

African Recipes...

Here are 2 recipes enjoyed by the people of Southern Africa. Your class may want to practice their measuring skills by making these yummy foods. Share your yummy creations with another class. Tell them what you know about Africa!

Please remember it is always necessary to have adult supervision when you are cutting and cooking food.

African Fruit Salad

1 large papaya
2 mangos
1 pineapple
2 large bananas

Cut each of the first three fruits into small pieces. Refrigerate them in a large bowl.

Just before you serve the salad, cut the two bananas into pieces. (You don't want them to turn brown!)

Then serve your fruit salad.

Thinking about it: How many people do you think this recipe will serve? How should you change it depending upon the number of people who will be eating it?

Ujeqe

(When your teacher tells you q is always followed by u – you can show her this exception!)

Take the husks off of several pieces of corncobs. Don't throw the cobs away! Grate the corn using a hand grater. Add a little salt and about 1 teaspoon of baking soda.

Lay the cobs in the bottom of a large pot. Pour water in the pot to just about cover the cobs. Boil the water. When it has boiled, take out the cobs. Pour your mixture in the pot, cover the pot, and let it steam until it looks like a big pancake. Enjoy!

Except for the baking soda, there aren't specific amounts in this recipe? Why do you think this is? Keep track of how much corn and salt you use. Do you think it would be a good idea to add this information to the recipe?