

Menu

Peanut Soup



Ingredients

Serves 10

- 2 tablespoons olive oil
- 2 medium onions, chopped
- 2 large red peppers, chopped
- 4 cloves garlic, minced
- 1 (700g) jar passata
- 2L (3 pints 10 fl oz) vegetable stock
- 1/4 teaspoon black pepper
- 1/4 teaspoon chilli powder (optional)
- 170g (6 oz) crunchy peanut butter
- 85g (3 oz) uncooked brown rice

Method

Prep: 10min Cook: 50min Ready in 1hr

1. Heat oil in a large stockpot over medium high heat. Cook onions and peppers until lightly browned and tender, stirring in garlic when nearly done to prevent burning.
2. Stir in passata, vegetable stock, black pepper and chilli powder. Reduce heat to low and simmer, uncovered, for 30 minutes.
3. Stir in rice, cover, and simmer another 15 minutes or until rice is tender. Stir in peanut butter until well blended, and serve.

STARTERS

White Lithuanian Cheese



INGREDIENTS

- 5 litres milk

METHOD

Sour the 3 litres of milk. On a low fire heat the soured milk constantly mixing it until whey appears. Add 2 litres of simple milk. Keep heating the milk and stir constantly until whey starts to separate. Turn off the fire and leave the milk to stay for a few minutes. Pour the contents into a cotton bag. Hang the bag somewhere for the fluids to drip out. Once there are no fluids left, press the bag with something heavy. Leave it for 6-12 hours and after that enjoy the great taste of homemade cheese.



STARTERS

Alici in Savor (Marinated sardines)



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INGREDIENTS

- 2 pound of anchovies,
- 2 pounds of white onions,
- ½ liter seed oil,
- 1 and a half cups of white vinegar,
- 1 cup of water,
- Salt and pepper

METHOD

Clean and remove the bones from the anchovies. Fry the fish in very hot oil. Cut the onions into thin slices and place them in a pot with a cup of olive oil, salt and pepper, fry well without them dark and then add the vinegar and the collected oil from anchovies cooked.

Also add water and cook covered.

Should not discard, simply test and when they are cooked with salt and pepper.

Must remain plenty of liquid which then will be partly absorbed by the anchovies.

Take a baking dish of glass or porcelain and started to do by putting the layers on the bottom a bit 'of onion. Try not to do more than two layers Wait until cool and then let them rest in the fridge for at least 24 hours. This dish lasts even 2 or 3 days in the fridge.





VEGETERIAN DISHES

Sierra Leone Jollof Rice



INGREDIENTS

- 4 cups water
- 3 cups basmati rice
- 1 tin tomato puree
- 1 cup vegetable oil
- 2 medium size onions
- 3 sweet red peppers
- 4 stock cube (e.g magi cube)
- Thyme

Most Sierra Leonean women are passionate about food. In Sierra Leone when people come to a festive occasion it is a tradition not to just eat but to take away too. This recipe will make enough rice for 10 people

METHOD

Put water into sauce pan, add tomato puree and thyme and stir well. Add a cup of cooking oil, blended sweet peppers, chopped onions and stock cubes Stir together and allow to boil for about 15 – 20 minutes. Wash the rice well and add to saucepan. Reduce the heat and allow the rice to cook slowly.

Use a heavy lid to contain the heat and stir occasionally for 20 minutes until rice is cooked.



FISH AND SEAFOOD DISHES

Portuguese-style Oven Baked Fish



INGREDIENTS

- 1 fish to roast in the oven (fresh or frozen)
- 2 cloves garlic
- 1 big onion
- 1.5 dl olive oil
- 1 bay leaf
- 1 sprig parsley
- 2 dl white wine
- 1 bell pepper
- 750 g ripe tomato
- 1.200 kg potato

METHOD

Wash and clean the fish (gut the fish and remove the scales, if you haven't bought it already clean). Season the fish with lemon juice, salt and pepper to taste, and leave it for a few hours for the fish to take the taste of the ingredients. Now, make an onion stew, as follows: Pour olive oil, chopped garlic and finely sliced onion in a saucepan, and let it cook in low heat. Add bell pepper cut into strips and a bay leaf. Simmer until well cooked, and stir now and then, so that the mixture does not stick to the bottom of the pan. When the mixture starts to get blond, add white wine and peeled tomato, without seeds, cut into slivers. Season with pepper and simmer for 3 to 5 minutes. Then reserve. Place the fish into a roasting tray, previously greased with olive oil. Peel the potatoes, cut them into thick round slices and place them alongside the fish. Pour your onion stew over the fish and potatoes and cook in the oven for about 20 to 40 minutes.





MEAT DISHES

Risotto Alla Pilota (Pilotas Rice)



INGREDIENTS

- 1 kg. Rice "vialone nano"
- 1 kg. "salamelle mantovane" (sausages from Mantova)
- 1-2 costine for each person
- Sage
- Rosemary
- Bay laurel
- Butter
- Olive oil
- Grana cheese

METHOD

Cook sausages separately; out from the casing, crumble and cook them in a little bit of butter. When they start to brown, add some wine until the liquid is absorbed.

When the rice is almost cooked, mix it to the sausages with plenty of grated grana cheese. When the ingredients are well mixed, cover the pan with a cloth, in this way rice ends cooking by steam in the pan.

A variation of the recipe consists of adding a kind of pork meat, "costine", named in this recipe "puntèl" in mantuan dialect. Puntèl means "support". Marinate "costine" for some hours in a seasoned liquid made by white wine, sage, rosemary and bay laurel, so that the flavorings have enough time to penetrate meat. Cook first in a pan, with olive oil and a little bit of butter, when they start to brown add some wine until the liquid is absorbed, then place the meat in the oven with some olive oil and flavorings and roast very slowly at low temperature.

