



3 COURSE MENU

Hors D'oeuvres à La Judah / Plantain Appetizers

Ingredients:

Yellow plantain

Sardine or Tuna

Spring Onion

Seasoning to your liking (here I only used a bit of salt)

Oil for frying

Preparation:

Peel the plantain and cut into bite sized round shapes. Mash your choice of Fish finely and set aside. In a pan, add some oil, wait until it is hot and then start frying the plantain until golden brown. Place on a paper towel to drain excess oil then start garnishing by scooping a teaspoon of Fish on one plantain. To finish off, add sliced spring onion on top.

Beef x Lamb Palm Soup with Kokonte

(Pounded Cassava Flour Meal)

For the Meat:

1lb of Beef

1lb of Lamb

1 Onion

Recipe By: Anna Israel IUIC Germany

Culinary Recipes

Edits: Tehila Israel IUIC LA

Final Approval: Abigail Christine IUIC London



1 Thumb sized Ginger

3 cloves of Garlic

1 Seasoning Cube

Salt to taste

For the Soup base:

3 to 4 Tbsp of Palm Cream

2 Tomatoes

1 Scotch Bonnet Pepper (if you like it spicy, you can go up to 3)

To garnish: Garden Eggs, Okra and Pepper

Preparation:

In a blender mix Onion, Ginger and Garlic if possible with little water till Puréed. In a big pot add washed meat, blended mixture, seasoning cube and salt and let it steam for 25 mins. As the meat is cooking add the tomatoes and pepper as a whole into the pot with meat. In the meantime, in a large bowl dilute the Palm Cream with up to 4 cups of hot water and stir well. Strain the mixture at least twice and set aside *consistency: watery*. Check on your meat (it shouldn't be tough anymore but not too soft), remove the tomatoes and Pepper and blend then add back into the pot with 1 cup of water. This should cook for another 10 mins. After 10 mins add the Palm Cream mixture through a strainer into the pot with the meat *slowly and carefully* as you are pouring you will see a blackish residue do not add this into your pot.

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Allow soup to come to a roiling boil for at least 30 mins, oil should be settling at the top and foaminess reducing. Check on your meat in between if it is soft take it out and add when soup is almost done. Reduce the heat after 30mins and allow to simmer down for another 30 to 40 mins. Before the soup is done you may add some Garden eggs and Okra or even Pepper as seen. Your soup is done when the oil from the Palm Cream has settled on the surface completely and the foaminess is gone. At this point you can extract some oil with a spoon.

This soup can be eaten with rice or with Fufu or Kokonte as shown.

Meat Pie

For the Pie

- 1 Cup Spelt flour Type 630
- 1/4 Cup vegan butter
- 2 Tsp Nutmeg
- 1/2 Tsp Baking powder
- 2 pinches of Kala Namak Salt
- 1/4 Cup of plant milk
- Optional: Eggwash

For the filling:

- 200g of minced beef/(You are free to use fish if you prefer)
- 1 medium Onion
- 2 cloves of Garlic



Seasonings: Black Pepper, Paprika Powder, Rosemary Powder

Optional: Dried Chilli Flakes

Salt to your taste

Preparation:

Combine all ingredients for the Pie together and form dough only add just little water when dough is tough and let rest 20 mins. Meanwhile add the diced onion and garlic into a pan and sauté shortly. Add the meat and stir in Seasonings as well when done set aside.

Transfer the dough to floured surface and knead till gluten activates hence the dough will be softer, roll out and cut into shape. Add your filling, close up pie. Place on baking tray and make holes for ventilation
you may apply eggwash now

Baking time 15-20mins at 170°C, depends on your oven keep an eye on it.

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