

**Boston University
Presents**



Ghana

With Robyn De Luca

Collard Greens with Black Eyed Peas

Serves 4 to 6

Ingredients:

1 pound collard greens

1 pound frozen black eyed peas

2 cups water

1 teaspoon salt

3 tablespoons olive oil

1 cup chopped onions

½ teaspoon minced garlic

¼ teaspoon minced fresh ginger

1 jalapeno chili, minced

1 cup coconut milk

Directions:

Wash the greens thoroughly and remove any thick stems. Slice the collard greens 1 inch thick. Place the greens and the black eyed peas in a heavy saucepan with 2 cups of water, add salt, cover, and bring to a boil. Lower the heat and cook for 20 minutes, or until the greens are tender.

In a heavy skillet, heat the oil and cook the onions until they are lightly browned. Add the garlic, ginger and jalapenos cook for 2 minutes. Stir in the greens and coconut milk. Cook until heated through.

Mandazi (African Doughnuts)

Makes 16 Mandazi

Ingredients:

3-4 cups All- Purpose flour

1pkg. active dry yeast (2 ¼ teaspoons)

¼ cup warm water

1 egg

¾ cup coconut milk

½ cup sugar

1 Teaspoon ground cardamom

¼ Teaspoon salt

1 tablespoon melted butter

Vegetable oil for deep frying

Directions:

Dissolve the yeast in the warm water and set aside.

Beat the egg in a bowl add the coconut milk, sugar, ground cardamom, salt and melted butter. Mix well and then stir in the yeast mixture.

Add 3 cups of the flour and stir until all of the flour is incorporated, adding more flour in small amounts until you have a dough that is soft but not too sticky.

Transfer the dough to a lightly greased bowl, cover and let rise until double in size, approximately one hour.

Divide the dough into 16 equal pieces. Roll each piece into a rope than form into a twist shape.

Place each Mandazi on a lightly greased sheet pan, cover and let rise until double in size, approximately 1 hour.

Heat the vegetable oil to 350°. Fry the Mandazi until golden brown. Remove and place on paper towels. Roll each Mandazi in a mixture of cardamom and sugar if desired.

Jollof Rice

Serves 4

Ingredients:

2 cups rice

1/4 cup olive oil

1 cup onion chopped

2 garlic cloves minced

1 inch piece ginger, peeled and grated

1 ½ lbs. chicken breast cut in 1" dice

½ pound smoked ham cut into ¼ inch dice

2 cups okra cut in ½ inch circles

1 teaspoon dried thyme or 2 tbsp of fresh thyme

½ teaspoon cayenne

3 tablespoons tomato paste

1 15 oz can crushed tomatoes

2 cups chicken stock

1 teaspoon salt

Directions:

In a large heavy pot heat oil. Add rice and cook for 2 minutes stirring constantly. Stir in onion, garlic and ginger sauté until onion is translucent. Add in all other ingredients stir well, cover and simmer until rice is cooked through approx. 30 minutes.

