by decision of the German Bundestag





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

Cooked kidney beans cooked or 125 g dried kidney beans soaked overnight

Cashews, roasted 50 a

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



<u>Ingredients</u>

- 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.









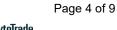














EASY CURRY SAUCE

<u>Ingredients</u>

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

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



<u>Ingredients</u>

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 ($\sim 10 - 15$ min).



















ORANGE CAKE



<u>Ingredients</u>

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 $20-25\,^{\circ}\text{C}$; 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 $\sim 170-190\,^{\circ}\text{C}$ for $\sim 35-50\,^{\circ}\text{min}$ (also depending on the height of the pan).

















