Wali wa Nazi na Njegere

(Coconut rice with black-eyed peas)

Ingredients

- 2 cups black-eyed peas, rinsed and soaked overnight
- 2 tablespoons vegetable oil
- 1 large onion, chopped
- 2 cloves garlic, minced
- 1 inch piece of ginger, minced
- 1 green chili pepper, chopped (optional, adjust based on spice preference)
- 1 cup basmati rice, rinsed
- 1 can (14 oz) coconut milk
- 2 cups vegetable stock or water
- 1 teaspoon ground cumin
- 1/2 teaspoon turmeric
- Salt to taste
- Fresh coriander, chopped (for garnish)

Instructions

1. In a pot, combine the black-eyed peas with enough water to cover them by an inch. Bring to a boil, then reduce heat and simmer for about 30 minutes, or until tender. Drain and set aside.
2. Heat oil in a large pot or Dutch oven over medium heat. Add the onion and cook until softened and translucent, about 5 minutes.
3. Stir in the garlic, ginger, and chili pepper (if using). Cook for another minute until fragrant.
4. Add the rinsed rice and stir to coat with the oil and spices.
5. Pour in the coconut milk, vegetable stock or water, cumin, and turmeric. Season with salt to taste.
6. Bring to a boil, then reduce heat to low, cover the pot tightly with a lid, and simmer for 15-20 minutes, or until the rice is cooked and fluffy.
7. Once the rice is cooked, gently fold in the drained black-eyed peas.
8. Garnish with fresh coriander before serving.

This recipe is a simple yet flavourful take on Tanzanian comfort food

Tips

You can use canned black-eyed peas instead of dried, but soaking and cooking your own will have a fresher flavour.

If you don't have fresh ginger, you can substitute 1/2 teaspoon ground ginger.

Adjust the amount of chili pepper according to your desired spice level.

You can add other vegetables to this dish, such as chopped carrots, bell peppers, or green beans.

Serve Wali wa Nazi na Njegere as a side dish or main course with grilled chicken, fish, or a vegetable curry.

Mchuzi wa Samaki na Wali

(Fish stew with rice)

Ingredients

For the fish stew

- 1 lb (450g) firm white fish fillets (such as tilapia or cod), cut into chunks
- 2 tablespoons vegetable oil
- 1 onion, finely chopped
- 2 cloves garlic, minced
- 2 tomatoes, chopped
- 1 bell pepper, chopped
- 1 tablespoon tomato paste
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- 1/2 teaspoon chili powder (adjust to taste)
- Salt and black pepper to taste
- 1 cup fish or vegetable broth
- Fresh coriander or parsley for garnish

For the rice

- 2 cups long-grain white rice
- 4 cups water
- Salt to taste

Instructions

1. Rinse the rice under cold water until the water runs clear. Drain and set aside.
2. In a large pot or Dutch oven, heat the vegetable oil over medium heat. Add the chopped onion and sauté until soft and translucent, about 5 minutes.
3. Add the minced garlic to the pot and cook for another 2 minutes, stirring frequently.
4. Stir in the chopped tomatoes, bell pepper, and tomato paste. Cook until the vegetables are softened and the mixture is fragrant, about 5-7 minutes.
5. Add the ground cumin, paprika, chili powder, salt, and black pepper to the pot. Stir well to combine the spices with the vegetable mixture.
6. Place the fish chunks into the pot and gently stir to coat them with the spice mixture.
7. Pour in the fish or vegetable broth, and bring the mixture to a simmer. Cover the pot and let the fish stew cook for about 15-20 minutes, or until the fish is cooked through and the flavours have melded together.
8. While the fish stew is simmering, prepare the rice. In a separate pot, bring 4 cups of water to a boil. Add the rinsed rice and salt to taste. Reduce the heat to low, cover the pot with a lid, and let the rice cook for about 15-20 minutes, or until tender and the water is absorbed.
9. Once the rice and fish stew are cooked, fluff the rice with a fork and serve it alongside the fish stew.
10. Garnish the fish stew with fresh coriander or parsley before serving.

Enjoy the comforting flavours of
Mchuzi wa Samaki na Wali!

Mkate wa Maandazi

(Spiced fritters with coconut rice)

Ingredients

For the fritters

- 2 cups all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon ground cumin
- 1/4 teaspoon ground coriander
- 1/4 teaspoon turmeric
- 1/4 teaspoon chili powder (adjust based on spice preference)
- 1/2 teaspoon salt
- 1 cup chopped onion
- 1/2 cup chopped green bell pepper
- 1 chopped green chili pepper (optional)
- 1 cup chopped fresh coriander
- 1 cup lukewarm water
- Vegetable oil for frying

For the coconut rice

- 1 cup basmati rice, rinsed
- 1 can (14 oz) coconut milk
- 1 1/2 cups vegetable stock or water
- 1/2 teaspoon ground cumin
- 1/4 teaspoon turmeric
- 1/4 teaspoon salt
- 1 bay leaf

This recipe offers a unique combination of textures and flavours, making it a delicious example of Tanzanian cuisine.

Instructions

1. Make the Fritters: In a large bowl, whisk together flour, baking powder, spices (cumin, coriander, turmeric, chili powder), and salt.
2. Stir in the chopped onion, bell pepper, green chili (if using), and coriander.
3. Gradually add the lukewarm water, mixing until a thick batter forms. Be careful not to overmix.
4. Heat enough vegetable oil in a large frying pan over medium heat. Once hot, drop spoonfuls of batter into the oil. Do not overcrowd the pan.
5. Fry the fritters for 2-3 minutes per side, or until golden brown and cooked through. Drain on paper towels.
6. Make the Coconut Rice: In a pot, combine the rinsed rice, coconut milk, vegetable stock or water, cumin, turmeric, salt, and bay leaf.
7. Bring to a boil, then reduce heat to low, cover the pot tightly with a lid, and simmer for 15-20 minutes, or until the rice is cooked and fluffy. Remove the bay leaf before serving.

Serving

Serve the cooked coconut rice on a plate with the hot fritters on the side. You can also drizzle the fritters with a spicy chutney or yogurt sauce for an extra flavour dimension.

Tips

- You can adjust the amount of spices in the fritters to your preference.
- Leftover fritters can be stored in an airtight container at room temperature for up to 2 days. Reheat in a skillet or oven before serving.
- For a richer flavour, you can use chicken stock instead of vegetable stock in the coconut rice.
- Feel free to substitute other vegetables in the fritters, such as chopped carrots, peas, or chopped spinach.

Tanzanian Pilau

Ingredients

- 2 tablespoons unsalted butter or ghee
- 1 large onion, finely diced.
- 1 clove garlic, minced.
- 1 inch piece of ginger, minced.
- 1-2 cups meat (beef, chicken, turkey, or lamb) cut into cubes (optional for a vegetarian version, omit the meat)
- 2 cups basmati rice, rinsed.
- 5 cardamom pods
- 1-2 whole cinnamon sticks
- 1/2 teaspoon ground cumin
- 1 teaspoon freshly ground black pepper
- 1/2 teaspoon ground cloves
- 1 cup coconut milk
- 2 cups vegetable stock or boiling water
- Salt to taste

Instructions

1. Heat butter or ghee in a heavy pot over medium heat. Add the onion and cook until golden brown.
2. Stir in the garlic and ginger, cook for another minute.
3. If using meat, add it to the pot and cook until browned on all sides.
4. Rinse the rice thoroughly and add it to the pot with the spices (cardamom pods, cinnamon sticks, cumin, black pepper, cloves). Stir to coat the rice with the spices and fat.
5. Pour in the coconut milk and vegetable stock or water. Bring to a boil, then reduce heat to low, cover the pot tightly with a lid, and simmer for 15-20 minutes, or until the rice is cooked and fluffy.
6. Remove from heat and let stand for 5 minutes before fluffing the rice with a fork.
7. Season with salt to taste and serve hot.

Enjoy this delicious taste of Tanzania!

Tips

You can adjust the amount of spices to your preference.

For a richer flavour, you can use chicken stock instead of vegetable stock.

You can also add other vegetables to the pilau, such as peas, carrots, or chopped green beans.

Serve the pilau with a side of grilled vegetables, salad, or a protein dish like stewed beans or lentils.