

# Help Contents

## Kwanzaa Recipes

[Traditional dishes](#)

[Tradenames](#)

## **Traditional dishes**

Sweet Potato Pie

Fried Okra

Benne (Sesame Seed) Pastries

Black eyed Pea and Ham (and alternatives)

African Green Pepper and squash

Kwanzaa Tuna

Fried Green Movie Tomatoes

## Sweet Potato Pie

2 ¼ cups Sweet Potatoes, drained

4 Tablespoons margarine

2 eggs

1 cup sugar

2 tablespoons rum

¼ cup mixed nutmeg

1 cup milk

1 teaspoon vanilla

¼ cup chopped pecans

½ teaspoon salt

Preheat an oven to 425°. Mash sweet potatoes. Mix with margarine. Blend in rum, eggs, sugar, nutmeg, salt and cinnamon. Add milk and vanilla. Place mixture in a 9 inch baked pie shell. Bake for 10 minutes. Reduce heat to 350° and bake for 50 minutes or until firm.

## Fried Okra

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1 cup of cornmeal

1 ¼ pound okra, cut into 1 inch pieces

¼ cup vegetable oil

1 ½ cup diced green tomato

2 beaten eggs

¼ teaspoon salt

¼ black or white pepper

½ cup milk

If desired:

¼ teaspoon cayenne pepper

1 medium hot jalapeno pepper

Garlic powder to taste

dash Tabasco sauce brand dressing

Heat oil in a skillet. Begin by combining okra, green tomato, and optional ingredients (if used) in a bowl.

Freely adjust amounts of optional ingredients to add as much or as little "heat" to the dish as you desired.

In a different bowl mix eggs, salt, pepper and milk. Cover the okra mixture with the eggs etc. Add cornmeal until absorbed. Oil is heated when a small amount of cornmeal sizzles.

Reduce heat to medium, cover and fry for 10 minutes, or until golden brown. Invert and cook 10 minutes, or until golden brown.

## Benne (Sesame Seed) Pastries

$\frac{3}{4}$  cup sesame seeds

$\frac{3}{4}$  flour

$\frac{1}{2}$  teaspoon salt

2 tablespoons shortening

2 tablespoons butter

2 tablespoons very cold water

$\frac{1}{8}$  cup brown sugar

Preheat an oven to 400o

Lightly toast sesame seeds.

Combine flour, salt. Then add butter and shortening.

Add sesame seeds.

Add 1 tablespoon of cold water, and another if required, stirring mixture with fork. Roll into a ball, cover and allow to chill. Roll out the dough to  $\frac{1}{4}$  inch thick, cut and bake for 7 to 10 minutes.

## **Black eyed Pea and Ham (and alternatives)**

3 ½ cup Black eyed peas (fresh is best, canned if you must)

3 cups of broth (chicken or vegetarian substitute to taste)

Crushed red peppers to taste

1 medium onion, chopped (Traditionally yellow onion; try other varieties for a change in flavor)

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1 Bay leaf

1 tablespoon garlic powder

½ teaspoon thyme

1 tablespoon of vinegar

5 ounces of ham, chopped

½ tablespoon MSG (NOT required)

Boil ingredients for 45 minutes. Season with salt, pepper.

Alternative # 1

Substitute or add Canadian bacon for ham

Alternative # 2

Vegetarian alternative: remove ham, and use extra firm tofu in place of ham. Add 1 tablespoon soy sauce.

Alternative # 3

Vegetarian alternative, use portobello mushrooms.

## **African Green Pepper and squash**

1 onion, chopped

1 large green pepper, chopped

2 tablespoons oil

1 chopped tomato (try green tomato for a different taste)

1 pound of spinach leaves, remove stems

1 teaspoon salt

¼ teaspoon Pepper

¼ cup of smooth Peanut butter

Optional:

Dash of Tobasco sauce (or to taste)

Cook onion and green pepper in a 3 quart saucepan until onion is tender. Add tomato and spinach. Add optional Tobasco sauce. Cover, simmer for 5 minutes. Stir in salt, pepper and peanut butter.

## **Kwanzaa Tuna**

This recipe hails from the western part of Africa and is quite tasty.

Preheat an oven to 350 degrees.

Sauté 1/2 cup of chopped onions, in 3 tablespoons of olive oil. Transfer to baking dish.

Pour this mixture over 2 cups of dried, cooked, black-eyed peas. Combine with 1 large chopped tomato, 2 teaspoons of hot red crushed pepper.

Bake this mixture for 10 minutes.

Then add, 1/2 teaspoon salt, 14 ounces of tuna, 2 tablespoons of tomato paste.

Cover the dish, and bake for 15 minutes.

Uncover the dish and add bread crumbs.

Serve with bananas.



## **Fried Green Movie Tomatoes**

1 cup of cornmeal (you can add a small amount of your favorite seasoning blend)  
(Alternative: you can substitute hush puppy mix for 1/4 of the cup of cornmeal)

5 medium green tomatoes

1/2 cup of extra virgin olive oil

Salt

Pepper

Cilantro

Cut the tomatoes into 1/2 inch slices. Dip both sides of the tomato into the cornmeal

Heat the olive oil in a frying pan

Fry for 3 minutes on each side

Add salt, pepper to taste.

The cilantro is an excellent garnish which looks and tastes good.

## **Tradenames**

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