

RECIPES FROM GHANA!!

Plantain Crisps

4 plantains (should be firm)
4 teaspoons lemon juice
4 teaspoons ground ginger
4 teaspoons cayenne pepper
¼ cup oil for frying

1. Slice the plantains into rounds ½ inch thick, and sprinkle lemon juice over the pieces, stirring to moisten.
2. In a separate bowl, combine the ginger and pepper.
3. Heat about ¼ inch of oil in a heavy skillet until a test piece of plantain sputters.
4. Roll plantain pieces, a few at a time, in the spice mixture to coat surfaces, then place in the skillet. Fry until outsides are crisp and golden.
5. Remove plantains from skillet and place onto paper towel or absorbent cloth.

Serving size: ½ cup Yields: 8 servings

Nutrition facts per serving: 170 calories, 7 grams fat, 0 grams cholesterol, 0 milligrams sodium, 29 grams carbohydrates, 1 gram protein

Hkatenkwan (GROUNDNUT STEW)

1 three-pound chicken, cut into pieces
1 one-inch piece of ginger root
½ medium onion
2 tablespoons tomato paste
1 tablespoon peanut oil or other light cooking oil
1 cup onion, well chopped
1 cup tomatoes, diced
1 medium-size eggplant, peeled and cubed
2 cups fresh or frozen okra
⅔ cup peanut butter
2 teaspoons salt
1 teaspoon cayenne pepper

1. Boil chicken with ginger and the onion half, using about 2 cups water.
2. Meanwhile, in a separate large pot, fry tomato paste in the oil over low heat for about 5 minutes.
3. Add the chopped onions and tomatoes to the paste, stirring occasionally until the onions are transparent.
4. Remove the partially-cooked chicken pieces and put them, along with about half the broth, in the large pot with the paste mixture.
5. Add the peanut butter, salt and pepper. Cook for 5 minutes and then stir in the eggplant and okra.
6. Continue cooking until the chicken and vegetables are tender. Add more broth as needed to maintain a thick, stewy consistency.

Serving size: 1 cup Yields: 12 servings

Nutrition Facts per serving: 360 calories, 25 grams fat, 100 milligrams cholesterol, 590 milligrams sodium, 10 grams carbohydrates, 25 grams protein

Shoko (BEEF AND SPINACH STEW)

6 tablespoons vegetable oil
4 medium onions, minced
1 pound stewing beef, cut in cubes
3 fifteen-ounce cans of diced tomatoes
1 red hot chili, deseeded and minced
¼ cup chopped green pepper
1 cup water (or beef broth)
¼ teaspoon sugar
¼ teaspoon salt
1 ½ teaspoons minced fresh ginger
1 pound fresh spinach
2 teaspoons cayenne pepper (or to taste)

1. Heat the oil in a cast iron pot or Dutch oven. Add onions and beef. Sauté for 5 minutes over high heat.
2. Drain juice from tomatoes. Reserve 1/2 cup of juice.
3. Add peppers, tomatoes, chili, water, salt, sugar, and ginger to the onions and meat. Cover and reduce heat to low. Simmer for 2 hours.
4. After 2 hours, add fresh spinach and additional pepper if desired. Cook at medium heat for 30 minutes until water is reduced and spinach is cooked.

5. Serve with rice.

Serving size: 1 ½ cups Yields: 10 servings

Nutrition facts per serving: 210 calories, 13 grams fat, 30 milligrams cholesterol, 310 milligrams sodium, 12 grams protein

Yam Fufu

2 pounds yams
¼ teaspoon black pepper
¼ teaspoon salt
1 teaspoon butter

1. Place the yams in cold, unsalted water, bring to a full boil, and cook 25 minutes, or until soft.
2. Remove the yams, cool, and peel. Mash with the other ingredients.
3. Place in a food processor, and run briefly to remove lumps. **DO NOT PUREE!** (If a processor is not available, go directly to step 4.)
4. Remove fufu to a bowl, and beat with a wooden spoon or wire whisk until smooth. The fufu should have a sticky, slightly resilient consistency.
5. Shape the fufu into balls with your hands, and serve warm.

Serving size: ½ cup Yields: 6 servings

Nutrition facts per serving: 140 calories, .5 grams fat, 0 milligrams cholesterol, 190 milligrams sodium, 30 grams carbohydrates, 2 grams protein