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– Safari full of flavour – Taste of Africa, Gilleråsvägen 59, 818 96 Hedesunda, Sweden, 0291-61025, 070-2642109,
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Taste of Africa Spices

Take a roadtrip through Africa with our five spice blends - guiding you to genuine African cuisine. It's like travelling in your own kitchen - *a safari full of flavour!* This was our slogan and business idea back in 2004 - at the very beginning, when we decided to sell spices with guiding recipes. We wanted to show how easy and exciting it can be to cook real tasty African food! Then, **Baobab Kitchen** was only a dream, which later have become our lifestyle, and a journey into creative cooking together with you all. We've used our spice blends hundreds of times, continuously developing new recipes. Simplifying them, leaving space for your own artistic freedom. So please - see these recipes as suggestions rather than rules. Have fun! Do your thing - make them your own. And we'd love to share in your experiences :-). We make these dishes entirely vegetarian or vegan with a lot of success. When we say; add meat or chicken we mean good quality locally sourced, and preferably organic meat from a farm nearby. To sustain a healthy life and environment, recipes were upgraded to include lots (50%) more fresh veggies, and less (50%) meat or chicken. Try to buy locally grown veggies if you can, and enjoy the seasonal variation (Fun!). *So have fun and travel in your own kitchen! Good luck & ENJOY!*



Masala Spice

Using Masala Spice you can make one of our most popular Curries. Masala means 'mixture' in Kiswahili and in this case it's a wonderful array of aromatic herbs and spices. It's a curry that will pleasantly surprise you every time you cook it.

Ingredients: cayenne, coriander, turmeric, cumin, fennel, fenugreek, ginger, salt, **mustard**, bay leaves, cinnamon, cloves, garlic, no preservatives, additives & colouring agents added. Store in a cool and dry place. Recycle as plastic, 95 g net.



Masala Curry

Aromatic wellness for body and soul with cinnamon, cumin, coriander, fennel & ginger. Tomatoes and squash add freshness and balance. This upgraded version of the recipe has less meat but even more veggies - for soundness and great taste.

You need this for 6 persons:

- 450 g chicken fillet in pieces*
- 300 g pre-cooked organic chickpeas
- 2 medium sized onions, in wedges
- 4 large tomatoes in pieces
- 2 large sweet potatoes in pieces
- 1 L squash, mix green and yellow if you can, grate coarsely
- 3 cloves garlic, pressed or chopped
- 2 tbsp. fresh ginger, ground
- rape seed or olive oil, salt, black pepper
- 3-4 tbsp. Masala Spice
- 300 ml fresh cream or coconut milk

* for a vegetarian Masala curry, double the amount of pre-cooked chickpeas, add 2 parsnips, coarsely grated

Do like this:

Heat some oil in a pot; add 3-4 tbsp. Masala Spice and onions. Fry at low heat until golden brown, stir well and make sure it doesn't burn. After a while stir in the garlic and the ginger. Add the chicken pieces. Let them brown on medium heat. Add some salt. Now fill the potjie with fresh vegetables (tomatoes, squash, sweet potatoes). Pour in the chickpeas. Stir thoroughly and simmer for 10 minutes, or more until the sweet potatoes are soft. Use a fork to test! Stir in cream or coconut milk. Season after taste adding more Masala Spice, salt or pepper. This curry has a lovely creaminess, and less heat with cream!



Namaqua Spice

Namaqualand - a semi-desert area along the Atlantic coast of South Africa. A mountain plateau meets the sea in a burning sandy desert. Here water is very scarce. A carpet of annuals explodes with the first drops of rain. There is an array of different bulbs, slow growing fine-leaved shrubs, and succulent plants. This spice blend is our hottest, and perfect for you who like to add some extra spice in life. Use as a rub with flake salt on your barbecued veggies or meat. Cook the most succulent curry (recipe below), adding your favourite meat or perhaps only lots of veggies, and perhaps even your own dried funnel chanterelles. This gives a charming wild character and goes so well with fresh herbs such as rosemary or thyme.

Ingredients: chilli, cumin, aniseed, fennel, coriander, salt, fenugreek, cloves, cinnamon, corn starch, nutmeg, black pepper, white pepper, bay leaves, no preservatives, additives & colouring agents added. Store in a cool and dry place. Recycle as plastic, 95 g net.



Namaqua Potjie

This potjie spice blend makes a hot succulent curry. If you have chanterelles, dried or fresh, they will give a wild character that goes well with fresh rosemary or thyme. This upgraded version of the recipe has less meat but even more veggies - for soundness and great taste.

You need this for 6 persons:

- 450 g chicken fillet or organic ground beef*
- 1 packet organic mixed beans, 300 g
- 3 medium sized onions, in wedges
- 3 large tomatoes in pieces
- 3 cloves garlic, pressed or chopped
- 1 squash and 2 red or orange bell peppers, in smaller pieces
- some fresh mushrooms, or chanterelles, dried or fresh, sliced
- 250 g dried fruit, roughly chopped
- fresh rosemary or thyme, finely cut
- chutney, some red wine
- rape seed or olive oil, salt, black pepper
- 1-2 tbsp. Namaqua Spice
- 300 ml fresh cream or coconut milk
- maizena, if needed

* for a vegetarian Namaqua potjie, add trimmed bouquets of cauliflower and broccoli, towards the end of the cooking

Do like this:

Heat some oil in a pot; add 1-2 tbsp. Namaqua Spice and onions. Fry at low heat until golden brown, stir well. Add the ground beef or chicken pieces, or any other favourite meat. Let it brown on medium heat. Add garlic. Now fill the potjie with tomatoes, squash, bell peppers, mushrooms. Add beans and chopped dried fruit, red wine, chutney and rosemary. Add more veggies if you make a vegetarian potjie. Mix thoroughly and cook for ± 10 minutes. Stir in cream or coconut milk. Season after taste, adding more Namaqua Spice, salt or pepper. This potjie has a lovely creaminess, and less heat with cream!

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Curry Paste

Curry Paste can be used on its own, or in combination with the dry Curry Spice (below) to make one of our most popular recipes and the pride of the South African kitchen. It has hints of coriander, cumin, fennel, cinnamon, cloves, chillies, mustard, and ginger. Keep refrigerated when opened.

Ingredients: coriander, cumin, blackpepper, turmeric, salt, garlic, ginger, spirit vinegar, **mustard**, bay leaves, sunflower oil, no preservatives, additives & colouring agents added.



Curry Spice

Use our Curry Spice for any curry dish, and it makes the most fantastic Safrican Curry! The smell of coriander, cumin, cloves, cinnamon & ginger. Use lots of veggies together with - chicken - or fish if you like. The proud origin of this spice blend is the South African Cape-Malay kitchen and the curry is traditionally served with yellow aromatic rice, and different sambals (see recipes below).

Ingredients: cayenne, mint, turmeric, salt, cinnamon, cumin, cloves, fennel, anis, garlic, ginger, **mustard**, fenugreek, bay leaves, no preservatives, additives & colouring agents added. Store in a cool and dry place. Recycle as plastic, 95 g net



Safrican Curry

There are thousands of recipes for this multicultural wonderful curry, which are telling the stories of the fragrant old alleys of Durban and the Bo Kaap quarters in Cape Town. Often we took a Safrican curry adding both the Curry Paste and the Curry Spice. It's wonderful as vegetarian dish, or as a seafood curry! This upgraded version of the recipe has less meat but even more veggies - for soundness and great taste.

You need this for 6 persons:

- 450 g chicken fillets, or organic ground beef*
- 3 onions, in wedges, or 1-2 leeks thinly sliced
- 2 tbsp. finely grated ginger
- 2-4 cloves of chopped or crushed garlic
- 3 large tomatoes in pieces
- 500 ml organic puréed tomatoes
- 3 carrots grated or chopped
- 2 sweet potatoes, peeled and roughly chopped
- 1 small squash, in pieces
- 50-100 ml chutney
- a handful of chopped almonds
- salt & black pepper
- thinly sliced chillipepper, or a few drops of Hot Az Hell chilli sauce
- rape seed oil or olive oil
- 4 tbsp. Curry Paste or 3 tbsp. dry Curry Spice
- 300 ml fresh cream or coconut milk
- use maizena if needed

* for a completely vegetarian Safrican curry, add 450 g pre-cooked organic mixed beans or red lentils, fresh maize (baby marrows) are also good!

Do like this:

Heat some oil in a pot; add 2 tbsp. Curry Paste in the oil with the onions and/or leeks. Fry at low heat until golden brown, stir well and make sure it doesn't burn. After a while stir in the garlic and the ginger, and chilli. Add the chicken or meat. Let it brown on medium heat. Season with some Curry Spice, some more Curry Paste if you like, and salt and pepper. Now fill the pot/jar with fresh vegetables (tomatoes, carrots, squash, sweet potatoes). Pour in the tomato puré, throw in the almonds, and chutney. Stir thoroughly and simmer for 10 minutes, or more until the sweet potatoes are soft. Use a fork to test! Season after taste, adding more of the Curry Spice or Paste, salt or pepper. Stir in the cream or coconut milk. This curry has a lovely creaminess, and less heat with cream!



Bobotie Spice

Bobotie is a traditional Cape-Malay dish with a similar wonderful smell and taste as the curries of Cape Town. In South Africa, Bobotie is often served with yellow rice, chutney and sambals (see side dishes below). Bobotie quickly becomes a favourite among children.

Ingredients: coriander, cumin, **mustard**, turmeric, bay leaves, cayenne, nutmeg, salt, paprika, fennel, cloves, ginger, cinnamon, no preservatives, additives & colouring agents added. Store in a cool and dry place. Recycle as plastic, 95g net



Boland Bobotie

This richly flavoured dish with flavours of cinnamon, garam masala & raisins is a Cape-Malay classic! It is baked over fire, or on the stove and in the oven. This upgraded version of the recipe has less meat but even more veggies - for soundness and great taste.

You need this for 6 persons:

- 500 g organic ground beef, 250 g/2.5 dl red lentils*, 2 onions sliced, 3 tbsp. fresh ground ginger or more, 3 cloves of garlic, grated or pressed, 200 ml raisins or sultanas, 200 g apricots chopped roughly, 1 tsp. salt, or more after taste, 100 ml chopped almonds, 2 tbsp. chutney, a bundle of parsley, chopped, 3 tbsp. Bobotie Spice, salt & coarse ground black pepper, some drops Hot Az Hell chilli sauce, oil or butter for frying.
- For the topping: 3 organic eggs, 250 ml organic full cream milk, 1 tbsp. Bobotie Spice
- * if you make a vegetarian Bobotie, double the amount of lentils

Do like this:

1) Pour water in a pot and add the red lentils. Bring to a boil and let cook until soft for 15 minutes. Add more water if needed. 2) In the meantime: heat oil in a different pot, and fry the onion until golden brown. Add ginger, garlic and Bobotie Spice. Fold in the organic ground beef, little by little, giving it a crispy brown surface. Add 3 tbsp. Bobotie Spice. Fry an additional few minutes over low heat. Mix in the soft lentils, raisins, apricots, almonds, chutney, chopped parsley. Season after taste, and round off with a few drops Hot Az Hell chilli sauce, salt, more black pepper & and perhaps Bobotie Spice. 3) Spread out the lentil/meat sauce in a greased pan or bake potjie. 4) Mix the topping and pour over the stew. Decorate with a few bay leaves. 5) Bake the Bobotie in the potjie (hot coals on the lid) or in the oven at 200 ° C, ca 45 minutes, or until it is firm with lovely colour. The best Bobotie is moist!

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Berbere Spice

Taste of Africa's own Berbere - an exciting chili spice blend from the horn of Africa. The secret is that the spices are roasted & that they need about 1.5 hrs to reach full flavour. Allow it to take time! This mix of spices gives a lovely body to potjies & stews that cook for a while, preferably in combination with tomatoes and onions. Our favourite recipe is Doro Wat, a chicken stew with origin in Eritrea & Ethiopia. As usual, we gave it our own twist!

Ingredients: cayenne, paprika, black pepper, ginger, salt, coriander, cardamom, fenugreek, nutmeg, cloves, pimento, cinnamon, no preservatives, additives & colouring agents added. Store in a cool and dry place. Recycle as plastic, 95 g net.



Doro Wat - spicy chicken stew from the horn of Africa
Taste of Africa's own Berbere Spice - an exciting spice blend, where the secret is that spices are roasted & the stew is cooked for about 1.5 hour to bring out essential flavours. Give it some time! This upgraded version has our own twist less chicken but even more veggies - for soundness and great taste.

You need this for 6 persons:

750 g chicken thighs and/or drumsticks *
the juice of one lemon
salt

4 tbsp. Berbere Spice

6 small red onions, finely chopped

4 cloves of garlic, chopped or crushed

6 tomatoes in smaller pieces

500 ml organic pureed tomatoes

4 carrots grated or chopped

1 large eggplant (brinjal), chopped

2 tbsp. chutney (hot or chilli)

butter to fry in

salt and black pepper

4-6 free range or organic eggs

Suggestion: cumin (2 tsp.) & fresh ginger (1-2 tbsp.)

are good flavours to add if you wish

* To make a vegetarian Doro Wat, add 450 g pre-cooked organic mixed beans, and one more eggplant (brinjal).

Do like this:

Rinse the chicken pieces in cold water, remove the skin if you like. Place the pieces in a bowl, and let the water run off. Wash hands thoroughly, and squeeze the juice of a lemon. Use a fork to lift the pieces, sprinkling salt on them, and adding the lemon juice. Cover and place in the fridge for an hour, while you prepare the rest of the ingredients. // In a pot: Boil eggs and let them cool off, before you peel them. // In another pot: Melt the butter, add onions and the berbere. Let it fry on very low heat. This can fry for quite a while (1-2 hrs., keep stirring) before you carry on. If you don't have that time, when onions are soft, continue to add garlic, tomatoes, pureed tomatoes. Let it simmer into a thick sauce about 30 minutes. Add water if needed. Fold in the chicken, so the sauce covers it. Add the brinjal, carrots, chutney, black pepper, dry spices & ginger (if you wish). Cook for 30 minutes or until the meat juice comes out clear. Taste and balance the flavours with more salt, pepper & chutney. For the last five minutes, add the peeled hardboiled eggs into the pot. Doro Wat is traditionally served with injera bread (if you have) but a natural basmati will also be great! ENJOY!