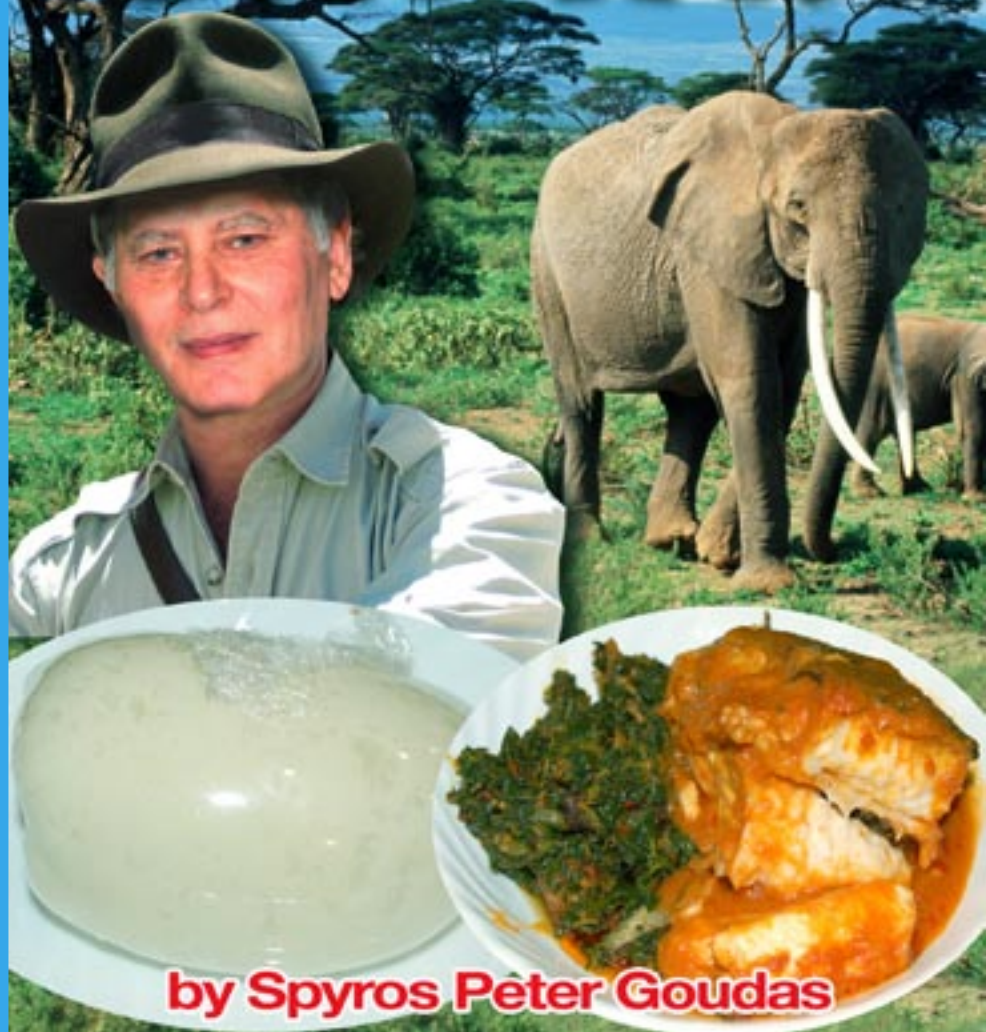


AFRICAN FOOD SAFARI



by Spyros Peter Goudas

AFRICAN FOOD SAFARI

AN EXPERIENCE IN AFRICAN CUISINE

Before you obtain your visa, buy and pack your sun hat, Danhiki or Neru shirts, safari shorts, sunglasses, sunscreen, sun dresses and mosquito nets, etc., I suggest that to you:

Prepare yourself not only mentally, but physically as well, because the most important thing that you have to internalize is that the type of food and its preparation is: a little bit, somewhat different, and most significantly, very, very different from what you are accustomed to.

Be prepared for this fact: None of the following foods are on the menu during our safari: There is no cannelloni, tortellini, tamales, tortillas empanadas, masala, rotis, shrimp fried rice or samosas! Not even feta cheese!

Do not worry, you will survive!

Since I mentioned some of these dishes that reflect different nationalities, and of course, there are thousands of them, I would like you to eliminate them from your mind.

I will only give you a visa and stamp your passport if you learn the names of the African dishes I am about to reveal to you.

Africa is a huge continent and there is great diversity in customs, dishes, and tastes.

I will not provide you with hundreds of recipes I will introduce you to two or three common to the regions of Nigeria, Sudan, Ghana, Mali, Niger, Chad, Ivory Coast, Cameroon and surrounding areas of the central part of Africa.

I will not spend time in this book on dishes that reflect Egypt, Morocco, Libya and Algeria due to the fact that these parts of North and North East Africa are familiar with Mediterranean and Arabian based foods.

For example, should you be in Angola, there is a prevalence of Portuguese food.

In Kenya, Tanzania and Somalia there is a drift into the East Indian Cuisine. South Africa drifts into the English cuisine and The Congo, Belgium cuisine.

Take your camera with you and let us go on a Safari. Don't worry about the lions, elephants, giraffes, hippos, cheetahs and rhinos.

We are on our way to have some home cooked central African Food cooked with a basic ingredient called Gari.

*So repeat after me:
Gari! Gari! Gari!*

Of course Gari is one of the main ingredients of the recipe I am going to reveal.

However in one of the East Indian dialects, "Gari" means to swear to someone, like saying ??? in English.

Up to this point if you follow my recipe, you will create a wonderful dish but if you make changes and spoil the recipe then I am going to use the Indian Gari dialect on you.

So what is Gari?

Gari is dried ground cassava which is staple food in this region. In our modern age, Gari is mass produced, packaged and sold.



However, an Ostrich told me, Mr. Goudas since you are in the food business and you produce more than a thousand products from all over the world, and you have tried every dish under the sun, and you and your wonderful associate write delightful and informative books reflecting the many nationalities and their eating habits, which we all appreciate, I want to tell you a secret about how to produce an excellent Gari (cassava).

Mr. Ostrich imparted to me the secret of generations and generations of Gari production, not with modern technology, but the original, old fashioned way.

Now then:

Take some Cassava Roots, pound them with a mortar and pestle

The cassava is pounded (ground), placed in a sack and tied. Stones are then placed on top of the sack to enable the water to drain out of the sack.

This is a process that takes 3 to 4 days.

When all the water has drained out of the cassava, it is removed from the bag, dried in an oven or parched in the sand by continually turning it around.

Once dried and fine in texture, the Gari is ready.

Now is the right time to take a break and have a cold, refreshing drink.

GARI SOAKINGS
is a popular regional drink.

Mr. Joseph Frimpong, from Ghana, who is also familiar with Nigerian



cuisine, provided me with this drink recipe. Gari is soaked in COLD water. Milk, sugar and peanuts are incorporated to make a full bodied drink. He further stated that is indeed a Very Nice refreshment.

Many thanks to Mr. Joseph Frimpong

Eba

Eba is a favourite food in West Africa and is made from Gari.

It is easy to prepare and swallow, and is a roll-on favourite of Nigerians cutting through the Northern and Southern part of the country. (*Roll-on is the technique used to describe the method of rolling the food between the fingers.)*

Eba is the most commonly accepted dish in the roll-on food group, popular with all the ethnic groups in the country, and also consumed by other West African countries such as, Ghana, Sierra Leone, Gambia and Guinea.

Cooking Instructions:

*Bring a pot of water to a full boil.
(That is lot of bubbling water!)
Remove from heat.*

Pour two cups of the boiled water into a medium sized bowl.

There are no specific measurements proportions of Gari to water ratio.

Simply sprinkle the Gari through your fingers into the boiled water ensuring that the Gari is spread around in a circular motion.

Continue pouring Gari through the fingers in this circular motion until the Gari settles and covers the water.

Cover for 5 minutes and then smoothen with a wooden spoon or stirring stick.

At this stage you may stir in some more Gari to allow it to strengthen, should you desire a heavier consistency.

(There are regions where the Gari is returned to a slow heat while being stirred and smoothened.)

At this point your dish, called Eba, is ready to eat!

Eba is consumed with Okro (okra) Soup, Ogbono, Ewedu or any other vegetable soup.

Although Eba is commonly consumed, the soup that accompanies this delicacy is regionally based and may be a richly made soup or stew, with beef, stockfish or mutton depending on personal taste and is loved by most Nigerians, especially the southern part.

Many thanks to Margaret Jibodu who provided me with this recipe. She owns the H D Printing Press Company, in Vaughan, Ontario, L4K 0B5.

www.hdprintingpress.com



Fufu



It is important to note that the preparation of the soup and fou fou dish is two step process.

Depending on the soup you prefer, you may use fish Meat or Chicken. Some people at times combine both.

Description

Fufu, also spelled fufuo or foo foo, depending upon the tribe, is the National Food of Ghana. (And I do not mean Guyana, a country in South America, with a different culture and very different cooking styles.)

This dish is also very popular in Nigeria, Ivory Coast and Togo.

The routes of the Fufu recipe is centuries old. This dish is eaten throughout Ghana, but it is the traditional food of the Akans (a tribe in Ghana).

The main ingredients can be either plantain flour and cassava, yams, potato and cassava, or cocoyam and cassava.

The Fufuo appears like mashed

potatoes but its thicker and has a starchy and sticky quality. This dish is served with chicken, beef, fish, or any other soup.

The Ashanti tribe also enjoys this dish with the accompaniment of peanut butter soup (see below). The preparation and ingredients below is meant for 2 persons.

Ingredients:

2 cups of water

*1 can of Chicken Broth, if you prefer
2 cups of your choice of plantain flour,
or any of the above mentioned choices
and 1 cup of cassava flour*

Mix the ingredients before you put the mixture on the stove.

Adjust the heat to Medium-High and place the pot on the fire.

While it heats, continue stirring consistently for approximately 15 minutes until the contents become thick.

Add a little water as it becomes thicker to achieve the perfect texture.

Cover the pot and leave it to cook for approximately 2 minutes.

Stir the final product and serve with the soup of your choice.

For a light soup use the below ingredients:

2-3 cups of water Any meat you prefer (chicken, beef, fish, etc)

2 Ripe Tomatoes 1 Onion - Season with garlic powder or 2 cloves of fresh garlic. Season with fresh hot chili pepper. Salt and pepper to taste

1 tsp Ginger powder (optional)

1 tbsp of tomato paste



Marinate the chicken with the onion, garlic optional, tomatoes, and fresh hot peppers (scotch bonnet preferable), garden egg or eggplant.

Steam in the pot for 10 to 15 minutes.

In the African tradition, steaming means the following.

Put a quarter of a cup water, as well as the marinated ingredients in the pot, cover and let the ingredients steam for 10-15 minutes.

Make sure the garlic, tomatoes, hot peppers, and onion are whole (not chopped) during the steaming process. Add fresh ginger if you prefer.

After the steaming, take out the tomatoes, hot peppers and onion, and put in the blender until they are smooth.

Add this mixture back to the pot and add the 2-3 cups of water. Boil for an additional 30 minutes until the chicken cooks. Serve with the Fufuo.

If you are not allergic to peanuts, then this soup can also be combined with peanut butter, which makes it taste even better.

Take 3-4 tbsp smooth peanut butter and mix with ½ cup of warm water in a small pot.

Let it cook until you see the oil rise to the top. Stir constantly to avoid burning. Put this mixture in the prepared soup and stir until the ingredients are mixed



together. You now have prepared the traditional Ghana peanut butter soup.

This soup can also be served with rice. However, the rice cannot be served the common way (plain) but it has to be cooked a little longer so it becomes softer.

Add more water and with a wooden spoon, mash the rice until it becomes thick.

Scoop it into balls and serve with the peanut butter soup.

This recipe is traditionally called Emutuo, or simply rice balls.

You can add Okra (a handful, cut in small pieces) as preferred.

Many thanks to Nelly and Bernard who provided me with this recipe. In the photos you can see Nelly.

This couple is originally from Kumasi, Ghana, and even though they have lived in Canada for many years, they still keep their cooking traditions alive.



FRESH STEAMED CAT FISH WITH SPINACH

During my visit to Stevag, an African Restaurant at 46 Eddystone Aveune, North York, Ontario, owned by Funmi Adeyinka, I had the pleasure of sampling some authentic African cuisine:

Steamed Cat Fish with Spinach, FuFu, Eba and Ogbono Soup with beef, tripe and cow foot.

Preparation of the Spinach

*4 Ripe Tomatoes 2 Onions
1 Scotch Bonnet Pepper
1 Cooking spoonful of Vegetable Oil
1 bunch Spinach
1 Chicken bouillon Cubes*

Wash ingredients.

Blend tomatoes, onions and pepper in Blender for a couple minutes. Add 2 Chicken bouillon Cubes and little salt to taste.

In medium pot, add the one Cooking spoonful of Vegetable Oil. Heat and add blended ingredients. Cook for 30 minutes on low heat.

Add Spinach. Stir gently to blend the ingredients. Cover and steam for 2 to 3 minutes. Remove from stove.

Serves 4 to 6 people

Serve as an accompaniment to Cat Fish.

STEAMED CAT FISH

(I would like to point out that this is not a misspelling of the word COD Fish, also called Baccala. This particular fish is common to Africans and Orientals.)

4 Tomatoes 2 Onions 2 Scotch Bonnet Peppers 1 or 2 Red Sweet Peppers
2 Chicken bouillon Cubes Salt to taste
1/2 Cooking Spoonful of Vegetable Oil
Blend tomatoes, onions, and peppers for couple minutes in Blender.
Heat 1/2 cooking spoonful Vegetable Oil in large frying pan.
Add blended ingredients and allow to simmer for 15 minutes.
Add chicken cubes and salt to taste.
Add Cat Fish. Cover and allow to cook on medium heat for 20 minutes.

The photo displays the presentation of the Catfish and Spinach.



In the photos you can see me speaking with Mrs. Adeyinka who revealed the recipes for the Cat Fish and Spinach.



The photos below are of another African delicacy called Stock Fish.

Over the centuries, several variants of dried fish have evolved. Stockfish is one of them.

Stockfish is cured in a process called fermentation where cold adapted bacteria matures the fish.

Stockfish is popular in West Africa, where it is used in the many soups that complement the grain staples fufu and gari. The stockfish retains all the nutrients from the fresh fish, only concentrated: it is therefore rich in proteins, vitamins, iron, and calcium.

*You may see the presentation at the store as per the photos.
1.05 lb. for \$23.10 may seem a bit expensive to you.*

However, once this package of fish is soaked in salted water for 3 days it expands to feed almost 9 people.



Africa is a large, varied and diverse continent.

You may see variations in cooking styles from one village to another, one tribe to another, one region to another, one coast to another.

When I decided to start this African Safari adventure in cooking I thought that it would be an easy trek.

What a surprise!

Once I completed each recipe, I gave it to another African to read.

Each had his own opinion and interpretation with corrections in even the most basic ingredients.

So I made changes, then gave it to another to read and more changes were suggested.

Finally, I invited 10 different people to a fufu feast.

Each person sampled the other person's recipe. Within that period of time, World War II was tame compared to the argument regarding each other's dishes.

Finally, when all agreed on the final recipe, at that time I imitated the Vatican and sent white smoke over the chimney of the building indicating that a unanimous decision has been made.

I finally had a recipe.

Over the years, I have created hundreds of recipes, my biography and more than 50 booklets of small stories, written in a comedic format which may be viewed on the following websites:

www.mrgoudasbooks.com and www.goudasfoods.com websites.

Dear friends and supporters of my products. You may have read in magazine or newspaper articles, in one of my booklets, or in my biography, that I am from Greece and that I immigrated to Canada in 1967.

Since then I have created a line of more than one thousand products from all over the world which are used by all the nationalities that have made Canada their home.

I have not had the privilege of travelling and vacationing due to the fact that I am a workaholic.

I have, however, visited every nation on the earth due to the nature of my business, with producers from all over the world visiting me in my endeavor to create these products.

Thankfully, my products are considered by many to be the best in the world.

I hope you have enjoyed reading my books and one day you will travel to Africa. There is so much to explore.

While you are there, please note that there are many impoverished areas that may need your support.

There are numerous organizations that you may contact that are directly involved in ensuring the survival of the impoverished.

I would like to point out to you that when I arrived in Canada, with no money, no friends and no knowledge of the English language, I ended up sleeping in the luxurious hotel of a

thousand stars; in a few words, on the streets of Toronto, looking up at the stars and dreaming for some food!

Therefore, there are issues that have a profound effect upon philanthropy.

You may visit my website and view the Letters of Appreciation from hundreds of charitable organizations, associations and seniors citizens homes.

My company, Goudas Foods, has generously donated to many disaster relief efforts, for example: The Tsunami in Sri Lanka, Hurricane Gilbert in Jamaica, Hurricane Ivan in Grenada, the flood in Pakistan, the earthquake in Haiti, and currently support The Feed Piura Project in Peru where the need for support and food for the underprivileged, especially the children, is an ongoing process.

Over the years, I have generously donated food to many organizations where the needs are absolute and justified. I have a very good knowledge of which organizations are really in need of my assistance, and I support them to the best of my ability.

The incidents or occurrences were major undertakings and the contribution and support were, and still are, absolutely necessary.

During this current adventure, African Food Safari, I have met some very interesting individuals.

Within the last few months, I have

become acquainted with a lady from Africa who is a Queen in her community in Ghana. She has established an association and a building with the facility to feed 300 to 400 underprivileged children.

Since she is totally responsible for the entire project and her salary does not cover the total expenses, I offered her a hand with respect to the food needs of her organization.

The project is in the initial stages and she does not wish to publish her name to the general public.

However, when the project is fully implemented, I may have the privilege to announce her name and contact information in the Events Section or Letters of Appreciation section of the www.mrgoudasbooks.com website in case some one out there may want to become a contributor to this cause.

Spyros Peter Goudas



Publication Information

Spyros Peter Goudas, reserves the right, without prior notice, to revise this information. No part of this publication, images, likenesses, slogans, names, trademarks, may be reproduced, stored in a retrieval system or transmitted, in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without the prior written permission of the copyright holder. All rights reserved. Copyright © 2011

