



Breakfast - Maandazi

These are like donuts but not as sweet.

Ingredients:

1 egg, beaten

1/2 cup sugar

1/2 cup milk

2 T oil

2 cups flour

2 tsp. baking powder

Mix all the ingredients together, adding more flour if necessary. The dough should be soft, but not sticky. Roll the dough on a lightly floured board until it is about 1/4 inch thick. Cut into triangles and fry in hot oil. (Triangles will puff up.) Fry until both sides are golden brown. Remove maandazi from oil and drain on paper towels or newspaper. Maandazi are best served warm.





Lunch - Chapatis

This is Elliot's favourite. He eats them with some avocado smeared on. Arthur and Tamie roll them up like burritos with avocado and tomato.

4 cups flour
2t salt
6T oil
1 cup water

Mix all together and knead like bread
After knead set for 15 mins
Divide dough into 20 pieces
Roll out and cook each side with a bit of oil until brown.
Can be frozen after cooking.





Dinner - Rice and Beans

Apart from ugali (which is a kind of porridgy loaf thing made from maize flour) this is the staple food in Tanzania.

2 cups dried beans (e.g. kidney beans)
4 cups water, plus extra
1 cup chopped tomato
1 cup coconut milk
2 onions, chopped
1T coriander seeds, ground

Soak beans in water overnight, then rinse.

Chop onions and brown with a bit of oil, stir in coriander.

Add beans, tomato and coconut milk.

Add water to cover.

Boil for several hours until beans are soft, adding more water as needed.

Serve with rice.

