

KITCHENS *of the* WORLD™



TRAVEL THE WORLD FROM YOUR KITCHEN

*A Cookbook to Support
Charitable Non-profit
Organizations*

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ALGERIA



Salam alik

LOCATION: Northern Africa, bordering the Mediterranean Sea, between Morocco and Tunisia

CAPITAL CITY: Algiers

POPULATION: 34,178,188 (July 2009 est.)

LANGUAGES: Arabic (official), French, Berber dialects

WEBSITE: www.algeria.com



Photos: Courtesy of photographer Gary Williams

*Top: Mers el Kebir Bay
Bottom (left to right): Church at Santa Crus
Oran; Sheraton Hotel*

Recipes from Algeria



Algerian cuisine has had many influences that have contributed something unique to the country's culinary delights. The Berbers, Arabs, Turks, Romans, French, and Spanish have all helped to ensure that Algeria's cuisine is an eclectic mix of flavors and aromas. The Berber influence on

Algerian cuisine is clearly seen in their inclusion of stews, lamb, vegetables, grains, and dried fruit. The Turks and Arabs have added spice to the mix, as well as a variety of delicious pastries. French cuisine has contributed greatly to Algerian dishes with the use of tomato purée, as well as in their aperitifs and sweets.

This vegetarian recipe is made with a large saucepan with a steamer top. Couscous is a traditional dish in the Arabic countries of North Africa. It is usually served with harissa, a fiery tomato sauce spiced with Tabasco.

Vegetable Couscous



Put the couscous in a mixing bowl, add 1 cup of the warm water and, with a fork (or your fingers), break up any lumps that form. The water will be absorbed quickly.

In a large saucepan with a steamer that fits over top, heat the oil and sauté the garlic, onions, carrots, and turnips for 5 minutes. Stir in

the chickpeas, ginger, cinnamon, salt, and the pepper to taste. Add water to cover the vegetables by 1 inch. Bring to a boil and put the moist couscous in the steamer top of the saucepan. Reduce the heat, cover, and simmer for 20 minutes.

Remove the steamer from the saucepan and combine the beans and zucchini with the vegetables in the saucepan. Add the remaining 1 cup of warm water to the couscous, and dab the couscous with the butter. Return the couscous steamer to the saucepan top and simmer, covered, for another 5 to 10 minutes, until the zucchini is just cooked.

To serve, pile the couscous onto a large serving dish and hollow out the center. With a slotted spoon, put the vegetables in the hollow. Sprinkle the parsley over the vegetables, and pour the vegetable cooking juices in a gravy boat to serve with the dish.

YIELD: 6 servings

- 4½ cups couscous
- 2 cups warm water
- 2 tablespoons olive oil
- 2 cloves of garlic, chopped
- 1 large onion, chopped (or 2¼ pickling onions)
- 2¼ cups peeled and sliced carrots
- 2¼ cups peeled and diced turnips (or rutabaga)
- 1 (20-ounce) can chickpeas, drained (about 2¼ cups)
- 1 teaspoon ground ginger
- 1 teaspoon ground cinnamon
- 1 teaspoon salt
- Pepper
- 2¼ cups green beans, trimmed and sliced into 1-inch pieces
- 2¼ cups diced zucchini
- ¼ pound butter, softened at room temperature
- ½ cup chopped parsley

ANGOLA



Mbote

LOCATION: Southern Africa, bordering the South Atlantic Ocean, between Namibia and Democratic Republic of the Congo

CAPITAL CITY: Luanda

POPULATION: 12,799,293 (July 2009 est.)

LANGUAGES: Portuguese (official), Bantu and other African languages

WEBSITE: www.travelportal.info/africa/angola/travel-and-tourism-guides



Top: Birds fishing at a beach
Middle: City of Luanda
Bottom: Sunset at Peninsula Restinga No Lobito

Scenic photos: Claus Bunks

Recipes from Angola



Angola has four major ethnic groups, each with its own traditional cuisine and flavors. The Portuguese colonizers greatly influenced Angolan cooking with European spices and techniques of marinating and roasting, which were applied to traditional Angolan dishes. Other influences have come from Congo, India, and Malaya. Generally, Angolans like their food to be spicy, and their dishes are tasty and varied.

Muamba de Galinha (Chicken Muamba)

This is a classic chicken stew in palm sauce with okra. Muamba de galinha is a famous traditional Angolan recipe. It is spicy, mouthwatering, and seats you at an Angolan dining table! Enjoy!

- 1 (4 to 5-pound) chicken, cut into serving pieces
- 1 tablespoon salt
- 1 tablespoon pepper
- 2 tablespoons olive oil
- 3 tablespoons red palm oil*
- 4 cloves of garlic, chopped
- 1 large onion, chopped
- 2 tablespoons lemon juice (or vinegar)
- 2 medium tomatoes, peeled, seeded, and coarsely chopped
- 2 cups palm hash (product of the extraction of palm oil)*
- 1 pound okra, trimmed

**Available in shops selling African foods*



Photo: Provided by the Embassy of the Republic of Angola in Ottawa

Rub the chicken pieces with the salt and pepper.

Heat the oils in a heavy casserole. Add the chicken pieces and brown them lightly on all sides. Add the garlic and onions and sauté until tender. Stir in the lemon juice, tomatoes, and palm hash. Bring to a boil over medium heat, lower the heat, and simmer, covered, for 40 minutes.

Add the okra and cook for an additional 5 to 10 minutes, until the okra is tender.

Serve hot with beans cooked with palm oil, funge (a cornmeal pudding), or rice.

YIELD: 6 servings