – 1 T lemon juice, 1 t Dijon mustard, 1/2 t pepper, 1/4 c grated Parmesan cheese, 1 t anchovy paste, 2 cloves garlic-crushed in press	1/4 c olive oil	1/4 c mayonnaise, 1 T water
Blue Cheese – 1 T minced onion, 1/4 c crumbled blue cheese	1/4 c olive oil, 2 T balsamic vinegar	1/4 c mayonnaise, 1 T white wine vinegar

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BREADS

Pizza ◇

3 cups flour	1 teaspoon sugar
1 cup warm water	1 teaspoon salt
2 teaspoons yeast	1 tablespoon margarine

Sprinkle the yeast into the water and let stand for five minutes. Add the sugar, salt and margarine and beat well. Stir in half the flour. Add enough of the rest of the flour to make the dough firm to handle. Divide the dough into three. Knead each into a ball. Flatten and stretch gently to a 9" circle. Press up the edge to make a rim. Let rise 15 minutes. Lightly brush with oil and top with fresh sliced tomatoes or tomato paste and onion (chopped). Add additional toppings of your choice. This recipe makes 3 x 9" pizzas.

Tea Biscuits ◇

2 cups flour	4 teaspoons baking powder
1 teaspoon salt	2 tablespoons margarine
1 cup milk	

Mix the flour, salt and baking powder in a bowl. Blend in the margarine. Add the milk, little by little until dough is soft but not sticky. Turn onto a floured board. Knead until smooth. Roll out to 3/4 inch thickness and cut with a knife. Prick with a fork. Bake on an ungreased cookie sheet at 450° (gas 8) for about 15 minutes.

Banana Loaf ◇

1 3/4 cups flour	2 teaspoons baking powder
1/4 teaspoon baking soda	1/2 teaspoon salt
1/8 cup margarine	2/3 cup sugar
2 beaten eggs	1 cup mashed bananas

Beat the margarine and sugar until fluffy. Add the eggs and beat well. Add the dry ingredients and mashed bananas, mixing well. Pour into a greased pan and bake at 350° (gas 5) for 1 hour. Cook thoroughly before serving.

Banana Muffins ◇

2 cups flour	2 beaten eggs
3 teaspoons baking powder	1 cup milk
1/2 teaspoon salt	1/4 cup oil
2 tablespoons sugar (more if you like sweet foods)	1 cup mashed bananas

Put all the ingredients into a bowl and stir, enough to mix only. Spoon into buttered muffin tins and bake at 400° (gas 6) for 15 minutes.

Note: Substitute 3/4 cup cornmeal for 1 cup flour. Nestlé milk tins make excellent muffin tins.

Making Bread:

Although many recipes call for additional ingredients, there are only four basic ingredients needed to make bread. Those ingredients are flour, salt, water, and some form of fat (e.g. butter, margarine, oil, lard, grease, shortening). Flour is the most important of these ingredients. It's important to choose the right one when making your bread. In Ghana the following flours are available: brown and white, best used for yeast breads... (MORE FLOUR IN GHANA).

Basic outline of bread-making:

- 1 add yeast to warm water
- 2 mix in warm liquids, salt, fat, sweeteners, and other flavorings
- 3 add flour, grains, seeds, nuts. Mix in half of flour first and then knead in the remaining flour
- 4 let the dough rise in an oiled bowl in a warm place. Punch down and re-knead dough

Rising: Put dough in an oiled bowl, cover with a slightly damp cloth and place in a warm place, like in the sun, to rise. You may think that Ghana has nothing but warm places, but sometimes the yeast needs a warmer than room temperature place to rise.

Yeast is a leavening, or rising agent. Dry yeast is available in Ghana in many dry goods kiosks and in bakery kiosks. In quick breads, baking soda and/or powder take the place of dry yeast. Try to store yeast in a cool, dark and dry place, preferably a fridge.

Kneading is a very important step in the bread making process. Once the yeast dough has risen, push and pull the dough away from you using your upper body for strength. Remember to be gentle with the dough as you knead. Try not to tear any holes in the dough and keep turning it until the whole mass is evenly kneaded. You can add flour to the surface and to the dough to prevent it from sticking. The dough is ready when it is smooth and elastic, not sticky—when you press fingers into it, it should spring back.

Sweeteners: White and brown sugar, honey molasses, cane syrup, fruit syrups (drain canned fruit)

Crust: brush with butter or oil for a soft crust, milk or egg white for a shiny crust, water for a shiny/hard crust

To tell if your bread is finished: Turn the loaf over, and thump on the bottom

Troubleshooting:

<u>Problem</u>	<u>Reason</u>
hard, dry bread	too much flour
tacky (too chewy)	dough too moist, cut down on liquids or add more flour

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undercooked	when kneading put back in the oven and cook longer next time, or at a higher temperature
general mess	feed to the dog or neighborhood kids
slicing	use a serrated knife and cut when cooled

Good Additions: Sesame, poppy and sunflower seeds, walnuts, oats, whole-wheat berries, raisins, citrus peel, candied fruit, almonds, grated hard cheeses, herbs, spices, applesauce, zucchini

To prevent weevils in flour and other staples: freeze for at least 24 hours before storing or add a bay leaf or two in the storage container

Basic Roll Dough

3 ½ c all-purpose flour	¼ c sugar
1 ¼ c milk	1 t salt
¼ c shortening	1 egg
1 pkg active dry yeast	

In a mixing bowl combine 1 ½ c of the flour and yeast. Heat the milk, sugar, shortening, and salt just until warm (115-120°F) stirring constantly until shortening almost melts. Add to dry mixture, add egg. Beat well for several minutes. Stir in the remaining flour to make a soft dough. Shape into a ball. Place in a lightly greased bowl; turn once on a greased surface. Cover and let rise in a warm place until doubled—1 ½ to 2 hrs. Punch down and turn out on a floured surface. Cover and let rest for 10 min. Shape into desired rolls. Cover and let rise in a warm place until doubled—30 to 45 min. Bake on greased baking sheets or in greased muffin pans in a hot oven (400°F) for 10 to 12 min. Makes 2-3 dozen.

Basic White Bread

1 T active dry yeast	6 ½ to 7 ½ c white flour
1 T salt	3 c warm water

Put the yeast in a large bowl and pour ¼ cup of the warm water over it. Stir gently and let sit a few minutes until it is thoroughly dissolved and looks creamy. Pour the rest of the warm water into the bowl along with the salt, stirring to dissolve. Now add the flour, cup by cup, stirring well after each. After the sixth cup or so, the dough should be getting hard to stir. Scrape it out of the bowl onto a well-floured working surface and let it rest while you wash out the bowl and butter or oil it. Start kneading the dough, scraping it up from the working surface and slapping it around a bit to activate the gluten. Knead the dough for 8-10 min, adding more flour as necessary to keep it from sticking. When it is smooth and elastic, return it to the buttered bowl, cover with cloth, and let rise until doubled in volume. Because the dough has no sugar in it, it will take from 1 ½ to 3 hrs to rise, depending on the warmth of your kitchen. Turn the risen dough out again onto the lightly floured surface, punch it down, and divide it in half. Form each half into an 8" long loaf and place in two buttered or oiled bread pans. Cover lightly with a kitchen towel and let rise until the dough swells over the tops of the pans or until almost double in volume—anywhere from 45 min

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to 1 hr. Don't let it rise too high or it will shrink when baked. Bake in a preheated 350°F oven for 40 min. Remove the loaves from their pans and let them cool on the racks. Makes two 8" loaves.

English Muffin Bread

2 pkgs yeast	2 c milk
1T sugar	½ c water
6 c unsifted flour	¼ t baking soda
2 t salt	cornmeal

Combine 3 c flour, yeast, sugar, salt, and soda. Heat liquids until very warm. Add to dry mixture, beat well. Stir in rest of flour to make a stiff batter. Spoon into two 8 ½ x 4 ½" pans that have been sprinkled with cornmeal. Sprinkle the tops with cornmeal. Cover; let rise in a warm place for 45 min. Preheat oven to 400°F. Bake for 25 min. Remove from the pan immediately and cool on a rack.

Pizza Dough

1 c warm water	2 t yeast
1 t sugar	1 t salt
2T oil	2 ½ c flour

Combine water, yeast, salt, and sugar. Let stand for 5 min. Blend in oil, then add flour, one cup at a time. Knead gently—add more flour if sticky. Cover bowl with a slightly damp cloth and let rise 30 min in a warm, dry place. Spread dough into pan. Use a fork to poke holes in the dough so it stays flat in the pan. Pre-bake 10 min before putting on the toppings.

Beer Bread

1 can (11 oz) beer	2 ½ c flour (self-rising if available)
2 T sugar	½ t salt (onion or garlic salt opt.)

Mix the dry ingredients and gradually add beer and stir. The consistency seems to vary according to the type of beer and whether one uses self-rising flour or regular. Dough should not be too sticky or too tough. Put in a greased pan. Bake at 400°F until brown. Alternative: cook in a frying pan or a deep pot with a lid until dry. This basic dough may be used as a loaf bread (add herbs, onions, garlic, or cheeses), a sweet bread (add raisins, more sugar, spices), or as a pizza dough (add herbs, press into a greased pan and top with favorite toppings, bake until firm.)

Wine Bread

1 ½ c self-rising flour	wine to mix dough
1 t salt	1 t celery seed
1/3 c oil	

Mix dry ingredients, add oil, and then wine. On a floured surface, knead dough and roll into a thin pancake. Cook in a greased pan.

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Homemade Tortilla

1c flour

1/2t salt

1/2t baking powder

Cut in T margarine with a fork. Add water until well mixed, but not sticky. Let dough rest for 5min. Form into small balls and roll to 1/8" thick.

Cook in an ungreasd, hot frying pan. Keep cooked ones covered while frying the remaining.

Flour Tortillas #1

2 c flour

1 T shortening

2 t salt

1/2 to 3/4 c warm water

1 t baking powder

Stir together flour, salt, and baking powder. Cut in shortening. Add water. Let rise 5 min. Divide into 12 balls. Flatten and cook on a hot skillet. Makes 12.

Flour Tortillas #2

2c unsifted flour

1/4c oil

1t salt

1/2c lukewarm water

Combine ingredients in a mixing bowl. Knead small, small. Divide into 8-11 balls. Roll them out into rounds. Cook on an ungreased griddle for 20 sec on each side.

Cornmeal Tortillas

2 eggs

1/2 c cornstarch

1/2 t salt

1/2 c milk

1/3 c cornmeal

2 T oil

Beat eggs and salt. Stir in cornmeal and oil. Mix cornstarch and milk and add to the cornmeal mixture. Pour by tablespoon onto a hot, greased skillet. Tilt the pan to cover the bottom of the skillet. Cook until brown on both sides.

Corn Tortillas #1

1 1/2c water

1T margarine

2T margarine

1 1/4c flour (whole wheat is best)

1c ground corn

1t salt

Add margarine and ground corn to boiling 1 1/2 c water. Lower heat and cover pan. Let it cool for 5 min. Add 1 T margarine. Set aside to cool. Mix in flour and salt. Stir into the cooled cornmeal and knead. Add in water or flour if necessary, until soft dough is formed. Divide into 12 pieces and roll into balls.

Corn Tortillas #2

1c sifted flour

1/2c cornmeal

◇ Denotes items found in the original 1995 version of the Peace Corps Ghana Nutritional Handbook.

1/2t salt
1 small egg

1 1/2c cold water

Stir together flour, cornmeal, and salt. Add egg and water and beat well. Warm a lightly oiled smooth surfaced frying pan. Place 2T batter on the pan and spread with the back of a spoon, quickly over low fire. Turn over and cook for 30 sec on other side. Deep fry for tacos or tostados. Cut and deep fry for corn chips.

Chapatis

3 c flour
1 c water

1 t salt
2 T oil

Mix flour with salt and oil. Add water gradually to make a stiff dough. You can keep dough out for a few hours or overnight (place in tightly covered bowl or refrigerator) before kneading. Knead until texture of dough is smooth and elastic. Pinch dough into 15 balls. Flatten each ball between palms and roll it out on a well-floured surface into circles of 7" diameter. Do not roll out all your chapattis at once—the dough will dry out and become tough. Have your griddle hot (no oil necessary). Cook, pressing lightly with a spatula to form bubbles. When the bottom browns, turn and cook on the other side.

Quick Biscuits

2 c flour
1/2 t salt
1 T baking powder
1 T sugar

2 T instant dry milk
1/2 c oil
1/2 c water

Mix dry ingredients, then add liquids. Pan fry them and put honey on top, or bake them at 375°F for about 20 min. Makes 8 to 12 biscuits.

Grandma's Buttermilk Biscuits

2 c flour
3/4 t baking soda
1/2 c shortening

3/4 c buttermilk
2 t baking powder
dash salt

Cut shortening into dry ingredients. Add buttermilk and mix well. Turn out onto a floured surface, and knead gently. Pres out to 1/2" thick. Cut into rounds. Pour 3-4 T oil onto a baking sheet. Biscuit in oil, then turn over so oil side is up. Bake at 375°F for approximately 20 min.

Cream Scones

2 c flour
4 t baking powder
2 t to 2 T sugar
1/2 c plain yoghurt

4 t butter
2 eggs
1/2 t salt
cinnamon sugar

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Sift the dry ingredients into a mixing bowl. Using fingertips or a fork, work in the butter. Break eggs into separate bowl and reserve a small amount of the white for the topping. Beat the rest and add to the flour mixture with yoghurt. The dough should be just firm enough to handle but still soft. Turn out onto a floured surface and knead for ½ minute. Pat and roll dough into an oblong ¾" thick. Cut into diamonds by making diagonal cuts with a long, sharp knife. Brush with reserved egg white diluted with 1 t water. Sprinkle scones with cinnamon sugar. Bake for 15 min in a 450°F oven.

Cornbread #1

1 c flour	1 T baking powder
2 to 4 T sugar	½ t salt
2 eggs	1 c milk
¼ c oil	1 can creamed corn
1 c cornmeal	

Mix all together and bake at 400°F until golden crusted.

Cornbread #2

Buy whole kernels and take to a grinding mill to be ground-coarse

1c cornmeal	1/2c dry milk
1c flour	1-2 eggs
4t baking powder	1c water
1/2t salt	1/4c oil
2T sugar	

Mix cornmeal, flour, baking powder, salt, sugar, and milk. Add eggs, water, and oil. Bake for 25 min in a 400°F oven.

Mango Bread #1

¾ c sugar	½ c margarine
1 T yoghurt	2 eggs
1 T milk	2 c flour
2 c raw mango, chopped	½ c nuts
1 t baking soda, mixed into yoghurt and milk	1 t vanilla

Mix all ingredients and pour into a greased loaf pan. Combine:

4 T flour, 1 T cinnamon, 2 T melted butter

Melt butter, stir in flour and cinnamon until smooth. Brush this on the top. Bake at 350°F for 1 hr.

Mango Bread #2

2c flour	3/4c oil
2t baking soda	3 eggs
2t cinnamon	1 1/4c sugar
1/2t salt	1/4-1/2c each: raisins, nuts, or coconut

◊ Denotes items found in the original 1995 version of the Peace Corps Ghana Nutritional Handbook.

2c finely chopped mango

1t vanilla

Mix and make a well in the center of flour, baking soda, cinnamon, and salt. Add and mix oil, eggs, and sugar. Add and blend raisins, mango, and vanilla. Put into 2 greased and floured loaf pans. Let stand in pan for 20 min before baking. Bake at 350°F for 1hr or until done.

Banana Bread #1

2/3 c sugar

2 c sifted flour

1/2 c soft shortening

1 t baking powder

2 eggs

1/2 t baking soda

3 T sour milk or buttermilk

1/2 t salt

1 c mashed bananas

1/2 c chopped nuts

Mix together sugar, shortening, and eggs. Stir in sour milk and mashed bananas. Sift together flour, baking powder, baking soda, and salt. Add to wet ingredients. Blend in chopped nuts. Pour into well-greased 9x5x3" loaf pan. Let stand 20 min before baking. Bake at 350°F for 50 to 60 min until it tests done. Serve warm or cold.

Banana Bread #2

1c sugar

3/4c mashed bananas

1/2c butter

1 3/4c flour

2 eggs

1t baking powder

1/4c evaporated milk

1 scant t baking soda

Cream sugar and butter. Add eggs, milk, bananas, flour, soda and powder. Bake in a greased loaf pan at moderate heat.

Apple or Zucchini Bread

2 1/4 c brown sugar

1 c oil

2 t vanilla

3 eggs

2 c shredded zucchini or 5 small green

3 c flour

apples

1 1/2 t baking soda

1 t salt

1 c chopped nuts

1/2 c raisins

1/4 t baking powder

Mix all the ingredients together. Put the batter into two medium-sized bread pans. Bake at 350°F for 50 to 60 min.

Homemade Croutons

Bread, garlic, olive oil, butter

Sauté cubed bread in garlic butter for about 10 min. Then transfer to a tray and toast in a 300°F oven until crisp. –OR– Brush thin slices of baguette on both sides with olive oil (optional: crush some garlic into the oil first). Bake on a tray in a 350°F until crisp; watch closely.

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Popovers

2 eggs (room temp.)	1 c sifted flour
1 T oil	½ t salt
1 c milk (room temp.)	

In a mixing bowl, beat eggs with a rotary beater. Add flour, milk, oil. Beat until smooth. Fill 6 to 8 well-greased custard cups ½ full. Bake in a very hot oven (475°F) for 15 min. Don't open oven or they may fall. Reduce the oven to a moderate heat (350°F) and bake 25 to 30 min longer until browned and firm. A few minutes before removing from the oven, prick each popover with a fork to allow the steam to escape. Remove from cups immediately.

Cheddar Cheese Bread

Sugar	1 ½ t salt
1 pkg dry yeast	1 egg, well beaten
½ lb grated cheese	3 – 4 c sifted flour
oil	

Mix 1 c hot water, ¼ c sugar and salt in a large bowl; cool to lukewarm. Stir 1 t sugar into 2 T lukewarm water. Add yeast. Let stand for 5 to 10 min or until thoroughly dissolved. Stir. Add to cooled mixture. Blend in egg, cheese, and enough flour to make a stiff dough. Turn onto a lightly floured board. Knead for about 5 min or until smooth and elastic. Shape into a loaf. Place in a greased 10x5x3" loaf pan. Brush with oil. Cover with a damp towel. Let rise in a warm place until doubled in bulk. Bake in a 375°F for 45 min or until bread tests done. Remove from pan. Brush with oil.

Tortilla Chips

Buy Ga Kenkey. Let it sit until hard. Slice thin. Heat coconut oil. Brown and turn.

Pretzels

Soften a packet of yeast in 1 1/2c luke warm water. Add 3/4t salt and 1/2t sugar. Mix in 4c flour and knead into a soft smooth dough. Cut into small pieces. Sculpt into desired shape. Can brush with beaten egg on top and sprinkle with course salt. Bake until golden brown.

Scones

2c flour	1/2t salt
2T and 2t sugar	1/2c and 2T milk
1T baking powder	6t butter
1beaten egg	optional raisins or coconut

Mix flour, 2T sugar, baking powder and salt. Cut in butter until crumbly. Make a well in the center of the dry ingredients. In a separate bowl combine the egg and 1/2c milk. Pour the liquid into the well of the dry and stir. Knead for 12 strokes on a floured surface. Cut dough in half. Shape each 1/2 into a ball and flatten into a circle--6" wide and 1/2" thick.

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Brush the top with milk and sprinkle with sugar. Cut each circle into 8 wedges. Bake on an ungreased sheet.

"The Best Pumpkin Bread in the World"

3 eggs	2t nutmeg
2/3c water	3 1/2c flour and 2t baking soda
1/2c oil	1t baking powder
3c pumpkin	1 1/2t salt
3t cinnamon	2c sugar

Mix the first four ingredients. Add flour, powder, soda, cinnamon, nutmeg, sugar. Beat. Pour into greased and floured pans. Bake for 1 hour. Cool for 10 min.

Soft Pretzels

1c warm water (110°F)	1/2t salt
1T yeast	1T sugar
1 1/2c flour	1 1/4c flour
2T butter	

Combine water and yeast in a mixing bowl and let dissolve. Add 1 1/2 c flour, butter, salt and sugar. Stir in 1 1/4 c flour. Knead until dough loses its stickiness. Let rise until doubled. Punch down and divide into 12 pieces (or 36 if making pretzel sticks.) Roll into pencil thickness, tapering the ends. Make into pretzel shape. Let rise on a greased cookie sheet until doubled. Prepare a solution (not in an aluminum bowl) of:

4c water
5t baking soda

Bring solution to a boil. Lower pretzels into this solution on a slotted spoon, and boil for 1 min, or until they float. Place them on a greased cookie sheet and sprinkle lightly with: coarse salt

Bake in 475°F oven until crispy and browned—about 12 min.

German Whole Cereal Bread

3c boiling water	1c bran
1c bulgur wheat	1c millet flour
2T yeast	1T salt
1/4c water	1/2c sesame seeds (optional)
1t sugar	4c white flour

Pour boiling water over bulgur wheat. Let stand for 10 min or so. Meanwhile mix yeast, 1/4 c water, and sugar. Let sit until it foams, then mix with wheat. Add bran, flours, salt, sesame seeds. Mix well, adding more flour as necessary. Knead, and let rise, although it won't rise much. Form into loaves and roll in sesame seeds. Put in greased tins. Let rise again and bake in a moderate oven.

Option: If you don't have all types of flour listed, you can use whatever you have for the ratio of 4c white flour and 4c other flour like cornmeal or oat flour.

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Bran Muffins

1 1/4c flour	1 1/2c bran
1T baking powder	1 1/4c milk
1/2t salt	1 egg
1/2c sugar	1/4c oil

Stir together flour, baking powder, salt, and sugar. Mix in a separate large bowl bran and milk. Let stand for a few minutes to soften. Add egg and oil. Beat well. Add the flour mixture, stirring only until combined. Pour into 12 greased 2 1/2 inch muffin pans. Bake at 400°F for 18-20 min.

Basic Fruit Muffin

2/3c sugar	2c sifted flour
1/3c soft shortening	1t baking soda
2 eggs	1/2t salt
3T sour milk or buttermilk	1/2c chopped nuts
1c mango or other fruit	

Mix together sugar, shortening, and eggs. Stir in milk, fruit. Sift together flour, soda, and salt and stir in. Blend in chopped nuts. Bake in muffin tins for 15-20 min at 350°F, or bake in a greased loaf pan for 50-60 min.

Oatmeal Crackers

5/8c flour	3T butter
1/4c oats	3T sugar
1/4t salt	Add milk to make a stiff paste:
1/2t baking powder	3T milk

Place flour, oats, salt, and baking powder in a bowl. Rub in butter. Add sugar and then milk to make a stiff paste. Roll out on a floured board. Cut with a biscuit cutter. Prick all over with a fork. Put on a buttered baking sheet. Bake for 15-20 min at 375°F, or until golden brown.

Wheat Crackers #1

3c white flour	1/2t salt
1c wheat flour	3/4c margarine
1t baking powder	1 egg and milk

Combine flours, baking powder, and salt. Rub margarine into flour. Combine egg and milk to make up 1 c liquid. Add to dough and knead 20 min. Divide into 4 and roll each part paper-thin. Cut and bake for 7 min at 425°F.

Whole Wheat Crackers #2

2c whole wheat flour	1c oatmeal
1/2c white flour	1 1/2t salt

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2T brown sugar
2/3c cold water

6T oil

Mix flours, oatmeal, salt, and sugar. In another bowl emulsify water and oil. Combine ingredients. Add more water if needed to make a fairly stiff dough. Knead 5 min. Roll out to pie crust thickness, brush with oil, prick with a fork, and cut into squares. Bake for 350°F to golden brown.

Pizza Crust

2c flour
2t baking powder
1t salt

2/3c milk
1/4c oil

Mix ingredients. Knead a few times in bowl. Press out into circles.

Yeast Pizza Dough

3c warm water
3T yeast
3T sugar

2t salt
6T oil
9c flour

Knead a bit. Let rise for 1hr. Makes 3 cookie sheets of pizza crust. Bake for 10 min at 350°F. Add toppings and bake for 10 min at 350°F.

Traditional Pizza Dough

2 3/4c flour
1t salt
1t yeast

1t sugar
3/4c warm water
1T olive oil

Sift flour and salt into a bowl. In a small bowl, combine yeast, sugar, and 1/4c water; leave until frothy. Add yeast liquid to flour with remaining water and oil. Mix to a soft dough; knead on a floured surface, 10 min until smooth. Place in a greased bowl, cover, let rise 45 min or until doubled in size. Punch down and knead briefly. Oil a 12 in pan. Press dough out with knuckles.

Corn Chips #1

1c cornmeal
1t salt

1c boiling water
2T butter

Mix cornmeal and salt. Add boiling water and butter. Drop by teaspoonfuls onto greased cookie sheets—10 to a sheet, they will spread. Sprinkle with celery or poppy seeds. Bake at 425°F for 8-10 min until golden brown. Let stand a few minutes to crisp. Carefully remove with a spatula.

Raisin Bread

1/2c butter

1/2c sugar

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2 eggs	1t salt
2c flour	1c milk
1T baking powder	1/2 to 3/4c raisins

Cream butter, sugar, and eggs. Separately mix flour, baking powder, and salt. Add to creamed mixture alternately with milk. Mix in raisins. Bake at 350°F in a 9" square pan.

Oatmeal Muffins

1c flour	1 egg, beaten
1/4c sugar	1c milk
1T baking powder	2T sugar
1/2t salt	2t flour
1c oats	1t cinnamon
1/2c raisins	1t melted butter
3T oil	

Mix flour, sugar, baking powder, salt, oats, and raisins. Add oil, egg, milk. Put in greased muffin tins. Sprinkle with sugar, flour, cinnamon, and butter. Bake in a moderate oven.

Wheat Thins

1 1/2c whole wheat flour
1t salt
1/2c yogurt

Blend flour and salt. Gradually work into yogurt to make a dough. Knead on a lightly floured board for about 15-20 min. Roll until tissue thin and cut into small strips. Place on a greased cookie sheet. Prick with a fork. Bake at 350°F until lightly browned.

Corn Chips #2

1c cornmeal	1/2c water
2/3c flour	1/4c oil
2T mild chili powder	1/2t Worcestershire
1t salt	pepper/salt
1t baking powder	

Stir together cornmeal, flour, chili powder, salt, and baking powder. Combine water, oil and Worcestershire. Add liquid mix to the first mixture using a fork. Knead. Sprinkle two 10 x 16" baking sheets with cornmeal. Roll half of the dough very thin to fit on one baking sheet. Repeat. Sprinkle with salt or other seasoning, prick with a fork or a wheel. Bake for 10 min at 350°F.

Pita Bread

1c very warm water	1 1/2T oil
1T yeast	1/4t sugar
1 1/2t salt	3-4c flour

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Dissolve yeast in water. Add salt, oil, sugar, and flour. Mix well, knead smooth, cover, then let rise until doubled. Punch down. Divide into 6 pieces and shape into ball. Roll each ball into an 8" flat circle and let rise for 1hr. Bake near source of heat in 500°F oven for 7min or until puffed and lightly brown.

Home-Made Noodles

1 egg	1/2t salt
garlic powder, opt.	2T milk
1t oil	1c flour

Stir and knead into a stiff, not sticky, dough. Cover dough and let rest. Roll out on cornstarch until very thin. Dry for 15-30min. Stop drying before it becomes brittle. Roll up loosely like a scroll. Cut into narrow strips—1/8-1/4".

To store: dry it well and store in a sealed container

Basic Focaccia

Dough

2-2 1/2c flour	2/3c very warm water
1 package yeast (2 1/4t)	1T olive oil
1/2t salt	

Topping

2 T olive oil	2T dried rosemary
1t sea salt	

Combine 1c flour, undissolved yeast, and salt. Stir water and oil into dry ingredients. Stir in enough remaining flour to make a soft dough. Knead on a lightly floured surface until smooth and elastic--about 8-10min. Cover. Let rest on a floured surface for 10min. Divide dough into 8 equal portions; form each into a smooth ball. Roll each ball into a 4" round. Place on a greased baking sheet. With a handle of a wooden spoon, make indentations in dough. Brush dough with olive oil. Sprinkle with salt and rosemary. Cover. Let rise in a warm, draft-free place until doubled in size, about 1 hr. Bake at 400°F for 15-18min.

OPT: For a more golden brown crust, brush dough with egg white mixed with 1T water before baking.

Pumpkin Bread

(2 loaves)

3 1/2c sugar	1t salt
3c flour	4 eggs
2t baking powder	1c oil
1 1/2t baking soda	2c pumpkin (1 can)

Mix sugar, flour, baking powder and soda, and salt. Separately mix eggs, oil, and pumpkin. Add everything together and add nutmeg, cinnamon, coriander to smell good. Bake at 350°F until done.

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Spring Roll Skins

(makes 20 spring rolls)

3/4c flour	3T vegetable oil
1/2c cornstarch	1 3/4c water

In a bowl, stir together flour, cornstarch, oil, and enough water to make a thin batter. Heat a lightly oiled, 6" skillet, spoon 2T batter into center of pan and swirl it quickly around to cover the bottom of the pan. Cook until the crepe is dry but not colored and the edges shrink from the sides of the pan. Transfer to a plate, cover with a damp cloth. Repeat until all the batter has been used. Fill, brush around the edges with beaten egg to seal. Fry in hot oil for 4 min, then lower heat. Reheat oil and repeat with remaining rolls.

Banana and Date Loaf

2c flour	2 bananas, mashed roughly
1/3c butter, cut into small pieces	2 eggs, beaten lightly
1/3c sugar	2T honey
125g/4 1/2oz pitted dates, chopped	

Grease 2lb loaf pan. Sift flour into bowl. Rub butter into the flour with fingers until the mixture resembles fine bread crumbs. Stir sugar, chopped dates, bananas, beaten eggs, and honey into dry ingredients. Mix together to form a soft dopping consistency. Spoon mixture into loaf pan and level. Bake at 325°F for 1 hr or until golden brown.

Ravioli/Homemade pasta

2/3c flour	1T water
1 egg	1/2t salt
1t oil	

Place ingredients in a large bowl and mix. Knead. Let rest, covered, for 1hr. Roll thin. Leave to dry about 30 min and continue making ravioli, or cut in strips and dry to boil later. Then place spoonfuls of filling in rows 3" apart, over half the dough. Dip your finger in water and draw along the lines between rows of filling. Cut unused half of dough free and lay it on top. Seal ravioli edges enclosing filling inside. Boil in salted water.

White Bread

(makes 2 – 5 x 9" loaves)

1c milk	1T salt
1c water	1/4c 105-115°F water
1T shortening	1 package (2 1/4t) yeast
1T butter	6 1/2c flour
2T sugar	

Scald milk by heating it to just before boiling. Add water, shortening, butter, sugar, and salt. In a separate bowl combine 1/4 c water, and yeast and let dissolve 3-5 min. Add luke-warm milk mixture to dissolved yeast. Stir in 3c flour, beat 1 min. Then stir or work-in remaining

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flour by tossing dough on a floured board and knead until smooth and elastic and full of bubbles. Place the dough in a greased bowl, turn dough over once and cover. Let rise 1 hr. Punch. Let rise. Shape into 2 loaves in greased pans. Cover and let rise again. Bake.

Date and Honey Loaf

1 1/4c flour, white	3T oil
1/4c bread flour	3T honey
1/2t salt	2 3/4 oz or 1/4c dates
1 package yeast	2T sesame seeds
3/4c tepid water	

Grease a 2lb loaf pan. Sift flour and stir in salt and yeast. Pour in tepid water, oil and honey. Mix to form a dough. Place the dough on a floured surface and knead for about 5 min until smooth. Place dough in a greased bowl, cover and let rise until doubled. Knead in dates and sesame seeds. Shape dough in pan. Cover and leave in a warm place until springy to the touch. Bake in an oven, until hollow sound is heard when base is tapped.

Mango Twist Bread

4c flour	9t butter
1t salt	1 small mango, pureed
1 package east	1c tepid water
1t ginger	2/3c raisins
2T honey	1 egg, beaten
3T brown sugar	

Grease baking sheet. Sift flour and salt into a bowl. Stir in yeast, ground ginger and brown sugar. Rub in butter with fingers. Stir in mango puree, water, and honey, and mix to form a dough. Place the dough on a lightly floured surface and knead for 5 min until smooth. Place dough in a greased bowl. Cover and let rise until doubled. Knead in raisins and shape dough into 2 sausage shapes, each 10" long. Pinch 2 ends, twist two sausage pieces, pinch last 2 ends. Place dough on a baking sheet, cover, put in a war, place, and let rise for 40 min. Brush with egg and bake.

Cheese and Potato Bread

2c flour	4 1/2oz cheese
1t salt	3/4c water
1/2t mustard powder	1T oil
2t baking powder	

Grease baking sheet. Sift flour, salt, mustard powder in a bowl. Reserve 2T cheese and stir the rest into a bowl with the potatoes. Pour in water and oil. Stir all ingredients (the mixture will be wet at this stage). Mix all ingredients to make a soft dough. Turn dough onto a floured surface. Place on a sheet. Mark into four portions with a knife without cutting through. Sprinkle with reserved cheese. Bake.

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Garlic and Sage Bread

2 1/4c brown flour	2t salt
1 package yeast	2/3c tepid water
3T sage	3 garlic cloves, chopped finely
1t honey	

Grease a baking sheet. Sift flour, yeast, sage, and half of salt. Reserve 1t chopped garlic, stir the rest into a bowl. Add honey with warm water and mix to form dough. Turn dough on a floured surface for 5 min. Place the dough in a greased bowl, cover, let rise until doubled. Knead dough again. Place on a baking sheet. Cover. Let rise until springy to the touch. Sprinkle with salt and garlic. Bake.

Muffin Mix

1 3/4c flour	3/4c milk
1 1/2t baking powder	2/3c sugar
1/2t baking soda	4T oil/butter
1/2t salt	2-3T cinnamon
1 egg	1 1/2t nutmeg

Pita 2

2t yeast	3 1/2c flour
1/2t sugar	1t salt
1 1/4c water	2T olive oil

Mix dry ingredients, form well. Add water and oil, knead until smooth and elastic. Put in an oiled bowl, cover, let rise 1 1/2 hr, punch down, let rest 10 min. Divide into 12-16 pieces, roll to flatten. Cover and let rise for 20 min. Cook in a frying pan.

Naan

2t yeast	1t sugar
1c milk	3T yogurt
3 1/2c flour	2T oil/butter
1 1/2t salt	

Mix flour, salt, and yeast. Form a well and add the rest of the ingredients. Mix to form a stiff, sticky dough. Knead for 10 min. Cover and let rise for 3-4 hrs. Punch down, let rest for 10min. Divide into 8 pieces and roll flat. Sprinkle with vegetable oil, seeds, and fry in a pan.

South African Seed Bread

3t yeast	3/4c flour
1 2/3c water	3T of each sesame, sunflower, flax, poppy and ground-nuts
4t honey	1 1/2t salt
2 3/4c wheat flour	

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Mix dry ingredients together, including seeds and nuts. Form a well and add honey and water. Cover and let rise for 1-1 1/2hrs. Divide. Use an oven or frying pan.

Tuscan Sour Dough

3 1/2t yeast	2 3/4c flour
2/3c water	1 1/4c water
1c flour	

Make a sourdough starter by mixing yeast, 2/3 c water, and 1 c flour. Mix to form a thick paste. Cover with a towel and let ferment for at least 12 hrs. Make bread dough with 2 2/4 c flour, 1 1/4 c water. Put flour in a bowl and make a well. Add the starter, add water and mix to a wet batter-like dough. Cover and let rise to double (40 min). Knead on a well-floured surface. Use a plastic dough scraper (you will need it) for 10 min. Dough should be moist. Divide into 4 pieces and shape into a round loaf, cover with a towel and let rise until doubled (15-20 min). Bake in a well floured/oiled pan.

Tomato and Red Onion Bread

3 1/2t yeast	1T olive oil
2/3c water	2 red onions
3 1/2c flour	3t oregano
2t salt	1t dried chili flakes

Ripe tomatoes or sundried tomatoes soaked in hot water

Mix dry ingredients and make a well. Add water and turn some flour into it. Cover and let sit and become frothy (although may not). Saute tomatoes, onion and herbs in oil. Cool. Stir into a frothy mix until soft and sticky. Add flour if too wet. Knead (10min) until silky and supple. Place in an oiled bowl, cover, and let rise 1 hr. Punch down, wait 10min. Shape dough and divide in 2. Cover and let rise 45 min. Bake.

Bonnie Kelly's Focaccia Bread

2 c flour	2 1/4 t yeast
3/4 t salt	1 T olive oil

3/4 c very warm water Combine yeast with water. Add to other ingredients. Knead for 5 min on a floured surface. Shape into a ball and place on a greased cookie sheet. Cover with a damp towel and let rise for 15 min. Roll dough into a rectangle. Make indentations in the top with fingertips. Put enough oil or butter on top so it's greasy-like. Add toppings and let rise 20 min. Bake at 425°F for 25-30 min until golden brown.

Herb Topping: salt, rosemary, basil, garlic
 Traditional: garlic, tomato, parmesan cheese
 Provided by Bonnie Kelly

Focaccia Bread (dubbed FGB by Sophia White)

1 package active dry yeast	1/4 c olive oil or salad oil
1 c warm water (about 110°F)	2 2/3 to 3 c all-purpose flour
2 t sugar	Toppings or flavorings (directions follow)
3/4 t salt	

◇ Denotes items found in the original 1995 version of the Peace Corps Ghana Nutritional Handbook.

Dissolve yeast in warm water and let sit for 5 min to soften. Stir in sugar, salt and oil. Add 2 c of the flour and mix to blend until dough is elastic. Stir in 2/3 c or more flour to make a soft dough. Knead on a floured surface with some of the remaining 1/3 c flour. Knead for about 10 min, until dough is smooth and springy. Place in a greased bowl; turn to grease the top. Cover with a damp towel and let rise in a warm place until doubled, about 1 hr. Punch down and knead briefly on a floured board to release air. Roll and stretch dough to a 10 by 15" rectangle and place on a greased baking sheet. Make indentations in the top using fingers or the handle of a spoon. Add toppings or flavorings as desired. Let dough rise, uncovered, until almost doubled (10 to 15 min). Bake at 450°F for 12 to 15 min, or until well browned.

--modified from *Sunset Italian Cookbook, 1981*

Raisin Bread—Knead in 1/3 cup raisins to dough after dough has risen and been punched down. Brush dough with 3 T oil, sprinkle with 1 t sugar.

Herb Bread—Knead in as much herbs as you can spare 1-2 T, like rosemary, thyme, sage, oregano. Not only do the herbs add nice flavor, but they can mask any weevils you were too lazy to sift out. Top bread with oil and a sprinkling of 1 t salt.

Onion Bread—Brush dough with 3 T oil, sprinkle lightly with 1 t coarse salt and 1/2 c thinly sliced green onions.

Pizza—Bake for about 5 min before adding toppings. Add tomato sauce, toppings, and cheese, bake for another 10 to 15 min, until cheese is melted or browned.

Amusement Park Cornbread

This recipe can also be used for cornbread muffins. Prep time: approx. 10 Minutes. Cook time: approx. 20 minutes. Ready in: ~30. Makes 1-8 inch skillet (8 Servings)

2/3 cup white sugar	2 cups all-purpose flour
1 teaspoon salt	1 tablespoon baking powder
1/3 cup butter, softened	3/4 cup cornmeal
1 teaspoon vanilla extract	1 1/3 cups milk
2 eggs	

Preheat oven to 400 degrees F (200 degrees C). Lightly grease an 8 inch skillet. In a large bowl, beat together sugar, salt, butter and vanilla until creamy. Stir in eggs one at a time, beating well after each addition. In a separate bowl, mix together flour, baking powder and cornmeal. Stir flour mixture into egg mixture alternately with the milk. Beat well until blended. Bake in preheated oven for 20 minutes, or until golden brown. Serve warm.

Simple Whole Wheat Bread

If you can't find wheat flour, you can always take some wheat (often sold as feed for chickens) to the local corn mill and have them mill it. They usually only will do it in bulk (a pot at a time). Prep time: ~ 20 minutes. Cook time ~ 30 minutes. Ready in ~ 3 hours. Makes 3 loaves (36 servings)

3 cups warm water (110 degrees F/45 degrees C)	3 tablespoons butter, melted
2 (.25 oz) packages of active dry yeast	1/3 cup honey
1/3 cup honey	1 tablespoon salt
5 cups bread flour	3 1/2 cups whole wheat flour
	2 tablespoons butter, melted

◇ Denotes items found in the original 1995 version of the Peace Corps Ghana Nutritional Handbook.

In a large bowl, mix warm water, yeast, and 1/3 cup honey. Add 5 cups white bread flour, and stir to combine. Let set for 30 minutes, or until big and bubbly. Mix in 3 tablespoons melted butter, 1/3 cup honey, and salt. Stir in 2 cups whole wheat flour. Flour a flat surface and knead with whole wheat flour until not real sticky - just pulling away from the counter, but still stick to touch. This may take an addition 2 to 4 cups of whole wheat flour. Place in a greased bowl, turning once to coat the surface of the dough. Cover with a dishtowel. Let rise in a warm place until doubled. Punch down, and divide into 3 loaves. Place in greased 9x5 inch loaf pans, and allow to rise until dough has topped the pans by one inch. Bake at 350 degrees F (175 degrees C) for 25 to 30 minutes; do not overbake. Lightly brush the tops of loaves with 2 tablespoons melted butter or margarine when done to prevent crust from getting hard. Cool completely.

Honey Wheat Bread

Prep time. 25 minutes. Cook time. 35 minutes. Read in 2 hours 30 minutes.

Makes 2 -9x5 inch loaves (24 servings).

1 (.25 ounce) package rapid rise yeast	1/3 cup honey
1 teaspoon white sugar	2 teaspoons salt
1/2 cup warm water (110 degrees F/45 degrees C)	2 cups whole wheat flour
1 (12 fluid ounce) can evaporated milk	3 cups bread flour
1/4 cup water	2 tablespoons butter
1/4 cup melted shortening	

Dissolve yeast and sugar in 1/2 cup warm water. Combine milk, 1/3 cup water, shortening, honey, salt and wheat flour in bowl. Mix in yeast mixture, and let rest 14 minutes. Add white flour, and mix until dough forms a ball. Knead dough for 10 minutes. Place dough in buttered bowl, and turn to coat. Cover the bowl and let rise for 45 minutes, or until almost doubled. Punch down, and divide dough in half. Roll out each half, and pound out the bubbles. Form into loaves, and place in buttered 9x5 inch bread pans. Butter the tops of the dough, and cover loosely with plastic wrap. Let rise in a warm area until doubled; second rise should take about 30 minutes. Place a small pan of water on the bottom shelf of the oven. Preheat oven to 375 degrees F (190 degrees C). Bake for 25 to 35 minutes, or until tops are dark golden brown. Butter crusts while warm. Slice when cool.

SAUCES

Stir Fry #1

1/2t nutmeg	2T peanut butter
1t ginger	4T soy sauce
1t crushed red pepper	

Maybe add a little water. Pour over a pan of fried veggies. Cook until soft.

Stir Fry #2

Sauté garlic, onion and ginger. Add carrot, garden egg, cabbage one by one using a little water to cook until soft. Add salt, curry, etc. Add pineapple and groundnut paste.

This is also nice with cubes of fried wagashie (local fresh cheese—get to know the Fulanis) and/or groundnuts.

Rice: while steaming, add saffron, garlic, onion and half a Maggi cube.

Lentil/Dahl Sauce

Cook lentils and then mash. Grind ginger, garlic, and pepper, then cook with a small amount of water and oil. Add chopped tomato and onion. Add allspice, sugar, anise, and saffron. Add lentils. Add water as needed. Serve over rice.

Coconut Milk

For 2 c coconut milk:
meat of one medium coconut, cut into chunks
1-2c boiling water

Use in puddings, chicken dishes, sherbet, etc. Place in a blender: coconut chunks, and boiling water. Blend until the coconut is chopped up. If you don't have a blender, grate the coconut. Let stand at least 30 min. Strain and use the liquid. You can also use the milk drained from the coconut. For coconut cream: use only 1/2c water.

The coconut pulp can also be used. Mix:

1c coconut pulp	a stick of cinnamon
2T sugar	lime rind

Bake 15 min until toasted. Use on breakfast cereal or as a garnish for desserts.

Peanut Sauce

1c ground peanuts or peanut butter mixed with a bit of chicken stock
chicken bouillon cubes
salt

Chinese Sauce for Vegetables

1T cornstarch	1T soy sauce
3T cold water	1/2t ginger
1/2t salt	

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Blend cornstarch and water until smooth. Add salt, soy sauce, and ginger. Pour over vegetables that are cooking. Stir well until the whole mixture comes to a boil.

Plum Sauce—Peach/Apricot Sauce

(makes 3/4 cup)

Blend:

1/2c plum, peach or apricot preserves

1/4c chutney

To use as a marinade, dilute with a small quantity of vinegar.

Chutney

(Makes 8 pints)

12 green tomatoes

12 peeled, cored tart apples

3 peeled onions

5c vinegar

5c sugar

1t red pepper

3t ginger

1t turmeric

1t salt

Chop tomatoes, apples, and onions until fine. Boil vinegar, sugar, pepper, spices, and salt. Add chopped ingredients. Simmer for 1/2 hr. Pack the relish in sterile jars. Seal and process 15 min in boiling water bath for pints.

Tomato Sauce

1/2 onion

2 cloves garlic

2 T oil

1 bay leaf

1 tsp oregano

1/4 t brown or white sugar

1/2 t thyme

1/4 t basil

2 T chopped fresh parsley

2 c tomatoes

2 T green pepper, chopped

6 oz tomato paste

1/8 t pepper

salt to taste

1 small carrot, grated, opt.

chopped mushrooms, opt.

Sauté onion, 1 garlic clove, and mushrooms in oil until onion is soft. Discard garlic. Mince the remaining garlic clove finely. Add garlic to oil mixture. Add carrot, green pepper, bay leaf, and herbs. Stir well, then add the tomatoes, paste, and seasonings. Simmer for 1/2 to an hour.

Remove the bay leaf. Makes a little more than two cups. Can use it as a pizza sauce, or thin with vegetable stock for spaghetti.

(To make a smoother sauce, tomatoes can be boiled for a minute and their skins and/or seeds removed when cool.)

Italian Tomato Sauce

1-2 cloves garlic

1 chopped onion

1/2 c chopped green peppers

3/4 lb meat, opt.

10 oz tomato paste

1 1/2 tsp salt

1 large Maggie cube

1 t chopped parsley

◇ Denotes items found in the original 1995 version of the Peace Corps Ghana Nutritional Handbook.

2-3 t oregano
dash hot pepper, opt

1-2 c water
1 t sugar

Cover the bottom of pan with oil. Add garlic, onions, green peppers, and hot peppers. Cook until soft. Add meat and sauté until brown. Add tomato paste (tomatoes can be added as well), water, and all other ingredients and stir until well blended. Cover and simmer for 2 hrs, adding more water if necessary and stirring occasionally.

Basic White Sauce

White sauce is made with butter/margarine, flour, salt, and milk. The thickness varies with the amount of butter and flour per 1 cup of liquid. The butter and flour are usually in equal amounts from 1 T for thin to 4 T for thick. Melt butter in saucepan, blend in flour stirring constantly until bubbly. Use a wire whisk to prevent lumps and stir in milk. Cook just until smooth and thickened to desired consistency. The sauce will thicken more as it cools, and form a skin; stir well after it sits. The milk can be flavored by heating milk with a bay leaf, crushed clove of garlic, chunk of onion, and peppercorns. Remove milk from heat before it boils, cover, and let it sit for 5 min or more. Strain and reserve milk for sauce. Add a dash of nutmeg and pepper (white is used to maintain 'color', but black is fine).

Variations:

Cheese sauce – Add ½ c grated cheese and ¼ t dry mustard

Tomato sauce – Use tomato juice as liquid; add a dash each of garlic, salt, onion salt, basil, and oregano

Mushroom sauce – sauté ¼ c chopped mushrooms and 1 T finely chopped onion in the margarine before adding flour

Chicken sauce – use chicken broth or bouillon as half the liquid, add ¼ t poultry seasoning or sage, and diced, cooked chicken

Alfredo Sauce

½ c butter
1 c fresh grated parmesan cheese
salt

¼ c whipping or heavy cream
pinch of nutmeg
ground black or white pepper

Put butter and cream in a shallow, oven-proof bowl and place in 200 °F oven until butter is melted. Remove from oven and add cheese, nutmeg, salt, and pepper. Toss with spaghetti.

BBQ Sauce

Mix the following in a clean jar:

large bottle of ketchup
 ½ T red pepper
 ¼ c Worcestershire
 1 c vinegar

1 ½ - 2 c sugar, or 1 ½ c white and ½ c
 brown
 ¼ c mustard

Marinade

2 T oil
 1 – 3 large cloves garlic, crushed
 1 T sugar

¼ c soy sauce
 1 T powdered ginger
 1 ½ T lemon juice or vinegar

Combine ingredients. Marinade any meat in sauce for up to 2 hrs or overnight in refrigerator. Baste several times during the cooking process.

Thai Peanut Sauce

½ c peanut butter
 ¾ c milk, preferably coconut milk
 3 cloves fresh garlic
 1 T chili powder

3 T oil
 1 c onion, preferably green
 1 T garlic powder
 1 T salt

Heat 2 T oil on low temp. Sauté fresh garlic and onions until beginning to brown. Add another T of oil and slowly add milk. When the milk has warmed, add 1 T of peanut butter and mix until dissolved; add another T of peanut butter and mix; repeat until all peanut butter has been incorporated. Add garlic powder, salt, and chili powder to taste. Heat until it begins to bubble. Pour over pasta or rice.

Theo Stephansen's Special White Sauce for Pasta

1T flour
 1/2c milk
 2T mayonnaise

2t mustard
 2c cooked pasta
 salt, pepper, spices--like Italian seasoning

Combine milk and flour in a bowl. Combine mustard, mayonnaise, salt, pepper, and spices in another bowl. Add cooked pasta (still warm) to the mustard/mayo mix and stir well. Next add the milk/flour mix and stir.

MEAT DISHES

Sweet & Sour Beef

1 lb lean beef cubed	½ cup pineapple juice
1 onion, sliced	2 tablespoons oil
½ tablespoon vinegar	4 tomatoes
1 cup pineapple chunks	1 tablespoon cornstarch or cornflour

Fry the beef in a pan until lightly browned on both sides. Add the onion and tomatoes and cook for another 5 minutes. Add the other ingredients except the cornflour and bring to the boil. Simmer for 30 minutes. Dissolve the cornflour in a little water and stir into pot to thicken. Season with salt and pepper. Serve with rice and salad.

Ground Beef and Okra ♦

1 lb. ground beef	3 tomatoes, chopped
2 tablespoons cooking oil	1 cup water
1 onion, chopped	6 okra, sliced
2 tablespoons flour or cornflour	Salt and pepper

Heat oil in a pan and fry the onions, tomatoes and beef for about 5 minutes. Sprinkle the flour over the beef mixture and stir. Add the remaining ingredients and bring to a boil. Simmer for 15-30 minutes, stirring occasionally. Serve with rice.

Stuffed Green Pawpaw ♦

1 medium size pawpaw, halved	salt and pepper
½ lb ground beef, pork or lamb	3 tomatoes, chopped
½ cup bread crumbs	1 clove garlic (optional)
1 onion, finely chopped	

Remove seeds from pawpaw and cook in boiling water for 15 minutes. Do not peel. Meanwhile, fry the onion, garlic, tomatoes and beef in a little oil to brown. Add half the bread crumbs to the meat mixture and season to taste. Rub the inside of the pawpaw with a little salt and pepper. Stuff pawpaw with the prepared meat mixture and top with the remaining bread crumbs. Bake at gas mark 5 (350°) for 1 1/2 hours, or until the pawpaw is tender.

Lamb or Mutton Stew ♦

1 lb lean mutton or lamb, cubed	1 tablespoon flour
1 onion, chopped	1 tablespoon oil
1 cup cubed yam	salt and pepper
1 cup water	

Gently fry the onion and meat in oil for about 10 minutes. Sprinkle with the flour and stir to coat the meat. Add water and cubed yam. Add salt and pepper to taste. Bring to the boil, reduce heat and simmer for ¾ - 1 hour or until meat is tender and yam is cooked. Adjust seasoning before serving. Serve with a salad or vegetables.

♦ Denotes items found in the original 1995 version of the Peace Corps Ghana Nutritional Handbook.

Orange Pork Skillet ♦

1 lb stewing pork, lean	1-1/2 tablespoons ground ginger
2 tablespoons margarine	1/4 teaspoon red pepper
1/2 cup fresh orange juice	1 orange
2 tablespoons sugar	salt

Cube the pork and brown on both sides in the hot margarine. Blend the orange juice, salt, sugar and spices well and pour over the meat. Cover and simmer gently until pork is tender (45 minutes). Baste with orange juice a few times during cooking. Cut the peeled orange into segments and cook with the pork for the last 5 minutes. Serve with rice.

Groundnut Stew with Chicken ♦

3 lb. chicken, skinned and cut into bite-sized pieces	1 teaspoon paprika
3 tablespoons oil	2 cups stock or water
1 medium onion	1 cup groundnut paste
2 large tomatoes, chopped	salt and ground red pepper
1 tablespoon tomato paste	1/2 teaspoon ginger powder or ginger root

Heat the oil and brown the chicken pieces. Remove, then cook the onion, tomato, tomato paste, paprika and other seasonings.

Return the chicken pieces, cover the pan and simmer for 5 minutes. Add the stock or water and cook for another 30 minutes or until chicken is almost ready.

Put the groundnut paste into a bowl and slowly add the drained liquid from the cooking pan. Mix the sauce well then pour it back over the chicken and heat for an additional 5-10 minutes or until the chicken is cooked. Serve with rice and a salad.

Chicken Fricassee ♦

2 cups cooked chicken	1 cup milk or chicken stock
2 tablespoons margarine	1 green pepper, chopped
2 tablespoons flour	salt and pepper
1 onion, finely chopped	

Melt the margarine and stir in the flour. Remove from heat and slowly add the stock or milk, stirring to keep the sauce smooth. Add the chopped onion, green pepper and the cooked chicken (cut into bite size pieces). Season with salt and pepper. Warm through but do not boil. Serve with rice or mashed yam.

Chicken Gumbo ♦

1 chicken, cut into pieces	6 large okro, sliced
1 tablespoon oil	4 large tomatoes, chopped
salt and pepper	1-1/4 cups boiling water
1 onion, chopped	1/2 cup cooked rice

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Brown the chicken pieces in the hot oil. Remove from pan, drain, and set aside. Fry the onion and okro in the oil for 5 minutes until soft. Add the chicken pieces, tomatoes and boiling water. Bring to a boil, cover and cook slowly until chicken is tender. Season with salt and pepper and stir in the cooked rice. Serve piping hot with a salad or cooked vegetables.

Fried Chicken and Peanuts ♦

1 lb chicken, cut into sized pieces	½ cup roasted groundnuts
1 tablespoon groundnut oil	11 tablespoon cornflour
1 large onion, chopped	¼ cup chicken stock (or Maggi cubes)
1 clove garlic	salt and pepper

Heat the oil in a pan and fry the chicken pieces over high heat, stirring constantly. Remove the chicken from the pan and set aside. Add the remaining ingredients, (except the cornflour and chicken stock) to the pan and fry gently. Sprinkle with the cornflour and toss around in the pan. Pour in the chicken stock, stirring to keep smooth. Add salt to taste. Return the chicken to the pan and cook for a further 5 minutes. Serve with boiled rice.

Vegetable Omelet with Sardines ♦

1 tablespoon onion, chopped	tablespoon Worcestershire sauce
1/4 cup green pepper, diced	1/4 cup ketchup
4 eggs, lightly beaten	1 large ripe tomato, peeled and diced
1/2 cup fresh or canned mushrooms, sliced	1/2 teaspoon white pepper
2 small tins of sardines in olive oil	Salt to taste
2 tablespoons cooking oil	

In a skillet, saute onion, green pepper, and mushrooms in oil until onion is tender and golden brown. Stir in tomato, white pepper, and salt, and cook for 5 minutes. Add beaten eggs and cook as for regular Spanish omelet.

Empty sardines with olive oil into a serving bowl, sprinkle with Worcestershire sauce mixed with ketchup, then dress top with omelet. Serve with curried rice or gari.

Hawaiian Tuna Casserole ♦

½ cup pineapple pieces	1 cup cooked yam
1 tin tuna fish	1 egg
1/4 cup evaporated milk	2 tablespoons milk
1/2 teaspoon salt	salt and pepper
dash pepper	

Line the bottom of a pie dish or casserole with the pineapple pieces. Combine tuna fish, salt, pepper and 1/4 cup milk. Place over the pineapple. Mash the yam with the milk and egg and spread over the tuna mixture. Bake at 350° (gas 5) for around 30 minutes. Serve with a salad or cooked vegetables.

Wined Chicken

Cook chicken in wine and spices. Bake and baste with butter, s/p, and spices.

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Egg Fooyoung with Shrimp

2c bean sprouts	1c chopped, cooked fish, shrimp, or finely
1 minced, sliced gingerroot	diced cooked meat
6 chopped green onions	6 well-beaten eggs
1 rib celery, thinly sliced	1t salt
	1/2t pepper

Heat a little vegetable oil in a skillet and stir-fry bean sprouts until translucent and crisp. Stir-fry gingerroot, green onions, celery, and cooked meat. Combine with sprouts and eggs with salt and pepper. Heat an additional 1T vegetable oil in another small skillet. Drop the above mixture into it to form small omelets, golden brown on both sides. Serve with soy sauce.

Thai Chicken

Heat/brown chicken in oil. Remove and drain. Add 1T oil, saute green onions. Add mix (garlic, oriental seasoning, salt, paprika, turmeric, sesame oil, corn starch, etc)

1-2T sugar	1T peanut butter
1T soy sauce	1T rice vinegar

Slowly add 1/2c milk. Return chicken to the pan and heat.

Fried Dumplings

2 1/2 C. all-purpose flour	1 T. chopped green onion
2/3 c. boiling water	1 tsp. chopped ginger
1/3 c. cold water	2 T. soy sauce
3/4 lb. ground pork (not too lean)	2 tsp. salt
4 oz. shrimp (shelled)	2 T oil or sesame oil
3 dried black mushrooms (soaked)	3 T. oil
10 oz. cabbage or spinach	

1. Add boiling water to flour, mix with chopsticks, then add cold water, and knead very well, let stand for at least 15 minutes covered with cloth.

2. Place pork in bowl, add shrimp (cut into small pieces), mushrooms (cut into small pieces), green onion, ginger and soy sauce, salt and sesame oil. Mix thoroughly until thickened.

3. Cook the cabbage in boiling water about 2 min., plunge into very cold water, squeeze dry and chop finely, squeeze dry again, add to #2 mixture.

4. Remove the dough to floured board, knead again till smooth. Divide the dough into 40 pieces. Flatten each piece with hand and roll into 2 1/2" round thin pancake. Put 1 T. of filling in center, then fold over to make a half circle and pinch edges together. Stretch a little longer, carefully.

5. Heat a flat frying pan until very hot, add 2 T. oil. When oil is hot add enough dumplings to cover the bottom of the pan without overlapping. (about 20 to a 10" pan). Place into an attractive flower shape. Fry until bottom is golden, (about 1 min.) add 2/3 cup water, cover and cook until water has evaporated.

6. Add 1 T. oil to side of pan and fry another half minute. Place a serving plate over the frying pan and invert the pan quickly. Now prepare the remaining portions. These may be kept warm by covering in oven.

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Egg Fu Yung

6 eggs	1 T. soy sauce
1 C. bean sprouts or shredded bamboo shoots	3 dry black mushrooms (soaked and shredded)
1/2 C. canned crab meat or barbecue pork (shredded)	2 tsp. salt
1/3 C. shredded green onion (or leeks)	1/2 cup soup stock
	8 T. oil

1. Beat eggs until the consistency of foamy shampoo, add 1 tsp. salt and soup stock (or cold water), mix again.
2. Heat 6 T. oil in frying pan, stir fry crab (or shrimp), ham (or pork), mushrooms, bean sprouts (or bamboo shoots) and green onion. Add soy sauce and salt. Stir fry about 1/2 minute over high heat.
3. Splash 2 T. oil down side of pan and add No. 1 egg mixture. Fry on both sides until golden, remove to plate and serve.

Note: A sauce may be added. Prepare this from 1 cup chicken stock, 1 tsp. salt and bring to a boil, thicken with 1 T. cornstarch paste. (1 T. cold water mixed with 1 T. cornstarch).

Shredded Beef with Green Pepper

8 oz. tender beef	3 green peppers
2 T. soy sauce (to marinate beef)	1 green onion
1 T. cold water	"
1/2 T. wine	"
2 tsp. Cornstarch	"
1/2 tsp. Salt	"
1 T. oil	"
	3 slices ginger
	1/2 tsp. sugar
	1 tsp. salt
	1 cup oil

1. shred beef about 1 inch in length, mix with soy sauce, wine, oil, cornstarch, salt and soak for one hour.
2. Clean green pepper, remove seeds and membrane, cut in halves and shred crosswise.
3. Cut green onion and ginger into one inch lengths, shred, heat oil in pan, fry beef and stir briskly over high heat about 10 seconds, drain out.
4. Heat another 3 T. oil in pan. Stir fry ginger and green onion, then add shredded green pepper, salt, sugar and stir well. Add beef, blend thoroughly and serve.

(Hint - I don't think she means shred, it might be a problem with translation - I think it means cut very thin.)

Sweet and Sour Pork

1 lb. pork tenderloin	4 slices pineapple
2 green pepper	(or 1 c. cantonese pickles)

Marinating Sauce

1/2 tsp. salt	1 T. cold water
1/2 T. soy sauce	1 egg yolk
1 T. cornstarch	

Seasoning Sauce

3 T. vinegar	3 tsp. Cornstarch
4 T. sugar	1 tsp. Salt
4 T. catsup	1 tsp. sesame oil
5 T. cold water	

For Frying

1/2 cup cornstarch
6 cups oil

1. Pound pork with back of cleaver (to tenderize), then cut into 1 inch squares. Soak with marinade for at least 1/2 hour.
2. Cut green pepper into halves, remove seeds and membranes, and cut into 1" squares. Next, cut 4 slices of pineapple into the same size squares. Set aside.
3. Heat 6 cups oil. While oil is heating, coat each piece of pork in 1/2 cup of cornstarch. When oil is ready, fry pork until brown and done (about 2 minutes), take out, reheat oil then fry once more until crispy. Remove pork and drain off oil from pan.
4. Put back into frying pan 2 T. oil, fry the green pepper and pineapple, stirring constantly. Add the seasoning sauce continuing to stir fry, until thickened. turn off the heat. Add the pork, mix well and serve immediately.

Egg RollsRolls:

1 c flour	1/2 t salt
2 c water	2 eggs

Filling:

1/2 c diced shrimp (or other meat, egg)	3/4 c shredded cabbage
4 c chopped scallions	1 clove garlic, crushed
1/2 c water chestnuts	1/4 c soy sauce

oil for frying

Mix the roll ingredients together using enough water to make a thin, smooth batter. Pour this batter in a 6" skillet over low heat. When it shrinks away from the sides, flip. Rolls should be set, but not brown and crispy. Boil the celery and cabbage in 1/2 c water, then drain. Heat 3 T oil, stir fry shrimp for 3 min. Add celery, cabbage, and remaining ingredients. Cook for 5 min. Place 4 T of filling in roll. Fold envelope style, sealing with flour paste (1 T flour, 2 T water.) Fry until golden brown.

Enchiladas

12 tortillas	cooked ground beef, chicken, or beans
tomato sauce (add hot pepper)	grated cheese

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chopped onions

chopped green peppers

Mix filling ingredients. Dip the tortillas in the tomato sauce, then place 1 to 2 T of filling in the coated tortillas and roll up. Oil baking sheet and place edge down in the pan. Put the remaining sauce over, followed by some grated cheese. Bake for 20 to 30 min in a 350°F oven.

Curry from the Suit

1.5 oz butter

1 onion, finely chopped

 $\frac{1}{2}$ t salt and pepper $\frac{1}{2}$ - 1 t ginger

1 bay leaf

 $\frac{1}{2}$ t caraway seed, pounded $\frac{1}{2}$ apple, finely chopped

2 - 4 t curry powder

 $\frac{1}{2}$ c chopped chicken, beef, or fish

1 c vegetable, chicken, or beef stock

1 - 2 cloves garlic, crushed and chopped
finely $\frac{1}{4}$ - $\frac{1}{2}$ c white wine

(opt.: raisins, chutney, mango, lemon juice, apple cider vinegar, molasses, tomato, pepper)

Melt butter. Sauté onion and apple for 5 min. Add garlic and sauté another 2 min. Add stock, curry powder, ginger, salt, bay leaf, and caraway seed and bring to a boil. Then reduce heat to simmer. Sauté meat in oil until brown. Add to curry sauce and let them simmer together. Add the wine and simmer 1 hr or more—curry becomes spicier the longer it simmers. Be creative and always cook your curry sauce slowly. Add extra butter for flavoring if desired when not cooking with meat. Can thicken the sauce by adding cornstarch—first take a portion of the sauce in a cup, whisk or beat in cornstarch, then add it to the larger portion.

Shrimp or Chicken Curry

 $\frac{1}{4}$ c plus 2 T butter $\frac{1}{2}$ c minced onion

1 t curry powder

 $\frac{1}{4}$ c plus 2 T flour1 $\frac{1}{2}$ t salt1 $\frac{1}{2}$ t sugar

2 c chicken broth

2 c milk

4 c cooked, cleaned shrimp or cut up

cooked chicken

 $\frac{1}{4}$ t ground ginger

1 t lemon juice

Melt butter over low heat in a heavy saucepan. Sauté onion and curry powder in melted butter. Blend in flour and seasonings. Cook over low heat until mixture is smooth and bubbly; remove from heat. Stir in chicken broth and milk. Bring to a boil, stirring constantly. Boil 1 min. Add shrimp or chicken (can boil chicken ahead of time so it is cooked through) and lemon juice. Heat. Serve over rice. Can also add raisins, coconut, crumbled bacon, almonds, etc. to the top as relish. Makes 8 servings.

Pollo a la Mozambique

Chicken parts or whole chicken cut into
parts

1 onion, diced

3 - 4 T oil for frying

Marinade/sauce:

1 c lemon juice

1 T salt

2 - 3 dried chili peppers

5 - 6 cloves garlic, crushed (more is better)

1 t cayenne pepper

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Mix all ingredients for marinade. Crush pepper and garlic thoroughly to let the flavors out. The marinade should have a pronounced acidic taste rather than salty, so adjust lemon juice content to suit this. Heat oil, then sauté onions for 2 – 3 min. Add chicken and fry until browned on top (or half-cooked inside) about 7 to 10 min. Pour marinade and lower heat to simmer. Cook the chicken for about 30 min or until the inside of the chicken does not draw blood when cut. Serve with rice, or tortillas. You can substitute prawns for the chicken, if desired. Marinade prawns for 30 min, then either grill or fry until pink (don't overcook or they will become tough and chewy).

Caribbean Chicken with Banana

Chicken	2 T lemon juice
Chicken stock powder	2 T soy sauce
2 t sugar	1 can pineapple rings with juice, or fresh pineapple and juice
flour dusting	2 unripe bananas (quartered)
2 T oil	
2 T butter	

Chicken: mix stock powder and sugar and coat chicken, then dust with flour. Heat the oil and butter and fry chicken a few min until brown. Put the chicken in a casserole dish. Mix lemon, soy, pineapple juice, and pour over chicken. Bake for 30 min in a 160 - 180°C oven. Bake bananas 10 min on a baking sheet. Heat pineapple rings in sauce.

Chicken Hunter's Style

4 T oil	8 pieces of chicken
4 medium onions	1 can sliced mushrooms
1 T chopped parsley	1 t basil
1 t salt	1/8 t pepper
¼ c white wine	1 lb can tomatoes
10 oz cooked peas	

Heat oil in a large skillet. Brown chicken and remove. Add onions and mushrooms, cook until onions are transparent. Return chicken to skillet; sprinkle with parsley, basil, salt, and pepper. Add wine and tomatoes. Cover. Simmer, turning once, until tender (about 25-30 min). Remove chicken to a heated platter; pour sauce over chicken. Arrange peas around chicken. Serve at once.

Pineapple Chicken

1 chicken, cut into parts	1/3 c sugar
1 can pineapple, or 1 ½ c fresh	3 T soy sauce
1 onion	½ c water

Place chicken parts, chopped onion, pineapple, and other ingredients in bowl and marinate. Cook in covered pan for 1 – 1 ½ hrs on low heat. Serve over rice, plain, with potatoes, etc.

Pollo en Jugo de Naranja y Piña

½ c raisins	1 chicken (cut up)
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◊ Denotes items found in the original 1995 version of the Peace Corps Ghana Nutritional Handbook.

3 T oil	½ c flour, salt, pepper
½ c crushed pineapple, drained	½ c chopped, blanched almonds
2 T sugar	¼ t cinnamon
1 c orange juice	1/8 t ground cloves

Soak raisins in the orange juice for 2 – 3 hrs. Dredge the chicken pieces in seasoned flour. Heat the oil in a skillet and sautéed the chicken until golden brown on all sides. Transfer to a shallow baking dish. Add the remaining ingredients to the raisins and orange juice and spoon the mixture over the chicken. Bake in a 325 °F oven for 30 min, basting frequently. Raise the heat to 400 °F and continue cooking 10 min. Serve immediately.

Chicken Cacciatore

4 lbs chicken (cut up)	2 c tomato sauce
1 clove garlic	½ c wine
1 onion	½ c chicken stock
mushrooms (optional)	basil

Brown the chicken with the garlic and chopped onion. Add tomato sauce, wine, and stock and simmer for an hour or until tender. Serve over pasta. Marinating the chicken overnight in wine and garlic makes the meat especially tender and flavorful.

Chicken Zwedru

1 chicken cut into pieces	4 T oil
1 medium onion, chopped	1 c flour
6 small tomatoes, halved	½ t salt
1 10 oz can cream of mushroom soup	½ t garlic powder
½ c milk	¼ t black pepper
1 ½ c water	¼ t hot pepper

Mix spices with flour in a paper bag. Place each piece of chicken in the paper bag with the flour and spice mixture and shake until the chicken is well coated. Brown the chicken in oil for 20 min turning each piece at least once. Add onions, tomatoes, and water. Cover the pan and cook for 30 min. Add soup and milk and simmer for 10 min. Serve over rice.

Ku Ku Paka from Kenya

3 medium onions	1 t salt
½ t ground garlic	4 whole cloves
1 t garlic	4 medium tomatoes
¼ c oil	2 – 3 lbs chicken
3 T grated lemon peel	4 medium potatoes
3 medium peppers	2 c coconut milk

Cut onions and peppers into ½” slices. Sauté in oil and spices until vegetables are soft. Add tomatoes and lemon peel and cook for 2 – 3 min. Cut chicken into pieces, add to vegetable mixture and cook approximately 5 min. Add coconut milk and potatoes which have been cut into 1 – 2” chunks. Cover and simmer until chicken and potatoes are done, about 30 – 60 min.

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Remove chicken pieces. Stir the stew thoroughly but carefully so as to not to break up the vegetables. Ladle the stew onto a serving platter and arrange chicken on top. Sauce should be quite thick. Serves 8.

Meat Loaf

2 lbs mince	¼ c catsup
¼ lb chopped salt pork	¼ t pepper
1 medium onion	1 t salt
1 c milk	1 c soft bread crumbs
2 eggs, slightly beaten	2 slices salt pork

Pan fry chopped salt pork with onion until slightly browned. Combine all ingredients except salt pork slices. Pack into loaf pan. Cut slices into 2" pieces and place on top. Bake at 350°F for 1 hr.

Bull Goli

4 lbs beef	½ c soy sauce
¼ c red wine or sherry	1 T sunflower seeds
4 – 5 onions	5 – 6 garlic cloves, mashed
1 t ginger	¼ c honey

Cut meat into thin strips and marinate overnight in the remaining ingredients. Sauté in oil until meat is done. Serve with rice.

Chili #1 ◇

1 lb ground beef	4 tomatoes chopped
2 tablespoons cooking oil	1 clove garlic (optional)
1 onion, finely chopped	1 cup cooked red beans
1 teaspoon red pepper	1 teaspoon salt

Fry the onion, tomatoes, garlic and beef in the oil for 5 minutes, stirring often. Add the remaining ingredients and 1 cup water, mixing well. Bring to the boil, then reduce heat and simmer for around 30 minutes. Serve with rice or salad and bread.

Chili #2

1 lb mincemeat	1 can crushed tomatoes or 4 fresh tomatoes
8 oz tomato paste	1 can pinto/chili beans or 2 c black/kidney beans
3 cloves fresh garlic	2 T chili powder
2 – 3 medium onions, chopped	1 T chili paste
¼ t black pepper	

Brown mincemeat, drain excess oil. Brown onions until transparent, add minced garlic and sauté 1 – 2 min. Add canned tomatoes (or chopped fresh tomatoes), pepper, and chili powder/paste. Add beans (if you use dry beans, make sure to soak them overnight first). Add tomato paste and mix well. Allow to simmer at least one hour, stirring occasionally. Water may be added for a thinner consistency. Add salt before serving.

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Beef Stew and Dumplings

Beef Stew:

4 lbs stewing beef	salt/pepper
3 medium onions	2 t vinegar
1 oz flour	7 t sunflower oil
2 c water	oxtail soup
	4 carrots, sliced

Toss meat in seasoned flour and brown in heated oil. Add onions, carrots, water, soup, and vinegar. Bring to boil. Cover and simmer 1 hr. Uncover and drop in dumplings by teaspoonful. Cover and cook gently for 30 min. Garnish with chopped onions.

Dumplings:

1 c flour	½ t baking soda
1/8 c sunflower seeds	½ c margarine
½ t salt	¼ c water

Sift flour, baking soda, and salt. Mix in margarine, blend with cold water to form a firm dough.

Stroganoff

1 T flour	1 large tomato cut in chunks
2 lb beefsteak	1 T butter, salt, pepper
1 carton yoghurt	juice of ½ lemon
1 med onion, sliced	mushrooms

Slice beef very thinly into finger-length strips. Sauté beef with onions. Before the meat browns, add the tomato and mushrooms. Cook until tomatoes are soft. Sprinkle flour over the top and stir in carefully so you don't mash the tomatoes. Add the lemon juice. Turn the heat to very low. Add yoghurt, stirring to combine. Heat just until warmed through. The lemon juice may curdle the yoghurt, as well as high heat. Serve over rice. Add salt and pepper to taste.

Chicken Dubonnet

1/3 c flour	1 T salt
2 T butter	4 chicken breasts, split
¼ lb butter	½ c dry sherry
2 T soy sauce	¼ t powdered sugar
chopped parsley	

Combine flour and salt and dredge chicken in mixture coating well. In skillet, brown chicken in ¼ c butter. Remove chicken and discard fat. Next, melt 2 T butter in skillet. Add remaining ingredients except parsley. Bring to boil, stirring to mix. Place chicken in baking dish and pour sauce over it. Bake covered in 350°F oven for 50 – 60 min or until tender. Sprinkle with parsley before serving.

2-Alarm Chili

Seasonings: (for 2 lbs of meat)	2 t salt
5 T American chili powder	1 ½ t paprika

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3 t instant minced onion	2 c dry beans, cooked
2 t instant minced garlic or ½ t garlic powder	2 lbs mincemeat
2 t ground cumin	1 c chopped onion
2 t oregano	1 recipe chili seasoning
1 t red pepper powder (to taste)	1 c tomato paste
2 T flour	2 ½ c water (use liquid from beans)
	4 t masa flour, or cornmeal

Mix all ingredients together in a bowl. This can be made ahead and packaged for later use.

Wash dry beans well, removing any bad ones. Place beans in bowl and cover with boiling water. Leave to soak for at least one hour. Cook beans until tender, either by boiling or in pressure cooker. Brown ground beef. Add chopped onion and cook until onion is transparent. Add seasonings, tomato paste and water. Bring to boil and simmer about 10 min. Add cooked beans and continue simmering until nearly ready to serve. Add masa flour for thickening. Stir and simmer about another 5 min. Serve with cornbread, crackers, or corn chips.

Tacos

Taco seasoning mix:

2 t instant minced onion	½ t crushed, dried red pepper
1 t salt	½ t instant minced garlic
1 t chili powder (American)	¼ t dried oregano
½ t cornstarch	

Combine all ingredients in a small bowl until evenly distributed. Each recipe is sufficient for 1 lb ground beef.

Taco filling:

1 lb lean mincemeat
½ c water

1 recipe taco seasoning mix

Brown ground beef in a medium skillet over medium-high heat. Drain excess rease. Add water and taco seasoning mix. Reduce heat and simmer 10 min, stirring occasionally. Makes filling for 8 – 10 tacos.

Chicken Enchilada Casserole

1 whole chicken	1 can cream of mushroom soup
1 can tomatoes	1 lb cheddar cheese
1 small onion, chopped	chopped or ground red pepper, to taste
6-8 tortillas	chili powder
1 can cream of chicken soup	

Cook chicken, de-bone, save liquid. Grease baking dish. Dip tortillas, quartered, in liquid and place on bottom of dish. Mix soups, chicken, tomatoes – pour over tortillas. Sprinkle chili powder on top – fairly thick. Put cheese on top. Bake in 400 °F oven for 20 min until bubbly.

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Bar-B-Que Meat Balls

1 ½ lb mincemeat	2 T Worcestershire sauce
1 envelope dried onion soup mix	2 c bar-b-cue sauce
½ c milk	

Mix all ingredients together and form into balls; place on flat baking pan. Bake until brown, approximately 30 min. Drain grease from pan and put balls in a container that you can keep warm. Pour bar-b-que sauce over balls; let simmer. Makes about 50 meat balls.

Lemon Chicken & Zucchini

2 T oil	2 T cornstarch
1 t fresh ginger or tsp ginger powder	1 t sugar
3 ½ c sliced zucchini	1 chicken bouillon cube
1 T oil	1T soy sauce
3 c chicken breasts—skinned, boned, and cubed	1 t salt to taste
¼ c hot water	prepared zucchini
	2 T lemon juice, or more to taste

Heat large skillet over high heat. Stir fry oil, ginger, zucchini for 3 – 5 min. Stir fry 1 T oil, and chicken breasts separately in hot skillet. Combine separately hot water, corn starch, sugar, bouillon, soy sauce, and salt and add to chicken and cook until thick. Cover and cook for 1 min prepared zucchini and lemon juice. Serve with rice. Garnish with lemon slice sor tomato slices. Serves 4 – 6.

“Kentucky” Fried Chicken

½ c flour or crushed corn flakes	¼ t pepper
1 T paprika	½ t oregano, opt.
1/8 t curry powder, opt.	1 chicken, cut up
1 ½ t salt	1 c hot oil

Combine flour, paprika, curry powder, s/p, and oregano in a sac with the chicken and shake. Brown coated chicken pieces in oil in a large skillet. Cover and simmer about 30 min until tender. Uncover last 10 min.

Variations:

- Omit flour, salt, and pepper. Combine and coat chicken with 1.2 c each sour cream and Dijon mustard and 1/8 t garlic powder. Then roll in seasoned breadcrumbs. Follow remaining directions for oven-fried chicken.
- Oven-Fried. Remove skin, if desired. Coat chicken with flour mixture. Place in greased 9 x 13” pan. Bake chicken at 400 °F for 45 to 60 min.
- Simmer chicken until tender. Cool, coat chicken with flour mixture. Fry and serve.

Sloppy Joe's

Brown in oil or shortening:

2 c mincemeat

Add and fry for about 10 min:

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1 green pepper, chopped
 1 onion, finely chopped
 Add, simmer 20-30 min and serve on warm buns:
 1 T sugar
 1 T mustard
 $\frac{3}{4}$ c catsup
 1 T vinegar

1 t salt
 2 c cooked corn, opt.
 2 c cooked kidney or other beans, opt

Easy Chicken and Rice Bake

1 packet dry onion soup mix
 1 c water
 $\frac{3}{4}$ c uncooked rice

4 – 5 pieces of chicken
 $\frac{1}{4}$ t pepper
 $\frac{1}{4}$ t other spice of choice (curry, cayenne pepper, etc.)

In a big oven-proof pot or pan, stir in all ingredients except chicken. Place chicken on top. Cover with foil or lid. Bake at 350 °F for 45 min; check – if too dry, add water. It is done when chicken is done. Serves 4.

Variations:

Also add a packet of cream of mushroom soup mix or canned creamed mushrooms. Increase water and do not add extra salt as the dry soup has enough. For creamier rice, substitute milk for some of the water. If you add too much water, bake uncovered for the last 15 min or so.

Fish Cakes #1[◇]

2 cups cooked yam
 1 can mackerel, sardines or fresh fish
 1 beaten egg

salt and pepper to taste
 flour

Mash the cooked yam with salt, pepper and beaten egg. Mix in the fish and form into patties. Roll in flour and fry in hot shallow oil until golden brown on both sides. Drain well. Serve with a salad.

Fish Cakes #2

1 $\frac{1}{2}$ cooked fish (deboned)
 1 – 2 c cooked potatoes, cassava, sweet potato, or bread crumbs
 2 eggs

flour
 2 T chopped parsley
 seasoning

Flake fish finely. Mix with mashed potatoes, 1 egg, parsley, and seasonings. Divide mixture into 6 portions. Shape into flat, round cakes. Dip each cake into the bowl containing the other egg that has been beaten. Then dip cakes into flour, coating evenly. Fry in hot oil until golden brown.

Layered Mexican Dip

refried beans
 grated cheese
 diced tomatoes or salsa

browned mince with or without onion
 guacamole
 sour cream

[◇]Denotes items found in the original 1995 version of the Peace Corps Ghana Nutritional Handbook.

Layer the above ingredients in a casserole dish or pan in the order given. Then garnish with olives, green onion, and/or grated cheese. Serve with chips.

VEGETARIAN DISHES AND VEGETABLES

Vegetarians can substitute beans, eggs, or lentils for meat and fish in many of the meat recipes.

Fried Rice and Beans ♦

½ cup chopped onions	2 cups rice
½ cup sliced mushrooms	1 cup cooked red kidney beans or black-eye
3 cups water	peas
1/3 cup melted margarine or cooking oil	Salt and pepper to taste

In a saucepan, saute onions and mushrooms in margarine or oil until tender. Stir beans or peas into onion and mushroom mixture. Add seasoning and stir constantly with a wooden spoon for about 10 minutes. Add water and rice, and bring to a boil. Reduce heat, stir and cook slowly until rice is done (about 30 minutes). Cool for 15 minutes before serving. Serve with a salad or cooked vegetables.

Peanut Stew ♦

1 cup groundnut paste	½ teaspoon ground cinnamon and nutmeg
4 tablespoons margarine	1 teaspoon paprika
1 small onion, chopped	2 1/2 cups water
1 tablespoon tomato paste	salt and pepper
½ teaspoon dried thyme	

Heat margarine in a pan and sauté onion for about 3 minutes until it begins to turn brown. Add tomato paste, thyme, nutmeg, cinnamon, paprika, salt and pepper. Stir well to combine ingredients. Add the groundnut paste and enough of the water to make a smooth but thick sauce (stir constantly while you add the liquid). Check the seasoning and let the stew heat through. Serve with rice and a cucumber salad.

Bean Dough Cakes ♦

2 cups black-eyed peas, soaked in water overnight or for at least 4 hours	1 large tomato, peeled
1 teaspoon salt	1 egg, lightly beaten (optional)
Pepper to taste	½ cup water
1 large onion	Enough cooking oil for deep-frying
1 teaspoon powdered ginger	2 tablespoons flour

Rub soaked beans with fingertips to loosen and remove husks, then wash in a bowl of water. Repeat this several times until husks and all black eye are discarded. In a blender, grind beans until very smooth, then add remaining vegetables and water. Grind all together with flour until well blended and a smooth batter is obtained. Pour into a bowl and set aside, covered, for 30 minutes. Stir in salt, pepper, ginger, and egg.

Heat oil and deep-fry spoonfuls of mixture until all sides are golden brown, (to form smooth shapes, dip spoon into water each time before spooning out dough. Also, do not splash, but

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ease dough gently into the heated oil). Drain on paper towels and serve warm. Serve with a salad or cooked vegetables.

Note: Chopped green peppers and/or boiled and finely chopped shrimp may be added to mixture before frying.

Cowpea Sandwich Spread ♦

½ cup cooked cowpeas (very soft)	table salt
½ onion, very finely chopped	1 teaspoon margarine
1 tablespoon lemon juice	

Pass the cowpeas through a sieve to make a smooth paste (or grind in a bowl). Add all the other ingredients and season well. Mix to a smooth paste. Serve on bread or toast with slices of tomato. Makes a delicious lunch.

Eggs with Chile and Tomato ♦

4 eggs	½ chili finely chopped (or 1/2 teaspoon chili powder)
1-2 tablespoons oil	salt and pepper
1 small onion	
4 medium tomatoes, sliced	

Heat the oil and cook the onion until soft. Add the tomatoes and chili and simmer 3 minutes, stirring from time to time. Break the eggs into the pan, stir the mixture well and season with salt and pepper. Cook for a few more minutes, stirring again. Serve with a salad and hot bread or rice.

Baked Tomatoes with Kontomire ♦

2 large firm tomatoes	2 tablespoons cooked Kontomire
salt and pepper	2 teaspoons bread crumbs

Cut the top off the tomatoes and scoop out the seeds and pulp. Mix together with the Kontomire, salt and pepper. Fill the tomatoes with the mixture and sprinkle the top with the bread crumbs. Bake at 400° (gas 7) for 15 minutes.

Spicy Spinach ♦

1 cup cooked, chopped spinach or Kontomire	½ teaspoon curry powder
1 small onion, finely chopped	½ teaspoon water

Place all the ingredients in a pan and cook through for 5 minutes.

Fried Okro ♦

Okro (allow 3 per person)	1 egg, beaten
Cornmeal	salt and pepper

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Slice the okro very thinly crosswise. Dip in the beaten egg. Mix the cornmeal with salt and pepper. Coat the okro in the cornmeal and fry in hot oil until golden brown on both sides.

Okro and Tomatoes ♦

1 cup sliced okro	1 cup chopped tomatoes
1 small onion, chopped	salt and pepper
1 tablespoon margarine	

Combine all the ingredient and cook over medium heat until the okro is tender.

Eggplant and Okro ♦

1 eggplant (Peeled and cubed)	1 tablespoon margarine
1 onion, sliced	2 tomatoes, quartered
6-8 okro (sliced)	salt and pepper

Place all the ingredients in a pan. Cover and cook over low heat for 30 minutes.

Garden Eggs with Stewed Tomatoes ♦

1 onion, chopped	salt and pepper
2 large eggs, chopped	1 tablespoon margarine
2 garden eggs 9 peeled and diced)	1 clove garlic (optional)
1 teaspoon sugar	

Gently fry all the ingredients in the margarine until the garden eggs are tender.

Curried Rice ♦

1 tablespoon margarine	½ cup uncooked rice
1 small onion, finely chopped	½ teaspoon curry powder
1 1/4 cups water	1 teaspoon lemon juice
½ teaspoon salt	

Melt the margarine and fry the onion for a few minutes. Add the remaining ingredients and bring to the oil. Reduce heat and simmer for about 25 minutes until rice is tender.

Steamed Kontomire ♦

Kontomire (cocoyam leaves)	pinch of salt and pepper
Fresh ginger	1 teaspoon of margarine to taste (optional)
1 large Onion	Wash Kontomire and cut into small pieces (like cabbage).
2 Large tomatoes	
1 Maggi cube or the spices	

Wash and peel onion and chop into small pieces. Wash and chop tomatoes into small pieces. Grind ginger into a smooth paste. Place all ingredients in a saucepan. Steam for 7 - 10 minutes until tender. Serve as a vegetable with rice, yam or gari foto.

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Sweet Potato Croquettes ◇

1 cup hot mashed sweet potatoes	dash pepper
1 tablespoon margarine	1 egg, beaten
½ teaspoon salt	

Mix all the ingredients well. If very dry, moisten with a little milk. Shape into little patties and roll in flour. Deep fry until golden.

Note: For a special treat, croquettes can be rolled in beaten egg and finely crushed groundnuts instead of flour.

Scalloped Yam ◇

1 lb yam	1 large onion, chopped
margarine	flour
salt and pepper	milk

Grease an oven proof dish. Thinly slice the yam. Place a layer of yam in the bottom of the dish. Sprinkle with onion, salt, pepper, flour and dot with margarine. Continue with another layer until dish is filled. Cover with milk. Bake at 350° (gas 5) covered for 1 hour. Uncover and bake until yam is cooked and browned on top.

Yam Cakes ◇

1 cup cooked yam	1 tablespoon margarine
¼ cup milk	salt and pepper
1 egg, beaten	

Mix yam, salt pepper and margarine in a bowl. Beat egg and milk and add to the yam. Form into thick patties. Dip in milk and flour (or bread crumbs) and fry in hot oil. Drain well.

Stuffed Avocado ◇

Halve the avocado and remove the stone. Mix diced fresh fruit with salad dressing and spoon into the avocado shells. This is a delicious appetizer.

Lebanese Homos ◇

1 cup cooked chick peas (save liquid)	1/3 cup oil or sesame seed paste (tahini)
3 garlic cloves, crushed	salt
1 juice of 1/2 lemon	

Mash the chick peas very finely with a fork and add the remaining ingredients, adjusting the seasoning to your own taste. Moisten with reserved liquid if required. Serve with triangles of thin toast or small pieces of Lebanese bread.

Sauted Eggplant

- 1-Saute in garlic, onion adding water until done. Cover in tomato sauce
- 2-Bake, mash with lemon juice, garlic, parsley, s/, olive oil. Spread on bread

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Sauteed Zucchini

Saute in tomato, onion, garlic. Simmer in vinegar. Nice on bread.

Cucumber Kim Chee

10 cucumbers (preferably pickle type), cut into bite-size pieces
6T salt
2T sugar

3 cloves garlic, peeled and finely minced
1t ginger, finely minced
3T hot pepper
2 green onions, finely chopped

Rinse and cut cucumber into bite-size pieces. Place cucumber in a large bowl and sprinkle 4T salt on cucumbers and let sit for a couple of hours. Add the remaining ingredients and mix thoroughly with the cucumbers. Control the taste with the amount of salt. Store in a glass jar or safe container.

Traditional Kim Chee

(makes 5 cups)

5c cabbage, cut into bite-size pieces
6T salt
2T sugar
1t to 2T crushed red pepper flakes
(according to taste)

1/4 t fresh ginger root, finely chopped
1 clove garlic, peeled and finely chopped
2 green onions, finely chopped

In a large colander, mix cabbage with 5T salt. Let sit for 3hrs. Rinse cabbage thoroughly 2 or 3 times. Gently squeeze out excess liquid with your hands. Place the drained cabbage in a large glass bowl. Add the remaining ingredients and mix thoroughly. Cover cabbage mixture tightly with plastic wrap and let sit at room temperature for 1 or 2 days. Chill Kim Chee before serving.

Curry Pastries

1 3/4c whole wheat flour
1/3c vegan margarine, cut into small pieces
4T water
2T oil
8 oz diced root vegetables
1 small onion, chopped
2 garlic cloves, chopped

1/2t curry powder
1/2t ground turmeric
1/2t ground cumin
1/2t whole grain mustard
5T vegetable stock
soya milk, to glaze

Mix flour and margarine into crumbles with fingers. Stir in water and bring to form a soft dough. Wrap and leave chill for 30 min. Filling: heat oil, add vegetables, onion, garlic. Heat for 1 min more. Add stock to pan and bring to a boil. Cover and simmer for 20 min until vegetables are tender. Divide pastry into 4 portions. Roll into 6" round. Place filling, fold, brush with soya milk. Bake at 400°F, 25-30 min or until golden brown.

Potato Pancakes

(makes 12 – 3" cakes)

2c grated potatoes

3 eggs

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1 1/2T flour	1-3t grated onion
1 1/4t salt	1/4" or more oil

Pare and grate potatoes. Fold the gratings into a muslin towel and wring the towel to extract as much moisture from the potatoes as possible. Place in a bowl. Beat 3 eggs well and stir them into the potatoes. Sift flour and salt and add to the potato mixture with grated onion. Heat oil in heavy skillet. Brown, turn, until crisp

Queso Blanco ("Ricotta" Cheese)

1 gallon whole milk
1/4c white vinegar (or lemon juice)

Heat milk to 180°F, stirring constantly. Be careful not to burn milk. While mixing with a whisk, slowly add the white vinegar (milk will curdle-is good.) Stir for 10-15min. Line colander with fine cheese cloth. Pour curdled milk through colander. Allow curdles to cool (20min). Tie the four corners of the cheese cloth together and hang to drain (5-7hrs) until it stops dripping. Solidified cheese can be broken apart or salted to taste.

OPT: Can use powdered milk for recipe, but it will use a lot of powder to make the correct whole milk consistency. Can make a smaller quantity (1 1/2 - 2 c powdered milk in 4 c water). Do not use evaporated milk.

Home Made Yogurt

The procedure described below is the way we make 8 one-pint peanut butter jars of yoghurt. You can adjust the proportions to fit your needs. You will need:

- 8 peanut butter jars with lids (each holds about 1 1/2 c liquid)
- a deep pan to hold all the jars
- a cooking thermometer, must measure up to 110 °F or 43 °C
- potato masher for mixing powdered milk (don't use egg beaters, or shake in jar—produces too much froth)
- a measuring cup (500 ml or 2 cup pyrex); can also be used for dipping
- teaspoon to skim froth from the milk
- yogurt starter; usually a jar of yoghurt from your last batch
- health food stores (USA) often sell freeze-dried starter (note: supermarket yoghurt doesn't work)
- 500 mg genuine, no-fat milk powder; for creamier yogurt, mix it double strength. Avoid milk powder with sugars or other milk substitutes
- warm water at 108 to 112°F
- a place to keep everything warm while the yogurt sets

Wash all the equipment and rinse well. Start with water for about half of the 8 jars (6 cups or 1.5 litres). Try to get at the temperature mentioned above. Mix all of the powdered milk in, mashing the lumps with the potato masher. Add the rest of the water to bring the total to 12 cups or 3 litres. Check the temperature as you do this to complete at the correct range. You can heat on the stove, but remember that too hot of milk will kill the yoghurt seed. Dip out about half of the measuring cup of the warm milk and to this add about 3/4 c of the yoghurt from the last batch (or the starter if this is the first time). Mix well in the cup, then add to the milk and mix well. Fill the jars, skim off the froth. Cap the jars tightly. Rinse the large pan, fill it a quarter or so full with water at 100 °F (43 °C), place the filled jars in the pan so that the water

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level is just below the lids. Place the lid on the pan. Put the pan with the jars in an insulated place to keep warm for 8 hrs more or less. A box with shipping 'popcorn', or you can use a blanket to wrap the whole thing. After 8 hrs, refrigerate the yoghurt. Enjoy!

Kirstin's Garden Egg Dip

1 small onion, chopped	4-5 garden eggs, diced
2 or more cloves garlic, chopped	2-3 tomatoes, diced
red pepper to taste	

Fry onions, garlic and pepper. Add garden eggs and tomatoes; fry until browned. Grind everything in a grinding bowl. Add salt. Serve with bread.

Provided by Kirstin Green

Soy milk

½ lb or 1 ¼ c dried soybeans

Soak in water to cover for 12 hrs. After soaking, drain and rinse. Puree beans in 3 c waters to whipped cream consistency. Have a pot ready with 1 c hot water. Add soybean mixture (4 c total) and bring to a boil. Stir to prevent scorching. When foam rises, remove pot from heat. Have a colander ready and lined with muslin. Wrap muslin around mix and press out milk. Add another ¾ c warm water over pulp. Press again. Pulp can then be used. Pour milk into a pot and bring to a boil. Reduce heat and cook 10 min to prevent sticking. Cool/refrigerate before serving unless making tofu.

Tofu

Need to have some type of straining boxes lined with muslin, like the wooden framed (usually circular) sifters with mesh you can buy in the market.

Solidifier:

1 c water + 1 ½ t Epsom salts or calcium sulfate, or 2 2/3 T lemon juice, or 2 ¼ T cider vinegar
Heat 4 c soymilk and 6 c water to boiling point, then remove from heat. Add 1/3 c of solidifier solution, and stir in completely. Add another 1/3 c of solidifier, cover the pot, wait 3 min for curds to form. Sprinkle the remaining solution over the milk and gently stir the surface. Cover for 3 to 6 min. If curds do not form, add more solidifier. Cover boxes with muslin, place another container filled with water on the top. Let set for 10 to 15 min. Submerge block in cold water and unwrap. Let sit 3 to 5 min. Refrigerate and use within a few days.

Soy Patties

3 T butter or vegetable oil:	1 c cooked soybeans
¼ c onion	1 c boiled rice
¼ c green pepper	1 – 2 eggs

Sauté onion and green pepper in oil/butter. Mix with soybeans, rice, eggs. Season to taste. Form into patties and fry until cooked through and browned.

Pan-Fry Pizza

Anyone can make this pizza!

1 recipe pizza dough

◊ Denotes items found in the original 1995 version of the Peace Corps Ghana Nutritional Handbook.

1 recipe tomato sauce

cheese – mozzarella best, or Laughing Cow (slice triangles), local/homemade, parmesan

This recipe works well if you have a non-stick frying pan with any sort of lid to cover it. Begin by shaping the pizza dough on a floured surface into circles to fit the frying pan. One dough recipe will make 2 x 8" thick-crust pizzas. Place one dough circle in the pan at low heat (must be low) and slide it around a bit so it does not stick. Put the cover on. Cook for a few minutes, then flip. Repeat process until both sides have been cooked well, but not too browned. Assemble pizza with sauce, toppings, and cheese. Put the cover on again and continue cooking (low heat) until cheese is melted.

Jen K's Sesame Oiled Rice

For full-effect, make while wearing an orange shirt.

1-2 c cooked white or brown rice	soy sauce
cucumber	sesame oil
garlic	salt
red pepper powder	green onion, opt.

Peel, core, and cut cucumber into small chunks. Place cucumber in water with salt and crushed garlic for several minutes to an hour. Strain cucumber and mix in with rice, red pepper, soy sauce, sesame oil, and green onion to taste.

Refrigerator Pickles

1 cucumber	¼ onion
¼ c vinegar	2 garlic cloves
¼ c water	peppercorns and dill, if available
3 T salt	

Prepare cucumber as desired—peel or not, slice lengthwise or in chips. Mix water, vinegar, salt. Add peppercorns, dill, crushed garlic cloves, onion, and cucumber. Add water if needed to cover cucumber. Place in refrigerator for several hours or overnight.

Ravioli Filling

For one pasta dough recipe, approximately ¾ - 1 c filling is needed.

Cheese:

Sauté in oil ½ onion, chopped and 1 clove garlic, minced. Cool and add any combination of cheeses to equal 1 c—dry Parmesan, mozzarella, Laughing Cow. Add fresh or dried herbs, salt and pepper to taste.

Spinach:

Sauté in oil ½ onion and a clove of minced garlic. Finely chop well-rinsed spinach, kontomire, aleefu or other green (will reduce when cooked, so have about 3 c chopped). Add to onion, garlic mix and cook to wilt. Cool; strain out as much water as possible. Add Parmesan or other cheeses, herbs, salt and pepper to taste.

Mushroom:

Sauté in oil ½ onion, chopped and 1 clove garlic, minced. Finely chop fresh or reconstituted dried mushrooms (total of ¾ - 1 c) and add to onion, garlic. Sauté for about 5 min. Cool and add Parmesan cheese or breadcrumbs, salt and pepper to taste.

Meat:

Sauté in oil ½ onion, chopped and 1 clove garlic, minced. Finely mince already cooked meat like chicken or beef (total of ¾ - 1 c) and add to onion, garlic. Sauté for about 5 min. Cool and add cheese (opt.), 2-4 T breadcrumbs (absorbs moisture), herbs, salt and pepper to taste.

Eggplant Parmesan

3-4 eggplant, sliced ¼ - ½" thick	oil
2 eggs	salt, pepper, herbs
1 ½ c bread or cracker crumbs	prepared tomato sauce
1 c flour	mozzarella and Parmesan cheese, if available

Salt both sides of eggplant slices and set aside for about 10 min to sweat, then remove moisture with a towel. Make an assembly line by your stove—last stop being a frying pan filled with 1 inch of hot oil. First stop is flour, second lightly beaten egg, third crumbs mixed with herbs, salt and pepper. Fry in oil until both sides (flip) are browned.

The Amazingly Versatile Laughing Cow

Laughing Cow cheese (in 8-triangles) can be used as a replacement for cheese in a variety of recipes-- cheese sauce for pasta, a substitute for cream cheese in frosting, filling for ravioli, pizza cheese, spread on tortillas for enchiladas or burritos, grilled sandwiches, egg sandwiches, cheesecake, quiche, garnish for tomato sauce or chili, etc.

**Beans, Beans, Making Them is an Art**

So why waste time making them?

It becomes easy to rely on your local chop lady who serves beans (with kenkey, rice, fried yam, or red red) to cook the beans you use in your recipes. Bean making requires time, water, and a lot of fuel energy, so why not skip it? Pick up ₵1000 – 2000 beans, red are nicer than black eyed, skip the palm oil/gari, but say yes to pepper if it applies to the recipe. Use them for veggie burgers, burritos, chili, enchiladas, or any other bean-y recipe.

- The same theory applies to meat—pick up some grilled kebab meat, Guinea fowl, or chicken to add to any meaty recipe.

Green Bean Casserole

French's onion, or substitute	2 ½ t flour
4 c green beans, de-stringed	onion, garlic, chopped
Mushroom soup or:	mushrooms
2 ½ c milk	salt, pepper to taste
3 T butter, margarine	

Prepare green beans by washing them and de-veining them (pinch off end and pull toward opposite end, attempt to remove strings from both sides.) Prepare soup by melting butter in a saucepan. Sauté onions, garlic, mushrooms in butter. Sprinkle flour over butter and mix. Add milk 1/3 at a time until thick. Prepare onions by slicing and separating them into rings. Dip

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rings in flour, then put in a flour, salt, water/beer batter. Deep fry until lightly golden. Grease a baking dish. Put in green beans. Pour on mushroom soup. Top with fried onions.

Stuffing

A simple recipe that can be spiffed up.

1-2 loaves of bread (white or wheat), cut into cubes	mushrooms, opt.
1 onion, minced	2-3 bullion cubes, chicken/vegetable
3 cloves garlic, minced	butter, margarine
	salt, pepper, bay leaf, sage, thyme, rosemary

Cut bread into cubes and let sit for 5 hrs or overnight (if critters won't get at it) to stale. Prepare broth by mixing 3-4 cups water and bullion with spices and bay leaf, and simmer for 15-20 min. Sauté onion and garlic. Grease a large baking dish. Put in stale bread cubes and mix with sautéed onion and garlic. Add broth; add enough to moisten all bread (toss to mix), and have some remaining in the bottom of the pan, but not too much to make it too soggy (unless you like mushy stuffing.) Dot the top with butter, and bake at 350°F for 20-30 min, or until top begins to brown.

Roasted Garlic

1-2 heads garlic	1-2 t water
2-3 T oil	

Cut the very tips off of the garlic heads. Place a small bit of oil in the bottom of a baking dish. Drizzle oil on top of garlic heads. Sprinkle water on top of heads. Cover dish with foil or other. Bake at 350°F for 15 min. They should be a deep golden brown color, and easily popped out of their skins. Use to spread on toasted bread, in mashed potatoes (need a lot to get good flavor—like 2 heads for 5 potatoes), in pasta, etc.

Stir-Fry

1 t ginger	cornstarch
1 t soy sauce	1 t sugar
2 t dry sherry	1 t salt
crushed red pepper to taste	oil

Heat oil. Add vegetables and stir fry vegetables, slowly adding the sauce. Cook for ten min or more; vegetables will get soft and mushy if cooked for a long time. Can add raisins, nuts, and fruits if desired. If stir-frying meat, brown first in the oil, then add vegetables and stir-fry together. Use the sauce liberally (marinating meat first for 30 min in the sauce helps to tenderize and season.)

Baked Macaroni

2 c macaroni	4 c grated cheese
3 or 4 eggs	2/3 c grated cheese
1/4 t salt	2/3 c milk
a few grains of cayenne pepper	1/8 t paprika

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Preheat oven to 350°F. Cook macaroni and drain. Place layers of macaroni in a buttered baking dish. Sprinkle layers with cheese. Set aside. Beat eggs, milk, salt, paprika, and cayenne until well blended. Pour this mixture over macaroni. Bake 25 – 30 min until bubbly.

Additions:

Divide the cooked macaroni into three equal parts. Add chopped mushrooms, green or red sweet pepper and water chestnuts to the first two layers along with cheese. Sprinkle the top layer of macaroni with dry bread crumbs, dots of butter and 1 1/3 c of the grated cheese.

Macaroni and Cheese

1 1/2 c macaroni	4 T butter
2 T flour	2 c milk
1/2 t salt	1/4 c chopped onion, opt.
2 c shredded cheese	

Cook macaroni in salted boiling water, then drain. Melt butter, add flour, then milk until mixture is thick. Add salt, onion, and cheese. Mix with cooked macaroni. Pour into greased pan and bake for 23 min at 350°F.

Creamed Curry with Capers

2 c penne noodles	olive oil
3 small onions	wine
many garlic cloves	1 c black olives, pitted and chopped
2 T curry powder	2 c cream
1 pkg. fresh mushrooms	1/2 small jar of capers, opt.

Sauté finely chopped onions in olive oil. Fry onions with curry powder. After onions are soft, add mushrooms and garlic, add more oil as you continue to sauté, so it doesn't dry out. Add cream and stir occasionally. Add olives and half a glass of wine. Cook noodles and set aside. Continue cooking sauce until it thickens and reduces. Just before serving, add capers and mix well. Serve hot on the noodles.

Carrot Curry

4 – 6 large carrots	4 medium potatoes
1 onion	1/2 c orange juice
2 green peppers	3 – 4 cloves garlic
1/2 t salt	black pepper
mustard seeds	oil
spices: cinnamon, nutmeg, allspice, cumin, coriander, turmeric	

Crush garlic, chop onion and sauté in oil. Shake a few mustard seeds into the skillet, cover, turn heat low and wait for them to pop (about 5 min). If you don't have mustard seeds, you can substitute wet or dry mustard when you add the other spices. Slice potatoes thinly, leave the skins on, and cook for 5 min over medium heat until semi-transparent. Peel and slice carrots. Add to skillet; allow whole mixture to cook for a few min, turning vegetables over frequently. If

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potatoes begin to stick to the bottom of the pan, add water, $\frac{1}{4}$ c at a time. Add salt, black pepper, and spices to taste (if you don't have all spices, substitute a prepared curry seasoning). Make sure the spices evenly coat the vegetables. Pour in orange juice, turn heat low, and allow to simmer for 10 min. When the vegetables are soft but not disintegrated, slice green peppers, put on top of curry, cover, and steam until peppers are bright green (still crisp). Serve over rice.

Vegetable Pasta

3 c chopped mixed vegetables: carrots, green beans, zucchini, cauliflower, green onions, mushrooms	$\frac{1}{2}$ c milk
1 pkg. spaghetti	$\frac{3}{4}$ c grated cheese
$\frac{1}{2}$ t black pepper	2 cloves minced garlic
	2 T butter

Steam or sauté chopped vegetables. Cook spaghetti, drain, and place in a large bowl (or keep in covered saucepan). Melt butter in saucepan. Sauté garlic. Whisk in milk and cheese. Add black pepper. Toss sauce with vegetables and pasta.

Vegetarian Lasagna

5 – 6 c marinara sauce	1 – 1 $\frac{1}{2}$ c grated white cheese: mozzarella, gouda, parmesan, provolone...
assorted fresh veggies: zucchini, spinach, onion, eggplant, green pepper, cauliflower	3-4 T olive oil
$\frac{1}{2}$ box flat lasagna noodles	garlic, assorted Italian seasonings

Sauté garlic in olive oil. Throw in finely chopped vegetables. Sauté for a few minutes. Mix in $\frac{3}{4}$ of the cheese. Spread a layer of good marinara sauce on the bottom of a lightly oiled deep baking dish. Cover with a layer of noodles, then a layer of the vegetables/cheese. Alternate layers in this fashion until you fill the dish. Lasagna should be topped with marinara sauce and the remaining cheese. Extra seasonings (basil, oregano, rosemary, etc.) can be mixed into the marinara sauce or thrown on top of the lasagna. Bake at 375°F for 1 hr (until tender). Because these lasagna noodles are not pre-cooked, you need to use plenty of marinara sauce.

Spinach Potato Pie

1 lb chopped spinach	1 T butter
$\frac{3}{4}$ c white flour	$\frac{3}{5}$ c wheat germ
3 T canola oil	$\frac{1}{2}$ onion
$\frac{1}{2}$ green pepper	2 chopped carrots
skim milk	2 c cooked potato
black pepper	$\frac{1}{2}$ c grated cheese
1 T wheat germ	

In boiling water, blanch spinach. Drain, cool, and squeeze dry. Melt 1 T oil and butter, and pour over spinach. Add flour and $\frac{3}{5}$ c wheat germ to the spinach. Mix until blended. Press evenly into a greased 9" pie pan, then bake at 350°F for 15 min. In a skillet, sauté the chopped onion, pepper, and carrots in the 2 T canola oil for about 10 min. In a separate bowl, add the sautéed vegetables to the potato, and skim milk. Stir ingredients well. Sprinkle the pre-baked pie crust with the grated cheese. Spoon the potato mixture into the crust and spread evenly.

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Sprinkle the top of the pie with the remaining wheat germ and black pepper. Bake 25 min, cool briefly. Pie can be frozen and reheated.

Gado-Gado

This is an Indonesian dish with a spicy peanut sauce. Takes approximately one hour to prepare and makes 6 – 8 servings.

Sauce:

1 c chopped onion	1 T honey
1 c peanut butter	juice of one lemon
¼ t cayenne pepper	1 bay leaf
1 – 2 t freshly grated ginger root	3 c water
1 T cider vinegar	dash of soy sauce
2 T butter	½ - 1 t salt
2 medium cloves crushed garlic	

In a saucepan, cook the onions, garlic, bay leaf, and ginger in butter, lightly salted. When the onion becomes translucent, add remaining ingredients. Mix thoroughly. Simmer on lowest possible heat for 30 min, stirring occasionally.

Under the sauce:

The sauce goes over an artful arrangement of combined cooked and raw vegetables. Extra protein comes from garnishes of cheese or hard-boiled egg. Here are some recommended vegetables and garnishes: a drizzle of sesame/olive oil, apples, lemons, oranges, raisins, toasted seeds and nuts, rice or other grain, shredded cabbage, carrot slices, cauliflower, green beans, pieces of egg.

Stuffed Zucchini

2 medium zucchini	3 – 4 cloves garlic
1 large onion	olive oil
2 medium green pepper	1 c cooked rice
2 eggs	½ c breadcrumbs
2 lemons	black pepper, salt, oregano

Slit zucchini lengthwise. Hollow out halves (use a spoon to scoop out seeds and about half the flesh into a bowl). Place zucchini in an oiled tray. If they fall to one side, slice a bit off the bottom. Mince garlic and onion and sauté in oil with black pepper. Mince the scooped-out zucchini and add to the sauté. When mixture is lightly browned, add chopped green peppers and allow to simmer for a minute or two. Pour sauté into a bowl and mix with rice. Break eggs and separate yolks from whites. Pour whites into rice mixture and blend well, adding bread crumbs. Squeeze in juice from one lemon and salt, pepper, and oregano to taste. Fill zucchini halves with rice stuffing. Bake at 350 °F for 3 min. Beat egg yolks with juice from the second lemon. Pour over zucchini and bake an additional 5 – 10 min until browned.

Lentil Burgers

2 c cooked, drained lentils	1 egg
minced onion	½ c cracker or bread crumbs
fresh hot pepper	

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tomato paste with water, ketchup, or

barbecue sauce

Combine ingredients. Form mixture into patties and fry in hot oil. Cook until crisp on both sides, and serve with Lebanese bread or buns.

Janelle's Lentil Burgers

1 c cooked rice

½ c bread crumbs

2 eggs

black pepper, to taste

½ c other veggies of your choice (carrots, spinach, etc.)

2 c cooked red lentils

¼ medium chopped onion

2 T salt

cayenne pepper, to taste

Cook lentils and rice until they form a thick paste. If the mixture isn't dry enough the burgers will fall apart when you try to cook them. Add remaining ingredients and stir well. Form mixture into patties and fry in hot oil. For an extra exciting treat, serve with cheese, tomato sauce, mayo, or other condiment.

Bean Burgers

2 c cooked beans, drained

1 medium onion

salt & pepper or other

spices to taste

3 T flour

1 c cooked rice

2 T oil

oil for frying

Mash beans. Add rice, onions and oil. Add just enough flour to make mixture stiff. Add seasoning to taste. Roll into patties and dip in additional flour. Fry patties on both sides until golden brown. Serve as sandwiches, or as a main dish with sauce.

Calzones

3 t yeast

1 T honey/molasses/sugar

1 ½ t salt

2 ½ - 3 c flour

1 c warm water

Mix yeast, water, and sugar in a large mixing bowl. Set aside for 5 min. Add salt and flour gradually. After awhile you won't be able to mix with a spoon. Mix by hand. Form into a ball, cover with a clean dry cloth, and allow it to rise for 45 min in a warm place. Meanwhile, prepare

Filling:

3 cloves garlic

2 tomatoes

1 onion

1 green bell pepper

1 c grated cheese

Chop garlic. Slice tomato, onion, and pepper. After dough has risen, punch it down and knead it well, adding more flour as needed. Cut dough into 4 even sections. Roll each into a circle. Place circles on a greased cookie sheet and brush with a little cooking oil. Sprinkle on spices (black pepper, oregano, mixed herbs, rosemary, parsley). Next add tomato, green pepper, onion,

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and cheese. Arrange these over half of the dough, in a half-moon shape. Leave some space at the dough's edge. Fold the empty half of dough over the filled. Put a little water at the seam and press together with fingers or a fork. Poke fork holes on top of each. Bake for 20 min at 350°F or until golden brown. Makes 4 calzones.

Quiche

1 ½ c cheese	1 chopped onion
½ c mushrooms	4 eggs
1 ½ c milk	3 T flour
¼ t salt	¼ t dry mustard
salt/pepper	dash of thyme
butter to sauté	prepared pie crust

Cover the bottom of the piecrust with cheese. Sauté onion and mushrooms in butter with a dash of thyme, salt, and pepper to taste. Pour the mixture on top of cheese layer. Make a custard by beating the eggs, milk, flour, salt, and mustard together. Pour over mushroom layer. Sprinkle with paprika. Bake at 375°F for 40 – 45 min or until solid in the center when jiggled.

Rice and Beans

2 cans tomato puree or whole tomatoes (2 ½ c chopped, fresh)	1 chopped onion
1 t coriander	2 minced garlic cloves
½ t chili powder	1 chopped green pepper
1 t sugar	1 t cumin
salt, pepper to taste	¼ t oregano
	opt.: red wine

Sauté garlic, onion, and green pepper in oil. Add tomatoes, spices/herbs, sugar, and wine to taste. Simmer 30 min. Serve over rice and beans with grated cheese.

Sweet Potato Casserole

3 c cooked sweet potatoes, mashed	1 c sugar
3 eggs, well beaten	½ c butter
1 T vanilla	½ t nutmeg
½ c cream	

Mix until smooth, or use a blender if you have one.

Topping:

½ c light brown sugar	¼ c butter
1 c pecans	½ c flour

Mix well, or until mixture is grainy. Could substitute marshmallows for topping. Bake at 350 °F for 30 min.

Cheesy Sour Cream Enchiladas

2 cans cream of mushroom soup, undiluted	8 oz sour cream
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chopped red pepper, to taste	¼ t pepper
12 tortillas	½ t garlic powder, or fresh, chopped
hot oil	2 c shredded cheddar cheese
¼ t salt	1 c chopped green onions

Combine soup, sour cream, red pepper, salt, pepper, and garlic powder in a medium saucepan; mix well. Cook over medium heat, stirring often, just until hot. Combine cheese and onion, mixing well. Cook each tortilla in hot oil for a few seconds or just until softened; drain on paper towels. Immediately spoon about 1 ½ T cheese mixture and 2 T soup mixture onto the center of each. Roll up tightly and place in a greased 13x9x2" baking dish. Spoon remaining soup mixture over top of enchiladas; sprinkle with remaining cheese mixture. Bake at 350 °F for 20 to 30 min.

Cheesy Scalloped Potatoes

4 potatoes, cooked, peeled, and sliced	¼ t paprika
3 T oil or butter/margarine	¼ t prepared mustard
3 T cornstarch	3 c milk
1 t salt	2 c cheese, grated

Layer potatoes in a greased casserole dish. In a saucepan, combine oil, cornstarch, salt, paprika, mustard, and milk. Stirring constantly, bring to a boil. Remove from heat and add cheese; stir until cheese is melted. Pour sauce over potatoes. Bake at 350°F for 35 min.

Pasta with Tomato Cream

1 pkg pasta – spiral, penne	1 can tomatoes in juice, drained
½ c heavy or whipping cream	½ c milk
4 t tomato paste	3 T vodka
1 c peas	1/8 – ¼ t crushed red pepper
½ c fresh basil, sliced	

In a large saucepot, prepare pasta in boiling salted water as label directs. Meanwhile, chop tomatoes. In a 2 quart saucepan, heat tomatoes, cream, milk, vodka, tomato paste, crushed red pepper, and ½ t salt over medium-low heat, just to simmering. Stir in peas and heat through. Drain pasta; return to saucepot. Add tomato cream sauce; toss well. Sprinkle with basil t serve.

Onion Rings

4 – 5 large onions	2 c milk
1 c flour	1 t salt
black pepper to taste	oil

Cut onions into rings. Soak them in milk for 30 min. Mix flour, salt, and pepper. Dip rings into flour mixture and fry in hot oil. (Can be used as a French's onion substitute for green bean casserole.)

Beer Fritter Batter

This is good for seafood, chicken, vegetables, and fruit like pineapples, bananas and apples.

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1 c flour	salt
1 egg	½ c beer
1 T butter, melted	

Combine and mix all ingredients well. Beat until the batter is smooth. Let it stand for four hours before using (don't refrigerate). Dip meat, veggies, or fruit in batter and fry.

Samosas

These are turnovers with a yoghurt pastry and curried vegetable filling. They are deep-fried until golden and crisp and served immediately. They can be assembled and stored in the fridge hours before frying. They go well accompanied by chutney or raita (cucumber, yogurt salad) and chunks of raw fruits and vegetables.

Filling:

2 large potatoes, cooked and mashed	½ c cooked green peas
1 c finely minced onion	1 t salt
2 medium cloves crushed garlic	juice of half or whole lemon
½ t freshly grated ginger root	2 – 3 T butter
½ t ground coriander	cayenne pepper to taste
½ c diced carrots, cooked until just tender	

Heat the butter in a heavy skillet. Add garlic, ginger, onion, salt, and coriander. Sauté 6 – 8 min, or until onion is soft and clear. Combine all ingredients, except peas, and mix well. Fold in peas last, taking care not to mash them.

Pastry and procedure:

2 c white flour	1/3 c yoghurt
1 t salt	water
4 T melted butter	

Sift together flour and salt. Add melted butter, yoghurt, and enough water to make a stiff dough. Knead until smooth and elastic. Roll out very thin (1/4 inch) on a floured board and cut into 4" circles. Keep rolling and cutting until you have used all the dough. Place a tablespoon of filling in the center of each circle, leaving edges free. Brush edges with a little water. Fold over and seal with a fork. Heat a 3-inch pool of oil in a heavy skillet to about 365°F. If it is hot enough, it should bounce a drop of water on contact. Fry samosas until golden. Drain well and serve.

Ratatouille

1 medium onion, diced	2 eggs
sliced zucchini	½ - 1 c mozzarella, grated
1 can or several fresh tomatoes, chopped	1 green pepper, chopped
2 cloves garlic, minced	1 c parmesan
1 eggplant, peeled and diced in cubes	olive oil

In a frying pan sauté garlic and onions in two tablespoons of olive oil. Add eggplant (and more oil if necessary) and stir for several minutes. Then add green pepper and stir until both are fairly

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soft. Add zucchini and cook for about 2 more min. Then add tomatoes until heated through. Remove from heat. Mix together eggs and parmesan cheese. Pour vegetables into casserole dish. Add egg/cheese mixture and stir until well blended. Cover everything with grated mozzarella cheese and place in 350°F oven about 30 – 45 min until mozzarella cheese is well browned. Goes well with garlic bread.

Baked Beans

½ c chopped onion, sautéed	2 T maple syrup
1 T dry mustard	2 – 3 T catsup
½ c bean water	1 t salt
1 ½ c dried beans	1 t masala curry

Soak the beans overnight. Cook them uncovered until soft. Don't put salt in or they will be tough. Sauté onion. Drain beans, save ½ c water. Put beans back in pot. Add water and other ingredients, stir.

Guacamole #1 ♦

1 large ripe avocado	2 teaspoons lemon juice
1 onion, very finely chopped	1 tablespoon mayonnaise (optional)
1 clove garlic, crushed	salt and pepper
1 ripe tomato, peeled and chopped	

Mash the avocado until smooth, then blend in the remaining ingredients. Serve with crispy yam, cassava or plantain crisps to dip.

Guacamole #2

2 avocados, mashed	1 chopped onion
hot pepper, to taste	1 large tomato, finely chopped
1 garlic clove crushed, or more	½ t lemon juice
salt and pepper to taste	pinch of cumin

Combine all ingredients.

Deviled Eggs

Boil 6 eggs. Peel and cut in half after cooled. Mash yolks. Mix yolks with 1/4c mayo, 1t vinegar, 1t mustard, 1/4t salt, pepper. Fill eggs and chill.

Egg Tips

To boil: put eggs in pot, cover with water. When water begins to boil, turn stove down. Cook 15-20 min. Replace hot water with cold and let sit for a while before peeling.

To peel: crack shall all over and gently roll egg between palms to loosen shell. Begin peeling from the large end.

The Amazing Pawpaw ♦

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As a Vegetable

green pawpaws are delicious. Peel, slice, and cube them. Cook in a small amount of water. Season with salt, pepper and add a little margarine.

As Pie-Filling

Green or ripe pawpaw can be used as pie filling mixed with sugar, margarine and lime juice.

As a Meat Tenderizer

Place a slice of firm pawpaw directly over the meat or marinate it. An hour is usually sufficient for tenderizing. Wrapping the meat in pawpaw leaves works too! Commercial meat tenderizers back home are made from pawpaw extract.

DESSERTS

Puddings and Custards

Bread Pudding #1 [◇]

3 slices bread (well buttered & Cubed)	1 cup milk
1 cup sugar	Dash salt
2 eggs beaten	½ cup fruit, diced

Place the buttered bread cubes in a pan with a little melted butter. Place over a pan of boiling water on the heat. Sprinkle the sugar over the cubes. Mix all the other ingredients and pour over the bread. Cover and cook over the pan of lightly boiling water for about 1 hour. Allow to cool before serving.

Bread Pudding #2

Soft butter	½ c sugar
8 slices white or wheat bread	¼ t salt
4 c milk	1 t vanilla
3 eggs, slightly beaten	½ t cinnamon, and nutmeg

Butter a 2 qt baking dish. Line bottom and sides with bread buttered on the bottom side. Mix milk, eggs, salt, sugar, and cook over low heat until it begins to boil. Turn off heat, add vanilla and cinnamon. Pour warm mixture over bread and bake in a 350°F oven for 45 min to an hr.

Rice Pudding #1

2 1/2c cooked rice	2t vanilla
1 can evaporated milk	1t nutmeg
2/3c sugar (brown, if possible)	3 eggs, beaten
3T butter	1/2c raisins

Mix ingredients. Bake at 325°F until a knife inserted comes out clean.

Rice Pudding #2

½ c uncooked rice	3 c boiling water
½ t salt	1 large can condensed milk
2 eggs	1 t vanilla
¼ t nutmeg	½ c raisins

Combine rice, water, and salt and bring to a boil over medium heat. Reduce heat and simmer for 15 min. Stir in condensed milk and raisins. Beat eggs in separate bowl. Add to rice while stirring. Lower heat and stir until mixture coats metal spoon. Remove from heat, add vanilla and nutmeg.

Chocolate Pudding

(4 servings)	
1/2c sugar	1/8t salt
2T cornstarch	1/3c cocoa

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2c milk
2 egg yolks

2t vanilla

Mix sugar, cornstarch, salt and cocoa in a saucepan. Mix milk and egg yolks separately. Add gradually to sugar mixture. Cook over medium heat, stirring constantly, until mixture thickens and boils. Boil and stir for 1 min. Remove from heat and stir in vanilla. Pour into dessert dishes. Cool slightly and chill.

Tapioca Pudding

1/2L milk
3T tapioca
4T sugar

1T butter
2-3 drops lemon juice

Boil milk. Sprinkle in tapioca, stir to the boil. Simmer 15-20min. Add sugar, butter (an egg yolk if desired).

Baked Custard

(6 servings)
3 eggs, slightly beaten
1/3c sugar
dash of salt
1t vanilla

2 1/2c milk, scalded (brought to an almost boil)
nutmeg

Blend ingredients. Pour into either individual custard cups or one large bowl. Place cups or bowl in cake pan and fill with hot water up to 1/2" of the top of the custard container. Bake in an oven until a knife inserted halfway down the center comes out clean.

Frostings, Glazes, Icings and Fillings

Chocolate Frosting

8T butter, 6T cocoa, and 1/4c milk. Heat, stir in 3c powdered (icing) sugar. Thin with milk if needed to spread.

Powdered Sugar Frosting

Combine

4 c. powdered sugar
1/4 tsp. Salt (optional)
1/3 c. soft margarine

1 tsp. Vanilla or other flavoring
add milk 1 tbs. At a time until icing is the right consistency (2-4 tbs milk)

Chocolate frosting: add 1/4 c. cocoa or more to taste.

Coconut frosting: use coconut milk for liquid and sprinkle with coconut

Coffee frosting: substitute liquid black coffee for milk and vanilla

Cream cheese frosting: add 1/3-1/2 c. laughing cow or real cream cheese (76-113 G)

Spice cake frosting: use maple for flavoring and coffee for milk.

Yogurt frosting: use yogurt (1 T. lemon juice+regular milk) for milk, add more lemon juice if desired.

Caramel Frosting

1/2c sugar	3/4c evaporated milk
2 1/2c sugar	1/8t salt
1 egg, beaten	1/2c butter

Melt 1/2c sugar in a heavy saucepan over medium heat. Mix rest of ingredients separately. Stir butter mixture into hot caramelized sugar. The mixture will be lumpy, but will become smooth as it cooks. Cook over medium heat for 15-20 min, stirring frequently until it reaches a boiling point. Cool for 5 min. Beat to an almost spreading consistency and spread on a cooled cake.

Never Fail Fudge Frosting

1c sugar	1/4c cocoa
1/4c butter	1/4c milk

Boil ingredients together for one minute. Cool, then beat until creamy but not too thick.

French Butter Cream Frosting

1/4c flour	3/4c milk
2/3c sugar	1c cold butter
1/4t salt	1t vanilla

Mix flour, sugar, salt and milk together. Cook until thick. Cool completely. Add butter and vanilla. Beat until fluffy. This can be piped and freezes well.

Magic Chocolate Frosting

1 1/3c sweetened condensed milk	1T water
1/8t salt	1/2t vanilla
6T cocoa	

Mix milk, salt and cocoa in the top of a double boiler. (2 pots stacked, one below filled with water, one above dry). Cook, stirring often, until thick, (about 10 mins.) Add water gradually. Cool. Stir in vanilla.

Powdered Sugar Icing

1 c powdered sugar
 1/4 t vanilla
 milk

In a bowl, combine powdered sugar and vanilla. Stir in 1T milk. Stir in additional milk, 1t at a time until icing is smooth and drizzly.

Banana Cream Filling

4T sugar	1/4t salt
2T cornstarch	6T milk powder

◊ Denotes items found in the original 1995 version of the Peace Corps Ghana Nutritional Handbook.

1 egg yolk
1 1/4c water

few drops vanilla
1 sliced banana

Mix the sugar, cornstarch, salt and milk powder in a saucepan. Add the egg and water. Bring to a boil, stirring constantly. Cook for 1 min. Cool. Then stir in the vanilla and banana.

Stir in:

Chocolate Glaze

6T cocoa
5T butter
1c powdered sugar

3/4t vanilla
2T hot water

Mix the cocoa and butter in a saucepan. Heat until melted. Then stir in the sugar, vanilla and water. Drip over cake.

Orange Glaze

Mix 1/2c orange juice and 1/4c sugar. Pour over warm cake. This will moisten a cake in the dry season.

Peanut Butter Frosting

Cook in a double broiler for 15 min:

1 1/3c sweetened condensed milk
3T peanut butter

OPT: Add 3/4c shredded coconut after frosting has thickened

Butter Sauce

1c cream
1/2c butter
1c sugar (brown or white)

Heat then top cake.

Whipped Cream

Sorry, cannot be done without a refrigerator, and cold ingredients and utensils. Three options follow.

- Soak 1 – 1 1/2 t gelatin in 2 T cold water. When clear, dissolve it well in 1/2 c scalded light cream (dissolve 1/2 c dry milk powder in 1/3 c water and heat to a temp. just before boiling). Add 1 c light cream, 1 T confectioners sugar. Refrigerate, stir from time to time for 4-6 hours, add 1/2 t vanilla then beat like whipped cream for 5 – 7 min.
- Chill one 13 oz can evaporated milk for 12 hrs. For each can add 3 T lemon juice. Whip until stiff.
- Dissolve 1/2 c nonfat dry milk in 1/3 c cold water. Chill, whip until mix stands in soft peaks. Add 1 T lemon juice. Whip until mix stands in soft peaks. Add 1 T lemon juice and whip until peaks are soft. Beat in 2 – 4 T sugar. Refrigerate.

◊ Denotes items found in the original 1995 version of the Peace Corps Ghana Nutritional Handbook.

Crusts and Pastries

Basic Pie Crust

See Ben Adams' Mom's Apple Pie recipe.

Graham Cracker Crust

1 1/3c cookie crumbs	1/4c melted margarine
1/4c sugar	1/4t nutmeg

Combine ingredients and press into 9" pie pan. Bake at 375°F for 8 min.

Quick Pie Crust

1c flour	1/3c oil
1t sugar	2T cold water
1/2t salt	

Mix ingredients together in a pie pan, and sprinkle the water on last. Press with fingers into pan to form crust. If desired, this crust can also be rolled out with a rolling pin.

Graham Cracker/Cookie Crust

Crush until fine:

1 1/2 c cookie crumbs (Maria, Digestive, Hob Nobs work well)

Stir into the crumbs:

1/4 to 1/2 c sugar, powdered if available

6 T melted butter

Press into the bottom of a lightly greased pan. Ready for filling.

Pat in the Pan Pastry

(use for pot pie)

Mix:

1 1/3c flour

1/2t salt

Cut in 1/2c margarine until mixture looks like little peas. Sprinkle in 3-4T water (1T at a time). Mix until flour is moistened and pastry almost cleans the side of the bowl (add water by the teaspoonful if necessary).

Rough Puff Pastry

(for pot pie)

1c flour

salt

3/4c butter

1/2c ice-cold water

squeeze of lemon juice

◊ Denotes items found in the original 1995 version of the Peace Corps Ghana Nutritional Handbook.

Sieve the flour and salt, cut butter in 1T pieces and lightly mix them into flour without rubbing in. Make a well in the center, add liquid and mix to make a fairly stiff dough. Turn on a floured surface and roll into oblong strips (12 x 4") keeping the sides square. Give one double turn as for puff pastry. Allow to rest in a cool place, covered for 30 min. Give three more double turns, resting between each. Allow to rest before using.

Sugar Pastry

(for flans and fruit tartlets)

1 egg	1c flour
4T sugar	pinch salt
10T margarine	

Cream egg and sugar (do not over-soften). Add margarine and mix. Add flour and salt. Mix lightly until smooth. Allow to rest in a cool place before using.

Short Pastry

(for fruit pies, Cornish pastries, fruit dumplings)

1c flour	4T lard or vegetable fat
pinch salt	2-3T water
4T margarine	

Sieve flour and salt. Rub in fat to make a sandy mixture. Make a well in the center. Add a sufficient amount of water to make a fairly firm paste. Handle as little as possible. The amount of water used varies according to the type of flour (e.g. a very fine soft flour is more absorbent and the degree of heat, due to hot hands and hot weather). For wholemeal short pastry, use 1/2 to 3/4c wholemeal flour in place of white flour.

Pies and Cakes

Favorite Chocolate Cake

1c boiling water	2c flour
1/2c cocoa	1 1/2t soda
2c sugar	1/2c sour milk
1/2c oil	2 eggs
1t salt	1t vanilla

Mix water, cocoa, sugar, oil and salt together. Let cool. In another bowl sift flour, soda. In another bowl mix milk, eggs and vanilla. Gradually add the dry ingredients to cocoa mixture, mixing alternately with milk mixture. Mix until thoroughly blended. Bake at 350°F until done. Makes 2 layers of a 9 x 13" cake.

Sponge Cake

1t lemon rind	1T lemon juice, or 1t vanilla or 3 drops
1c sugar	anise oil
3-6 egg yolks	1c cake flour
1/4c boiling water	1 1/2t baking powder
	1/4t salt

◇ Denotes items found in the original 1995 version of the Peace Corps Ghana Nutritional Handbook.

3-8 egg whites

Beat yolks until very light. Mix lemon rind, sugar and then gradually beat into yolks. Add water. When cool beat in lemon juice (or vanilla or anise). In a separate bowl sift flour, baking powder and salt. Add sifted ingredients gradually into yolk mixture. Stir until blended well. In another bowl whip egg whites until stiff, but not dry. Fold them lightly into batter. Bake 45 min at 375°F in greased layer pans.

OPT: top with fruit glaze and whipped cream.

Mango Upside Down Cake

2 T lemon juice

2c sliced mango

1T butter

1/3c brown sugar

1/4c shortening

3/4c sugar

1 egg

1 1/4c flour

2t baking powder

1/4t salt

1/2c milk

Pour lemon juice over mango, let stand 15 minutes. Melt butter in 8" pan. Add brown sugar and mangoes. In a separate bowl cream shortening and sugar. Add egg. Mix flour, baking powder and salt in another bowl. Add a bit of the flour mixture to the creamed sugar mixture. Mix. Add a little milk and mix. Alternate flour and milk until all of the flour mixture is used. Pour over mangoes. Bake 50-60 min at 375°F. Serve cake warm with whipped cream or lemon sauce.

OPT: use pineapples and 1/2t salt

Ricotta Cheesecake

Can use local made goat cheese, or your own homemade cheese (see Queso Blanco) or tofu.

Lightly beat 4 eggs. Gradually add 1 c sugar and 1 1/2 t vanilla. Add 1 1/2 lb ricotta cheese and blend well. Pour into crust and bake 350°F for 40 min.

Cheesecake

1 1/2 c sour cream

16 oz cream cheese

4 eggs

2 t vanilla

1 c sugar

1 recipe cookie crust

Prepare crust in a greased pan. Mix sour cream, cream cheese, eggs, vanilla and sugar in a large bowl and mix to a smooth consistency. Bake at 375°F for 45 min, or until fork inserted in center comes clean. Let set for 2 hrs before chilling.

Carrot Cake: Version 1

2 c sugar

4 eggs

1 c vegetable oil

2 c grated carrots

1 c crushed pineapple with juice

2 1/2 c flour

1 t cream of tartar

3/4 t salt

1 t c baking soda

1 t cinnamon

1 c nuts, chopped (opt.)

◇ Denotes items found in the original 1995 version of the Peace Corps Ghana Nutritional Handbook.

In a bowl, beat sugar and eggs until light. Add remaining ingredients and bake at 325°F in a large baking dish.

Frosting:

1 package cream cheese

pineapple juice

¼ c sugar

Whip all ingredients until smooth.

Carrot Cake: Version 2

2 c flour

1 t baking soda

1 t salt

2 t cinnamon

2 c grated carrots

1 t vanilla

1 c chopped walnuts

2 c sugar

1 ½ c oil

3 eggs, beaten

1 c well-drained pineapple

1 c coconut

Cream together oil and sugar. Add eggs. In a separate bowl, mix all dry ingredients. Gradually add this flour mixture, beating well. Fold in carrots, pineapple chunks, coconut, chopped nuts, and vanilla. Grease and flour a 12 x 9" baking pan, pour in mixture, and bake at 350°F for about 40 min. After cooling for 10 min, remove from pan.

Cream cheese frosting:

4 oz cream cheese

4 T butter

½ box icing sugar

1 t vanilla (or pineapple flavoring or juice)

Cream together all of these ingredients and spread on top of the carrot cake.

Carrot Cake Version 3

4 eggs

2c sugar

1 1/2c salad oil

2 jars junior food carrots or 2 cups grated

1c crushed pineapple

2c coconut

3/4c nuts

2c flour

2t baking powder

2t baking soda

2t cinnamon

Mix eggs, sugar, oil, carrots. Then add dry ingredients and add coconut and nuts. Bake at 350°F for 40-45 min.

Icing: Beat 1/2c butter and 1c (8 oz) cream cheese. Add 1 box powdered sugar and 1t vanilla.

Mix. Fold in 1/4c walnuts.

Carrot Cake Version 4

1c sugar

1T baking powder

1/4t cinnamon

1/4c melted butter

1/2c milk

1c shredded carrots

1/3c raisins

2c flour

1/2t salt

2 beaten eggs

◇ Denotes items found in the original 1995 version of the Peace Corps Ghana Nutritional Handbook.

Preheat oven. Mix dry ingredients, carrots, and raisins. Mix egg, butter, and milk. Pour liquid into a well of the dry. Mix until moist. Bake.

Yoghurt Cheesecake

1/3 can sweetened, condensed milk	juice of 2 limes
2 egg yolks	2 egg whites, stiffly beaten
pie crust	3/4 c yoghurt

Mix milk, yoghurt, and juice. Fold in whites, and pour into crust. Bake at 350°F for 20 – 30 min.

Avocado Cheesecake

2 avacados	1 c cream cheese
1/4 c dry white wine, or lemon juice	1/2 package lime jello
1/2 c boiling water	1 r grated lemon rind
1/3 c chopped nuts	1/2 c caster sugar
1 c fine dry cookie crumbs	1 t cinnamon
1/4 c soft butter	

Clean the avocados and mash with a fork. Add cream cheese and white wine. Mash together well. Dissolve jelly powder in boiling water, and then stir in grated lemon rind. Cool. Add this liquid to the avocado mixture. In a separate bowl, mix sugar, cookie crumbs, cinnamon, and butter thoroughly. Grease a 20 cm loose bottom spring form cake pan, or any pan. Pour the avocado mixture into the pan, and sprinkle the crumb mixture on top. Refrigerate until well set. When ready to serve, flip the cake upside down on top of a plate, so that the crumbs are now on the bottom.

Raw Apple Cake

1/2 c margarine	2 c flour
2 c sugar	1 t salt
2 eggs, unbeaten	1 t cinnamon
4 c raw apples, peeled, chopped	1 t vanilla
1 c chopped nuts	

Cram together margarine and sugar. Add eggs, vanilla and mix well. Combine dry ingredients separately in another bowl. Add half of the dry ingredients, mix well. Add all of the apples, blend again. Add the rest of the dry ingredients, and mix well. Stir in nuts, if you are lucky enough to have them available. Grease and flour a 9 x 13" pan, and bake cake at 350°F for approximately 50 min. top should bounce back when touched, and dit should be golden brown.

Jungle Camp's Favorite Chocolate Cake

Combine:

1/2 c. cocoa (113 G)	2 c. sugar (454 G)
1 tsp. Salt	2 c. flour (454 G)
1 1/2 tsp. Soda	

◊ Denotes items found in the original 1995 version of the Peace Corps Ghana Nutritional Handbook.

Combine separately, add to above, and beat until smooth

1/2 c. sour milk or yogurt	1/2 c. oil
2 eggs	1 tsp vanilla
1 c. water (or coffee)	

(add 1 T lemon juice or vinegar to regular milk to make sour milk)

Pour into greased 9x 3 pan (23 x 32 cm). Bake at 325 degrees F. for 1 hour.

Pineapple Upside Down Cake [◇]

1 1/2 cups flour	1 cup sugar
2 teaspoons baking powder	1/2 teaspoon salt
1/3 cup margarine	2/3 cup milk
1 egg	

Put all the ingredients except the eggs into a bowl and beat thoroughly. Beat in the eggs and continue beating for 300 strokes. Melt 2 tablespoons margarine in the bottom of a pan. Sprinkle with 1/4 cup sugar and arrange pineapple in the dish. Pour the mixture over and bake at 350° (gas 5) until set and firm (about 1 hour). Cool slightly and turn onto a serving dish.

Chocolate Cake

3 1/2c flour	1c butter or oil
2 2/3c sugar	2c milk
2t baking soda	2t vanilla
2t salt	4 eggs (unbeaten)
20T cocoa (not drinking cocoa or Milo)	

Sift dry ingredients. Add shortening, milk and vanilla. Beat for 2 min. Add egg and beat for 2 min. Pour in a greased and floured/cocoa-ed pan. Bake for 3-4 hours depending on your oven. Test center of cake periodically with a fork for doneness (comes out clean.)

Cranberry Cake

1c sugar	2c flour
2T melted butter	pinch of salt
1 egg, beaten	2t baking powder
1/2c milk	2c cranberries

Mix flour, salt, baking powder. Mix butter and sugar, then add egg. Mix dry ingredients into the wet. Add berries and bake for 30 min.

Pineapple Pudding Cake

1/4c flour	1/2c milk
1/2c sugar	2 egg yolks
1t salt	1/4c finely chopped pineapple
1T lemon juice	2 egg whites
1/4c pineapple juice	

[◇]Denotes items found in the original 1995 version of the Peace Corps Ghana Nutritional Handbook.

Blend flour, sugar and salt. Stir juices, milk, yolks, and pineapple together in separate bowl then add to dry ingredients. Beat egg whites until stiff and fold into mixture. Pour into buttered 1qt baking dish. Set in a pan with 2" warm water in it and bake for 50 min at 350°F.

Mango Custard Cake

1 1/2c flour	1/2t cinnamon
1/2t salt	1/2c thin mango sauce
1/2c margarine	1 egg
2c green mango slices	1c milk
1/2c sugar	

Stir flour, salt together. Cut in margarine. Press into loose-bottomed pan or an 9" square pan. Place mango slices, sugar and cinnamon on pastry. Bake 20 mins at 375°F. Blend mango sauce, egg and milk. Pour over hot pastry. Bake for 30 min more to set the custard.

Yogurt Coffee Cake

3/4c butter	1 1/2t baking powder
1 1/2c sugar	1 1/2t baking soda
3 eggs	1/4t salt
1 1/2t vanilla	1 1/2c drained yogurt
3c flour	
<u>Filling:</u>	
1/2c brown sugar	1 1/2t cinnamon
1/2c chopped nuts	

Combine butter, sugar, eggs vanilla. Beat for 2 minutes. In another bowl sift flour, powder, soda and salt. Add to the batter alternately with yogurt. Bake either in a greased tube pan or in 2 greased loaf pans. For either, put 1/3 of the batter in the pan. Then put in 1/2 of the filling. Add another layer of batter, another layer of filling, and the final layer of batter. Bake about 1hr in a 350°F oven. Cool slightly in the pans before removing.

Dump Cake

3c flour	2c sugar
1t baking powder	4 eggs
1t salt	1c buttermilk or yogurt
1/2t baking soda	2t vanilla
1c butter	
<u>Topping:</u>	
1c sugar	1/2c butter
1/4c water	1T vanilla

Sift flour, baking powder, salt and soda together. In another bowl cream butter and sugar. Beat eggs and add to creamed sugar. Alternating, gradually add dry ingredients to sugar and then some of the milk and vanilla to sugar. Begin and end with the dry ingredients. Bake in a 10" greased and floured tube pan at 325°F for 1 hour. Remove from oven and prick with a large

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fork, making many holes. Then heat sugar, water, butter and vanilla in a pan but do not boil: Pour over the cake.

Fruit Glaze Pie

Can be used for any fresh fruit.

1 baked pie crust	3/4 to 1c sugar
enough fruit to make 1 1/2c	1T butter
1/4c cornstarch	

Prepare pie crust. Mash fruit, add cornstarch, sugar. Cook over medium heat, stirring until mixture comes to a boil. Continue cooking and stirring over low heat for about 2 min. Remove from heat and add butter. Cool. Add as much fresh fruit as you wish to fill a pie with. Put in a baked pie crust. Chill.

Ben Adams' Mom's Apple Pie

--Thanksgiving 2002, 'Hello, mom, can I get your apple pie recipe...'

Crust:

2 c flour	5-7 T very cold water
2/3 c butter/margarine cold, solid	1/4 t salt

Combine flour and salt. Cut in chunks of butter with a fork until there are uniform pea-size pieces. Put cold water in a T at a time. Fluff it in, don't stir. When all the flour is sticking together, work it into a ball. Put it in the fridge to chill before rolling. Use 1/2 for the bottom, and 1/2 for the top. Flour surface, pat down 1/2, and roll into a circle to fit pie pan.

Apple filling:

6 to 8 peeled and sliced apples	pinch nutmeg, ground cloves
3/4 c sugar	add a bit of lemon juice if apples are not sour
1 t cinnamon	

Mix sugar and spices before mixing in with apples. Add filling to the bottom crust. Put some chunks of butter on top of the apples. Add the top crust and seal. Cut vent holes in the top.

Can glaze top with egg white and sprinkle with granulated sugar. Bake at 425°F for 50 min. Put aluminum foil around the edges if burning. Put pie on a rack to cool.

Provided by Ben Adam's mom

--'Thanks mom, bye.'

Baked Mango Pie

Make a double pie crust:

3T flour
1/2 to 3/4c sugar
some cinnamon

Dot with butter. Add the top crust. Make slits in the top crust for ventilation. Bake until the crust is brown and the fruit is bubbling.

Mango Pie

1 baked crust	sliced mangoes
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◇ Denotes items found in the original 1995 version of the Peace Corps Ghana Nutritional Handbook.

½ c sugar	1 t tapioca
1 T butter	¼ t cinnamon
juice of 1 lime	¼ t allspice

Put mangoes in crust, sprinkle with sugar, spices, tapioca over top. Add the juice and toss gently. Top with pats of margarine. Bake at 350°F for 30 min.

Pumpkin/Squash Pie

4 medium-sized squash	cinnamon/mixed spice/allspice/ginger
1 small can condensed milk	1 t vanilla
¼ - ¾ c brown sugar	½ t salt

Peel and seed squash. Cut flesh into chunks; boil in water until soft, drain and mash. Put cooked squash into double boiler (use a large saucepan, fill with ½" water, bring to boil, place quash in a smaller saucepan and balance on top of larger pot). Add condensed milk and sugar to taste. Mix well. Add salt, and suggested spices to your liking (about ¼ - ½ t each). Add eggs, mixing well to prevent them from cooking into one lump. Remove saucepan from double boiler and allow to cool slightly. Mix in vanilla. A dash of rum or brandy is nice, if available. Pour mixture into pre-baked pie shell. Cook at 350°F for 15 – 25 min, until pie is brown on the edges, risen slightly in the middle, and has a shiny skin.

Pumpkin Pie

Line in a pan, pie dough
Preheat oven

Mix well:

2c pumpkin	1t cinnamon
1 1/2c evaporated milk	1/2t ginger
1/4c brown sugar	1/4t nutmeg
1/2c white sugar	1/8t cloves
1/2t salt	2 slightly beaten eggs

Pour mixture into pie shell. Bake.

Papaya Pie

2 c milk	1 c sugar
2 eggs, slightly beaten	2 c stewed papaya
½ t salt	2 unbaked pie shells
1 ½ t cinnamon, nutmeg, and clove mixture	

Heat milk and stir in sugar until dissolved. Mix together all other ingredients in a separate bowl. Add these slowly to milk, stirring until smooth. Pour into 2 unbaked shells, and bake at 350°F for 45 min to an hr.

Brownies, Bars and Other Baked Desserts

Fudge Brownies #1

◊ Denotes items found in the original 1995 version of the Peace Corps Ghana Nutritional Handbook.

1/2c margarine	2 eggs
6T cocoa and 2T butter	1t vanilla
1c sugar	3/4c flour

Preheat oven to 350°F. Grease pan. Melt margarine and chocolate. Remove from heat. Stir in sugar. Add eggs and vanilla. Beat lightly, just until mixed. Add flour. Pour in pan. Bake for 30 min, cool and cut.

Fudge Brownies #2

1/4c margarine	1/4t baking powder
6 oz chocolate chips	1/4t salt
3/4c sugar	2 eggs
2/3c flour	1/2c nuts
1/2t vanilla	1/2c chocolate chips

Heat oven. Grease pan. Heat margarine and 6 oz chocolate chips in saucepan over low heat, stirring until chocolate is melted. Remove from heat. Stir in remaining ingredients except nuts and 1/2c chocolate chips. Stir in nuts and chocolate chips. Spread in pan. Bake.

Cake Brownies

1 1/2c flour	2 eggs
2t baking powder	9T cocoa and 3T margarine
1/2c margarine	1t vanilla
1 1/4c sugar	1c milk

Preheat oven to 350°F. Grease pan. Mix flour, baking powder and 1/2t salt. Beat margarine for 30 seconds. Add sugar and beat until fluffy. Add eggs, 9T cocoa and 3T butter, vanilla, and beat well. Add dry ingredients and milk, alternating to mixture. Bake for 18-20 minutes. Cool and frost.

Peanut Butter Brownies

1/2c shortening	3 eggs
1c flour	1/2c peanut butter
1/2t salt	1t vanilla
1/2t baking powder	1c chocolate chips
1 1/2c sugar	

Melt shortening in saucepan. Cool. Add rest. Mix together, spread in a pan and bake at 350°F for 25-30 min. Cool then cut into bars.

Gold Rush Brownies

2c cookie crumbs	1/2c nuts, chopped
3/4c chocolate chips	1 can sweetened condensed milk

Grease a pan. Mix ingredients. Pour into pan. Bake in a moderate oven for 20-25 min. Cut in squares and immediately remove from the oven.

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Chewy Brownies

1c sugar	1/2t baking powder
1/4c cocoa	2 eggs
1/3c oil	1/2t vanilla
3/4c flour	1/2t salt

Mix all ingredients until well blended. Bake in a moderate oven.

Regular Ole' Brownies

1/2 c cocoa powder	1 t vanilla
1/3 – 1/2 c oil	1 1/4 c flour
1/2 c water	1 t baking powder
2 c sugar	1 t salt
3 eggs	

Mix oil and sugar. Add eggs, vanilla, water. Sift together cocoa powder, flour, baking powder, and salt. Gradually mix dry into liquid mix. Spread in a greased and floured/cocoa-ed pan. Bake at 350°F for 30 min.

Apple Pie Bread

2 c. flour (454 G)	1/2 c. brown sugar
1/2 c. rolled oats	1/4 c. honey
1 tsp. Baking powder	1 tsp. Vegetable oil
1 tsp baking soda	1 c. buttermilk
1 tsp ground cinnamon	1 1/4c. finely chopped, unpeeled apples (1-2 apples) (283 G)
1/4 tsp salt	
2 eggs, separated	

Mix flour, oats, baking powder, baking soda, cinnamon and salt; set aside. Beat egg yolks, and add one egg, white, brown sugar, honey & oil until smooth. Add buttermilk, then beat again. Stir flour mixture and apples into the batter until just combined. Bake in a greased 9x5 bread pan for 50 to 60 minutes at 350 degrees f.

Chewy Granola Bars

1c brown sugar	1/2c grated coconut
2/3c peanut butter	1/2c raisins
1/2c light corn syrup	1/2c sunflower seeds
1/2c melted margarine	1/3c wheat germ
2t vanilla	2T sesame seeds
3c raw oats	1c chocolate chips

Mix sugar, butter, syrup, margarine and vanilla. Mix rest together in another bowl and add to sugar mix. Stir well. Press into a greased 13 x 9" pan. Bake for 15-20 min at 350°F.

Graham Crackers

(4 dozen)

◊ Denotes items found in the original 1995 version of the Peace Corps Ghana Nutritional Handbook.

1c shortening	1c milk
1c sugar	5-6c whole wheat flour
2 eggs	1 1/2t baking powder
1t soda	

Cream shortening and sugar. Beat eggs and then add to sugar mix. Mix thoroughly. Dissolve soda in milk and add to creamed ingredients. Sift flour and baking powder together, gradually add to wet mixture. The mixture should almost be stiff enough to roll. Spread and press smooth to 1/4" thickness on greased cookie sheets. Bake at 400°F for 8-10 min or until golden. Cut into squares while warm.

Reese's Bars

1 lb powdered sugar	1 1/4c cookie crumbs
1c melted margarine	12 oz chocolate chips
1/2c peanut butter	

Mix the sugar, margarine, peanut butter and cookie crumbs together. Press mixture into a pan. Then melt and mix and spread the chocolate over the top. Refrigerate. Cut before chocolate becomes hard.

Fruit Bars

3/4c butter	
1 3/4c oats	1/2t baking powder
1 1/2c flour	1c brown sugar
2T sesame seeds (opt)	pinch of salt

Melt the butter. Mix together the other ingredients. Then add butter and mix until crumbly. Spread in pan. Keep some for topping.

Filling:

2c mango sauce or 2c guava sauce
3T cornstarch
sugar to taste

Mix ingredients. Heat until boiling. Spread on crust, put on topping. Bake at 350°F for 40 min.

Chocolate Biscotti

1 egg	1t cinnamon
1/3c sugar	1 3/4oz dark chocolate, chopped
1t vanilla	1 3/4oz toasted, slivered almonds
1c flour	1 3/4oz pine nuts
1/2t baking powder	

Grease baking sheet. Whisk egg, sugar, and vanilla. Sift flour, baking powder, and cinnamon in a separate bowl. Then sift into the egg mixture and fold gently. Stir in the chocolate, almonds, and pine nuts. Turn out on a lightly floured surface and shape into a flat log about 9" long and

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3/4" wide. Transfer to a baking sheet. Bake at 350°F for 20-25min. Remove and cool for 5min (until firm). Cut into slices, arrange on a baking sheet and cook 10-15 min, turning halfway through the cooking time.

Gingerbread #1

2/3c butter	2t ground ginger
1c soft brown sugar	2/3c milk
2T black molasses	1 egg, beaten
2c flour	2 dessert apples, peeled, chopped, and coated with 1T lemon juice
1t baking powder	
2t baking soda	

Grease a 9" square pan. Melt butter, sugar, and molasses in a saucepan over low heat and cool. Sift flour, baking powder, baking soda, and ginger into a mixing bowl. Stir in milk, beaten egg, and cooled buttery liquid, followed by chopped apples. Mix everything together, then pour into pan. Bake at 325°F for 30-35 min.

Gingerbread #2

½ c butter, margarine, oil, or shortening	1 ½ c flour
½ c white sugar, or brown	1 t baking soda
1 egg	1 T or more ground ginger
½ c dark brown sugar, molasses, or dark honey	½ c milk, buttermilk, or sour milk

Soften margarine or butter. Add sugar to margarine, creaming until light and fluffy. Add egg, mixing thoroughly. Sift together the dry ingredients. Blend into sugar mixture gradually. Add milk and beat until smooth. Bake in a well-greased 8 x 8" pan dusted with flour, at 350°F for 35 – 45 min. Toothpick inserted into center should come out clean when done. Serve warm dusted with confectioner's sugar (icing snow or caster sugar).

Coffee and Almond Streusel

1 1/4c flour	1/2c butter, melted and cooled
1T baking powder	2T instant coffee mixed with 1T boiling water
1/3c sugar	1/3c almonds
2/3c milk	
2 eggs	

Topping:

1/2c flour	1t ground allspice
1/3c brown sugar	1T water
1t butter, cut into small pieces	

Grease pan. Sift flour and baking powder into a mixing bowl and then stir in sugar. Whisk milk, eggs, butter and coffee mixture and pour onto dry ingredients. Add chopped almond and mix lightly. Spoon into pan.

Topping: Mix flour and brown sugar, rub in butter with fingers until mixture is crumbly. Sprinkle in ground allspice and water and bring mixture together in loose crumbs. Sprinkle over cake. Bake at 375°F for 50 min to 1 hr.

Jellyroll

3 eggs	1 t baking powder
1 c sugar	1/4 t salt
1/3 c water	2/3 c jelly
1 t vanilla	powdered sugar
3/4 c flour	

Heat oven. Line a jellyroll pan with foil, then grease. Beat eggs. Beat in sugar, then water, then vanilla, then flour, baking powder and salt until smooth. Pour into pan. Sprinkle with powdered sugar. Cool outside of pan. Spread jelly (beat it first.) Sprinkle with powdered sugar.

Lemon Squares

1 c flour	2 T lemon juice
1/2 c margarine	1/2 t baking powder
1/4 c powdered sugar	1/4 t salt
1 c sugar	2 eggs
2 t lemon peel	

Heat oven. Mix flour, margarine, powdered sugar in a bowl. Press evenly in an ungreased pan. Bake. Beat remaining ingredients. Pour into hot crust. Bake.

Baked Jamroll

1 c flour
1 1/2 t baking powder
2-3 T jam

Roll out pastry into a rectangle. Spread jam, leaving 1/2" clear on all edges. Fold over two short sides by 1/2". Roll pastry from top. Moisten the bottom edge to seal the roll. Place the edge down on a greased baking sheet. Brush with egg. Sprinkle with sugar.

Lynn's Homemade Caramel Bars

8 oz. Butter (220 G)	7 oz. Condensed milk (1/2 can of 397 G)
1/2 lb. Tennis or marie biscuits (200 G)	1/2 tsp. Carmel essence (2.3 ml)
1/5 c. brown sugar (56 G)	5 1/2 oz. Chocolate bar (150 G)
1 tbs. +2 tsp. Syrup (25 ml)	milk

Melt 4 1/2 oz. (125 G) butter and mix biscuits. Press into 15 cm x 25 cm pan; until firm. Melt remaining butter; add sugar, syrup, condensed milk, and caramel essence. Simmer 15 minutes or until thick and brown. Spread over biscuit mixture. Melt chocolate over low heat; add enough milk so that it is easy to pour [2-3 tbs (30-45 ml)]. Pour over caramel. Let stiffen and cut into bars. You can make a richer dessert if you pour the caramel over chocolate cake or brownies!

◊ Denotes items found in the original 1995 version of the Peace Corps Ghana Nutritional Handbook.

Chocolate Nut Squares

3/4 c. butter (170 G)	1 3/4 c. chopped nuts (397 G)
3/4 c. sugar (170 G)	1 c. coconut (227 G)
1 1/4 c. flour (283 G)	4 oz. Chocolate pieces (112 G)
2 tbs. Heavy cream (30 ml)	

Melt 1/2 c. butter (113 G) and 1/4 c. sugar (56 G) until creamy. Blend in flour. Press into brownie pan. Bake at 350 degrees for 20 minutes or until edges are lightly browned. Heat remaining sugar and butter and cream in a saucepan, stirring until mixture is blended. Stir in nuts. Set aside. Sprinkle coconut and chocolate over crust. Top with nut mixture. Bake 20 minutes or until golden.

Apple Crisp

4 c. sliced pared apples (1/2 KG)	3/4 tsp. ground cinnamon
2/3 – 3/4 c. packed brown sugar (152-170G)	3/4 tsp. Ground nutmeg
1/2 c. flour (113 G)	1/3 c. margarine, softened (76 G)
1/2 c. regular oats (113 G)	

Heat oven to 375 degrees F. Grease baking pan, 8x8 inches. Arrange apples in pan. Mix remaining ingredients with fork; sprinkle over apples. Bake until apples are tender and topping is golden brown, about 30 minutes. Serve with cream, ice cream or hard sauce if desired. 6 servings

Raspberry Bars

3/4 c. butter (170 G)	1 1/2 c. uncooked oats (340 G)
1 c. packed brown sugar (227 G)	1 (10 oz.) jar raspberry preserves
1 1/2 c. flour (340 G)	1 tsp. Salt
1/2 tsp. Soda	

Cream butter and sugar until light and fluffy. Add combined dry ingredients; mix well. Press half of crumb mixture into greased 13 x 9 inch baking pan; spread with preserves. Sprinkle with remaining crumb mixture. Bake at 300 degrees f. for 20-25 minutes. Cook; cut into bars. Flavor improves if allowed to 'set' for 24 hours.

Cookies

Peanut Butter Cookies #1 ♦

1/3 cup oil	1 cup sugar
1 egg	1/2 cup groundnut paste
1/2 teaspoon salt	1/2 teaspoon baking soda
1 cup flour	

Mix oil, sugar, egg, peanut butter, salt and soda. Slowly add the flour. Drop onto an ungreased cookie sheet by the spoonful and flatten with a fork. Bake at 350° (gas 5) for 10 - 12 minutes.

Note: Add chopped groundnuts for a more crunchy cookie.

Peanut Butter Cookies #2

1/2c margarine	1 1/2c flour
1/2c peanut butter	1/2t baking powder
1/2c white sugar	3/4t baking soda
1/2c brown sugar	1/4t salt
1 egg	

Mix margarine, peanut butter, sugars, and egg together. Sift dry ingredients and add gradually to wet ingredients. Chill the dough. Roll into small balls. Flatten each ball, and make a design on it with a floured fork or a floured potato masher. Bake for 10-12 min at 375°F.

Chocolate Chip Cookies #1

(makes 40+ cookies)

1c brown sugar	1t baking soda
1c granulated sugar	1 1/3c margarine
2 eggs	1t salt
3c flour	1t vanilla
3-4 large Kingsbite bars, chopped (dark chocolate is nicer)	

Mix sifted flour, baking soda, and salt in a bowl. In a separate bowl, cream sugars and margarine. Add eggs, one at a time to sugar mix, then add vanilla. Add sifted dry ingredients to sugar/egg mix about 1/4th at a time until all is incorporated well. Add chocolate. Drop in tablespoonfuls on ungreased cookie sheets. Bake for 10-12 min at 375°F.

Chocolate Chip Cookies #2

2 1/4c flour	1c softened margarine
1t salt	1t vanilla
3/4c brown sugar	2 eggs
3/4c sugar	12 oz chocolate chunks

Preheat oven. Mix flours, salt and baking soda. Mix sugars, butter, vanilla and beat until creamy. Add eggs and mix. Add dry ingredients (a third at a time) and mix well. Add chocolate. Drop by the teaspoonful onto an ungreased sheet and bake for 10 min at 375°F.

Monster Cookies

1/2c butter	1t honey
1c sugar	1t vanilla
1 1/3c brown sugar	4c oatmeal
3 eggs	2t baking soda
1 1/2c peanut butter	
1c chocolate chips/raisins/or nuts	

Cream sugars and butter. Beat eggs and add. Add rest of ingredients to mixture, mixing after each addition. Form into large balls and place on a lightly greased baking sheet and press flat. Bake at 350°F for 10-15 min.

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Oatmeal Cookies #1

1c brown sugar	1 1/2c flour
1c white sugar	1 1/2t salt
1c shortening	1t soda
2 eggs, beaten	3c oats
1/2t vanilla	1/2c nuts

Cream sugars and shortening. Beat eggs and add with vanilla to creamed sugars. Sift dry ingredients. Add oats and nuts to dry ingredients. Add dry ingredients to wet ingredients gradually, mixing in between. Drop by teaspoonful on greased cookie sheets. Bake at 350°F for 10 min.

Oatmeal Cookies #2

Mix together:

1/2 c. butter	1 1/4 c. sugar
2 eggs	

6 tbs. Molasses (or dark honey or dark brown sugar)

Sift together

1 3/4 c. sifted flour	1 tsp baking soda
1 tsp. Salt	1 tsp. Cinnamon

Stir in

2 c. rolled oats	1/2 c. chopped nuts
1 c. cut up raisins	1/4 tsp vanilla

Drop rounded teaspoonfuls about 2" apart on lightly greased baking sheet. Bake until lightly browned. Bake at 400 degrees F. (moderately hot oven) for 8-10 minutes. Makes about 5 dozen 2 1/2" cookies.

Peanut Butter Kisses

1c powdered milk

1/2c honey

1/2c peanut butter

Mix ingredients well. Place on waxed paper in little balls. Can also dip in melted Kingsbite, then let cool to make a PB cup.

Jam Prints

(makes 42)

2/3c margarine

1 1/2c flour

1/2c sugar

2 egg yolks

1t vanilla

2 slightly beaten egg whites

1/3-1/2c preserves/jam

Grease cookie sheet, set aside. In a mixing bowl, beat margarine until softened. Add about half of the flour to the margarine. Add sugar, egg yolks, and vanilla. Beat until thoroughly

combined. Beat or stir remaining flour. Cover and chill about 1 hr. Shape dough into 1" balls. Indent cookie. Bake. Remove and fill with jam.

Ginger Nuts

3c flour	1/2c butter
pinch salt	1/4c light corn syrup
1c sugar	1 egg, beaten
1T ground ginger	1t grated orange rind
1t baking soda	

Sift flour, salt sugar, ginger and baking soda. Heat butter and corn syrup. Cool butter mixture slightly and then pour onto dry ingredients. Add egg and orange. Mix. Shape dough, place on baking sheet. Bake at 325°F for 15-20 min.

Gingerbread Kids

1/2c sugar	3/4t ginger
1/2c shortening	1/2t baking soda
1/2c molasses	1/4t allspice
1/4c water	2 1/2c flour
3/4t salt	Raisins

Beat sugar, shortening, molasses and water in a bowl. Stir in remaining ingredients, except raisins. Cover and refrigerate until chilled. Heat oven. Sprinkle a cloth-covered surface lightly with flour. Turn the dough on the surface. Roll dough until it is 1/4" thick. Cut kids. Lift carefully and place on an ungreased cookie sheet. Decorate with raisins and bake.

Kiffles

5c flour	2T powdered sugar
2 yeast cakes	1/2 pint sour cream
1 lb butter	3 egg yolks
<u>Filling (nut):</u>	
3 egg whites	
sugar (to taste)	

Combine flour, yeast cakes, and butter. Add sugar, sour cream, and egg yolks. Knead dough until well blended. Cool dough overnight in refrigerator (8 hrs). Roll out dough on a floured board. Cut into small squares. Into each center of a square, put lekna or other filling. Bake at 350°F for 8 to 10 min. Filling: beat egg whites until peaks form and add sugar to taste.

"My Favorite" Kiffles—A Quicky

1/2 lb shortening	4T sugar
3 egg yolks	pinch salt
1t lemon extract or vanilla	1c sour cream

Cream all ingredients with a spoon. Add 4c flour, 2t baking powder, 1t baking soda. Add all together to cream mixture and knead until dough no longer sticks to hands. Roll out dough on

◇ Denotes items found in the original 1995 version of the Peace Corps Ghana Nutritional Handbook.

floured board and cut squares and fill with preserves, lekna, nuts, etc. Fold over two corner sides. Smear top with beaten egg yolks if you wish. Bake.

Peanut Butter Cups

chocolate bars
glob of peanut butter
icing sugar

Mix peanut butter with icing sugar. You need to use enough icing sugar so that the peanut butter is no longer sticky. roll into small balls. Place these on a small plate. Melt chocolate bar in a double boiler (put in metal coffee cup, on top of your boiling kettle.) Pour melted chocolate over balls. Put in freezer until solid. Store in refrigerator.

Peanut Blossoms

½ c. oil or butter (113 G)	1 tsp vanilla
½ c. peanut butter (113 G)	1 ¾ c. all purpose flour
½ c. firmly packed dark brown sugar (113 G)	1 tsp baking powder
¾ c. granulated sugar divided into ½ c. and ¼ c.	½ tsp salt
2 tbs. Milk	1 egg
	chocolate candy

Beat oil(or butter), peanut butter, brown sugar, and ½ c. granulated sugar until light and fluffy. Add egg, milk, vanilla, and mix well. Combine flour, baking soda, and salt separately. Add to creamed ingredients. Using a rounded teaspoon, shape into 1" balls. Roll in remaining ¼ c. sugar. Bake on an ungreased cookie sheet for approx. 8 minutes. Remove from oven and place a chocolate candy in the center of each cookie. Press down until cookie cracks. Return to oven and bake 2 to 3 minutes more.

Sugar Cookies #1

1 ½ c. sugar	2 tsp baking powder
1 c. butter	2-2 ½ c. flour
2 eggs	1 tsp. Vanilla
1 c. yogurt	

Cream together butter and sugar; add eggs and yogurt and beat well until smooth. Stir in vanilla. Sift flour and baking powder and stir into first mixture. Batter will be stiff. Chill dough. Roll out, sprinkle with a little sugar, and roll over again lightly. Cut into small rounds. Bake at 375 degrees F.

Sugar Cookies #2[◇]

½ cup margarine	¾ cup sugar
1 egg	1 tablespoon milk
1 1/4 cups flour	¼ teaspoon salt
¼ teaspoon baking powder	1 teaspoon grated lemon rind
2 teaspoons lemon juice	

[◇]Denotes items found in the original 1995 version of the Peace Corps Ghana Nutritional Handbook.

Cream the margarine and sugar. Add the egg and lemon juice. Beat thoroughly, then add the milk. Stir in the dry ingredients and mix well. Drop by the spoonful onto a greased cookie sheet, 1" apart. Bake at 375° (gas 6) for 8 - 10 minutes.

Sugar Cookies #3

2/3c butter	1 egg
3/4c sugar	2c flour
4t milk	1 1/2t baking powder
1t vanilla	1/4t salt

Cream butter, sugar, milk and vanilla. Beat in egg. Mix the flour, baking powder, salt and then mix into the cream mixture. Refrigerate for 2 hrs or overnight (covered). Preheat oven. Roll 1/2 dough at a time to 1/8" thick on a floured surface. Chill the other 1/2. Cut into shapes, or use empty tomato paste tins. Place cookies 2" apart on an ungreased sheet. Use sprinkles. Can mix food coloring into the dough. Bake for 7-10 min. Cool slightly and remove.

No-Bake Cookies

2c sugar	1t or T vanilla
1/2c milk	1/2c peanut butter
8T butter	3c uncooked oats
pinch of salt	1-4T cocoa

Combine sugar, milk, butter, cocoa and salt. Boil for 5min. Remove from heat and add vanilla and peanut butter. Stir until smooth. Add oats and mix. Drop onto sheet, plate, foil, etc.

Oatmeal Raisin Cookies

1c margarine, softened	1t baking soda
1c brown sugar	1t cinnamon
1/2c sugar	1/2t salt
2 eggs	3c oats
1t vanilla	1c raisins
1 1/2c flour	

Preheat oven. Beat butter and sugars until creamy. Add eggs, vanilla and beat well. Combine flour, baking soda, cinnamon, salt. Add to butter mixture, mix well. Stir in oats and raisins. Mix well. Drop by T on an ungreased sheet. Bake until light golden brown. Also nice with chunks of Kingsbite chocolate.

Frozen Desserts

Easiest Ice Cream

1 can sweetened condensed milk, chilled	1t vanilla
3c milk	pinch salt

Mix all together thoroughly. Pour into a pan and freeze. Mix from time to time.

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Chocolate: add 1/3c drinking chocolate.

Fruit Freeze

3 bananas, mashed	3c sugar
3 lemons, juiced	3c water
3 large oranges, juiced	

Combine all. Blend if desired. Freeze

Orange Milk Sherbet

1 1/2t grated orange rind	OPT: 1 1/2 bananas, mashed
1 1/2c sugar	4c cold milk
1/4c lemon juice	

Combine orange rind, sugar and lemon juice (and bananas if desired). Add to milk. Freeze

Six 3s Sherbet

3c sugar	3 thin sliced bananas
3 pints water (6 cups)	3c crushed pineapples
3 lemons	1 egg white
3 oranges	

Mix sugar and water. Cook for 5 minutes. Cool. Add the juice of the lemons and oranges. Mix in bananas and pineapple. Freeze. After it is frozen, break into pieces and beat until creamy. Beat egg white until semi stiff and fold in. Refreeze, re-beat, refreeze.

Banana-Pineapple Sherbet

1c crushed pineapple	1/4c orange juice
1/2c powdered sugar	3T lemon juice
1c mashed banana	2 egg whites

Mix all together except egg whites. Freeze until firm. Beat egg whites until stiff. Add to frozen mixture, beating together. Refreeze.

Pineapple Sherbet

1/2 can evaporated milk	1/8t salt
1/2T lemon juice	2c plain yogurt
1c crushed pineapple	2t vanilla
1/2 to 2/3c sugar	

Chill milk and juice. Combine pineapple, sugar salt. Beat well, then add yogurt and vanilla. Freeze, beat, fold in evaporated milk, freeze.

Mango Ice Cream

2c mango puree	1 1/2c sweetened condensed milk
2T grated lemon peel	1/2t salt

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1c cream

1/2c sugar

Beat and blend mango puree, lemon peel, milk and salt. Whip cream and then beat in sugar. Fold in mango mixture. Freeze, beat, freeze, beat, freeze.

Fudgesicles

1/2c cocoa

6c milk

1t vanilla

1 1/2c sugar

5T cornstarch

1/4t salt

Mix, cook 5 min, stirring constantly. Pour into molds and freeze.

Pineapple-Yogurt Popsicles

1c vanilla yogurt

1c pineapple juice

1t sugar

Whisk until smooth, then freeze in molds:

Creamy Ice Cream

2 c. water

2 tbs. Flour

1 c. powdered milk

1/2 tsp. Salt

3/4 c. sugar

1 tsp. Vanilla

1 can sweetened condensed milk

Mix dry ingredients, then add water. Cook until mixture boils, and add an additional 3 minutes, stirring constantly. When cool, put into freezer. Meanwhile, partially freeze the condensed milk. Whip it until there are peaks. Add frozen milk mixture gradually, beating all the time. Add vanilla. Then freeze, but don't stir. For chocolate, add 1/3 c. cocoa to dry ingredients; for mocha add 1/3 c. cocoa add 2 tsp. Instant coffee, add 1/3c. instant coffee.

Banana Ice Cream ♦

2 crushed bananas

1/2 cup sugar

juice of 1 lime

2 eggs, separated

2 tins evaporated milk

1 cup water

Heat milk, water and sugar together and add the beaten egg yolks. Stir over low heat until egg thickens but do not boil. Beat egg white until stiff. Mix all the ingredients together, folding in egg whites last of all. Freeze in a shallow dish. When half frozen, remove and beat again, but be very quick. Return to freezer until ready to serve.

Pineapple Milk Sherbet ♦

2 tins evaporated milk

1 cup chopped pineapple

2 cups water

1 cup sugar

juice of 1 lime

juice of 1/2 orange

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Chill the milk and the fruit juices separately. When cold, mix together to avoid curdling. Dissolve the sugar in the milk. Beat all the ingredients together. Freeze in a shallow dish. When half frozen, remove from dish and beat thoroughly. Put back in dish and return to freezer.

Others

Banana Dessert

4 large bananas	2t instant coffee powder
Lemon juice	evaporated milk
Sugar to taste	

Cut up the bananas. Add rest of ingredients. Beat until airy. Add some rum. Pour into glasses. Refrigerate. It gets harder as it cools.

Fruit Fritters

(Pineapple or Banana)

1c flour	1/2c milk
2T sugar	3 bananas, cut in 1/2" slices, or pineapple pieces or rings
1t baking powder	
1 egg	

Stir flour, sugar and baking powder together. Combine egg and milk until smooth. Dip fruit in batter. Fry in oil. Sprinkle with sugar and serve.

Crisp-For Fruit

Mix until crumbly; sprinkle over fruit

3T flour	2T margarine
2T sugar	1/4t cinnamon

Chocolate Truffle Recipe

Melt kingsbite chocolate bar (half or small size) in a double boiler, remove from heat, add T sugar, and about 1 T coarsely crushed groundnuts (skinless), and approx. two t, or to taste, of brandy or rum enough to give it a thick creamy consistency, form into small balls and roll in drinking chocolate like Milo

Provided by Rebecca Scibek

Funnel Cakes

These are Pennsylvania Dutch cakes. The batter is poured through a funnel into cooking oil and fried. Makes 5-10 cakes (10 servings) 1 2/3 cups all-purpose flour

1/4 teaspoon salt	1 egg
3/4 teaspoon baking soda	1 cup milk
1/2 teaspoon cream of tartar	1/4 cup confectioners' sugar for dusting
2 tablespoons white sugar	

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In a mixing bowl, beat together egg and milk. Beat in flour, salt, baking soda, cream of tartar, and white sugar until smooth. Heat about 1 inch cooking oil in frying pan to 375 degrees F (190 degrees C). Pour ½ cup batter through funnel into oil with a circular motion to form a spiral. Fry until lightly brown; turn over to brown the other side. Cook to golden brown, and remove to drain on paper towels. Sprinkle with confectioner's sugar while still warm.

Fried Banana Dessert

Combine, coat banana with mixture and deep fry until brown.

4 ¼ tbs, cornstarch (60 ml)	1 egg
5 tbs flour (75 ml)	5 tbs. Water (75 ml)
4 bananas, split	

Combine & heat.

5 tbs. Brown or white sugar or honey (75 ml)	2 tbs. Water
1 tsp. Vanilla	1 tbs. Oil

Roll deep fried bananas in above hot sugar mixture. Sprinkle with sesame seeds or chopped nuts or roll in sugar. To vary, use any fruit.

DRINKS, JAMS, AND MISCELLANEOUS

Orange Water ♦

3 oranges	juice of 1 lime
½ cup sugar	2 cups water

Heat sugar and water to boiling point and skim well. Squeeze the oranges. Add thin orange peel to the water. Leave for a few minutes then strain. Add the orange juice. Mix well. Freeze in a shallow dish.

Lime Cordial ♦

2 cups fresh squeezed lime juice (strained)	
2 cups sugar	
1/3 cup water	

Put water and sugar into a saucepan and bring to the boil. Stir well to prevent burning. Add lime juice, bring to the boil and immediately remove from the heat. Bottle right away in warmed bottle and refrigerate. Will keep for an indefinite period.

Pineapple Drink ♦

peelings from 1 pineapple	small piece dried orange peel
4 cups boiling water	sugar (to taste)

Put all the peelings in a large jug or vessel and pour on boiling water. Cover and leave for 1 day. strain and sweeten. Use at once or bottle and refrigerate. Keeps only for two days.

Gnamakudji (Ginger-Lemon drink)

2T ginger root, peeled and grated or ground	1/4c sugar
juice of 2 lemons	1L water

Mix all ingredients. Let juice stand for a while, pour through a sieve into glasses. The longer it sits, the stronger it will become, so add more water as needed.

Lemonade

Juice lemons—use 2/3 to 3/4c of lemon juice and 1c sugar per 2L container.

Tomato Juice

Mix:

2c tomato paste	garlic
8c water	lime juice
onion	Mix well, chill.
hot pepper	

Fruit Shakes

♦ Denotes items found in the original 1995 version of the Peace Corps Ghana Nutritional Handbook.

2c cold water
1c milk powder
1/3c sugar

1t vanilla
2c frozen fruit

Peel, cut up, and freeze on cookie sheets mango, papaya, and/or bananas. When frozen, store in plastic bags. Blend all ingredients in blender to desired consistency.

Mango Jam ♦

4 cups slightly ripe mango flesh
juice of 2 limes

4 cups sugar
4 cups water

Boil the mango flesh with the water until mushy. Remove from the heat and add the sugar. Stir until dissolved. Add the lime juice and return to the heat. Boil until it can get on a cold plate. Place in jars and seal with wax.

Pineapple and Pawpaw Jam ♦

2 pineapples (crushed and their juices)
1 chopped ripe pawpaw

1 cup water
2/3 amount of sugar.

Boil the pineapples, pawpaw and water for 10 minutes. Measure and add 2/3 amount of sugar. Boil until thick. Bottle and seal with wax.

Marmalade ♦

4 cups thinly sliced oranges (1/2 with peel)
6 cups water

1 tablespoon ginger
2/3 amount sugar

Leave the oranges to soak overnight in the water. Add the ginger and cook slowly until peel is tender. This will take about 2 - 2 1/2 hours. Measure and add 2/3 as much sugar. Cook rapidly until thick like jelly. Pour into jars and seal.

Popcorn (Sugar)

Melt sugar, stir in popped corn. Can add groundnuts.

Cocoa Mix

4c powdered milk
1 1/2c sugar
1/2c cocoa

Combine dry ingredients. Add to hot water to desired taste—approximately 4T mix to 1c hot water.

Roasting Coffee Beans

Roast in an iron skillet over fire. Do not store unroasted beans. Grind beans in coffee grinder just before using.

♦ Denotes items found in the original 1995 version of the Peace Corps Ghana Nutritional Handbook.

TABLE 1

GROUP I- Protein

English	Twi	Fanti	Ewe	Hausa	Ga
Snail	Nwa	Nwaba	Abobo	Alkoto	Waa
Sardine	Saadin	Saadan	Saadin	Sardin	Saadin
Crab	Okoto	Koto	Agatsa	Kaaguwa	Kaa
Mackerel	Tinapa	Tinapae	Tinapa	Tinapa	Tinapa
Fish	Nsuomnam	Nsumnam	Akpaa	Kifi	Loo
Chicken	Akokonam	Akokonam	Koklo	Namankaza	Wuo
Lamb	Dwanam	Gwanam	Atela	Naman Rago	Toobi
Pork	Prekonam	Prekonam	Hala	Naman alade	Kpotooloo
Beef	Nantwinam	Nantwinam	Nyila	Naman shanu	Tsinaloo
Goat	Aponkyenam	Aponkyenam	Gbola	Naman daji	Konloo
Egg	Kosua	Kyirefua	Koklozi	Kuwai	Wuowolo
Cowpea	-	-	Ayi	Kwaruru	-
Groundnut	Nkate	Nkatse	Azi	Gujiya	Nketie
Dawadawa	same in all languages				
Egusi	Akafowa	Akatsewa	Egusi	Agushi	Agushi

note: The general name for beans is Adua in Twi and Yoo in Ga. Bambara beans are a good protein source.

Group 2-Fats and Oils

English	Twi	Fanti	Ewe	Hausa	Ga
Palm Oil	Ngo	Ngo	Ami (Dzomi)	Mayinjaa	Mutsuru
Shea Butter	Nkuto	Nkuto	Yokumi	Mayin kade	Nku
Groundnut oil	Nakate-ngo	Nkatse-ngo	Azimi	Mayin Gujiya	Nketiefo
Coconut oil	Kubeanwa	Kubeanwa	Enemi	Mayin kwakwa	Aakooshifo
Margarine	Magyirine	Magyirine	Magyirine	Magyirine	Magyirine

TABLE 1 (continued)

◇ Denotes items found in the original 1995 version of the Peace Corps Ghana Nutritional Handbook.

GROUP 3 - Carbohydrates and Starches

English	Twɪ	Fanti	Ewe	Hausa	Ga
Pepper	Moko	Moko	Atadi	Tankwa	Shito
Yam	Beyere	Edwow	Ete	Dundu	Yele
Cassava	Bankye	Bankye	Agbeli	Rogo	Duade
Cocoyam	Mankani	Mankani	Mankani	Mankani	Amankani
Plantain	Borode	Boredze	Abladzo	Bodiye	Amada
Sweet Potato	Abor dwebaa/Santom Sanfom Anagote			Dankali	Atomo
Rice	Emo	Emo	Molu	Shinkafa	Omo
Sorghum	-	Eduwa	-	Mayiwa	-
Sugar	Asikyire	Esikyire	Sukli	Sikiri	Sikiri
Sugar Cane	Ahweree	Ahwerew	Fofon	Arake	She
Beer	Bia	Beer	Bia	Beer	Biie
Palm wine	Nsafufuo	Nsafufuw	Deha	-	Teedaa

◇ Denotes items found in the original 1995 version of the Peace Corps Ghana Nutritional Handbook.

TABLE 1 (continued)
GROUP 4 - Vitamins and Minerals

English	Twi	Fanti	Ewe	Hausa	Ga
Avocado Pear	Paya	Pee	Peya	Paya	Paya
Banana	Kwadu	Mpuwa	Akodu	Akwadu	Akwadu
Coconut	Kube	Kube	Ene	Kwakwa	Akokoshi
Mango	Amango	Mango	Mango	Mangu	Mango
Pawpaw	Borofer	Brosow	Adiba	Guwanda	Akpakpa
Pineapple	Aborobe	Aboroobe	Atoto	Aborob	Blofonme
Watermelon-	Anomuna (Anemuna)		-		Waatle
Lemon -	-		Anutsi	Lemu	Abonua
Lime	Ankaatwade	Ankama	Anutsitsi	Lemum yami	Abonua
Tomato	Ntosi	Tomatse	Tomantos	Tomantos	Ameo
Cabbage	Kabege	Kabege	Kabege	-	kabegi
Okro	Nkruma	Nkruma	Betri	Kubewa	Engmomi
Garden Eggs	Nyadewa/Ntroaba	Ntroaba	Ete (Agbitsa)	-	Seber
Lettuce	Lettuce	Letuse	-	Lettuce	
Kontomire	NKontomire	Kontomire	Kontomire or Mankani mapka		Kontomire
Onion	Gyeene	Anwew Sabala	Albasa Sobola		

◇ Denotes items found in the original 1995 version of the Peace Corps Ghana Nutritional Handbook.

TABLE 2
REGIONAL FOODS

Regions	Cereals	Roots & Tubers	Fruits & Vegetables	Legumes	Oils & Fats	Meat & Fish	
Northern & Upper	Millet	Yam	Tomato	Cow pea	Shea Butter	Beef	
	Sorghum (guinea corn)	Frafra Potato	Okro (fresh & dry)	Ground-nuts		Mutton	
	Rice	Sweet Potato	Ayoyo	Agusi		Game Meat	
	Maize			Aleefu		Neri	River fish (mud fish, Tilapia)
				Baobab leaves		African locust bean	Smoked sea fish
				Bean leaves			
				Baobab fruit			
			Shea Nut Fruit				
Ashanti	Maize	Cassava	Tomato	Cowpea	Palm oil	Spratts	
Brong-Ahafo	Rice	Plantain	Okro	Broad beans	Ground nut	Herring (smoked)	
Part of Western, Volta Central and Eastern Regions		Yam	Garden Egg	Agushie	Palm Kernel	Sundried river fish (Mud Fish Tilapia)	
		Cocoyam	kontomire	Neri	Shea butter	Snail	
		Water yam	Orange	Pidgean Pea		Groundnut	Game Meat
			Banana		Beef & Mutton		
			Pineapple		Winged Termites		
			Pawpaw (papaya)				
		Mushroom					
		cassava leaves					

◊ Denotes items found in the original 1995 version of the Peace Corps Ghana Nutritional Handbook.

The Coastland of Central Western Eastern Greater Accra and Volta	Maize	Cassava	Tomato	Cowpea	Palm oil	Sea fish
	Rice	Plantain	Okro	Broad beans	Ground nut	Oysters,
	Millet	Cocoyam	Garden Egg	Agusi	Palm Kennel oil	crab
	Guinea Corn	Yam	(cocoyam leaves)	Water melon	Coconut oil	River fish Sundried or smoked
		Water yam	Pepper	Ground nut	Ground nut oil	Beef & Mutton
		Sweet Potato	Orange	Palmnut		Game (smaller scale)
			Pineapple	Bambara beans		Snail (Eastern & Parts of Greater Accra)
			Guava			
			Banana			
			Mushroom			
			Pawpaw			
			Mango			
			Avocado			
			Pear			
		Spinach				
		Onion				

TABLE 3-SEASONAL FOODS

MONTH	FOODS IN ABUNDANCE
January Ending	Sugarcane, Cocoyam
February Beginning	Onions
March Beginning	Grasscutter
April Beginning	Yam, Palmfruit
May Ending	Mushroom, Snails
June Beginning	Cassava, Tomatoes, Okro, Plantain
June Ending	Garden Eggs
July Beginning	Fish
August Ending	Maize, Groundnuts
September Beginning	Yams
September Ending	Tomatoes, Okro, Garden Eggs
October Ending	Tomatoes
November	Rice
December	Poultry, Tomatoes

Mangoes are in season in April and May and from November to December. Oranges are juicy and sweet in November and December.

◇ Denotes items found in the original 1995 version of the Peace Corps Ghana Nutritional Handbook.

Index

“Kentucky” Fried Chicken	82	Banana Muffins	44
“My Favorite” Kiffles—A Quicky	127	Banana-Orange Sauce	32
“The Best Pumpkin Bread in the World”	53	Banana-Pineapple Sherbet	129
2-Alarm Chili	80	Bar-B-Que Meat Balls	81
Alfredo Sauce	67	Basic Focaccia	57
Amusement Park Combread	63	Basic Fruit Muffin	54
Apple Cake, Raw	113	Basic Pie Crust	108
Apple Crisp	123	Basic Roll Dough	46
Apple or Zucchini Bread	51	Basic Sweet Dough	30
Apple Pie, Ben Adams' Mom's	116	Basic White Bread	46
Apple Pie Bread	119	Basic White Sauce	67
Ashanti Stewed Greens	23	Batter, Beer Fritter	100
Aunt Sarah's Coffee Cake	34	BBQ Sauce	67
Avocado Cheesecake	112	Beans	
Avocado, Stuffed	87	Baked Beans	101
Bagels #1	35	Bean Burgers	97
Bagels #2	35	Bean Dough Cakes	84
Baked Beans	101	Beans, Beans, Making Them is an Art	92
Baked Custard	105	Mixed Bean Salad	37
Baked Dessert		Beef	
Apple Crisp	123	2-Alarm Chili	80
“My Favorite” Kiffles—A Quicky	127	Apple or Zucchini Bread	51
Baked Jamroll	122	Apple Pie Bread	119
Chocolate Nut Squares	122	Beef Stew and Dumplings	79
Cream Scones	50	Bar-B-Que Meat Balls	81
Fruit Bars	120	Bull Goli	78
Jellyroll	122	Chili #1	78
Lemon Squares	122	Chili #2	79
Lynn's Homemade Caramel Bars	122	Ground Beef and Okra	69
Mango Popovers	33	Meat Loaf	78
Popovers	52	Shredded Beef with Green Pepper	73
Raspberry Bars	123	Sloppy Joe's	82
Reese's Bars	120	Stroganoff	79
Scones	53	Sweet & Sour Beef	69
Baked Jamroll	122	Beer Bread	47
Baked Macaroni	94	Beer Fritter Batter	100
Baked Mango Pie	116	Ben Adams' Mom's Apple Pie	116
Baked Tomatoes with Kontomire	85	Biscotti, Chocolate	120
Banana and Date Loaf	58	Biscuits	
Banana Bread #1	51	Grandma's Buttermilk Biscuits	49
Banana Bread #2	51	Quick Biscuits	49
Banana Cream Filling	107	Tea Biscuits	44
Banana Dessert	131	Bisquick	30
Banana Dessert, Fried	132	Boiled Plantain	24
Banana Ice Cream	131	Bonnie Kelly's Focaccia Bread	62
Banana Loaf	44	Bran Muffins	54

Bread			
“The Best Pumpkin Bread in the World”	53	Cake Brownies	118
Amusement Park Cornbread	63	Chewy Brownies	118
Aunt Sarah’s Coffee Cake	34	Fudge Brownies #1	117
Bagels #1	35	Fudge Brownies #2	117
Bagels #2	35	Gold Rush Brownies	118
Banana and Date Loaf	58	Peanut Butter Brownies	118
Banana Bread #1	51	Regular Ole’ Brownies	119
Banana Bread #2	51	Bubbly Apple Topping	31
Banana Loaf	44	Bull Goli	78
Basic Focaccia	57	Butter Sauce	107
Basic White Bread	46	Cakes	
Beer Bread	47	Aunt Sarah’s Coffee Cake	34
Bonnie Kelly’s Focaccia Bread	62	Avocado Cheesecake	112
Caramel Rolls	36	Carrot Cake Version 3	112
Chapatis	49	Carrot Cake Version 4	112
Cheddar Cheese Bread	52	Carrot Cake: Version 1	111
Cheese and Potato Bread	60	Carrot Cake: Version 2	111
Cinnamon Rolls	31	Cheesecake	111
Combread #1	50	Chocolate Cake	114
Combread #2	50	Cranberry Cake	114
English Muffin Bread	47	Dump Cake	115
Focaccia Bread (“FGB”: Sophia White)	62	Favorite Chocolate Cake	110
Garlic and Sage Bread	60	Jungle Camp’s Favorite Chocolate Cake	113
German Whole Cereal Bread	54	Mango Custard Cake	114
Gingerbread #1	121	Mango Upside Down Cake	110
Gingerbread #2	121	Oshikandela Coffee Cake	34
Gingerbread Kids	126	Pineapple Pudding Cake	114
Honey Wheat Bread	64	Pineapple Upside Down Cake	113
Mango Bread #1	50	Raw Apple Cake	113
Mango Bread #2	51	Ricotta Cheesecake	111
Mango Twist Bread	60	Sponge Cake	110
Naan	61	Yoghurt Cheesecake	112
Pita 2	61	Yogurt Coffee Cake	115
Pita Bread	57	Cake Brownies	118
Pretzels	53	Cake Doughnuts	35
Pumpkin Bread	58	Calzones	98
Raisin Bread	56	Caramel Frosting	106
Simple Whole Wheat Bread	63	Caramel Rolls	36
Soft Pretzels	53	Caribbean Chicken with Banana	76
South African Seed Bread	61	Carrot Cake Version 3	112
Tomato and Red Onion Bread	62	Carrot Cake Version 4	112
Tuscan Sour Dough	61	Carrot Cake: Version 1	111
White Bread	59	Carrot Cake: Version 2	111
Wine Bread	47	Carrot Curry	95
Bread Pudding #1	104	Carrot Soup	41
Bread Pudding #2	104	Chapatis	49
Brownies		Cheddar Cheese Bread	52
		Cheese and Potato Bread	60

Cheesecake	111	Coconut Milk	65
Cheese ("Ricotta") Queso Blanco	89	Coffee and Almond Streusel	121
Cheesy Scalloped Potatoes	99	Coffee Beans, Roasting	135
Cheesy Sour Cream Enchiladas	99	Coffee Cake, Aunt Sarah's	34
Chewy Brownies	118	Coffee Cake, Oshikandella	34
Chewy Granola Bars	119	Coffee Cake, Yogurt	115
Chichinga (Kebab)	23	Cole Slaw #1	39
Chicken		Coleslaw #2	40
"Kentucky" Fried Chicken	82	Cookies	
Caribbean Chicken with Banana	76	Chocolate Chip Cookies #1	124
Chicken Cacciatore	77	Chocolate Chip Cookies #2	124
Chicken Dubonnet	80	Jam Prints	125
Chicken Enchilada Casserole	81	Kiffles	126
Chicken Fricassee	70	Monster Cookies	124
Chicken Gumbo	71	No-Bake Cookies	128
Chicken Hunter's Style	76	Oatmeal Cookies #1	125
Chicken Soup	38	Oatmeal Cookies #2	125
Chicken Zwedru	77	Oatmeal Raisin Cookies	128
Cream of Chicken Soup	38	Peanut Blossoms	127
Easy Chicken and Rice Bake	82	Peanut Butter Cookies #1	123
Fried Chicken and Peanuts	71	Peanut Butter Cookies #2	124
Groundnut Stew with Chicken	70	Peanut Butter Cups	127
Lemon Chicken & Zucchini	81	Peanut Butter Kisses	125
Pineapple Chicken	77	Sugar Cookies #1	127
Pollo a la Mozambique	76	Sugar Cookies #2	128
Pollo en Jugo de Naranja y Piña	77	Sugar Cookies #3	128
Thai Chicken	72	Com Chips #1	56
Wined Chicken	72	Com Chips #2	57
Chili		Com Tortillas #1	48
2-Alarm Chili	80	Com Tortillas #2	49
Chili #1	78	Combread #1	50
Chili #2	79	Combread #2	50
Chilled Cucumber and Yogurt Soup	41	Commeal Pancakes	30
Chinese Sauce for Vegetables	66	Commeal Tortillas	48
Chocolate Biscotti	120	Cowpea Sandwich Spread	85
Chocolate Cake	114	Crackers	
Chocolate Cake, Favorite	110	Oatmeal Crackers	54
Chocolate Cake, Jungle Camp's Favorite	113	Wheat Crackers #1	55
Chocolate Chip Cookies #1	124	Wheat Thins	56
Chocolate Chip Cookies #2	124	Whole Wheat Crackers #2	55
Chocolate Frosting	105	Cranberry Cake	114
Chocolate Nut Squares	122	Cream of Chicken Soup	38
Chocolate Pudding	105	Cream of Mushroom Soup	40
Chocolate Truffle Recipe	132	Cream Scones	50
Chutney	66	Creamed Curry with Capers	94
Cinnamon Rolls	31	Creamy Groundnut soup	38
Cinnamon Syrup	32	Creamy Ice Cream	130
Cocoa Mix	134		

Creamy Lentil Soup	40	Easiest Ice Cream	129
Crisp—For Fruit	131	Easy Chicken and Rice Bake	82
Croutons, Homemade	52	Easy Dressings	43
Crust		Easy Maple Syrup	31
Basic Pie Crust	108	Egg Fooyoung with Shrimp	72
Graham Cracker Crust	108	Egg Fu Yung	73
Graham Cracker/Cookie Crust	108	Egg Rolls	74
Pizza Crust	55	Egg Tips	102
Quick Pie Crust	108	Eggplant and Okro	86
Cucumber Kim Chee	88	Eggplant Parmesan	92
Cucumber and Yogurt Soup, Chilled	41	Eggs with Chile and Tomato	85
Curry/Curries		Enchiladas	75
Carrot Curry	95	Enchiladas, Cheesy Sour Cream	99
Creamed Curry with Capers	94	English Muffin Bread	47
Curried Rice	86	Ethnic	
Curry from the Suit	75	Bull Goli	78
Curry Pastries	88	Chapatis	49
Shrimp or Chicken Curry	75	Cheesy Sour Cream Enchiladas	99
Custard, Baked	105	Chichinga (Kebab)	23
Deviled Eggs	102	Chicken Zwedru	77
Dips... see Dressings		Chinese Sauce for Vegetables	66
Dough		Cucumber Kim Chee	88
Basic Roll Dough	46	Egg Fooyoung with Shrimp	72
Basic Sweet Dough	30	Egg Fu Yung	73
Pizza Dough	47	Egg Rolls	74
Traditional Pizza Dough	55	Enchiladas	75
Yeast Pizza Dough	55	Fried Dumplings	72
Doughnuts, Cake	35	Gado-Gado	96
Dressings		Gnamakudji (Ginger-Lemon drink)	133
Cowpea Sandwich Spread	85	Guacamole #1	102
Easy Dressings	43	Guacamole #2	102
Kirstin's Garden Egg Dip	90	Ku Ku Paka from Kenya	78
Layered Mexican Dip	83	Naan	61
Lebanese Homos	87	Pita 2	61
Poppy Seed Dressing	40	Pita Bread	57
Salad Dressing #1	37	Pollo a la Mozambique	76
Salad Dressing #2	37	Pollo en Jugo de Naranja y Piña	77
Tahini Dressing	43	Ratatouille	101
Vinaigrette Dressing	42	Ravioli Filling	92
Drinks		Ravioli/Homemade pasta	59
Fruit Shakes	134	Samosas	100
Gnamakudji (Ginger-Lemon drink)	133	Shredded Beef with Green Pepper	73
Lemonade	133	Soy Patties	91
Lime Cordial	133	Soymilk	90
Orange Water	133	Spring Roll Skins	58
Pineapple Drink	133	Sweet & Sour Beef	69
Tomato Juice	133	Thai Chicken	72
Dump Cake	115	Thai Peanut Sauce	68

Tofu	90	German Whole Cereal Bread	54
Traditional Kim Chee	88	Ghanaian	
Favorite Chocolate Cake	110	Fufu	22
Fish Cakes #1	82	Garden Egg and Agusi Stew	22
Fish Cakes #2	83	Gari Foto	22
Flour Tortillas #1	48	Groundnut Stew with Chicken	70
Flour Tortillas #2	48	Jollof Rice	22
Focaccia, Basic	57	Kakro	25
Focaccia, Bonnie Kelly's	62	Kelewele	21
Focaccia Bread ("FGB": Sophia White)	62	Palaver Sauce (Kontomire stew)	24
French Butter Cream Frosting	106	Steamed Kontomire	86
French Onion Soup	40	Ginger Nuts	126
French Toast	33	Gingerbread #1	121
Fried Banana Dessert	132	Gingerbread #2	121
Fried Chicken and Peanuts	71	Gingerbread Kids	126
Fried Dumplings	72	Glazings... See Toppings	
Fried Okro	86	Gnamakudji (Ginger-Lemon drink)	133
Fried Rice and Beans	84	Gold Rush Brownies	118
Frostings... See Toppings		Graham Cracker Crust	108
Frozen Desserts		Graham Cracker/Cookie Crust	108
Banana Ice Cream	131	Graham Crackers	119
Banana-Pineapple Sherbet	129	Grandma's Buttermilk Biscuits	49
Creamy Ice Cream	130	Granola	
Easiest Ice Cream	129	Granola #1	29
Fruit Freeze	129	Granola #2	29
Fudgesicles	130	Granola #3	29
Mango Ice Cream	130	Granola Bars, Chewy	119
Orange Milk Sherbet	129	Granola, Karen's	34
Pineapple Milk Sherbet	131	Green Bean Casserole	93
Pineapple Sherbet	130	Greens, Ashanti Stewed	23
Pineapple-Yogurt Popsicles	130	Ground Beef and Okra	69
Six 3s Sherbet	129	Groundnut Paste	24
Fruit Bars	120	Groundnut Soup	21
Fruit Freeze	129	Groundnut Soup, creamy	38
Fruit Fritters	131	Groundnut Stew with Chicken	70
Fruit Glaze Pie	115	Guacamole #1	102
Fruit Shakes	134	Guacamole #2	102
Fudge Brownies #1	117	Hawaiian Tuna Casserole	71
Fudge Brownies #2	117	Hearty Soup	38
Fudgesicles	130	Home Made Yogurt	89
Fufu	22	Homemade Croutons	52
Funnel Cakes	132	Home-Made Noodles	57
Gado-Gado	96	Homemade Tortilla	48
Garden Egg and Agusi Stew	22	Honey Wheat Bread	64
Garden Eggs with Stewed Tomatoes	86	Ice Cream... see Frozen Desserts	
Gari Foto	22	Icings ... See Toppings	
Garlic and Sage Bread	60	Italian Tomato Sauce	67
Garlic, Roasted	93		

Jam			
Mango Jam	134	Mango Twist Bread	60
Marmalade	134	Mango Upside Down Cake	110
Pineapple and Pawpaw Jam	134	Maple Syrup	31
Jam Prints	125	Marmalade	134
Jamroll, Baked	122	Meat Balls, Bar-B-Que	81
Janelle's Lentil Burgers	97	Meat Loaf	78
Jellyroll	122	Mixed Bean Salad	37
Jen K's Sesame Oiled Rice	91	Monster Cookies	124
Juices... see Drinks		Muffins	
Jollof Rice	22	Banana Muffins	44
Jungle Camp's Favorite Chocolate Cake	113	Basic Fruit Muffin	54
Karen's Granola	34	Bran Muffins	54
Kakro	25	Oatmeal Muffins	56
Kelewele	21	Peabody Muffins	35
Kebab, Chichinga	23	Muffin Mix	60
Kiffles	126	Mushroom Soup, Cream of	40
Kiffles, "My Favorite"	127	Mushroom Soup Substitute	41
Kirstin's Garden Egg Dip	90	Naan	61
Kontomere with Tomatoes, Baked	85	Never Fail Fudge Frosting	106
Ku Ku Paka from Kenya	78	No-Bake Cookies	128
Lamb or Mutton Stew	69	Noodles, Homemade	57
Layered Mexican Dip	83	Oatmeal Cookies #1	125
Lebanese Homos	87	Oatmeal Cookies #2	125
Lemon Chicken & Zucchini	81	Oatmeal Crackers	54
Lemon Squares	122	Oatmeal Muffins	56
Lemonade	133	Oatmeal Raisin Cookies	128
Lentils		Oats, Rebecca Pike's Fruity	31
Creamy Lentil Soup	40	Okro, Fried	86
Lentil Burgers	97	Okro and Tomatoes	86
Lentil Salad	42	Omelet, Vegetable with Sardines	71
Lentil/Dahl Sauce	65	Onion Rings	100
Janelle's Lentil Burgers	97	Onion Soup	38
Lime Cordial	133	Orange Glaze	107
Lynn's Homemade Caramel Bars	122	Orange Milk Sherbet	129
Macaroni and Cheese	94	Orange Pork Skillet	70
Macaroni, Baked	94	Orange Water	133
Macaroni Salad #1	39	Oshikandela Coffee Cake	34
Macaroni Salad #2	39	Palaver Sauce (Kontomire stew)	24
Magic Chocolate Frosting	106	Pancakes	
Mango Bread #1	50	Pancakes #1	29
Mango Bread #2	51	Pancakes #2	29
Mango Custard Cake	114	Pancakes, Cornmeal	30
Mango Ice Cream	130	Pancake Mix, PC	32
Mango Jam	134	Pancakes: Version 1	32
Mango Pie	116	Pancakes: Version 2	33
Mango Pie, Baked	116	Potato Pancakes	89
Mango Popovers	33	Pan-Fry Pizza	91
		Papaya Pie	117

Pasta		Pita Bread	57
Baked Macaroni	94	Pizza	
Macaroni and Cheese	94	Pizza Crust	55
Ratatouille	101	Pizza Dough	47
Ravioli Filling	92	Pan-Fry Pizza	91
Ravioli/Homemade pasta	59	Traditional Pizza Dough	55
Vegetable Pasta	95	Yeast Pizza Dough	55
Vegetarian Lasagna	95	Plantain, Boiled	24
Pasta with Tomato Cream	100	Plum Sauce—Peach/Apricot Sauce	66
Pastry		Pollo a la Mozambique	76
Pastry, Rough Puff	109	Pollo en Jugo de Naranja y Piña	77
Pastry, Short	109	Popcorn (Sugar)	134
Pat in the Pan Pastry	109	Popovers	52
Sugar Pastry	109	Poppy Seed Dressing	40
Pawpaw, Green stuffed	69	Pork	
PC Pancake Mix	32	Orange Pork Skillet	70
Peabody Muffins	35	Sweet and Sour Pork	74
Peanut Blossoms	127	Potatoes, Cheesy Scalloped	99
Peanut Butter Brownies	118	Potato Pancakes	89
Peanut Butter Cookies #1	123	Potato Salad	42
Peanut Butter Cookies #2	124	Powdered Sugar Frosting	105
Peanut Butter Cups	127	Powdered Sugar Icing	106
Peanut Butter Frosting	107	Pretzels	53
Peanut Butter Kisses	125	Puddings	
Peanut Sauce	65	Baked Custard	105
Peanut Stew	84	Bread Pudding #1	104
Pies		Bread Pudding #2	104
Baked Mango Pie	116	Chocolate Pudding	105
Basic Pie Crust	108	Rice Pudding #1	104
Ben Adams' Mom's Apple Pie	116	Rice Pudding #2	104
Fruit Glaze Pie	115	Tapioca Pudding	105
Mango Pie	116	Pumpkin Bread	58
Papaya Pie	117	"Pumpkin Bread", "The Best in the world"	53
Pumpkin Pie	117	Pumpkin Pie	117
Pumpkin/Squash Pie	116	Pumpkin Soup #1	39
Quick Pie Crust	108	Pumpkin Soup #2	39
Spinach Potato Pie	96	Pumpkin/Squash Pie	116
Pickles, Refrigerator	91	Queso Blanco ("Ricotta" Cheese)	89
Pineapple and Pawpaw Jam	134	Quiche	98
Pineapple Avocado Salad	37	Quick Biscuits	49
Pineapple Chicken	77	Quick Pie Crust	108
Pineapple Drink	133	Raisin Bread	56
Pineapple Milk Sherbet	131	Raspberry Bars	123
Pineapple Pudding Cake	114	Ratatouille	101
Pineapple Sherbet	130	Ravioli Filling	92
Pineapple Upside Down Cake	113	Ravioli/Homemade pasta	59
Pineapple-Yogurt Popsicles	130	Raw Apple Cake	113
Pita 2	61	Rebecca Pike's Fruity Oats	31

Reese's Bars	120	Scones, Cream	50
Refrigerator Pickles	91	Shakes, Fruit	134
Regular Ole' Brownies	119	Sherberts... See Frozen Desserts	
Rice and Beans	99	Shitto (Pepper Sauce)	24
Rice and Beans, Fried	84	Short Pastry	109
Rice, Jen K's Sesame Oiled	91	Shredded Beef with Green Pepper	73
Rice, Jollof	22	Shrimp or Chicken Curry	75
Rice Pudding #1	104	Simple Whole Wheat Bread	63
Rice Pudding #2	104	Six 3s Sherbet	129
Rice Salad	42	Sloppy Joe's	82
Ricotta Cheesecake	111	Small Fish Stew	23
Roasted Garlic	93	Soft Pretzels	53
Roasting Coffee Beans	135	Soup	
Roll Dough, Basic	46	Carrot Soup	41
Rolls, Caramel	36	Chilled Cucumber and Yogurt Soup	41
Rough Puff Pastry	109	Cream of Chicken Soup	38
Salads		Creamy Lentil Soup	40
Lentil Salad	42	French Onion Soup	40
Macaroni Salad #1	39	Groundnut Soup	21
Macaroni Salad #2	39	Hearty Soup	38
Mixed Bean Salad	37	Mushroom Soup Substitute	41
Pineapple Avocado Salad	37	Onion Soup	38
Potato Salad	42	Pumpkin Soup #1	39
Rice Salad	42	Pumpkin Soup #2	39
Tomato and Onion Salad	37	Soup Stock	37
Salad Dressing #1	37	Tomato Soup	41
Salad Dressing #2	37	South African Seed Bread	61
Samosas	100	Soy Patties	91
Sauces		Soy milk	90
Alfredo Sauce	67	Spicy Spinach	85
Banana-Orange Sauce	32	Spinach Potato Pie	96
Basic White Sauce	67	Sponge Cake	110
BBQ Sauce	67	Spring Roll Skins	58
Butter Sauce	107	Steamed Kontomire	86
Chinese Sauce for Vegetables	66	Stews	
Chutney	66	Beef Stew and Dumplings	79
Italian Tomato Sauce	67	Garden Egg and Agusi Stew	22
Lentil/Dahl Sauce	65	Groundnut Stew with Chicken	70
Peanut Sauce	65	Lamb or Mutton Stew	69
Plum Sauce—Peach/Apricot Sauce	66	Palaver Sauce (Kontomire stew)	24
Shitto (Pepper Sauce)	24	Peanut Stew	84
Thai Peanut Sauce	68	Small Fish Stew	23
Theo Stephansen's Special White Sauce	68	Stir Fry #1	65
Tomato Sauce	66	Stir Fry #2	65
Sauted Eggplant	88	Stir-Fry	94
Sauted Zucchini	88	Stroganoff	79
Scalloped Yam	87	Stuffed Avocado	87
Scones	53	Stuffed Green Pawpaw	69

Stuffed Zucchini	97	Flour Tortillas #1	48
Stuffing	93	Flour Tortillas #2	48
Sugar Cookies #1	127	Homemade Tortilla	48
Sugar Cookies #2	128	Tortilla Chips	52
Sugar Cookies #3	128	Traditional Kim Chee	88
Sugar Pastry	109	Traditional Pizza Dough	55
Sweet & Sour Beef	69	Tuna Casserole, Hawaiian	71
Sweet and Sour Pork	74	Tuscan Sour Dough	61
Sweet Potato Casserole	99	Vegetable Dishes	
Sweet Potato Croquettes	87	Ashanti Stewed Greens	23
Tacos	80	Baked Tomatoes with Kontomire	85
Tahini Dressing	43	Fried Okro	86
Tapioca Pudding	105	Garden Eggs with Stewed Tomatoes	86
Tea Biscuits	44	Okro and Tomatoes	86
Thai Chicken	72	Sauted Eggplant	88
Thai Peanut Sauce	68	Sauted Zucchini	88
The Amazingly Versatile Laughing Cow	92	Spicy Spinach	85
Theo Stephansen's Special White Sauce for Pasta	68	Spinach Potato Pie	96
Tofu	90	Steamed Kontomire	86
Tom Brown Porridge	24	Stuffed Avocado	87
Tomatoes and Kontomere, Baked	85	Stuffed Green Pawpaw	69
Tomato and Onion Salad	37	Stuffed Zucchini	97
Tomato and Red Onion Bread	62	Vegetable Omelet with Sardines	71
Tomato Juice	133	Vegetable Pasta	95
Tomato Sauce	66	Vegetarian Lasagna	95
Tomato Soup	41	Vinaigrette Dressing	42
Toppings		Wheat Bread, Honey	64
Bubbly Apple Topping	31	Wheat Bread, Simple Whole	63
Caramel Frosting	106	Wheat Crackers #1	55
Chocolate Frosting	105	Wheat Thins	56
Cinnamon Syrup	32	Whipped Cream	108
Easy Maple Syrup	31	White Bread	59
French Butter Cream Frosting	106	White Bread, Basic	46
Maple Syrup	31	White Sauce, Basic	67
Magic Chocolate Frosting	106	Whole Wheat Crackers #2	55
Never Fail Fudge Frosting	106	Wine Bread	47
Orange Glaze	107	Wined Chicken	72
Peanut Butter Frosting	107	Yam Cakes	87
Powdered Sugar Frosting	105	Yam, Scalloped	87
Powdered Sugar Icing	106	Yeast Pizza Dough	55
Tortillas		Yoghurt Cheesecake	112
Corn Tortillas #1	48	Yogurt Coffee Cake	115
Corn Tortillas #2	49	Yogurt, Homemade	89
Commeal Tortillas	48	Zucchini, Stuffed	97