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## AFRICA YOUTH

# \*FOOD EXPO\*

**THEME:** Recipes for Better Nutrition

## MEET THE CHEFS



LIMPO LISULO

ZAMBIA



MUSA MHLASI

BOTSWANA



DAVID MUTALE

ZAMBIA



ALFRED WILFRED

NIGERIA



SIPHIWE MNETI

ZAMBIA



SHARON HAMUNJELE

ZAMBIA



MOGAU SESHOENE

SOUTH AFRICA



MARIAM I. MAFTAH

TANZANIA



SIMPHIWE NZUZA

SOUTH AFRICA

< **30 October - 01 November 2023 Lusaka || Zambia**

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## MEET THE CHEFS

### CHEF: **LIMPO LISULO** Zambia

Founder of "The Pretty Chef Zed" a business that specializes in the production of cakes, baked goods and savory dishes. After attending school at Jacksonville College in Texas in pursuit of an associate's degree in nursing she decided to pursue food production at Zambia Institute for Tourism and Hospitality Studies (ZITHS) also known as Fairview Hotel because food had and has always been her passion. Known for her unique desserts, she often creates elaborate confections that put the customer's sweet tooth to the test.



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# 1. BAKED SWEET POTATOES

**Baked sweet potatoes – cut in half to shorten cooking time.**  
**Garlic-herb sauce.**  
**Parsley-tomato salad for garnish.**

## INGREDIENTS

- 4 medium (~1/3 lb each) sweet potatoes
- 1/2 Tbsp olive oil
- 1/2 tsp each cumin, coriander, cinnamon, smoked (or regular) paprika
- 1 pinch sea salt or lemon juice (optional)

### GARLIC HERB SAUCE

- 1/2 medium lemon, juiced (1/2 lemon yields ~1 Tbsp juice)
- 3/4 – 1 tsp dried dill (or sub 2-3 tsp fresh per 3/4-1 tsp dried)
- 3 cloves garlic, minced (3 cloves yield ~1 1/2 Tbsp or 9 g)
- Sea salt to taste (optional)
- 2 cups of full cream milk
- 1/2 Tbsp flour
- A quarter cube of margarine

## DIRECTIONS

- Preheat oven to 400 degrees F (204 C) and line a large baking sheet with foil.
- Rinse and scrub potatoes and cut in half length wise. This will speed cooking time. Otherwise leave whole and bake longer (approximately double the time (45 min – 1 hour).
- Rub the sweet potatoes with a bit of olive oil and place face down on the same baking sheet (or another baking sheet depending on size).
- While the sweet potatoes are roasting, prepare your sauce by melting your butter on a pre heated pot, once butter has melted remove from the heat adding your flour. when you have a paste place back on the



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### TOPPINGS optional

- 1/4 cup cherry tomatoes (diced)
- 1/4 cup chopped parsley (minced)
- 3 Tbsp finely chopped red onion
- 2 Tbsp lemon juice

heat pouring in your milk, whisking vigorously to avoid lumps foaming. Leave to thicken a little. Taste and adjust seasonings as needed. Add more garlic for more zing, salt for savoriness, lemon juice for freshness, and dill for a more intense herb flavor.

- Also prepare the parsley-tomato topping by tossing tomato, parsley, and red onion (optional) with lemon juice and set aside to marinate. ☒
- Once sweet potatoes are fork tender and the chickpeas are golden brown – roughly 25 minutes – remove from oven.
- For serving, flip potatoes flesh-side up and smash down the insides a little bit. Then top with chickpeas, garlic herb sauce, parsley-tomato salad, and chili garlic sauce (optional). Serve immediately.

~ Enjoy!



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## 2. BOILED AND FRIED CASSAVA

### INGREDIENTS

- Cassava: Peel and cut into 2-inch pieces. (Preferably frozen)
- Enough water to boil the cassava
- Seasoning: season the dish with salt and coarse ground black pepper. Black pepper is a key ingredient in boil and fry.
- Garlic cloves: Grated.
- Plum tomatoes: Diced. (You can swap for two medium tomatoes.)
- Onions: use thinly sliced red onion and green onions.
- Parsley: Finely chop this fresh herb.
- Bell pepper: Finely chopped seeds removed (skip if you don't have or sub for a pinch of cayenne pepper).
- Vegetable oil.

### DIRECTIONS

- Begin by adding cassava and water to a saucepan and bring to a boil on high heat. Then add 1/2 teaspoon of salt and boil until the cassava is fork-tender and almost translucent.
- Remove the cassava from the heat, drain the water, and then set it aside.
- Next add vegetable oil to a skillet, frying pan or wok on high heat. When the vegetable oil comes up to temperature, add the sliced onions and sauté until the onion is a little brown.
- add the tomatoes and other ingredients followed by the boiled cassava and sauté on high heat until everything has a little bit of char or brown bits.
- Add the remaining salt and black pepper and sauté for another minute or two on high heat
- Finally, remove from the heat and serve.
- ENJOY!



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## MEET THE CHEFS

### CHEF:

### DAVID MUTALE MELU

Zambia

David Mutale Melu is a highly skilled and experienced professional in the culinary industry, currently serving as a Restaurant Manager and Chef at Holland America Line Limited. With a remarkable career spanning over a decade, David has made noteworthy contributions to the food and hospitality sector.

He has honed his culinary expertise over eight years, specializing in creating delectable cuisines that tantalize the taste buds. Known for his exceptional attention to detail and creativity, he has managed to leave a lasting impression on his patrons. His culinary skills have been refined through extensive training and hands-on experience, allowing him to adapt to the ever-changing demands of the industry.



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# 1. SWEET POTATO PUDDING

## INGREDIENTS

5 pound(s) sweet Potato  
3 cup(s) dark Sugar  
1 cup(s) flour  
1 teaspoon(s) cinnamon powder  
1 packet Coconut Milk  
Water  
1/4 cup(s) Margarine butter  
1 whole nutmeg, grated  
1 teaspoon(s) salt  
1 teaspoon(s) cinnamon powder  
1 teaspoon(s) vanilla essence  
1 tablespoon(s) white rum  
1 tablespoon(s) lime juice

## DIRECTIONS

- Peel cut and grate sweet potatoes and place in a large mixing bowl.
- Add dark sugar, flour and raisins.
- Combine Grace Coconut Milk Powder with water, mix well and add to the sweet potato mixture.
- Add melted margarine, nutmeg, salt, cinnamon powder, vanilla, rum, lime juice and browning and mix well.
- Scrape mixture into a greased 10inch baking tin.
- Bake in a pre-heated oven 350 F or 180 degrees C for 1 1/2 - 1 3/4 hours.

Note: 5 pounds sweet potato will yield 12 cups when grated.



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### CHEF: MUSA MHLASI

Botswana

Having been featured in over 8 leading publications in Botswana and serving as a judge on four cooking competitions Chef Musa Mhlasi is a seasoned marketing professional with a degree from Limkokwing University of Creative Technology. With a culinary career spanning back to 2013, Chef Musa's expertise shines in his roles as a private chef, restaurateur, and catering entrepreneur. He is the proud owner of the esteemed Musa's Café & Pâtisserie and the head of The Box Event Catering.



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# 1. BIOFORTIFIED GRAIN BOWL

With Zesty Mango Salsa

## INGREDIENTS

For the Bowl:

- 1 cup Vitamin A maize kernels, cooked
- 1 cup high iron beans, cooked
- 1 cup quinoa, cooked
- 1 avocado, sliced
- 1 small cucumber, thinly sliced
- Mixed microgreens for garnish
- Sesame seeds for garnish
- Salt and pepper to taste
- Olive oil for drizzling

For the Zesty Mango Salsa:

- 1 ripe mango, peeled and diced
- 1/2 red onion, finely chopped
- 1 small jalapeño, seeds removed and finely chopped
- Juice of 1 lime
- Fresh cilantro, chopped
- Salt and pepper to taste

## DIRECTIONS

- 1: Put the pot on the stove and add some oil.
- 2: Add one chopped onion then stir then add two clove of garlic then stir.
- 3: Add peeled and chopped sweet potatoes to the mixture of onion and garlic then mix together
- 4: Add chopped carrot then mix
- 5: Add water to cook for 15min.
- 6: Remove the pan from the stove and blend the mixture
- 7: Add coconut cream to the sweet potatoes then add some salt and leave it to cook for 5min.
- 8: Serve to the bowl and ready to eat.



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## 2. ORANGE FLESHED SWEET POTATO AND VITAMIN A CASSAVA CROQUETTES

### INGREDIENTS

- 2 cups Orange-fleshed sweet potatoes, peeled, boiled, and mashed
- 1 cup Vitamin A cassava, peeled, boiled, and mashed
- 1/4 cup milk
- 2 tablespoons butter
- Salt and pepper to taste
- 1 cup breadcrumbs
- 2 eggs, beaten
- Cooking oil for frying
- Chopped green onions for garnish

### DIRECTIONS

1. Prepare the Mixture:
  - In a mixing bowl, combine mashed orange-fleshed sweet potatoes and Vitamin A cassava.
  - Heat milk and butter in a small saucepan until the butter melts. Pour this mixture into the sweet potato and cassava blend.

### DIRECTIONS Cont...

- Mash and mix until smooth and creamy. Add more milk if necessary.
  - Season with salt and pepper to taste.
2. Shape the Croquettes:
    - Take a small portion of the mixture and shape it into a small cylindrical or oval croquette.
    - Dip each croquette into the beaten eggs and then roll it in breadcrumbs until evenly coated.
  3. Fry the Croquettes:
    - Heat cooking oil in a frying pan over medium heat.
    - Carefully place the coated croquettes into the hot oil and fry until they are golden brown and crispy on all sides.
    - Place the fried croquettes on a paper towel-lined plate to remove excess oil.
  4. Serve:
    - Garnish the croquettes with chopped green onions.
    - Serve hot with your favorite dipping sauce or a side salad



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## MEET THE CHEFS

### CHEF:

### ALFRED WILFRED

Nigeria

Alfred Wilfred is a highly motivated, and experienced hospitality professional, Management partner, Almat Hospitality Consult, plus a chef extraordinary with a real passion for preparing popular, healthy and nutritious meals.

He's a Four star trained Chef. Founder: Master Culinary Arts 1, a reality culinary show-training in Abuja, Nigeria. Specialist in Nigeria Dishes, Continental healthy fusion cuisines & Grills, Hotels and Specialty. Restaurants set-up consultant, Hospitality career mentor, Specialty Fine Dining services consultant and a passionate recipe creator, food crafting/healthy lifestyle dietary cuisine coach, and Specialty Events consultant



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## 1. AFRICAN SALAD (ABACHA)

### INGREDIENTS

1. Abacha (shredded cassava) 600g
2. Ugba / Ukpaka 2 cups
3. Powdered Potash 2 tbsps
4. Croaker or Tilapia Fish (grilled or char broiled & spiced)
5. Palm Oil 75ml
6. Ponmo (cooked & sliced) (Optional)
7. Chopped & Sliced Onion Medium
8. Salt To taste
9. Dry Pepper To taste
10. Ground Crayfish 4 tbsps
11. Seasoning Cubes 2
12. Ground Ehu Seeds (Calabash nutmeg)
13. Ogiri or Iru (Locust Beans)
14. Fresh Utazi Leaves (Optional)
15. Garden eggs (Diced) (Optional) 6
16. Garden egg leaves (Chopped) (Optional)
17. Boiled Water

### DIRECTIONS

- Soak the Abacha in cold water for 10 minutes until it softens, then pour boiling water over it and drain.
- Rinse the Ugba with warm salted water.
- Dissolve the potash in water and sieve out the water. Stir the potash water with the palm oil in a pot until it forms a yellowish paste.
- Place on heat and add the ground Ehu, pepper, crayfish and seasoning.
- Stir, then add crushed stock cubes, diced onions and Ugba. Take off the heat.
- Add the Ogiri and mix, then add meat and fish.
- Add the Abacha and mix, allowing the ingredients to blend.
- Add sliced Utazi and salt to taste.
- Garnish with chopped garden egg, orange sweet potato leaves and sliced onions



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## 2. VITAMIN A CASSAVA & ORANGE SWEET POTATO SMOKED CHICKEN TROPICAL AVOCADO SALAD

### INGREDIENTS

1. Iceberg lettuce
2. Cherry Tomato
3. Beef steak tomato
4. Mixed Grapes
5. Pineapple
6. Vitamin A Cassava
7. Orange Sweet Potato or Vitamin A Maize
8. Smoked Chicken
9. Apple
10. Avocado
11. Baby cucumber
12. Honey Mustard dressing
13. Thousand island dressing

### DIRECTIONS

- Wash all listed vegetables in salted clean water, nicely place all washed vegetables in a strainer to drain water deposits
- Wash all listed tropical fruits and pill, cut in desired shapes (Cubed)

### DIRECTIONS Cont...

- Use a blower to blow water deposits on vegetables
- Chop all vegetables to desired sizes
- Boiled Orange Sweet Potato in a solution of cubes of brown sugar and salt; strain and allow to cold, keep in air light container and refrigerate
- Shred smoked chicken to desired shapes
- Place all vegetables and half quantity of cubed tropical fruits in a clean steal bowl and toss, drizzle with virgin olive or avocado oil
- Stylishly arrange and garnish with cubed fruits, shredded smoked chicken, cold steamed Vitamin A Cassava and Orange Sweet Potato & Avocado in a bed of ice berg lettuce, drizzled choice salad dressing
- Serve with extra choice dressing: Thousand Island, Honey Mustard vinaigrette or Tartar sauce



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### 3. IRON/ZINC MILLET PLAIN DUMPLINGS (DANWAKE)

#### INGREDIENTS

1. Danwake flour (Vitamin A Cassava & Maize Flour)
- 1 cup
2. water 250ml
3. Olive oil/vegetable oil 20ml
4. Red pepper(habanero) 1 tsp
5. onion 1 medium
6. Seasoning cube 1 cube
7. Hard boiled eggs 2
8. Beef steak tomato 2 medium
9. Mixed Bell pepper
10. lettuce
11. salt pinch

#### DIRECTIONS

- Pour the Danwake flour in a bowl. Add water and thoroughly mix until a soft consistency is achieved. Cover and keep in a warm place for 5 minutes. This allows the mixture to settle and bind.
- Place eggs in a pot of boiling water. Add a teaspoon of salt to the water. Boil eggs for 10-12 minutes. Remove eggs and place them in cold water. Peel and slice the eggs.

#### DIRECTIONS Cont...

- Half-fill a medium-size pot with water and bring to boiling. Use your fingers to scoop the Danwake dough, in balls and drop into the pot of boiling water. Make as many balls as possible but not too many as to over-spill while cooking).
- Cover the pot halfway and allow cooking for 3 to 5 minutes. Remove the Danwake balls and place them in cold water to cool for 2-3 minutes. Remove from the cold water and place in a bowl.
- Add the olive oil, salt, seasoning cube, salt, and red pepper to the Danwake balls and toss until evenly mixed. Slice the tomatoes, bell pepper, and onions and add to the bowl.
- Finally, sprinkle some lemon juice onto the Danwake (Optional)
- Optimally served with peanut butter sauce, tomato base moringa sauce or spinach sauce



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## MEET THE CHEFS

### CHEF:

**SIPHIWE MNETI**

Zambia

Originally from Chongwe district in Zambia, she is a nutritionist by profession and has worked as a nutrition technologists for the Ministry of Health for a number of years. She also conducts cooking demonstrations with her clients, who are primarily women of reproductive age and their children, teaching them various recipes and life skills that will help them feed their families healthily.



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# 1. VITAMIN A MAIZE PORRIDGE

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## INGREDIENTS

- 500g Vitamin A maize meal
- 250g peanut butter
- 60g blended bondwe
- 2 tablespoon vegetable oil
- 15g salt
- 250 sugar

## DIRECTIONS

1. Bring water to boil and then add the maize meal to make the paste
  2. Then boil the mixture for 30min and then add peanut butter.
  3. Add salt and sugar to taste
- Lastly add the blended bondwe then simmer for 5min



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## 2. ORANGE FLESH SWEET POTATO MASH

### INGREDIENTS

- 2kg flesh sweet potato mash
- 1kg Breast chicken
- 60g blended sweet potato leaves
- 50g tomatoes
- 5- 50g onions
- 2 tablespoon vegetable oil and salt to taste

### DIRECTIONS

1. peel the sweet potato and cut them into small cubes.
2. boil them for 30min
3. cut the breast chicken into small pieces and bring to boil for 30min
4. Blend the chicken
5. Cut tomatoes and onions.
6. put vegetable oil on a sauce pan and fry them to make the tomato sauce.
7. Then add all the ingredients into 1 pot
8. Finally add the blended sweet potato leaves and simmer for 5 min



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### CHEF:

### SHARON HAMUNJELE

Zambia

Based in the Zambian district of Chongwe, Sharon Hamunjele is a qualified nutritionist and chef. Her previous host engagements featured food demonstrations for Plan International, World Vision Zambia, Peace Corp, the Ministry of Agriculture, and the Ministry of Health. She aspires to improve the nutritional status of children and pregnant women by educating them about foods that are rich in iron and vitamins.



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# 1. ORANGE FRESH SWEET POTATO MASH.

## INGREDIENTS

- 2kg Orange fresh sweet potatoes.
- 4 Egg york.
- 4 big Oranges.
- 1/2 tsp of oil.

## DIRECTIONS

- 1 wash orange sweet potatoes in clean water.
- 2 peel orange sweet potatoes and cut them in cubes.
- 3 put orange fresh sweet potatoes cubes in the pot and bring to boil for 20-30 minutes.
- 4 mash sweet potatoes and add egg yorks and simmer for 5 minutes.
- 5 let the cool and add orange juice.

## 2. CASSAVA NSHIMA & BEEF.

### INGREDIENTS

- 3 banana cups of cassava flour
- 2 banana cups of orange maize
- 5 banana cups water
- 2kg of beef
- Vegetable oil
- pinch of salt
- 2 medium tomatoes
- Green pepper
- 2 carrots
- 1banch of Spinach

### DIRECTIONS

1. Put orange maize flour and make a soft paste
2. Heat on a stove or fire wood and stir using a wooden cooking stick
3. Leave it to boil for 10-15 minutes
4. Add cassava flour until and continue turning side by side
5. Serve





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### CHEF:

**MARIAM I. MAFTAH**

Tanzania

A renowned chef based in Tanzania who specializes in creating organic and healthy food. She is the owner and founder of Maima Foods. She is a holder of Food and Nutrition Science certificate from the Open University in Tanzania. Mariam places a strong emphasis on sustainability, ensuring that every aspect of her business is environmentally friendly and socially responsible.



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# 1. ORANGE SWEET POTATOES

## INGREDIENTS

1. Orange sweet potatoes
2. Onion
3. Sunflower oil
4. Coconut cream
5. Carrot
6. Garlic
7. Salt
8. Tomato.

## DIRECTIONS

- 1: Put the pot on the stove and add some oil.
- 2: Add one chopped onion then stir then add two clove of garlic then stir.
- 3: Add peeled and chopped sweet potatoes to the mixture of onion and garlic then mix together
- 4: Add chopped carrot then mix
- 5: Add water to cook for 15min.
- 6: Remove the pan from the stove and blend the mixture
- 7: Add coconut cream to the sweet potatoes then add some salt and leave it to cook for 5min.
- 8: Serve to the bowl and ready to eat.



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## 2. SWEET CORN MASALA

### INGREDIENTS

1. Maize
2. Butter
3. Onion
4. Garlic powder
5. Garam masala
6. Black pepper
7. Tomato paste
8. Salt
9. Coliander leaves

### DIRECTIONS

- 1: Put a pan on the stove and add water to boil.
- 2: Add corn in the boiling water and leave it until the Corn is well cooked
- 3: Filter the water from the corn.
- 4: Put another pan on the stove then add then add corn on the pan and butter and saute for 1min to absorb the flavor.
- 5: Add paprika, black pepper, garam masala, chill powder and salt then mix well for 1min.
- 6: Add 1 chopped onion and 1 chopped tomato and mix well
- 7: Add 1tsp of lemon juice and 1tsp of coliander leaves mix well and cook for another 2min.
- 8: Serve and ready to eat.



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### CHEF:

### MOGAU SESHONE

South Africa

Mogau Seshoene is a trained chef, best-selling cookbook author and founder of The Lazy Makoti; which was founded on basis of a passion for South African cuisine and heritage. Mogau's debut cookbook, The Lazy Makoti's Guide to the Kitchen, achieved best-seller status with over 35,000 copies sold and garnered accolades at the 24th International Gourmand Awards. Her second book, Hosting With The Lazy Makoti, won Cookbook of the Year at the 2022 Restaurant and Culinary Luxe Awards, as well as Best Entertaining Cookbook in the World at the 27th International Gourmand Awards in 2023. Her Homeware and Gifting range in collaboration with Woolworths is currently available in stores.



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## 1. Sorghum, Sweet potato and Maize rainbow salad

**Prep time: 15 minutes plus overnight**  
**Cooking time: 40 minutes**  
**Serves: 4**

### INGREDIENTS

1 cup (250ml) sorghum soaked overnight then drained.  
 3 cups (750ml) water  
 1 cup (250ml) cherry tomatoes  
 1 feta round, crumbled.  
 1 red onion finely chopped.  
 ½ cucumber, chopped  
 3 vitamin A orange sweet potato, cooked and cubed  
 2 Vitamin A Maize, cooked and cob removed  
 ½ cup (80g) finely chopped herbs (parsley, chives, dill)  
 Salt and pepper to taste

### DIRECTIONS

1. In a medium pot, cook the sorghum in water till soft, about 40 minutes. Drain and leave to cool.
2. Place the sorghum in a large bowl, along with the tomatoes, feta, onion, cucumber, sweet potato, maize and herbs
3. Season well and toss to combine



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## 2. Sweet potato Kgodu

**Prep time: 15 min**  
**Cooking time: 40 min**  
**Serves: 4**

### INGREDIENTS

1. 500 g sweet potato , peeled and cubed
2. 2 teaspoon sugar
3. 2 cups water
4. a pinch salt
5. 250g maize meal
6. 1 Tablespoon peanut butter

### DIRECTIONS

1. Place the sweet potato in a saucepan with a little water and cook until soft. Once cooked, mash the sweet potato and sprinkle in the sugar.
2. Place 2 cups water in a separate saucepan, add the salt and bring to a boil.
3. Once the water is boiling, reduce the heat to medium and gradually add the maize meal, stirring until well incorporated. Cover the saucepan and cook over a medium heat for 20 minutes, stirring occasionally.
4. Stir in the pumpkin and peanut butter and reduce the heat to low. Cook a further 5 minutes. The consistency should be like a runny porridge.



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## AFRICA YOUTH

# FOOD EXPO

**THEME:** Recipes for Better Nutrition

## MEET THE CHEFS

### CHEF:

### SIMPHIWE NZUZA

South Africa

Cake Artist, Philanthropist, Entrepreneur and Culinary Arts Graduate. Nzuza completed his three year Culinary Arts Course in Sugar craft and pastry through Capsicum Culinary Studio in Rosebank, South Africa. Nzuza worked as a junior pastry chef at the Westcliff Four Seasons hotel, 180 Degrees and also worked in Dubai as a cake artist. In May 2023, Simphiwe Nzuza received his very first nomination at the Luxe Culinary Awards for Pastry Chef of the year and has been featured in reality shows such as The real Housewives of Johannesburg, the Real housewives of Durban, Life with Kelly Khumalo and Wedding Chefs and currently shooting a reality show to launch in January 2024.



**30 October - 01 November 2023 Lusaka || Zambia**

For more information please contact:

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# 1. Isigwagane

## INGREDIENTS

1. 1kg meaty bones (Beef)
2. Half an onion
3. 3 bay leaves
4. 1 whole clove garlic
5. Half stock cube
6. 500g red kidney beans
7. 1kg maize
8. 2 tablespoon Holsum

## DIRECTIONS

1. Place bones in a pot with half full water and add the whole half onion (do not chop), bay leaves, garlic clove and half a stock cube and bring to boil for 45 minutes to get flavour from the bones on medium heat.
2. In another pot, bring the beans to boil until almost tender.
3. Remove bones from heat and drain water into a clean bowl and set aside.
4. Remove water from the red beans and add the drained bone water in the beans and bring beans back to boil until tender and not too soft.
5. Make sure to have enough water in the beans to start adding maize and mash together with the beans add the holsum and cook on low heat for 25-35 minutes.
6. Dish out or roll into smalls balls, garnish and enjoy.



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## 2. Sweet Potato Pie

### INGREDIENTS

1. 500g plain flour (Sifted)
2. 200g lightly softened unsalted butter
3. 200g icing sugar (Sifted)
4. Pinch of salt
5. 4 eggs (At room temperature)
6. Drop of vanilla essence.

### DIRECTIONS

1. Preheat oven to 180 degrees and prepare baking dish or pan.
2. In a large bowl, Sift together all the dry ingredients (plain flour, icing sugar and salt)
3. Put in your lightly softened butter into the dry ingredients mixture and mix together using your finger tips until the dough becomes grainy
4. Add in the eggs and continue mixing the dough by using your finger tips. The dough will become smoother and firmer as it begins to hold.
5. Lightly knead the dough and rest in the fridge for 30 minutes to an hour.
6. Take out dough and smoothly roll out and fit into your desired prepared pan before pouring in the filling



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## 2. Sweet Potato Pie

### INGREDIENTS

#### Pie Filling:

- X2 large orange fleshed sweet potatoes
- 1 cup softened Butter
- 2 cups castor sugar
- 1 cup full cream milk
- 4 large eggs
- 1 teaspoon ground cinnamon
- 1 teaspoon nutmeg
- 2 teaspoons vanilla essence

### DIRECTIONS

1. Preheat oven to 180 degrees.
2. Place the Sweet Potatoes in a pot and bring to boil on medium heat until soft and tender.
3. Remove the sweet potato once tender (use a fork to check) and place in cold water to remove the skin.
4. Place the sweet potato in a mixing bowl together with the butter, sugar, milk, eggs, nutmeg, cinnamon and vanilla essence and beat until Smooth
5. Pour into prepared unbaked crust and bake for 60 minutes
6. Garnish with plain whipped cream.



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