

# AFRICAN HARVEST COOKBOOK



## BE A PART OF THE HARVEST

“The harvest is plentiful but the workers are few. Ask the Lord of the harvest, therefore, to send out the workers into the harvest field.” — Matthew 9:37



EQUIPPING CHURCH LEADERS  
• EAST AFRICA •



Lucy Kariuki making chipati in her home, Murang'a, Kenya.



Pastor George and Lucy Kariuki with their children, Gloria and Moses.

# CHIPATI

(African Tortilla)

## Ingredients:

16 cups chipati flour (50/50 mix of all purpose and whole wheat flours)  
1 tablespoon salt  
2 tablespoons sugar (optional)  
4 – 5 tablespoons vegetable oil  
Additional vegetable oil for searing

## Process:

Thoroughly mix these ingredients together, except the oil. Add in warm water until the consistency is like making bread. The dough will eventually be rolled. In other words, you don't want it sticking to your hands. After the right consistency is attained, add the 4 – 5 tablespoons vegetable oil.

Knead like crazy! Then cut the dough into manageable sections for the initial roll/flattening process.

Roll out one of the dough sections into about ¼ inch thick. Brush the surface with oil and then cut the dough into 1½ inch wide strips.

Roll the strips (like a farmer would roll hay), and then flatten with hands (somewhat like a cinnamon roll) so they become round in shape and place on a tray. Repeat the process with each dough section.

Cover the chipati dough rolls with a wet towel. They can stand for two hours.

Using a rolling pin, roll out the chipati rounds on a clean surface, adding flour as needed to keep the dough from sticking. They should look like a slightly thick tortilla.

Using a hot and dry chipati pan, cook the chipati rounds on both sides BEFORE adding oil to the pan for searing. Turn over the chipati to sear both sides. (In absence of a chipati pan, use a large skillet or griddle.)

Place the completed chipati on parchment paper and continue cooking the rest of the chipati. Make sure to use a cloth to dry the pan after cooking each chipati. ENJOY!

# BRAISED VEAL ROAST

## Ingredients:

- 3 pounds veal roast
- 1 cup flour
- 1 white onion
- 6 leeks
- 4 carrots
- 1 celery rib
- 1 12 oz. can tomato paste
- 3 beef bouillon cubes
- bunch of parsley, chopped  
(salt & black pepper)

## Cooking process:

Season the roast with salt and pepper then lightly coat it with flour. Quickly brown the roast on all sides. Remove the meat from the roasting pan and set aside.

Slice the onions, carrots, leeks and celery in thin equally sized pieces. Add a small amount of oil to the roasting pan and saute the onion until it turns translucent. Add the remaining vegetables to the pan and briefly saute. Add one cup of water to the vegetables and continue cooking until the water is almost gone. Return the roast to the pan. In two cups of hot water, dissolve the bouillon cubes. Add this mixed with the tomato paste and chopped parsley to the pan. The meat should be coated with the vegetable/sauce mixture while cooking.

Cover and roast in a 325 degree oven until the meat is tender, at least 45 minutes.

Serve with rice, polenta or something of your choice.



# PLANTAINS, SIDE PORK AND GREENS

## Ingredients:

2 pounds side pork (unsmoked bacon)  
2 pounds greens (kale, collards or spinach)  
1 celery rib  
2 tablespoons fresh rosemary leaves  
3 tablespoons soy sauce  
2 cloves garlic  
2 bell peppers  
2 red onions  
(2 green plantains: to peel use the tip of a sharp knife and slice the peel only, not the flesh, lengthwise from end to end on three sides and then peel.)  
(oil for frying)

## Cooking method:

Brown the side pork; remove it from the pan and set aside. Drain the drippings.

Add fresh oil to the pan and saute the onion, celery, pepper and rosemary leaf until the onion begins to turn translucent. Add the garlic and saute a minute. Return the side pork to the pan and add 3 tablespoons soy sauce.

Chop well washed greens and add them to the vegetable mixture. Add about half a cup of water and mix in until the greens wilt a little. Cover and cook, stirring often, until they are just tender.

Prepare plantains: Remove the peel. Slice each plantain into half inch disks. Fry in 350 degree oil until they soften and turn golden. Remove from oil to drain.

Add the plantains to the greens and pork. Cover and simmer until heated through.

# RICE WITH BELL PEPPER

## Ingredients:

rice  
curry powder  
onion  
bell pepper

## Preparation:

Chop onions and bell pepper in small equal sizes and fry. Mix in the curry powder.

Add the rice to the pan and fry it briefly. Cook it with sufficient water until it is done. Mix all the ingredients together.

# CURRIED RICE

## Ingredients:

rice  
curry powder  
onion

## Preparation:

Chop the onion and fry with a little oil and then add the curry powder.

If the rice is a good quality, there is no need to wash it first. Add the rice to the onions and fry briefly. Add sufficient water, cover and cook until done.