



BAOFOOD PROJECT

Project acronym: BAOFOOD

Project title: Enhancing local food security and nutrition through promoting the use of Baobab (*Adansonia digitata* L.) in rural communities in Eastern Africa

Baobab Recipes

Baobab powder is a versatile ingredient, but despite its nutritional benefits and its availability, often only used in very few applications. In Eastern Africa it is mainly used in juices, porridge or sweets ('*mabuyu*'), which consist of the dried pulp around the seed prepared in a mix of sugar and food colourings.

However, there are many more possibilities how baobab may be used – and subsequently increase the micronutrient content of meals. Baobab powder can be applied as an additional or substituting ingredient, especially where some slight acidity is advantageous. Furthermore, it can provide thickening and gelling properties.

On the basis of local food products and recipes inform Eastern Africa, project partner ttz Bremerhaven has developed sample recipes including baobab powder up to 15 %. Please find a selection of sweet and savoury recipes in this document for inspiration!

Project website address: www.baofood.de



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BAO-HUMMUS

Ingredients

- 250 g Cooked kidney beans cooked or 125 g dried kidney beans soaked overnight
- 50 g Cashews, roasted
- 2 cloves Garlic, minced
- 1 tsp Cumin, ground
- 60 ml Orange juice
- 1 pinch Salt
- 1 pinch Pepper
- 50 ml Olive/Vegetable oil
- 80 ml Water
- 40 g Baobab powder

Quantities should be adjusted according to desired texture, especially liquids

Preparation

If using dry kidney beans, soak these overnight and afterwards boil them in fresh water for about two hours, removing the foam regularly. For further preparation, place all ingredients in a tall container and blend into a homogenous mixture, using a stick blender. Should the mixture be too dry, it can be diluted with some of the cooking water/can juices or a bit of orange juice. Other herbs and spices (e.g. parsley, paprika) can be added ad libitum.

CESSBAAR, SAVOURY BANANA PANCAKES



Ingredients

- 4 Normal bananas
- 2 Onions
- 2 Bell peppers (red)
- 3 Eggs
- ½ tsp Chili Powder
- 100 g Yoghurt
- 4 tbsp. Milk
- 70 g Corn flour
- 50 g Baobab powder
- 40 g Cane sugar
- To taste Ginger, thyme, pepper
- To taste Salt

The amount of milk should only be as much as necessary to achieve a nice pancake-batter consistency

Preparation

Puree the bananas, and roughly chop one onion as well as the peppers, and mix together with the milk. Transfer the mixture into a bowl. Finely dice (or chop) the other onion and add to the mixture. Now add the eggs, yoghurt, chili, flour, sugar and the Baobab. Season and fry. Serve with a spicy tomato sauce.

EASY CURRY SAUCE

Ingredients

- 1 Onion, chopped
- 30 ml Oil
- 370 ml Vegetable stock
- 1 tsp Salt
- 1 pinch Pepper
- 2 tbsp. Curry powder
- 250 ml Tomato sauce
- 100 ml Milk
- 80 g Baobab powder

Preparation

Sauté onion in oil until it is brownish. Add water or stock, and season with salt, pepper, and curry powder. In a bowl, mix tomato sauce and milk then add it to the pot with the chopped onion. Add the Baobab and bring to the boil. Add some more stock to adjust the thickness.

KUKU PAKA SAUCE

Ingredients

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| 1 | Onion, chopped |
| 1 | Habanero, Hot chilies, chopped |
| 35 g | Ginger, chopped |
| 2 cloves | garlic, chopped |
| 70 ml | Oil or ghee |
| 1 tbsp. | Curry Powder |
| 2 tsp | Cumin Seeds |
| 500 ml | Tomato sauce |
| 400 ml | Coconut milk |
| to taste | Salt and Pepper |
| 440 ml | Stock |
| 80 g | Baobab Powder |
| To taste | Cilantro |

Preparation

Add the onion, chilly, ginger and garlic to a food processor or blender and process until smooth. Add a little water if necessary. Heat the oil or ghee in a large pot or wok over medium flame. Add the onion puree, curry powder and cumin and sauté, stirring frequently, for 5 to 8 minutes, or until cooked down. Stir in the tomatoes and the Baobab and simmer for 2 minutes. Then add the coconut milk, salt and pepper. Reduce heat and simmer, covered. Add more stock as needed. Stir in the cilantro, adjust seasoning with salt and pepper and serve with rice or chapatti.

EASY SUGAR COOKIES



Ingredients

- 180 g All-purpose flour
- 140 g Baobab powder
- 5 g Baking powder
- 2 Eggs (L)
- 1 pinch Salt
- 300 g Sugar
- 250 g Butter
- 1 squeeze Lemon Juice
- 1 tsp Vanilla extract
- 2 Grated lemon rind

Preparation

Mix all ingredients to a homogenous mass and portion e.g. by sheeting or slicing. Bake at 180 – 200 °C until the surface is slightly brown (~ 10 – 15 min).

ORANGE - GROUNDNUT – COOKIES



Ingredients

- 120 g Whole grain wheat flour
- 100 g Baobab powder
- 5 g Baking powder
- 2 Eggs
- 1 pinch Salt
- 200 g Sugar
- 40 g Cane Sugar
- 80 g Groundnuts-plain, broken into small pieces
- 160 g Butter
- 1 tsp Vanilla extract
- 1 Grated lemon/orange rind

Preparation

Mix all ingredients to a homogenous mass and portion e.g. by sheeting or slicing. Bake at 180 – 200 °C until the surface is slightly brown (~ 10 – 15 min).

ORANGE CAKE



Ingredients

- 125 g Butter
- 220 g Sugar
- 130 g All Purpose Flour
- 100 g Baobab Powder
- 3 Eggs
- 200 ml Fresh Orange Juice
- 1 pinch Salt
- 7 g Baking Powder
- 2 Grated Orange Rinds

Preparation

The ingredients should all have a temperature of 20 – 25 °C; it is especially important that the fat is not too hard, but also not liquid. Mix the fat until smooth and softened, add the sugar and mix until light and fluffy. Add the eggs and the juice gradually while mixing. Finally add the dry ingredients (flour, Baobab powder, salt, baking powder, and orange rinds; which were dry mixed before). Deposit in suitable prepared pans and bake at ~ 170 – 190 °C for ~ 35 – 50 min (also depending on the height of the pan).