



Afrikan Eats in the Diaspora

**A richly brewed collection of authentic recipes,
historical facts, photos, quotes and proverbs from
melanated people across the globe.**

TABLE OF CONTENTS

 **The African Diaspora**

1 **Breakfast**

2 **Lunch**

3 **Dinner**

4 **Miscellaneous**

 **Call To Action**



INTRODUCTION

THE AFRICAN DIASPORA

The **African Diaspora**: a global community of dislocated African people

“Africa is our center of gravity are Central and spiritual mother and father are beating heart no matter where we live on the face of this earth.” ~ John Henrik Clarke

The origin of the term Diaspora originally belonged to one group of people who shared one common culture.

The concept of Diaspora, sometimes defined as gault (e.g., exile or bondage) and as golah (i.e., a relatively stable community in exile) derives from the historic experience of the Jewish people.

The plight of the people of African descent, especially in the New World, is in many respects similar to that of the Jews. The Africans, like the Jews, both fell victim to powerful imperialism; however African people have yet to make a collective comeback like Jewish people.

Additionally:

The African Diaspora consists of people of African origin residing outside the continent of Africa. People with their own communities outside the continent of Africa are also considered to be apart of this Diaspora.

When discussing the African Diaspora, it is pertinent to acknowledge that it is both a process as well as a condition.

In layman’s terms, the African Diaspora is the story of how people of African descent managed to retain their traditions and reform their identities after being broken up and scattered in the new world.

The African Diaspora (cont'd)

Concept and Characterization

The concept of the African Diaspora is extremely old.

Some concepts actually appear in the bible; however, if one wishes to put the expression "African Diaspora" into proper perspective, then one's research must surpass far beyond the bible.

Nevertheless, much of the African Diaspora is descended from people who were enslaved and shipped to the Americas during the Trans-Atlantic slave trade.

This dispersal through slave trading represents one of the largest forced migrations in human history and was the most significant circumstance contributing to the African Diaspora in the United States.

Over a period of approximately four centuries, about four million people of African descent were transported to North America and the Caribbean Islands in the Trans-Atlantic slave trade.

Taken from their native soil and alienated from their tribes/families, people of African descent were enslaved in a new world; all familiar ways of life were missing.

Also, critical dehumanization and degradation of enslaved people characterize the Trans-Atlantic Slave Trade.

Enslavers eventually developed biological, biblical, and cultural theories to rationalize their wicked antics.

The African Diaspora (cont'd)

Massive Brain Drain and Adaptability

However, the slave trade was much more than just reduction of human beings to mere merchandise and labor units.

In the article, [Are you hip to the Jive? \(Re\) Writing/Righting the Pan-American Discourse](#), Sheila S. Walker stresses that:

It is important to emphasize that these Africans who came to the Americas constituted not merely a “labor force,” which in the context of slavery in the Americas connotes physical, not intellectual labor. [...]. Therefore, this largest migration also constituted the world’s first massive brain drain and transfer of technology from Africa to the Americas, which established the basis for contemporary power relations in the Atlantic world (pp.2).

A deliberate selection process was used during the Trans-Atlantic slave trade.

Africans were distinctively selected on the basis of their specific knowledge and skills that were desired for the development of the Americas.

Historically, people of African descent settled abroad, voluntarily and involuntarily, and maintained a consciousness of Africa in addition to their racial identity whilst adapting to a new environment and making positive contributions to their adopted homelands.

Traditional elements of African culture such as religion, language, and folklore survived slavery also and were their links to their past lives.

The African Diaspora (cont'd)

The Struggle & Hope For The Future

After becoming “Americanized” via social learning of European rules, languages and culture or converting to Christianity, Africans formed subcultures in the U.S., known as Afro-Americans or African Americans or Black or Afrikan.

In the south, Africans began to add their own signature spices and cooking styles to pre-existing European dishes, which became known as “southern cuisine” or “soul food” as opposed to “slave food”.

Gospel music combined the African style of singing and dancing with themes of salvation and freedom of Christianity.

These examples demonstrate the integration of African culture with traditional European culture.

They also help to illustrate the African people’s fusion of assimilation and nationalism, which also gives a premise to the “double/multiple consciousness” melnated people in America suffer from today.

Nevertheless, slavery in the US failed to break the ties that bind the descendants of the Diaspora with Africa, and it is unlikely that any current and/or future event will be able to do so either.

People of African descent, fortified by their experiences on the continent and in the Diaspora, have undergone a systematic process of re-invention since the abolishment of slavery to collectively put to use that which is good in order to reclaim what is rightfully theirs.



About This Cookbook: Food is very important in African culture; each region has its own favorite dish. After researching the foods of the African Diaspora, SeshatCDG has created a concise collection of practical recipes based on her research, which are designed with the collective's well-being in mind.



Your food is supposed to be your medicine and your medicine is supposed to be your food.

African Proverb



CHAPTER ONE



BREAKFAST

Breakfast for people of melanated decent across the globe

“He who doesn't clean his mouth before breakfast always complains that the food is sour.” - African Proverb

Breakfast on the Continent of Africa greatly varies by region.

Cultures in neighboring areas radiate a major influence in Northern Africa; meanwhile, South African breakfasts are now defined by American and European settlers.

The Middle East and North Africa are close in proximity, both by location and cuisine.

A typical breakfast in some Northern African countries may consist of coffee or tea and a bread item (i.e., made with sorghum or millet).

The following regional items are typical to see on a breakfast plate too:

- fish from the countries' numerous sea ports,
- peppers and spices usually associated with the Middle East, bean dishes, and
- stews or gruels made from beans and corn.

Yogurt is another typical breakfast item in North Africa, in addition to eggs; however, yogurt is more popular in America and Europe.

"Falafel" – small deep-fried bean burgers served in pita bread - are another popular breakfast item in Africa, as well as "Ful" - a spread or stew made from fava beans also served on pita.

Breakfast for people of melanated decent across the globe

“One who eats alone cannot discuss the taste of the food with others.” - African Proverb

Typically breakfast is simple fare in Eastern and Western Africa alike.

Bread, again, is most popular.

Beignets are a common item in the West African country of Cameroon and they are often dipped in "bouilli", which is a sweet, sticky liquid derived from corn.

Egg dishes are not unusual to see; however, omelets tend to be filled with beans or sardines instead of ham and cheese.

A common breakfast throughout Africa, especially in poverty stricken areas, is gruel. This dish is made from cassava, millet, rice, or corn and is contingent on the ingredients availability in the region.

Fresh fruit has always been a popular choice wherever available. Banana and coconuts are chiefly predominant.

The rest of this chapter features practical recipes relevant to breakfast in the African Diaspora.

Breakfast for people of melanated decent across the globe

*“When the leg does not walk, the stomach does not eat.”
- African Proverb*

Beignets (USA – New Orleans, LA)

Ingredients:

- 2 1/4 teaspoons active dry yeast
- 1 1/2 cups warm water (110 degrees F/45 degrees C)
- 1/2 cup white sugar
- 1 teaspoon salt
- 2 eggs
- 1 cup evaporated milk
- 7 cups all-purpose flour
- 1/4 cup shortening
- 1 quart vegetable oil for frying
- 1/4 cup confectioners' sugar

Cooking Procedure:

1. In a large bowl, dissolve yeast in warm water. Add sugar, salt, eggs, evaporated milk, and blend well. Mix in 4 cups of the flour and beat until smooth. Add the shortening, and then the remaining 3 cups of flour. Cover and chill for up to 24 hours.
2. Roll out dough 1/8 inch thick. Cut into 2 1/2 inch squares. Fry in 360 degree F (180 degrees C) hot oil. If beignets do not pop up, oil is not hot enough. Drain onto paper towels.
3. Shake confectioners' sugar on hot beignets. Serve warm.

Breakfast for people of melanated decent across the globe

“If you see a man in a gown eating with a man in rags, the food belongs to the latter.” - African Proverb

Mahamri (Kenya & Tanzania)

Ingredients:

- 2 cups of all-purpose flour
- Half a teaspoon of yeast
- 3 tablespoons of tepid warm water
- 5 tablespoons of sugar
- half a cup of coconut milk (first squeeze if you are grating at home)
- Oil for frying

Cooking Procedure:

1. Soak the yeast in the water and let it rise.
2. Soak the coconut milk and keep ready.
3. Sieve the flour in a glass bowl and add sugar and cardamom powder.
4. Add the yeast and continue to mix.
5. Add a little coconut milk at a time until you get a smooth dough.
6. Sprinkle some flour in the bowl and place the dough in the center. Cover and leave to rise overnight or for about 4 hours if you are using instant yeast.
7. When ready to serve, heat the frying pan with oil, meanwhile roll a handful of the dough and cut into triangles or round shapes as preferred. Fry in hot oil four at a time, depending on the size of the frying pan. Serve with Mahamri.

Breakfast for people of melanated decent across the globe

“Food gained by fraud tastes sweet to a man, but he ends up with gravel in his mouth.” - African Proverb

Nduma (Kenyan - Arrow Roots)

Ingredients:

- 3 nduma roots
- 1/2 a teaspoon of ground nutmeg
- 1 cup of bread crumbs
- 1 egg, beaten

Cooking Procedure:

1. Peel your nduma and cut it in 2 inch thick circular slices. You can cut it whichever way you want but I like mine this way since they look neater and boil a lot faster.
2. After they have boiled, allow them to cool slightly. While you are waiting for that, you can beat your egg in a bowl and prepare your bread crumb crust. This is simply done by mixing some bread crumbs with the nutmeg in another separate bowl.
3. To coat the nduma, simply dip them in the egg mixture and then roll it in the breadcrumbs. The egg acts as 'glue' for the crumbs to adhere to and contributes to the crispiness.
4. Heat your oil and put them in to fry after it is hot enough. Let them fry until the coating turns golden brown. That will be about 2 minutes on each side.
5. Remove them from the heat and drain on a paper towel then serve hot.

Breakfast for people of melanated decent across the globe

*“Those who are at one regarding food are at one in life.”
- African Proverb*

Cassava Flour Porridge (**Angolan - Funje**)

Ingredients:

- Water
- Cassava flour

Cooking Procedure:

1. Preheat your oven to 350F (180C).
2. Again using the same 2 to 1 ratio, bring the water to a rolling boil in a casserole dish that has a lid.
3. While the water is heating up, put the cassava flour into a mixing bowl with just enough cold water to saturate the flour well and, using an electric hand mixer, beat the flour until the texture is smooth, thick and creamy.
4. Now add the creamed cassava flour into the boiling water, whisking to combine.
5. Continue whisking until the mixture is well blended and smooth, then cover the dish with its lid and place in the oven to bake for about 45 minutes, or until the mixture has thickened enough to have a nice, doughy texture.

Breakfast for people of melanated decent across the globe

“One spoon of soup in need has more value than a pot of soup when we have an abundance of food.” - African Proverb

Fava Bean Breakfast (**Egyptian**)

Ingredients:

- 1 15-ounce can of fava beans – drained
- 1/2 cup tomato sauce
- 1 medium onion – chopped
- 3 Tablespoons canola or vegetable oil
- 1 teaspoon ground cumin
- 1/2 teaspoon salt
- 1/2 teaspoon ground coriander
- 1/8 teaspoon cayenne pepper
- pita bread

Cooking Procedure:

1. In a large skillet on medium/high heat, heat oil and sauté onions for about 4 minutes. Add tomato sauce, spices and salt. Reduce heat to medium/low and allow mixture to cook 4 more minutes.
2. Add fava beans and carefully mash the beans with a fork in the skillet.
3. Cover and allow to cook for 5 more minutes.
4. Serve with pita bread. If desired, drizzle a little fresh lemon juice or olive oil over the top.

Also known as "Fooll Mudammes**", which is a common breakfast dish in Northern Africa.*

Breakfast for people of melanated decent across the globe

“Man is like a pepper, till you have chewed it you do not know how hot it is.” - African Proverb

African Fruit Compote

Ingredients:

- 1 cup fresh pineapple – diced
- 1 cup fresh cantaloupe – diced
- 1 cup oranges - peeled and sliced
- 1/2 cup strawberries – sliced
- 1/2 cup canned lichee nuts
- 1/2 cup sugar
- 1/2 cup water
- 2 Tablespoons fresh lemon juice
- 2 Tablespoons pure vanilla extract
- 1 pinch salt

Cooking Procedure:

1. In a large bowl, toss all fruit until well combined. Pour lichee nuts over fruit.
2. In a small sauce pan, combine water, sugar, lemon juice and salt. Bring to a boil for one minute. Remove sauce pan from heat and stir in vanilla extract.
3. Pour sauce over fruit and lichee nuts.
4. Cover and refrigerate for one hour.
5. Serve cold in individual compote dishes.

**In Madagascar, an island off the south east coast of Africa, this dish is known as Salady Voankazo.*

Breakfast for people of melanated decent across the globe

“If you give bad food to your stomach, it drums for you to dance.” - African Proverb

Fried Bananas (Ivory Coast)

Ingredients:

- 4 medium bananas
- 2 or 3 Tablespoons fresh lemon juice
- 3/4 cup finely crushed corn flakes
- peanut oil for frying
- black pepper (savory) – optional
- cinnamon and sugar (sweet) - optional

Cooking Procedure:

1. Peel bananas and cut each in half. Cut each piece into four pieces - lengthwise, giving you a total of 32 French fry-sized pieces.
2. Place banana pieces in a large shallow bowl and drizzle with lemon juice to prevent browning. Let set for 5 minutes.
3. Heat peanut oil (about 1/2 inch deep) in a heavy skillet at medium-high heat.
4. Place crushed corn flakes in a separate large shallow bowl or on a baking pan. Roll each banana piece in corn flakes until well covered.
5. Fry banana pieces in skillet until golden brown on each side.
6. Sprinkle with either pepper or a 50/50 mix of cinnamon/sugar. depending whether you'd like them sweet or savory.

Breakfast for people of melanated decent across the globe

“Good music goes with good food.” - African Proverb

African Banana Coconut Bake

Ingredients:

- 5 medium bananas
- 2/3 cup shredded coconut
- 1/3 cup orange juice
- 3 Tablespoons brown sugar
- 1 Tablespoon butter
- 1 Tablespoon lemon juice

Cooking Procedure:

1. Preheat oven to 375 degrees.
2. Cut bananas crosswise into halves. Cut each half lengthwise into halves and arrange in a small (9-inch) greased pie plate or casserole dish.
3. Dot with butter. Drizzle with orange juice and lemon juice. Sprinkle with brown sugar and coconut.
4. Bake for about 10 minutes or until coconut is golden brown.

**In Ghana, this Banana Coconut Bake is known as Akwadu.*

Breakfast for people of melanated decent across the globe

“The man who counts the bits of food he swallows is never satisfied.” - African Proverb

Uji/Porridge (Kenyan)

Ingredients:

- 1 cup of unga ya wimbi (Millet)
- 5 cups of water
- Cold milk
- Sugar (optional)
- ½ lemon (optional)

Cooking Procedure:

1. Put 4 cups of water in a sufuria and place it on the fire.
2. Take the 1 cup of wimbi flour and mix it with a cup of cold water in a cup, stir it to a smooth paste.
3. Bring the water in the sufuria to a boil, then pour in the flour paste.
4. Stir non-stop until it becomes thick and starts to boil.
5. Lower the heat and allow to cook for at least 7 minutes, then serve.



CHAPTER TWO



LUNCH

Lunch for people of melanated decent across the globe

“Water is colourless and tasteless but you can live on it longer than eating food.” - African Proverb

Lunch is typically eaten during any time from mid-day to 4PM.

Often, lunch is the heaviest meal of the day.

Most African lunch menus consist of beans, cassava, millet, plantain, potatoes, rice, sorghum or yams.

They are made into fufu (i.e., mashed potato). Also, they can be boiled and served with one of the various African soups or stews.

Some examples are:

- Cassava: Gari akpu or starch (usin served with vegetable soup)
- Pounded yam served with the above soup or gbegiri soup in the south of Nigeria
- Jollof rice served with moimoi and fried plantain
- Nshima served with red beans, fresh fish, and vegetable sauce

Lunch tends to be served with a variety of desserts, including fermented goat milk (yogurt), tropical fruits, and traditional African drinks (sobo).

In Africa, as in most hot climates, lunch is usually followed by an afternoon nap for an hour or longer, if conditions permit, before returning to work.

The rest of this chapter features practical recipes relevant to lunch in the African Diaspora.

Lunch for people of melanated decent across the globe

*“Even the best cooking pot will not produce food.”
- African Proverb*

Corn on the Cob

Ingredients:

- 6 large ears of fresh corn
- Butter, salt, and chile powder, to taste

Cooking Procedure:

1. Bring 2 quarts (8 cups) of water to a boil in a heavy saucepan.
2. Strip the corn of its husks and silky strings and place the ears in the boiling water. Cook for 5 minutes.
3. Serve hot and season to taste with butter, salt, and chile powder.



Vibunzi = ears of corn
placed on the table to
represent each **child**
in the family

Lunch for people of melanated decent across the globe

“As porridge benefits those who heat and eat it, so does a child benefit those that rear it.” - Amharic Proverb

Putupap (**African Cornmeal Porridge**)

Ingredients:

- 3 cups water, boiling
- 2 teaspoons salt
- 1 pound fine white corn meal
- ½ cold water

Cooking Procedure:

1. Bring 3 cups of water to a boil.
2. Pour meal into center of water to form a pile. Add salt, but do not stir.
3. Remove pot from stove. Put lid on and let it sit for 5 minutes.
4. Stir, return to heat and simmer over very low heat until putupap is fine-grained and crumbly.
5. Stir with a fork or wooden spoon, add cold water, and simmer for another 30 minutes.
6. Serve with tomato sauce or gravy.

Lunch for people of melanated decent across the globe

*“You cannot work for food when there is no food for work.”
- African Proverb*

Geel Rys (Yellow Rice)

Ingredients:

- 1 Tablespoon sugar
- ½ teaspoon turmeric
- 1 Tablespoon salt
- 2 Tablespoons butter
- 1 cinnamon stick
- 1 cup raisins
- 1 teaspoon lemon rind
- 2 cups white rice

Cooking Procedure:

1. In a large pot, bring 6 cups of water to a boil.
2. Add all the ingredients (except rice) to the boiling water and stir until the sugar has dissolved.
3. Add the rice, cover, and simmer for 20 minutes. Remove the cinnamon stick and lemon rind before serving.

Lunch for people of melanated decent across the globe

“The forest not only hides man's enemies but its full of man's medicine, healing power and food.” - African Proverb

Mealie Soup (**Corn Soup**)

Ingredients:

- 4 Tablespoons butter
- 1 cup onions, finely chopped
- 2 tomatoes, chopped
- 2 cups canned whole corn, well drained
- 2 cups creamed corn
- 1 can evaporated milk
- 3 cups chicken broth (about 1½ cans)
- 1 Tablespoon salt
- 1 teaspoon black pepper

Cooking Procedure:

1. In a large saucepan, melt the butter over moderate heat.
2. Add the onions and sauté for 5 minutes.
3. Stir in the tomatoes and cook for a few more minutes.
4. Add the corn, milk, chicken broth, salt, and pepper. Simmer for 15 minutes.
5. Serve with crackers.

Lunch for people of melanated decent across the globe

“You should know what's being cooked in the kitchen otherwise you might eat a forbidden food.” - African Proverb

Carrot Bredie

Ingredients:

- 1 onion, chopped
- 1 Tablespoon oil
- 8 carrots, washed, scraped, and chopped
- 2 potatoes, washed, scraped, and chopped
- Pinch of salt
- Pinch of black pepper
- 1 cup water

Cooking Procedure

1. Measure the oil into a skillet, and heat over medium heat.
2. Add the chopped onion, and cook until the onion is golden brown.
3. Add the vegetables and the seasoning.
4. Add the water and stir. Bring the mixture to a boil.
5. Reduce the heat and place a cover on the pot, but leave it ajar, to allow steam to escape.
6. Let the bredie simmer until the water has evaporated and the vegetables are soft. Remove from heat and mash.
7. Serve immediately with a little butter stirred in.

Lunch for people of melanated decent across the globe

“You cannot tell a hungry child that you gave him food yesterday.” ~ Zimbabwean Proverb

Pineapple Sherbet (**South African** Pineapple Smoothie)

Ingredients:

- 1 medium-sized ripe pineapple (Canned may be substituted.)
- 8 cups water (approximately)
- Juice of 4 lemons
- Sugar, to taste

Cooking Procedure:

1. Peel and core the pineapple. Cut up the fruit, and place it in a blender. Blend to a thick pulp. (Canned pineapple may be substituted.)
2. Place the pulp in a large pitcher, add the water, lemon juice, and sugar, and mix thoroughly.
3. Put the pitcher in the refrigerator to chill the sherbet beverage.
4. Just before serving, stir well. Serve over ice in tall glasses.



CHAPTER THREE

DINNER

Dinner for people of melanated decent across the globe

“What one won't eat by itself, one will eat when mixed with other food.” - Bantu & Lamba Proverb

Typically, in Africa, dinner is eaten between the hours of 5pm and 10pm.

Africa is an extremely rich continent, filled with an enormous diversity of agriculture and wildlife.

In times of peace and with decent precipitation, most communities in Africa are capable of feeding themselves by merely farming at subsistence level (e.g., slight farms behind their homes or average sized farms near their homes).

Returning from the farm, dinner might be a combination of the following:

- banku mix
- Breadfruit and sauce
- Coconut and roasted or boiled maize
- Ga Kenkey
- Gari foto
- Koshari
- Millet meal
- Nshima
- Rice and fried plantain
- Roasted yam and palm oil
- Sweet potatoes and greens

... and much more.

The rest of this chapter features practical recipes relevant to dinner in the African Diaspora.

Dinner for people of melanated decent across the globe

“Fine words do not produce food.” - Nigerian Proverb

Tomato Stew (Nigerian)

Ingredients:

- 1.5kg Fresh Tomatoes or blended tomato puree
- 200g Tomato paste(e.g. De Rica brand)
- 1 litre Vegetable Oil
- 2 OR 3 medium bulbs Onions
- 3 Habanero Pepper
- 1 stock cube (vegetable bouillon cube for vegans)
- Salt to taste

Cooking Procedure:

1. Open the Canned tomato paste, scoop content into a bowl and dilute with a little water. Set aside.
2. Blend the tomatoes, peppers and onions and set aside
3. Pour the blended tomatoes into a pot and let it boil until the consistency is thicker and the excess water is dried up.
4. Now, heat up the vegetable oil, add some onions(optional, because the blended tomatoes already has onions). Add the dried tomatoes and tomato puree and fry for about 25 minutes or until the tomato loses its sour taste. Stir constantly to prevent burning at the bottom.
5. Next, add stock cube and salt to taste. Cover and leave to simmer for 5 minutes and your Nigerian Tomato Stew (vegan stew) is ready.

Dinner for people of melanated decent across the globe

*“If I could see your face, I would not need food.”
- Amharic Proverb*

African Chakalaka

Ingredients:

- 3 tablespoons oil
- 2 onions, finely diced
- 2 bell peppers, finely diced
- 2–3 hot chili peppers (such as jalapeño), minced
- 2 or 3 garlic cloves, minced
- 2 teaspoons curry powder
- 3 tomatoes, diced
- Salt and pepper to taste

Cooking Procedure:

1. Heat the oil in a large saucepan over medium heat. Add the onions, bell peppers, chili peppers, garlic, and curry powder. Sauté, stirring frequently, until the onions and peppers are cooked down and wilted, about 4 to 5 minutes.
2. Stir in the tomatoes and bring to a boil. Add salt and pepper to taste. Reduce heat to medium-low and simmer for about 5 minutes.
3. Serve with your favorite meal.

Dinner for people of melanated decent across the globe

*“The chicken that digs for food will not sleep hungry.”
- Bayombe Proverb*

Insurrection Chicken!

Ingredients:

- 12 chicken portions
- 2 teaspoons curry powder
- ½ cup ketchup
- ½ cup smooth apricot jam
- ¼ cup worcestershire sauce
- ½ cup mayonnaise
- 1 teaspoon dry mustard powder
- 1 packet brown onion/mushroom soup
- 1 teaspoon salt
- 1 tablespoon cornstarch
- 4 cups water

Cooking Procedure:

1. Preheat oven to 375°F.
2. Place chicken portions in a large baking dish.
3. In a bowl, combine remaining ingredients and mix well.
4. Pour sauce over chicken and bake for 1¼ hours, until sauce is thick and chicken pieces caramelized.
5. Serve it with a crisp green salad and bread.

Dinner for people of melanated decent across the globe

“If you are looking for a fly in your food it means that you are full.” - South African Proverb

Green Bean Salad (**South African**)

Ingredients:

- 2 pounds fresh, whole green beans, trimmed at ends
- 1 cup white onions, thinly sliced
- ½ cup salad oil
- 4 Tablespoons lemon juice
- 1 teaspoon salt
- ½ teaspoon pepper, freshly-ground
- ¼ cup stuffed olives, sliced

Cooking Procedure:

1. Heat a saucepan full of salted water to boiling. Add green beans and simmer, covered, until green beans are tender (about 15 minutes).
2. In a separate bowl, combine onions, salad oil, lemon juice, salt, ground pepper, and stuffed olives.
3. Drain the cooked green beans, and while still hot, toss quickly with onion mixture.
4. Cover and refrigerate for at least 2 hours.
5. Serve as a main course for lunch or light supper.

Dinner for people of melanated decent across the globe

“One spoon of soup in need has more value than a pot of soup when we have an abundance of food.” - Angolan Proverb

Peanut Soup (Nigerian)

Ingredients:

- 4 cups chicken broth
- 1 jalapeno pepper, seeded and minced
- 1/2 cup chopped green bell pepper
- 1/2 cup chopped onion
- 1/2 cup crunchy peanut butter

Cooking Procedure:

1. In 1-quart saucepan add broth and chili peppers and bring mixture to a boil.
2. Stir in bell pepper and onion and return to a boil.
3. Reduce heat to low, cover, and let simmer until vegetables are tender, about 10 minutes.
4. Reduce heat to lowest possible temperature; add peanut butter and cook, stirring constantly, until peanut butter is melted and mixture is well blended.

Dinner for people of melanated decent across the globe

“The hyena with a cub does not consume all the available food.” - Akamba Proverb

Ethiopian Cabbage Dish

Ingredients:

- 1/2 cup olive oil
- 4 carrots, thinly sliced
- 1 onion, thinly sliced
- 1 teaspoon sea salt
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon ground cumin
- 1/4 teaspoon ground turmeric
- 1/2 head cabbage, shredded
- 5 potatoes, peeled and cut into 1-inch cubes

Cooking Procedure:

1. Heat the olive oil in a skillet over medium heat.
2. Cook the carrots and onion in the hot oil about 5 minutes.
3. Stir in the salt, pepper, cumin, turmeric, and cabbage and cook another 15 to 20 minutes.
4. Add the potatoes; cover.
5. Reduce heat to medium-low and cook until potatoes are soft, 20 to 30 minutes, up when cooled so you won't be tempted to over bake these cookies.



CHAPTER FOUR



Miscellaneous

Miscellaneous eats for people of melanated decent across the globe

“A spider's cobweb isn't only its sleeping spring but also its food trap.” - African Proverb

African Fried Plantains

Ingredients:

- oil
- plantains, one per serving (plantains can be cooked while they are unripened and green)
- salt or African Hot Sauce

Cooking Procedure:

1. Peel and cut plantains, either into thin slices, or slice each plantain in half and cut each half lengthwise.
2. Heat the oil in a pan or skillet on the stove top.
3. Add plantains (in a single layer) and fry until golden.
4. Serve with African Hot Sauce or salt as a snack, an appetizer, or a side dish. Can also be served sprinkled with sugar as a snack or dessert.

Miscellaneous eats for people of melanated decent across the globe

*“Words are sweet, but they never take the place of food.”
- Igbo Proverb*

African Plantains in Coconut Milk

Ingredients:

- 4 or more plantains
- one-half teaspoon mild curry powder
- one-half teaspoon cinnamon
- a few cloves or a pinch of powdered cloves
- salt to taste
- 1-2 cups of coconut milk (canned is fine)

Cooking Procedure:

1. Peel plantains.
2. Cut plantains into slices, or into quarters by cutting once lengthwise and once across the middle.
3. In a saucepan, combine all ingredients except coconut milk.
4. Heat slowly, stir gently, and add coconut milk little by little until all is absorbed.
5. Simmer until plantains are tender.
6. Add a little water if necessary.

***Zanzibar** is referred to as "the spice island" for its famous cloves and vanilla. It is located off Africa's eastern coast and is the center of the Swahili civilization. Ndizi is the Swahili word for plantains; this Swahili eat is a delicious accompaniment for any curry dish.

Miscellaneous eats for people of melanated decent across the globe

“Nature gave us two cheeks instead of one to make it easier to eat hot food.” - Ghanaian Proverb

African Hot Sauce

Ingredients:

- 1 dozen chile peppers (i.e., hot red peppers!)
- 1 small sweet green pepper (or bell pepper)
- 1 clove garlic
- 1 medium onion
- 2 cans tomato paste
- 4 tablespoons vinegar
- 1 teaspoon sugar
- 1 teaspoon salt

Cooking Procedure:

1. Remove stems and seeds from peppers. -- Careful! Wear kitchen gloves! Do NOT touch your eyes or face while handling hot peppers! Wash your hands with soap and water after you have handled hot peppers
2. Grind hot peppers, green pepper, garlic, and onion (or use food processor).
3. Combine all ingredients in sauce pan.
4. Simmer for an hour or two.
5. Add cayenne pepper if desired.
6. Put in jars and refrigerate.
7. Serve with everything.



CONCLUSION



CALL TO ACTION



What's Your Favorite Dish From The **African Diaspora**?

“No one gets a mouthful of food by picking between another person's teeth.” - Igbo Proverb

It's your turn to inform, educate and engage the collective.

Please do us a solid by answering the following question:

Do you like African food?

If so, tell us all about your favorite African dish.

If not, tell us why African food grinds your gears and what alternative dish is your favorite.

Don't be scurred, no one is monolithic. We don't have to act, look, talk or eat in the same fashion.

So, either way, we want to hear from you about this topic!

Let us know where you reside in the African Diaspora or where the recipe you're submitting originated from, what ingredients the dish includes, what time of the day it is typically eaten and why you find it appealing.

Simply contact us with further information on everyday eats synonymous with your region to have them included in the next cookbook.

Thank you so very much for taking the time to read about collective experiences with African food across the globe.

We encourage you to share these meals with the world. Use the hashtag -- **#AfrikanEats** -- as you continue this culinary journey into Africa and beyond from the comfort of your own home.

Happy Cooking!

About The Author

“The man who has bread to eat does not appreciate the severity of a famine.” - Yoruba Proverb



[SeshatCDG](#) wrote her first book at age twenty four when she discovered that writing about life was much easier than actually speaking to it. Since then, her professional storytelling and writing skills have improved. While earning a master’s degree in social work from USC, she is an advocate for the aging community and does fundraising for the aging service network in Los Angeles County. But, she is a writer at heart.

She’ll forever be a California girl at heart also; she still lives in Los Angeles with her Neter-hetch and immediate family. If she’s not working on her latest story or campaign, you can find her reading, watching reality television, or indulging in her unhealthy addiction to the Walking Dead and Call of Duty.

If you want to read more content like this or follow SeshatCDG’s journey to authorhood, she contributes to [HubPages](#) and blogs monthly on various topics at her personal website. She also makes updates on social media daily. You can find her on-line at any of the following:

Website: <http://seshatcdg.weebly.com>

Blog: <http://seshatcdg.weebly.com/blog>

Twitter: <https://twitter.com/@SeshatCDG>

Facebook: <https://www.facebook.com/SeshatCDG>

Pinterest: <https://www.pinterest.com/Lovelywordsmith/>

Instagram: https://www.instagram.com/seshat_cdg/

SnapChat: https://snapchat.com/add/maat_kheru

Google+: <https://plus.google.com/+CrystalGordonWordsmith>

LinkedIn: <https://www.linkedin.com/profinder/pro/crystalgordon>

YouTube: <https://goo.gl/KqhwIH>

Tumblr: <http://seshatcdg.tumblr.com>



FOR ADDITIONAL INFO ON THE AFRICAN DIASPORA

Visit the [Educational Entertainment](#) page of the #ICU project. There you will find hours of film and video content that expands on the African Diaspora and more!

VISIT THE SITE HERE

