

MAANDAZI (EAST AFRICAN DONUTS)

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Maandazi is very different from western donuts. First, they are more like bread inside, and second they are not as oily as western donuts.

To prepare, please start one hour and a half to prepare before time to eat. The dough is very similar to the consistence of regular bread dough.

Ingredients:

- 2 ¼ tsp dry yeast
- ½ cup warm water
- 1 tsp sugar
- 1 tsp ground Cardamon
- 3 cups all purpose flour
- 2-4 tbsp extra sugar
- ¾ cups coconut milk
- 1 tbsp oil (optional)
- Oil for frying

Preparations

1. Dissolve 1 tsp sugar in ½ cup warm water. Then, dissolve yeast in the same mixture. Cover with a plastic wrap until the yeast rises.
2. Add into mixture the remaining sugar, oil, cardamon and ½ cup of coconut milk.
3. In a bowl, mix flour into yeast mixture. If the dough is too hard to handle, add the remaining coconut milk, about a tbsp at a time.
4. If it is too soft, add flour a little bit at a time.
5. On a flat floured surface, continue to knead dough for 10 minutes until it becomes elastic. Move the dough to a clean lightly oiled bowl, cover with a clean cloth and let it rise.
6. Once it has doubled in size, knead dough for an additional 2 minutes.
7. With a rolling pin, roll the dough about ½ cm thin. Use a round cookie cutter or similar utensil to cut the dough into regular shapes.
8. Deep fry in vegetable oil until golden brown.

Serve at room temperature or warm in microwave for 10 seconds.

Juices and other beverages

1. Mango
2. Papaya
3. Orange
4. Tanzanian Coffee
5. Chai Tea (Mixture of 2/3 chai tea, 1/3 milk, sweetened to taste)

Simple beef stew

Ingredients

- 1 lb beef (chunk pieces)
- 1 cup chunk cuts of carrot
- 1 cup chunk of potatoes
- ¼ cup onions
- 1 cup chopped tomatoes
- 1 Tbsp crushed ginger
- 1 Tbsp crushed Garlic
- 1 Tbsp Cilantro/coriander leaves
- ½ Tsp Tomato paste
- ½ Tsp Turmeric
- 1 cup cut-cup green, red, and yellow sweet peppers (optional)
- ½ Tbsp fresh lemon juice or ½ cup coconut milk
- Salt
- Cooking oil

Preparations:

1. In big non-stick pan, heat 1 tbsp of oil. Add meat and fry until brown (add oil if the meat is sticking to the pan).
2. Add carrots, potatoes, and salt. Continue to fry until potatoes are translucent.
3. Then remove the pot from the heat.
4. In a different pan, heat 1-2 tbsp of oil. Add onions, cook until translucent.
5. Add garlic and tomato paste. Stir for 3 minutes then add ginger, cilantro, turmeric, and black pepper. Stir for about 5 minutes and then add tomatoes.
6. Cover the pot until tomatoes are tender or dissolved. Then add lemon juice or coconut milk.

7. Pour the tomato mixture to the pot that has the meat and potatoes.

8. You can add ½ cup of water then cover the pot and lower the heat to low, simmer until the potatoes are soft.

Serve with

Ugali: (Ugali is used like bread in Tanzania. Ugali is used with stews to dip in and eat.)

1. Mix white cornmeal to cold water equally.
2. Boil water
3. Place cornmeal in water then stir until a thick dough texture.

Samosas (These are Tanzanian-style meat pies. They sort of remind me of egg rolls.

- 1 inch piece of ginger root
- 6 cloves of garlic
- 2 pounds of lean ground **lamb** or **beef**
- 3 large onions, thinly sliced
- 1 tablespoon mussala (optional)
- 1 tablespoon curry powder
- 1 tablespoon turmeric
- Salt to taste
- 2 pounds frozen egg roll dough, thawed or Wonton wrappers.
- Flour
- Oil

Makes 80 Servings

- Process ginger and garlic in blender until well mashed. Combine with meat, onions, mussala, curry powder, and turmeric. Sauté in a heavy frying pan, without adding any fat, over a low heat 30 minutes, stirring occasionally and breaking up the meat. Spoon off fat.
- Cut sheets of thawed egg-roll dough into strips about 3 by 6 inches. Fold one point up to form a triangular pocket. Fold over again, then fill the pocket with some of the meat mixture.
- Bring down the top and seal all open sides with a paste made of flour and water. You should end up with a neat, secure triangle of meat-stuffed pastry.

- Deep-fry filled samosas, a few at a time, in oil, until golden brown. Drain and keep warm.

After frying and quick cooling samosas maybe frozen. To serve, thaw and place in a hot oven (400 degrees) until very hot.