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Sweet Potato Pie

2 ¼ cups Sweet Potatoes, drained

4 Tablespoons margarine

2 eggs

1 cup sugar

2 tablespoons rum

¼ cup mixed nutmeg

1 cup milk

1 teaspoon vanilla

¼ cup chopped pecans

½ teaspoon salt

Preheat an oven to 425°. Mash sweet potatoes. Mix with margarine. Blend in rum, eggs, sugar, nutmeg, salt and cinnamon. Add milk and vanilla. Place mixture in a 9 inch baked pie shell. Bake for 10 minutes. Reduce heat to 350° and bake for 50 minutes or until firm.

Fried Okra

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1 cup of cornmeal

1 ¼ pound okra, cut into 1 inch pieces

¼ cup vegetable oil

1 ½ cup diced green tomato

2 beaten eggs

¼ teaspoon salt

¼ black or white pepper

½ cup milk

If desired:

¼ teaspoon cayenne pepper

1 medium hot jalapeno pepper

Garlic powder to taste

dash Tabasco sauce brand dressing

Heat oil in a skillet. Begin by combining okra, green tomato, and optional ingredients (if used) in a bowl.

Freely adjust amounts of optional ingredients to add as much or as little "heat" to the dish as you desired.

In a different bowl mix eggs, salt, pepper and milk. Cover the okra mixture with the eggs etc. Add cornmeal until absorbed. Oil is heated when a small amount of cornmeal sizzles.

Reduce heat to medium, cover and fry for 10 minutes, or until golden brown. Invert and cook 10 minutes, or until golden brown.

Benne (Sesame Seed) Pastries

$\frac{3}{4}$ cup sesame seeds

$\frac{3}{4}$ flour

$\frac{1}{2}$ teaspoon salt

2 tablespoons shortening

2 tablespoons butter

2 tablespoons very cold water

$\frac{1}{8}$ cup brown sugar

Preheat an oven to 400o

Lightly toast sesame seeds.

Combine flour, salt. Then add butter and shortening.

Add sesame seeds.

Add 1 tablespoon of cold water, and another if required, stirring mixture with fork. Roll into a ball, cover and allow to chill. Roll out the dough to $\frac{1}{4}$ inch thick, cut and bake for 7 to 10 minutes.

Black eyed Pea and Ham (and alternatives)

3 ½ cup Black eyed peas (fresh is best, canned if you must)

3 cups of broth (chicken or vegetarian substitute to taste)

Crushed red peppers to taste

1 medium onion, chopped (Traditionally yellow onion; try other varieties for a change in flavor)

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1 Bay leaf

1 tablespoon garlic powder

½ teaspoon thyme

1 tablespoon of vinegar

5 ounces of ham, chopped

½ tablespoon MSG (NOT required)

Boil ingredients for 45 minutes. Season with salt, pepper.

Alternative # 1

Substitute or add Canadian bacon for ham

Alternative # 2

Vegetarian alternative: remove ham, and use extra firm tofu in place of ham. Add 1 tablespoon soy sauce.

Alternative # 3

Vegetarian alternative, use portobello mushrooms.

African Green Pepper and squash

1 onion, chopped

1 large green pepper, chopped

2 tablespoons oil

1 chopped tomato (try green tomato for a different taste)

1 pound of spinach leaves, remove stems

1 teaspoon salt

¼ teaspoon Pepper

¼ cup of smooth Peanut butter

Optional:

Dash of Tobasco sauce (or to taste)

Cook onion and green pepper in a 3 quart saucepan until onion is tender. Add tomato and spinach. Add optional Tobasco sauce. Cover, simmer for 5 minutes. Stir in salt, pepper and peanut butter.

Kwanzaa Tuna

This recipe hails from the western part of Africa and is quite tasty.

Preheat an oven to 350 degrees.

Sauté 1/2 cup of chopped onions, in 3 tablespoons of olive oil. Transfer to baking dish.

Pour this mixture over 2 cups of dried, cooked, black-eyed peas. Combine with 1 large chopped tomato, 2 teaspoons of hot red crushed pepper.

Bake this mixture for 10 minutes.

Then add, 1/2 teaspoon salt, 14 ounces of tuna, 2 tablespoons of tomato paste.

Cover the dish, and bake for 15 minutes.

Uncover the dish and add bread crumbs.

Serve with bananas.

Fried Green Movie Tomatoes

1 cup of cornmeal (you can add a small amount of your favorite seasoning blend)
(Alternative: you can substitute hush puppy mix for 1/4 of the cup of cornmeal)

5 medium green tomatoes

1/2 cup of extra virgin olive oil

Salt

Pepper

Cilantro

Cut the tomatoes into 1/2 inch slices. Dip both sides of the tomato into the cornmeal

Heat the olive oil in a frying pan

Fry for 3 minutes on each side

Add salt, pepper to taste.

The cilantro is an excellent garnish which looks and tastes good.

Tradenames

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