

Farming for Resilience (F4R)



Implemented by
giz Deutsche Gesellschaft
für Internationale
Zusammenarbeit (German Development Cooperation)



NATURALLY NOURISHING NAMIBIA



Farming for Resilience (F4R)

Deutsche Gesellschaft für
Internationale Zusammenarbeit (GIZ) GmbH

Windhoek 2022



Implemented by
giz Deutsche Gesellschaft
für Internationale
Zusammenarbeit (GIZ) GmbH



NATURALLY NOURISHING NAMIBIA



Farming for Resilience (F4R) Contact Details

Deutsche Gesellschaft für Internationale Zusammenarbeit (GIZ) GmbH

Registered offices in Bonn and Eschborn, Germany

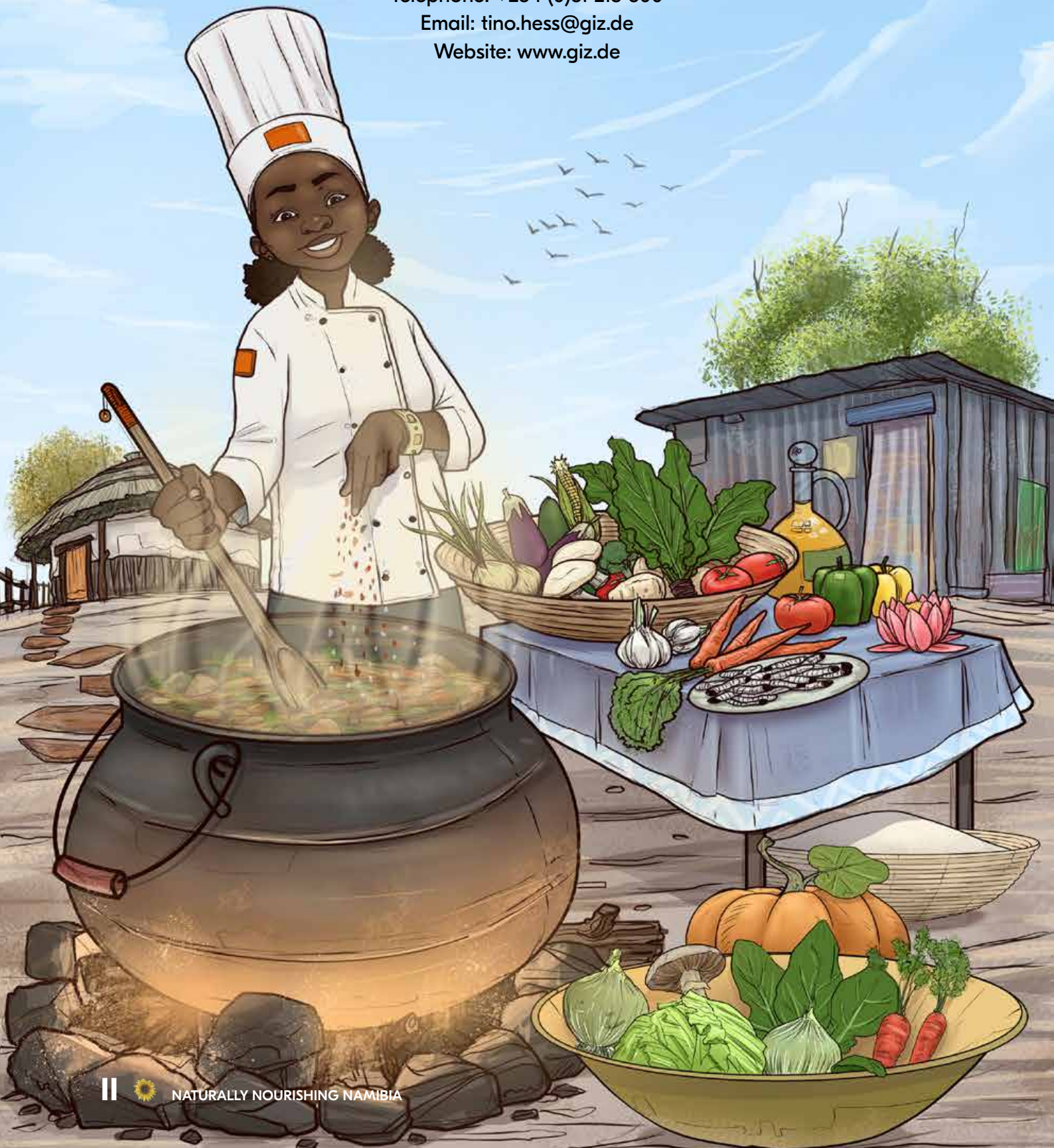
Units 4 & 7, Sinclair Park, Sinclair Street, Klein Windhoek

P.O. Box 8016, Windhoek, Namibia

Telephone: +264 (0)61 215 600

Email: tino.hess@giz.de

Website: www.giz.de



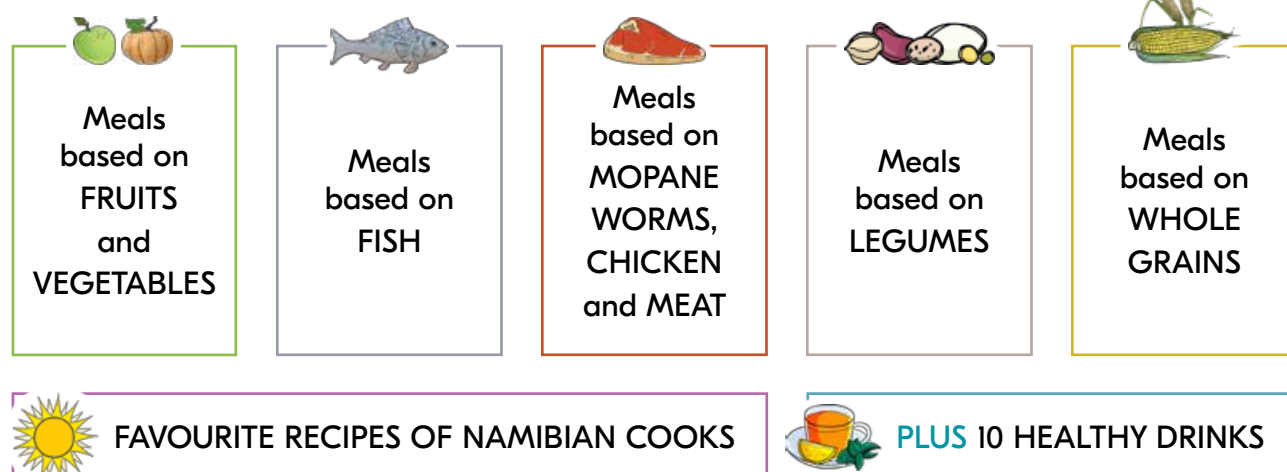
NATURALLY NOURISHING NAMIBIA

FOREWORD

The Farming for Resilience (F4R) Project, implemented by GIZ, supports Namibia's Ministry of Agriculture, Water and Land Reform (MAWLR) and other partner institutions to increase the climatic, social and economic resilience of the food and agriculture sector in Namibia. Nutrition is a crucial pillar of these efforts, as the improvement of diets, especially among women and children, brings an array of long-term benefits in personal development, health and education.

This cookbook will serve you as an easy guide on how to diversify your diet by using locally available ingredients and cooking equipment. It encourages the use of indigenous foods, and represents the diversity of Namibia's cuisines, cultures and lifestyles.

This book contains 50 delicious recipes, which are divided into six categories:



Focusing on ingredients used in indigenous and traditional recipes, the meals featured in this book are highly nutritious and do not require any industrial processing, which can alter flavours and reduce quality. On top of that, all the dishes can be prepared with the most basic cooking equipment. The health benefits of each dish are briefly outlined as part of the recipe.

We hope that this cookbook will encourage you to learn more about healthy eating, inform you about the benefits of consuming different foods, and inspire you to incorporate nutritious food into your life.

Be a champion in your kitchen with these tasty and affordable meals, which will give you all the nutrients you need to nourish your body, mind and soul for a healthy life.

For further information and reading materials relevant to Namibia, you are welcome to contact the F4R Project.

CONTENTS

Meals based on **FRUITS** and **VEGETABLES** **I**

1	Vegetable and Cowpea Curry	2
2	Butter Bean and Fruit Dish	4
3	Easy Salsa	6
4	Roasted Pepper and Tomato Stew	8
5	Green Vegetable Soup with Spinach	10
6	Roasted Vegetables	12
7	Spicy Shakshuka Breakfast	14
8	Vegetable Paella	16
9	Sweet Potato Peanut Stew	18
10	Loaded Sweet Potato	20
11	Butternut and Cowpea Salad	22

Meals based on **FISH** **23**

12	Pilchard and Tuna Fishcakes	24
13	Sardine and Tomato Omelette	25
14	Fish and Bean Stew	26
15	Pilchard Shakshuka	28
16	Fisherman's Pie	30
17	One-Pan Mackerel Bake	32
18	Catfish Salad	34
19	Hake and Vegetable Foil Parcels	36

Meals based on **MOPANE WORMS, CHICKEN** and **MEAT** **37**

20	Mopane Worm and Butternut Casserole	38
21	Chicken Mac and Cheese	40
22	Boerewors and Chickpea Stew with Herb Dumplings	42

Meals based on **LEGUMES** **45**

23	Lentil Sandwich Filling	46
24	Lentil and Veggie Burger	47
25	Spicy Cowpea Fritters	48

50 RECIPES

Meals based on WHOLE GRAINS	49
26 High Protein Mix	50
27 Corn and Barley Salad	51
28 Granola with Oshikandela	52
29 Creamy Oats	54
30 Seed and Oat Muffins	55
31 Mahangu Bread	56
32 Corn and Bean Chowder	58
33 Sweetcorn Bread	60
Recipes from the HEART OF NAMIBIA	61
34 Beef Tripe with Wholewheat Dombolo Bread	62
35 Mahangu Rotis with Oshingali Purée	64
36 Lentil and Potato Curry with Naan Bread	66
37 Vegetable and Bean Stew with Brown Rice	68
38 Oshigali Falafel with Peanut Butter Sauce	70
39 Creamy Truffles with Spaghetti	72
40 Zambezi Bream with Water Lilies (<i>Inkuma</i>) and Couscous	74
41 Silver Fish with Cassava Porridge	76
42 Mutton Potjie Kos with White Corn Pap	78
43 Dried Meat (<i>Oodhingu</i>) with Samp and Gem Squash	80
44 Catfish and Okra with Ekundu and Mahangu	82
45 Baobab Fruit Yoghurt	84
46 Marathon Chicken with Vegetables	86
47 Fish Tacos with Salsa	88
48 Evanda Vegetable Mix with Mashed Sweet Potatoes	90
49 Spicy Cowpea	92
50 Stuffed and Marinated Chicken Roulade	94
Recipes for HEALTHY DRINKS	96
Additional information: Food Groups, Meal Planning, Food Hygiene	98



NOTES & TIPS

Health benefits: The overviews of the health benefits of recipes 1-33 are very brief rather than comprehensive, because they are intended only to provide an idea of the benefits of some of the ingredients. It is recommended that readers seek to inform themselves further about the range of nutrients that various ingredients contain, and how each nutrient can benefit one's health. Many illnesses/diseases can be prevented or alleviated, and possibly even cured, by eating healthily, and by focusing on nutrients that will serve one's own individual health needs.

Photographs: For each recipe there are numbered photos that correspond with the numbered steps under the heading "METHOD", and there is a photo of the final dish.

Cooking equipment: The recipes in this book were prepared using basic cooking equipment that can easily be found in every household.

Cooking times: Cooking times may differ to the times specified in the recipes, depending on whether one is cooking on an outdoor fire using coal or wood, or in an indoor kitchen using a stove or an oven. All recipes in this book were prepared on an outdoor fire, sometimes using coal and sometimes wood.

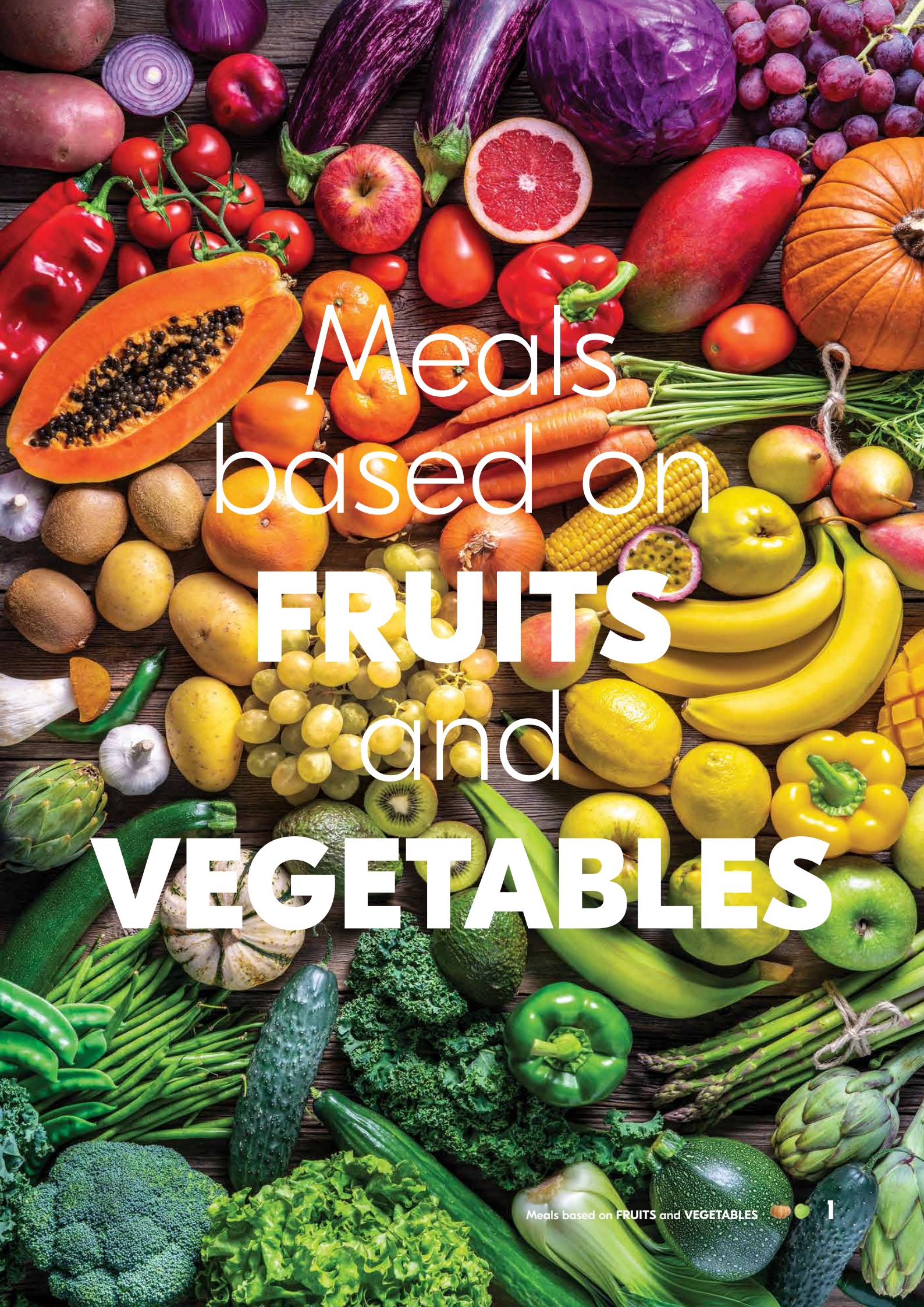
Servings per recipe: The number of servings per recipe is specified in the list of ingredients for each recipe. If you are cooking for more or fewer people, you will need to increase or decrease the amount of each ingredient accordingly.

Size of ingredients such as a vegetable, where not specified: In just a few recipes, the list of ingredients specifies that a particular item, such as an onion, should be small, medium or large in size. In all other cases, the size is as preferred by the cook.

Recipes with beans: If the water dries out, add more water as needed.

Use of salt and type of salt: Salt is an ingredient in almost all of the recipes. Individuals may prefer not to use salt, or to increase or decrease the amount specified. It is recommended that *iodized* salt be used in all cases, to increase your iodine intake. Iodine is an important mineral that is vital in the making of the thyroid hormone by the thyroid gland. However, during pregnancy it can impair the baby's growth and neurodevelopment, and during childhood it can reduce somatic (body/physical) growth as well as cognitive (mental/intellectual) and motor function. It is wise to consult a doctor if you are unsure whether you can consume iodized salt.

Allergies: If you experience an allergic reaction to any ingredient or recipe, do not consume or use it again, and consult your doctor for medical advice.



Meals
based on
FRUITS
and
VEGETABLES

1 Vegetable and Cowpea Curry

INGREDIENTS (2-3 servings)

Vegetables: carrots, green pepper, spinach and broccoli ➤ 750ml (3 full cups) chopped

(Note: You can use any other types of vegetables available.)

Cowpeas ➤ 250ml (1 full cup) cooked

(Note: Prior to starting the preparations, the cowpeas must be sorted, washed in clean water, and cooked in water for 1½-2 hours or until they soften.)

Garlic ➤ 15ml (1 tablespoon) crushed

Onion ➤ 1 (size as preferred) chopped

Chilli or paprika ➤ 5ml (1 teaspoon) crushed

Curry powder ➤ 15ml (1 tablespoon)

Milk ➤ 200ml (¾ cup)

Peanut butter ➤ 30ml (2 tablespoons)

Cooking oil ➤ 30ml (2 tablespoons)

Water ➤ 200ml (¾ cup)

Sugar ➤ 5ml (1 teaspoon)

Salt ➤ a pinch

METHOD

- 1 Heat the oil in a pot over hot coals, add the onion and garlic, and sauté for 5 minutes until soft.
- 2 Add the curry powder.
- 3 Add the crushed chilli.
- 4 Add the peanut butter and sugar, and stir until all the ingredients are well combined.
- 5 Add the cowpeas.
- 6 Add 100ml of water, and bring to a boil.
- 7 Add the carrots and green pepper.
- 8 Add the spinach.
- 9 Add the broccoli and stir.
- 10 Add the remaining 100ml of water.
- 11 Add the milk and bring the mixture to a boil.
- 12 Reduce the heat by placing the pot over cooler coals, and simmer for 20 minutes until the vegetables are tender.
- 13 Serve with wheat, barley or porridge.

HEALTH BENEFITS

You can improve your health by eating vegetables. Broccoli and spinach are two of the most nutrient-rich vegetables. Broccoli is packed with vitamins A, C, K, B-complex (B1, B3, B5, B6), chromium (which breaks down fats and carbohydrates), zinc, iron and calcium, and has adequate amounts of omega-3 fatty acids. Chilli peppers contain significant amounts of minerals, vitamins and amino acids, all of which are essential for good health and body growth. All the vegetables used in this recipe have strong anti-inflammatory and immunity-strengthening properties.



2 Butter Bean and Fruit Dish

INGREDIENTS (1-2 servings)

White butter beans (fresh) > 300ml (250g) (*Note: Soak the beans in water overnight.*)

Apple (or pear) > 1 cut in wedges

Bananas > 2 sliced

Ginger > 5ml (1 teaspoon) ground

Cinnamon > 5ml (1 teaspoon) ground

Corn starch flour > 30ml (2 tablespoons)

Orange juice > 1 (cut in half and squeezed)

Water > 750ml (3 full cups)

Salt > 2.5ml (½ teaspoon)

METHOD

- 1 Add 700ml (2¾ cups) of water to a pan with the beans, and cook for 20-30 minutes or until soft.
- 2 Add the ginger powder.
- 3 Add the cinnamon powder and half of the orange juice, and stir.
- 4 Add the apple wedges and the banana slices, and mix.
- 5 Place hot coals on the lid of the pan and simmer for 2 minutes.
- 6 Mix the corn starch flour with the remaining 50ml of water to form a paste, and then pour the paste into the pan and mix it thoroughly with the other ingredients.
- 7 Simmer for 5 minutes.
- 8 Serve as a complete meal or as a side dish.

HEALTH BENEFITS

Butter beans, like all legumes, are rich in fibre, which reduces blood cholesterol and regulates blood sugar levels.

Fruits are an important part of the diet — and should be eaten daily if possible — because they contain vital nutrients such as vitamins A and C, minerals, phytochemicals and dietary fibre, all of which contribute to proper functioning of the body and reduce the risk of chronic diseases. Apples are one of the richest sources of pectin, a type of fibre found in plants, which helps to decrease cholesterol levels, and may help to prevent diabetes by lowering blood sugar levels. Oranges are among the best sources of vitamin C, which boosts the immune system. Bananas are an excellent source of vitamin B6, which helps to produce red blood cells, remove unwanted chemicals from your liver and kidneys, and maintain a healthy nervous system. Bear in mind that locally available Namibian fruits such as wild berries (*eembe*), monkey oranges, jackal berries and marula fruit are just as healthy as common fruits such as apples and bananas.

Ginger is a vegetable that is known for its medicinal properties. It is full of iron, magnesium, flavonoids, and phenolic compounds (gingerol) which have anti-inflammatory properties. It is used to treat colds, nausea and muscle pain, and it stimulates the immune system, aids digestion and has anti-parasitic effects. It can be consumed in different forms — fresh, dried or powdered — and can be added to foods and drinks or chewed as it is.



3 Easy Salsa

INGREDIENTS (1-2 servings)

Garlic > 1 clove

Onion > 1

Tomatoes > 3

Chilli pepper > 1 (*Note: the more seeds the hotter the chilli.*)

Fresh coriander (or any other available fresh herb) > 62.5ml (¼ cup)

Lime or lemon juice > 1 cut in half and squeezed

Olive oil > 15ml (1 tablespoon)

Salt > a pinch

White pepper > 5ml (1 teaspoon)

METHOD

- 1 Chop the onion into small pieces.
- 2 Chop the garlic clove into small pieces.
- 3 Chop the chilli pepper into small pieces.
- 4 Chop the fresh coriander into small pieces.
- 5 Chop the tomatoes into small pieces.
- 6 In a mixing bowl, mix all the chopped ingredients together with the salt, and squeeze the lime/lemon juice over the mix.
- 7 Add the pepper and olive oil, and mix again.
- 8 Serve with grilled meat or add to stew.

HEALTH BENEFITS

Fresh salsa is one of the best ways to add flavour as well as many nutrients to your meals. For example, lime/lemon juice, onions, tomatoes and chilli peppers are all rich sources of vitamin C, an antioxidant that is necessary for body growth, tissue repair and wound healing, and which also protects the body against infections.

Garlic is packed with nutrients that give this vegetable powerful health benefits and medicinal properties, most of which stem from the sulphur compounds that form when a garlic clove is chopped, crushed or chewed. The active compounds and antioxidants in garlic can help to prevent or treat short-term illnesses such as the common cold, and chronic conditions such as high blood pressure, high cholesterol and heart disease. Garlic also adds a delicious flavour to food, and is easy to include in one's diet, whether fresh, dried or powdered.

Onions too are packed with nutrients that promote health in many ways, and can help to treat ailments. There are various types of onion in different colours (white, red, yellow, green), all of which have strong anti-inflammatory and antioxidant properties that fight off pathogens (disease-producing organisms), and benefit heart health, gut health, bone density and blood sugar levels, and may lower the risk of certain cancers. A key nutrient in onions is sulphur, which is good for the liver, skin, tendons and ligaments, and generally helps to protect body cells from damage. A staple in kitchens worldwide, onions are highly flavourful whether raw or cooked.



4 Roasted Pepper and Tomato Stew

INGREDIENTS (1-2 servings)

Tomatoes > 2 chopped
Peppers: green, red or yellow > 2 small whole
Garlic > 30ml (2 tablespoons) chopped
Onion > 1 chopped
Basil (fresh or dried) > 1 handful of fresh or 1 teaspoon of dried
Rosemary > 1 small stalk
Paprika powder > 5ml (1 teaspoon)
Tomato paste > 30ml (2 tablespoons)
Cooking oil > 60ml (4 tablespoons)
Water > 250ml (1 full cup)
Salt > 2.5ml (½ teaspoon)
White pepper > 2.5ml (½ teaspoon)

METHOD

- 1 De-seed the peppers, brush them with 30ml of oil, and roast them on a grid over hot coals until they are slightly charred.
- 2 Heat up the rest of the oil in a pot over coals.
- 3 Fry the onions and garlic for a few minutes.
- 4 Dice up the roasted peppers and add them to the pot.
- 5 Add the tomato paste and stir.
- 6 Add the chopped tomatoes.
- 7 Add the water and salt, and bring to a boil (by cooking on low heat for about 10 minutes).
- 8 Season with the basil, white pepper and rosemary.
- 9 Cook for another 15-20 minutes over low heat, adding water as necessary.
- 10 Serve with samp, porridge, brown rice, pasta or barley.

HEALTH BENEFITS

Tomatoes — which can easily be grown in backyard gardens — are the best source of the antioxidant lycopene, which gives the tomato its bright-red colour. Lycopene is anti-carcinogenic (meaning it delays, inhibits or helps to prevent the development of cancer), and also protects the heart, boosts digestive health, improves vision and promotes healthy skin. In salads, tomatoes can be consumed raw or slightly/partially cooked or roasted for flavour. In addition, tomatoes are low in calories. When fresh tomatoes are not locally available, canned or dried tomatoes are a convenient and tasty alternative.

Red and yellow peppers are rich in *lutein*, which, like lycopene, is also good for eyesight.

Basil, a herb that is normally added to stews for flavour, contains decent amounts of calcium, magnesium, potassium and iron.



5 Green Vegetable Soup with Spinach

INGREDIENTS (2-3 servings)

Leafy greens: spinach, kale or swiss chard, or a mix of types ➤ 1000ml (4 full cups)

Broccoli ➤ 4 heads (about 4-5 cups) chopped

Celery ➤ 2 stalks chopped

Garlic ➤ 4 cloves chopped or 10ml (2 teaspoons) crushed

Onions ➤ 1½ chopped

Beans: cannellini or white or butter ➤ 1 can or 375ml (1½ cups) cooked

Lentils ➤ 125ml (½ cup) cooked

Mixed herbs (dried) ➤ 10ml (2 teaspoons)

Stock: vegetable or chicken ➤ 2 cubes or 2 tablespoons of powder

Water ➤ 500ml (2 cups)

Juice of ½ a lemon (optional)

Salt ➤ 5ml (1 teaspoon)

Black pepper ➤ 2.5ml (½ teaspoon)

METHOD

- 1 Prepare vegetable or chicken broth by mixing 2 cups of water with the vegetable or chicken stock (2 cubes or 2 tablespoons of powder).
- 2 In a pot over medium heat, add the broth, the onions and garlic, and then the broccoli, and cook until the vegetables start to soften.
- 3 Add the spinach.
- 4 Add the celery.
- 5 Add the cooked beans, salt and black pepper.
- 6 Stir all the ingredients together.
- 7 Add the cooked lentils and simmer for 3 minutes over medium to low heat.
- 8 Taste and adjust the seasonings as necessary.
- 9 Serve as a meal with bread (e.g. mahangu bread) or brown rice.

HEALTH BENEFITS

Leafy green vegetables and beans are important for a healthy diet, primarily because of their abundance of fibre, which aids digestion and helps to protect against gastrointestinal issues. In addition to fibre, both of these types of food provide numerous nutrients that help to reduce the risk of lifestyle conditions such as diabetes, cardiovascular diseases, high cholesterol and obesity. For instance, spinach, broccoli and beans are rich in iron, which boosts the body's levels of haemoglobin (a protein in red blood cells that carries oxygen through the body), reduces fatigue and treats anaemia. Apart from their many health benefits, leafy green vegetables are easy to grow on your own, and are easy to preserve by using simple preservation methods such as drying in the absence of cold storage.



6 Roasted Vegetables

INGREDIENTS (1-2 servings)

Garlic ➤ 2 cloves chopped

Onion ➤ 1 sliced

Eggplants ➤ 2 diced

Green pepper ➤ 1 chopped

Butternut ➤ 1 (medium size) peeled, deseeded, diced and boiled in 125ml (½ cup) of water for 5-10 minutes or until slightly soft

Cooking oil ➤ 45ml (3 tablespoons)

Paprika (optional) ➤ 2.5ml (½ teaspoon)

Salt ➤ 5ml (1 teaspoon)

White pepper ➤ 5ml (1 teaspoon)

METHOD

- 1 Add the cooking oil to a frying pan.
- 2 Add the onion, butternut and garlic.
- 3 Fry these ingredients for about 5 minutes.
- 4 Add the eggplant.
- 5 Add the green pepper.
- 6 Fry for a few minutes until the eggplant and green pepper are tender.
- 7 Season with the salt and white pepper.
- 8 Toss the combined vegetables to ensure that they are evenly coated with oil, and stir until the butternut is well cooked and slightly brown.
- 9 Serve hot.

HEALTH BENEFITS

Eggplants, also known as aubergine or brinjal, is an edible purple fruit that is rich in vitamins B1 and B6. Vitamin B1 prevents anaemia and supports the production of haemoglobin in the blood. This fruit is non-starchy and low in calories, making it good for digestive health and for regulating blood pressure. It also contains magnesium which promotes strong bones as well as proper functioning of muscles and nerves, and other essential nutrients which have anti-inflammatory properties.

Butternut is an excellent source of many vitamins and minerals. In particular, it contains a substantial amount of vitamin A, an essential nutrient for cell growth, eye health, bone health, skin health and immune function.



7 Spicy Shakshuka Breakfast

INGREDIENTS (2-3 servings)

Garlic > 1 clove or 5ml (1 teaspoon) crushed

Onion > 1 chopped or sliced

Fresh ginger > 15ml (1 tablespoon) grated

Carrot > 1 grated

Green pepper > 1 chopped

Spinach, dried and fresh > 125ml (½ cup) dried plus 2 fresh leaves

Tomatoes > 3 chopped

Coriander > 3 fresh leaves chopped

Parsley > 15ml (1 tablespoon)

Chilli (optional) > 5ml (1 teaspoon) crushed — or a pinch of paprika or cayenne pepper instead

Eggs > 3

Lemon juice > 5ml (1 teaspoon)

Cooking oil > 45ml (3 tablespoons)

Water > 30ml (2 tablespoons)

Salt > 2.5ml (½ teaspoon)

Black pepper > 2.5ml (½ teaspoon)

METHOD

- 1 Add 30ml (2 tablespoons) of cooking oil, the onion and the green pepper to a pan.
- 2 Fry the onion and green pepper until tender.
- 3 Add the crushed ginger.
- 4 Add the grated carrots.
- 5 Add the dried spinach.
- 6 Stir fry for 5 minutes.
- 7 Add the fresh spinach.
- 8 Add the chopped garlic.
- 9 Season with the crushed chilli, salt, black pepper and lemon juice.
- 10 Stir fry.
- 11 Add the chopped tomatoes, stir for 3 minutes, add the 2 tablespoons of water and simmer.
- 12 Create 3 gaps in the sauce, of a size suitable for adding 3 eggs.
- 13 Add 1 teaspoon of cooking oil in each gap.
- 14 Break 1 egg into each gap, and fry for 3 minutes or until the yolk is cooked to your liking.
- 15 Sprinkle with parsley and fresh coriander.
- 16 Serve hot with wholewheat or mahangu bread.

HEALTH BENEFITS

Eggs contain high-quality protein and can easily be accessed if you rear your own chickens. They are one of the best sources of protein (a nutrient that helps the body to build and repair tissue), because they offer ‘complete protein’, in that they contain all nine essential amino acids (the building blocks of protein), which the body cannot produce by itself.



1



2



3



4



5



6



7



8



9



10



11



12



13



14



15



8 Vegetable Paella

INGREDIENTS (3-4 servings)

Cowpeas > cooked, 250ml (1 full cup) *(Note: Prior to starting the preparations, the cowpeas must be sorted, washed in clean water, and cooked in water for 1½-2 hours or until they soften.)*

Brown beans > cooked, 250ml (1 full cup) *(Note: Prior to starting the preparations, the beans must be sorted, washed in clean water, and cooked in water for 2-2½ hours or until they soften.)*

Garlic > 1 clove chopped

Onions > 2 chopped

Peppers: green, red and yellow > 1 of each colour, chopped

Spring onions > 4 chopped

Tomatoes > 45ml (3 tablespoons) dried, or 1 fresh diced

Brown rice > 250ml (1 full cup)

Peas > 250g fresh, frozen or canned

Cooking oil > 60ml (4 tablespoons)

Chicken stock > 750ml (3 full cups) — 3 cubes or 3 tablespoons dissolved in 3 cups of boiling water)

Paprika powder > 5ml (1 teaspoon)

Turmeric powder > 5ml (1 teaspoon)

Salt > a pinch

METHOD

- 1 Add the oil and the onions to a pot.
- 2 Add the green, red and yellow peppers.
- 3 Cook for 3 minutes.
- 4 Add the spring onions.
- 5 Add the tomatoes.
- 6 Add the garlic.
- 7 Add the brown rice.
- 8 Season with paprika, turmeric and salt.
- 9 Add the chicken stock, cover the pot and simmer for 20-25 minutes until the rice is almost done.
- 10 Add the peas.
- 11 Add the brown beans.
- 12 Add the cowpeas.
- 13 Stir all the ingredients together and let the paella simmer for approximately 5 minutes until all the ingredients are well cooked.
- 14 Serve hot.

HEALTH BENEFITS

As compared to white rice, brown rice is considered rich in fibre, proteins, minerals, vitamins, fats and antioxidants. Among other B vitamins, it contains vitamin B2 (riboflavin) which helps in the production of red blood cells. Brown rice also has anti-diabetic properties. Adding beans to meals can be a meat replacement and an alternative source of protein.



9 Sweet Potato Peanut Stew

INGREDIENTS (2-3 servings)

Onion > 1 chopped

Spinach > 2 fresh leaves chopped

Sweet potato > 1 of medium size, chopped into cubes

Tomatoes > 2 chopped

Chickpeas > 250ml (1 full cup) cooked

(Note: Prior to starting the preparations, the chickpeas must be sorted, washed in clean water, and cooked in water for 2-3 hours or until they soften.)

Peanut butter > 5ml (1 teaspoon)

Chicken stock > 500ml (2 cubes or 2 teaspoons of powder dissolved in 2 cups of boiling water)

Cooking oil > 45ml (3 tablespoons)

Chilli powder > 2.5ml (½ teaspoon)

Salt > 5ml (1 teaspoon)

METHOD

- 1 Add the oil and onion to the pot, and sauté the onion on medium heat.
- 2 Add the sweet potato.
- 3 Add the chilli powder and stir for 3 minutes.
- 4 Add the tomatoes.
- 5 Add the chicken stock and simmer for 10 minutes or until the sweet potato is tender.
- 6 Add the peanut butter.
- 7 Add the cooked chickpeas.
- 8 Add the spinach and stir for 5 minutes.
- 9 Serve hot.

HEALTH BENEFITS

Sweet potatoes are an important source of beta carotene (a compound that gives vivid yellow, orange and red colouring to vegetables), which the body converts into vitamin A which in turn contributes to good vision, skin and immunity. In addition to their health benefits, sweet potatoes are easy to grow, tasty, and can be cooked in different ways.

Peanut butter is made from groundnuts, which are commonly referred to as peanuts. Among other nutrients, peanut butter contains vitamin B3 (niacin) which aids digestion and nerve function, and provides energy.



10 Loaded Sweet Potato

INGREDIENTS (2-3 servings)

Sweet potato > 1 large

Red kidney beans > 125ml (½ a cup)

Peppers: green, red and yellow > ½ of each colour, chopped

Garlic > 3 cloves chopped

Onion > 1 chopped

Spinach > 500ml (2 full cups)

Tomato > 1 chopped

Zucchini > 2 cubed

Basil > 3 leaves chopped

Cumin > 5ml (1 teaspoon)

Mixed herbs (dried) > 5ml (1 teaspoon)

Cooking oil > 15ml (3 teaspoons)

!Nara oil > enough to drizzle over the final dish

Water > enough for cooking the potato in one pot and the beans in another pot

Salt > 5ml (1 teaspoon)

Black pepper > 5ml (1 teaspoon)

METHOD

Sweet potato

- 1 Place the sweet potato in a pot, add water, and cook on medium heat until the potato is tender. Then put this pot aside.

Filling

- 2 In a separate pot, cook the kidney beans in water for 1½ hours or until they are soft.
- 3 Add the cooking oil and salt.
- 4 Add the garlic, onion, peppers (green, red, yellow), spinach, tomato, zucchini, basil, cumin, mixed herbs and black pepper, and stir and simmer for 7 minutes.
- 5 When the potato is fully cooked, cut a straight line through the middle of it, but not all the way through; leave a part of the bottom (about 2cm) uncut.
- 6 Gently open the potato and remove the flesh to make a potato bed.
- 7 In a mixing bowl, mix the potato flesh with the vegetable mixture.
- 8 Fill the potato bed with the mixture, and drizzle !nara oil over the top.
- 9 Serve hot.

HEALTH BENEFITS

Incorporating red kidney beans into the diet is a great way to meet your dietary needs, because they contain essential amino acids, and they lower fat intake. Mixing legumes with vegetables such as sweet potatoes and cereal grains is a great way to diversify protein, vitamin and mineral efficacy, resulting in a more nutritious mixture. Just a 1-cup serving of cooked beans can provide one third of the recommended daily intake of iron for females.



11 Butternut and Cowpea Salad

INGREDIENTS (2-3 servings)

Butternut > 1, peeled and cut in cubes
Cowpeas > 125ml (½ a cup) cooked
Lettuce > 5 leaves
Pumpkin seeds (optional) > 5ml (1 teaspoon)
Curry powder > 7.5ml (½ tablespoon)
Cooking oil > 75ml (5 tablespoons)
Marula oil > 45ml (3 tablespoons)
Lemon juice > 30ml (2 tablespoons)
Water > 125ml (½ cup)
Salt > 2.5ml (½ teaspoon)
Black pepper > 5ml (1 teaspoon)

METHOD

- 1 Pour the water and cooking oil into a frying pan.
- 2 Add the butternut, cover the pan and cook for 15 minutes.
- 3 Add the salt, pepper and curry powder).
- 4 Cook for 5 minutes until the butternut is soft.
- 5 Place the lettuce in a bowl, fill it with the roasted butternut, and add the cooked cowpeas on top.
- 6 Drizzle with marula oil and lemon juice.
- 7 If you want extra crunch, add the pumpkin seeds.
- 8 Serve with grilled or roasted fish, chicken, or any meat of your choice.



HEALTH BENEFITS

Cowpeas are a source of protein and soluble fibre which promotes digestive health, and is also a good source of calcium and selenium. Calcium contributes to strong bones and teeth, while selenium supports the immune system and protects against heart diseases. Pumpkin seeds are rich in vitamin E which helps the body cells to regenerate. Both pumpkin seeds and Kalahari melon seeds contain omega-3 and omega-6 fats which are beneficial to the heart and the liver. Marula oil is rich in essential fatty acids such as oleic and linoleic fatty acids which reduce cholesterol. They also contain amino acids which are the building blocks of proteins needed by the body for the repair of cells.





Meals based on **FISH**



12 Pilchard and Tuna Fishcakes

INGREDIENTS (2-3 servings)

Pilchards > 1 x 400g tin

Tuna > 1 x 170g tin

Carrot > 1 peeled and grated

Onion > 1 finely chopped or grated

Potatoes > 2 boiled in water and peeled

Egg > 1

Cake flour > 125ml (½ cup)

Breadcrumbs > 250ml (1 full cup)

Cooking oil > 60ml (4 tablespoons)

Salt > a pinch

Black pepper > a pinch

METHOD

- 1 Add the boiled potato, pilchards, tuna, chopped/grated onions, grated carrots, cake flour and egg to a bowl.
- 2 Mix all the ingredients together.
- 3 Mould the mixture into small fishcakes and dip in breadcrumbs.
- 4 Add the cooking oil to a pan.
- 5 Cook the fishcakes evenly on both sides until golden brown, and then place them on absorbent paper or a kitchen towel.
- 6 Serve with corn, salsa or other vegetables.

HEALTH BENEFITS

Canned and fresh fish have the same protein content. Both also contain omega-3 fatty acids which are a source of good cholesterol and help the body to absorb fat-soluble vitamins. Carrots are a good source of calcium and vitamin K, and promote bone health. Raw carrots can also be eaten as a healthy snack between meals.



13 Sardine and Tomato Omelette

INGREDIENTS (1 serving)

- Sardine** > 1 x 120g can mashed
- Eggs** > 3 whisked
- Onion** > 1 finely chopped and sautéed
- Tomato** > 1 thinly sliced
- Paprika** > a pinch
- Parsley** > 30ml (2 tablespoons) chopped
- Milk (fresh)** > 60ml (4 tablespoons)
- Cooking oil** > 15ml (1 tablespoon)
- Salt** > a pinch
- Black pepper** > 2.5ml (½ teaspoon)

METHOD

- 1 Heat the oil in a pan, coat the pan with the heated oil, and add the whisked eggs, milk, salt, parsley, paprika, black pepper and sautéed onions, but do not move the mixture around the pan.
- 2 When the mixture is half cooked, place 4 thin slices of tomatoes in a row on one side of the mixture.
- 3 Add the mashed sardines on top of the tomato slices.
- 4 Once the mixture is cooked, fold the other side onto the side which has the tomato and sardines, to form a stuffed pocket.
- 5 Turn and flip the omelette until it is light golden brown on both sides, and serve it hot.



HEALTH BENEFITS

An omelette is a great way to diversify your diet. You can add different types of vegetables, seeds, fruits, meat and milk to suit your preference. Sardines are full of vitamin B12 for proper functioning of the cardiovascular system, and with calcium and vitamin D which are good for bone health.



14 Fish and Bean Stew

INGREDIENTS (2-3 servings)

Pilchards > 1 x 400g can (in tomato or chilli sauce)

Potatoes > 2-3, unpeeled and washed

Bambara nuts > 125ml (½ cup) cooked

(Note: Prior to starting the preparations, the bambara nuts must be sorted, washed in clean water, and cooked in water for 2-3hrs or until they soften.)

Onion > 1 chopped

Spinach (optional) > 1 handful

Mixed herbs (dried) > 5ml (1 teaspoon)

Curry powder (optional) > 15ml (1 tablespoon)

Stock: tomato / brown or white onion / vegetable > 1 cube or 30ml (2 tablespoons) soup powder

Vinegar > 5ml (1 teaspoon)

Cooking oil > 30ml (2 tablespoons)

Water > 500ml (2 full cups)

Salt > a pinch

Black pepper > a pinch

METHOD

- 1 Heat the cooking oil in a pot, add the onions and stir.
- 2 Add the potatoes.
- 3 Add the pilchards.
- 4 Add the cooked bambara nuts.
- 5 Stir all the ingredients together.
- 6 Add the seasonings (black pepper, salt and mixed herbs).
- 7 Add the stock and vinegar, and simmer for 10 minutes or until the potatoes are tender.
- 8 Serve with brown rice / samp / mahangu porridge / bread / pasta.

HEALTH BENEFITS

The resistant starch in potatoes acts as a prebiotic (a compound that induces the growth of good microorganisms such as fungi and bacteria), and serves as food for the bacteria in your stomach, hence this starch improves gut health. Note that deep-frying potatoes is unhealthy because it produces a high volume of trans-fatty acids which increase the risk of cardiovascular (heart) and other diseases. Therefore, cook potatoes with as little oil as possible.

Bambara nuts are rich in protein, unsaturated fatty acids and essential minerals (iron, zinc, potassium and magnesium). Unsaturated fatty acids are associated with the reduction of heart diseases and cholesterol.



15 Pilchard Shakshuka

INGREDIENTS (2-3 servings)

Pilchards > 1 x 400g can

Garlic > 2 cloves finely chopped

Onion > 1 peeled and chopped

Spinach > 6 fresh leaves chopped

Tomatoes > 2 chopped

Bambara nuts > 125ml (½ cup) cooked

(Note: Prior to starting the preparations, the bambara nuts must be sorted, washed in clean water, and cooked in water for 2-3hrs or until they soften.)

Hibiscus (*mutete*) (optional based on availability) > 45ml (3 tablespoons) dried

Eggs > 2

Sugar > 2.5ml (½ teaspoon)

Parsley > 2 fresh leaves finely chopped or 5ml (1 teaspoon) dried

Paprika > 5ml (1 teaspoon)

Cooking oil > 30ml (2 tablespoons)

Salt > 2.5ml (½ teaspoon)

Black pepper > 2.5ml (½ teaspoon)

METHOD

- 1 Sauté (fry) the garlic and onions in a pan, add the tomatoes and stir for 2 minutes.
- 2 Season with the salt, black pepper, paprika and sugar.
- 3 Add the dried *mutete* and stir for 2 minutes.
- 4 Add the spinach and cook for 3 minutes.
- 5 Add the bambara nuts and stir.
- 6 Add the pilchards.
- 7 Add the eggs and allow to cook gently until the egg whites are cooked through and the yolks are done to your liking.
- 8 Sprinkle some of the parsley over the eggs.
- 9 Remove the pan from the heat and serve directly from the saucepan, garnished with the remaining parsley and served with Herero bread or toasted slices of wholewheat bread.

HEALTH BENEFITS

Adding pilchards to shakshuka is a very tasty alternative for shakshuka, and one that helps you to eat more fish.

The leaves and petals of *mutete* (hibiscus) can be cooked as a soup or added to stews, and can also be used to produce juice and jam. *Mutete* contains flavonoids and abundant amounts of lipid-soluble antioxidants such as beta-tocopherols which have anti-inflammatory properties.

Spinach has high amounts of iron and magnesium, both of which are needed for maintaining muscles and nerve function.



16 Fisherman's Pie

INGREDIENTS (2-3 servings)

Filling

Mackerel fish > 3 x 425g cans
Cheese > 250ml (1 full cup) grated
Carrots > 2 peeled and grated
Celery > 2 thinly chopped sticks
Spinach > 3 leaves chopped
Red chilli (optional) > 1 chopped
Parsley > 4 leaves chopped
Corn starch flour > 15ml (1 tablespoon)
Lemon juice > ½ a lemon squeezed
Non-alcoholic beer > 1 x 340ml bottle
Water > 15ml (1 tablespoon)

Topping

Potatoes > 5 peeled and cubed
Butter > 15ml (1 tablespoon)
Fresh milk > 125ml (½ a cup)
Water > 500ml (2 full cups)
Salt > 5ml (1 teaspoon)
Black pepper > 5ml (1 teaspoon)

METHOD

Topping

- 1 Heat the water in a pot, add the potatoes and salt, and cook for 10-20 minutes until soft.
- 2 Add butter.
- 3 Add half a cup of milk, mash the potatoes and set aside.

Filling

- 4 In a separate pot, add the green pepper and the spinach.
- 5 Add the non-alcoholic beer.
- 6 Add the grated carrot.
- 7 Add the celery.
- 8 Squeeze the half a lemon into the pot.
- 9 Add corn starch flour paste — made by mixing the flour with 1 tablespoon (15ml) of water.
- 10 Mix all the ingredients.
- 11 Add the canned fish to the mixture.
- 12 Add the black pepper and three-quarters of the cup of grated cheese.
- 13 Spread the mashed potatoes uniformly on top of the mixture.
- 14 Sprinkle the rest of the grated cheese and the parsley on top of the mashed potatoes.
- 15 Cover the pot and bake on hot coals for 15-20 minutes or until golden brown on top.
- 16 Serve hot.

HEALTH BENEFITS

Milk is known to be rich in calcium; however, it is also a good source of vitamin B1 (thiamine) which is needed for proper functioning of the nerves, muscles and heart. Celery is full of vitamins A, C and K, and has a low glycaemic index (GI), meaning that it can keep the blood sugar levels stable. Parsley is a good source of potassium, manganese, vitamin K and folate. Manganese and vitamin K have blood-clotting properties (i.e. they control bleeding) and also facilitate the building of bone and connective tissues.



17 One-Pan Mackerel Bake

INGREDIENTS (1-2 servings)

Mackerel > 1 × 400g can

Onions > 2 cut into wedges

Potatoes > 2 large, 4 medium or 6 baby, peeled, sliced and cooked (boiled in water)

Tomatoes > 2 chopped

Feta cheese > 15ml (1 tablespoon) crumbled

Cooking oil > 45ml (3 tablespoons)

Mixed herbs (dried) > 15ml (1 tablespoon)

Salt > 2.5ml (½ teaspoon)

METHOD

- 1 Heat the cooking oil in a pan on medium heat.
- 2 Add the onions to the heated oil, and cook until they are lightly golden brown.
- 3 Add the potatoes.
- 4 Add the tomatoes.
- 5 Add the mixed herbs and the salt, and stir and simmer for 5 minutes.
- 6 Add the canned fish.
- 7 Mix thoroughly and then cook for 5 minutes.
- 8 Add the feta cheese.
- 9 Serve with porridge or rice.

HEALTH BENEFITS

Feta cheese contains probiotics, which are live bacteria that help to maintain or improve the 'good' bacteria (normal microflora) in the intestines, and protect the intestines from 'bad' bacteria. *Lactobacillus plantarum*, one of the probiotics in feta cheese, is said to benefit not only stomach health but also the metabolic system as well as brain health.

To make this recipe even more flavourful, you can use traditional herbs such as *elumelinyika* and *endjikawi*, which you can obtain at open markets.



18 Catfish Salad

INGREDIENTS (2-3 servings)

- Catfish** > 2 dried
- Garlic** > 3 cloves chopped
- Onion** > ½ sliced
- Lettuce** > 1 small
- Pomegranate** > 1
- Purple cabbage** > half of a medium-size cabbage, sliced
- Cherry tomatoes** > 10 halved
- Basil (fresh)** > 2 leaves
- Lemon juice** > ½ a lemon squeezed
- Vinegar** > 10ml (2 teaspoons)
- Olive oil** > 15ml (3 teaspoons)
- !Nara oil** > 20ml (4 teaspoons)
- Water** > 1000ml (4 full cups)
- Salt** > 15ml (1 tablespoon)
- Black pepper** > 5ml (1 teaspoon)

METHOD

- 1 Place the catfish in a pot with water, and boil for 15 minutes on medium heat. Then discard this water and add 2 new cups of water as well as the vinegar, salt, garlic and basil leaves, and cook for 30 minutes or until the fish is soft.
- 2 Once the fish is cooked, debone it (separate the flesh from the bones).
- 3 In a mixing bowl, add the lettuce and red cabbage.
- 4 Add the tomatoes and pomegranate.
- 5 Add the deboned catfish to the bowl with the fresh vegetables.
- 6 Add the lemon juice, !nara oil and black pepper, and mix all the ingredients together.
- 7 Serve cold.

HEALTH BENEFITS

Catfish is a Namibian delicacy consumed in different ways in different parts of the country. It is an excellent source of lean protein and high-quality minerals, and is also low in calories.

Red cabbage, which is considered to be a superfood, not only adds colour and taste to food, but also contains more vitamin C than an orange, and is a great source of iron, potassium, manganese and magnesium, which are needed for blood and bone health.

Cherry tomatoes are highly nutritious, because they contain vitamin A precursor (substances that form vitamin A in the body) as well as vitamin C. Vitamin A supports cell growth, immune function, foetal development and eyesight, and vitamin C supports and strengthens the immune system. Cherry tomatoes can also be dried or cooked and packaged as a tomato sauce for later use.



19 Hake and Vegetable Foil Parcels

INGREDIENTS (1-2 servings)

Hake fish fillets or tilapia > 4

Spinach > 2 leaves chopped

Tomatoes > 2 sliced

Cooking oil > 15ml (1 tablespoon)

Lemon juice > 2.5ml (½ teaspoon)

Herb seasoning > 2.5ml (½ teaspoon)

Salt > 2.5ml (½ teaspoon)

METHOD

- 1 Tear off enough foil to wrap the fish. Drizzle both sides of the fish with cooking oil, and place it in the middle of the foil.
- 2 Season with the lemon juice, herb seasoning and salt.
- 3 Spread the sliced tomato and the spinach over the fish.
- 4 Wrap the foil around the fish, sealing it on all sides.
- 5 Place the foil parcel on a grid over hot coals for 15-20 minutes.
- 6 Serve hot.

HEALTH BENEFITS

Hake contains polyunsaturated fats including omega-3 essential fatty acids, as well as B vitamins and minerals which play a role in reducing hypertension (high blood pressure) and maintaining normal body function.

Spinach is very rich in vitamins and minerals, including folic acid (vitamin B9) which is essential for tissue growth, and vital for an embryo's development throughout pregnancy. Not consuming folate-rich foods like spinach might lead to a type of anaemia known as folate deficiency anaemia.





Meals based on **MOPANE WORMS, CHICKEN and MEAT**



20 Mopane Worm and Butternut Casserole

INGREDIENTS (2-3 servings)

- Mopane worms > 250ml (1 full cup)
- Butternut > 1 large or 2 small, peeled
- Onion > 1 chopped
- Mushrooms > 250ml (1 full cup)
- Tomatoes > 2 chopped
- Spring onions (optional) > 2
- Rosemary > 2 fresh sprigs
- Mixed herbs (dried) > 5ml (1 teaspoon)
- Bay leaves > 2
- Stock > 1 cube (or 1 tablespoon of soup powder) dissolved in 1 full cup of water
- Cooking oil > 30ml (2 tablespoons)
- Salt > 2.5ml (½ teaspoon)
- Black pepper > 2.5ml (½ teaspoon)

METHOD

- 1 In a pot, cook the onion in the cooking oil until the onion is soft.
- 2 Add the butternut and cook until soft.
- 3 Add the rosemary, black pepper, salt and mixed herbs.
- 4 Cook the mixture for 3 minutes.
- 5 Add the mushrooms and cook for 3 minutes.
- 6 Add the mopane worms.
- 7 Add the tomatoes.
- 8 Add the cup of stock.
- 9 Add the bay leaves and cook for 10-15 minutes.
- 10 Serve with maize or mahangu porridge and samp.

HEALTH BENEFITS

Mopane worms are harvested from mopane trees as a source of food, and as a source of income for rural communities in the harvesting season. The worms are collected, squashed flat and left to dry. For consumption they are roasted, fried, or boiled for stew. Because the drying process increases their shelf life, they are available year-round as a rich protein source. They contain more protein than chicken or milk. They are also rich in iron, calcium and phosphorus, and contain roughage which aids digestive and gut health. They are called by different names in different languages: *magungu* in Rukwangali; *maungu* in Silozi; *omaungu* in Oshiwambo; *omingu* in Otjiherero; */iru* in Khoekhoegowab; and *!quru* in Ju|'hoansi.

Mushrooms can be easily grown at household level. They are a good source of folate which aids cell growth and is required for the formation of white blood cells.



21 Chicken Mac and Cheese

INGREDIENTS (3-4 servings)

Chicken strips > 500g

Macaroni > 500ml (2 full cups)

Cheddar cheese > 125ml (½ cup) grated

Cowpeas > 375ml (1 ½ cups) pre-cooked (*Note: Prior to starting the preparations, the cowpeas must be sorted, washed in clean water, and cooked in water for 1½-2 hours or until they soften.*)

Garlic > 2.5ml (½ teaspoon) crushed

Onion > 1 chopped

Green pepper > 1 chopped

Tomatoes > 2 chopped

Tomato sauce/paste > 125ml (½ cup)

Chicken stock > 2 cubes or 2 tablespoons of stock powder dissolved in 2 cups of boiling water

Chilli powder > 2.5ml (½ teaspoon)

Cooking oil > 75ml (4 tablespoons)

Salt > 2.5ml (½ teaspoon)

Black pepper > 2.5ml (½ teaspoon)

METHOD

- 1 Heat the cooking oil in a pot on medium heat, and add the onion and crushed garlic.
- 2 Add the green pepper.
- 3 Add the chicken strips.
- 4 Season with black pepper, salt and garlic powder.
- 5 Add the chilli powder, stir, and cook for 10 minutes.
- 6 Add the tomatoes.
- 7 Add the tomato sauce/paste.
- 8 Add the chicken stock.
- 9 Add the macaroni and cook for 10-15 minutes or until the macaroni is cooked.
- 10 Add the pre-cooked cowpeas and simmer for 5 minutes.
- 11 Add the grated cheddar cheese to the mixture, or only top the mixture with the cheese.
Cover the pot and cook for 1-2 minutes to melt the cheese.
- 12 Serve hot.

HEALTH BENEFITS

Chicken's lean protein is a good source of amino acids needed to build muscle tissue. Chicken-rearing can be a good source of income, and a ready source of protein from the meat and eggs.

Like other dairy products, cheddar cheese is rich in essential nutrients, including calcium, protein, vitamins A, D and K, iron and potassium, which lower the risk of health conditions such as osteoporosis (a condition whereby the bones lose density, weaken and break easily).

Pasta, such as macaroni, is a carbohydrate made from grain, one of the basic food types in a healthy diet. Carbohydrates provide glucose (a type of sugar), which is the body's main source of energy, obtained from the food we eat. Pasta is also low in sodium and free of cholesterol.





22 Boerewors and Chickpea Stew with Herb Dumplings

INGREDIENTS (2-3 servings)

Stew:

- Boerewors ➤ 400g
- Chickpeas ➤ 125ml (½ cup) cooked
- Garlic ➤ 2 cloves chopped
- Carrots ➤ 2 chopped
- Onion ➤ 1 chopped
- Tomatoes ➤ 2 chopped
- Soup powder of choice ➤ 30ml (2 tablespoons)
- Cooking oil ➤ 15ml (1 tablespoon)
- Water ➤ 750ml (3 full cups)

Dumplings:

- Butter (cold) ➤ 30ml (2 tablespoons)
- Cheddar cheese ➤ 250ml (1 full cup) grated
- Milk (fresh) ➤ 125ml (½ cup)
- Self-raising flour ➤ 500ml (2 cups)
- Mixed herbs (dried) ➤ 5ml (1 teaspoon)
- Salt ➤ 2.5ml (½ teaspoon)
- Black pepper ➤ 2.5ml (½ teaspoon)

METHOD

Stew first steps:

- 1 In a pan, fry the boerewors in the cooking oil for 2 minutes.
- 2 Add the onion and stir.
- 3 Add the carrots and cook.
- 4 Add the tomatoes.
- 5 Add the 2 cups of water.
- 6 Add the chickpeas.
- 7 Stir and simmer for 2 minutes.

Making and adding the dumplings:

- 8 Pour the 2 cups of flour into a bowl. Add the butter and rub it into the flour, using your hands, until thoroughly mixed.
- 9 Add the grated cheese as well as the mixed herbs, salt and pepper.
- 10 Add the milk and mix slowly.
- 11 With your hands, mould the dough into small balls and place them in the stew.
- 12 Dissolve the soup powder in 1 cup of water and pour this over the stew, ensuring that it covers the dumplings. Cover the pan and simmer on low heat for 15-20 minutes until the dumplings are thoroughly cooked.
- 13 Serve hot.

HEALTH BENEFITS

Boerewors is a type of sausage that originated in South Africa. The word *boerewors* derives from the Afrikaans words *boer* (farmer) and *wors* (sausage). It is eaten widely around southern Africa, and is part of Namibia's standard cuisine. It is made from red meat (normally beef, often mixed with pork and/or lamb), but can also be made from other types of meat, such as chicken. It has a unique taste as a result of the herbs and spices (nutmeg, coriander and black pepper) mixed into the raw meat. Red meat is a good source of protein, iron, vitamin B12, zinc and other nutrients that are vital for good health.

Chickpeas are rich in nutrients, and offer a variety of health benefits, such as improving digestion and reducing the risk of disease. They are a good source of fibre.

Adding value to your meals in the form of nutrient-rich ingredients such as garlic, onions, carrots, tomatoes and herbs will greatly enrich your diet as well as the flavours of your meals.





SPROUTING LEGUMES



The following pages contain delicious recipes with legumes, which can be consumed in different forms, one of which is “sprouts” (newly germinated seeds). Depending on the seed type, sprouts are harvested 3-8 days after germination, or when they have a stem and two small leaves.

Sprouts are classified as “functional foods”, which means nutritious foods with bioactive compounds that increase wellness and help to prevent chronic diseases. The germination process breaks down large proteins and carbohydrates into amino acids and simple carbohydrates that the body can easily digest. This process also reduces antinutrients such as saponin, tannins and phytates that bind with minerals such as iron and zinc to form complexes that are not useful to the body. As a result, the sprouting process increases the bioavailability and quality of the nutrients.

Sprouts are consumed raw or lightly cooked, on their own or added to any dish (salad, soup, a sandwich, etc.). The legumes most commonly used for sprouting are mung, soy and kidney beans, chickpeas and lentils. Sprouts are a cheap, healthy and convenient food that you can make in the comfort of your home. To sprout:

- Thoroughly rinse the legumes in clean water.
- Soak them in water overnight, and then drain them well.
- Place them in a glass or plastic jar with a mesh/gauze lid or a cloth secured with a rubber band to allow for air flow. Alternatively you can use a perforated tray elevated above a lower tray to allow for drainage and air flow.
- Place the container in a cool, low-light location (e.g. a cupboard), and make sure it is positioned at an angle to allow excess water to drain off.
- Keep the germinating sprouts moist until ready for consuming. If they are in a jar, rinse them every 12 hours. If they are in a tray, spray them every 12 hours.



Photo source: www.amazon.com/Complete-Mason-Jar-Sprouting-Kit/dp/B08695416M

Caution: Sprouts can be dangerous because the germination process creates an environment that is conducive for microbial growth due to high nutrient availability, optimal temperature (28-30°C), and pH and moisture conditions. To avoid the dangers: wash the legumes well before sprouting; always use clean water; don't let germinating sprouts stand in water, and rinse them often enough; store the germinated sprouts in a fridge and keep them dry during storage; consume the stored sprouts within a few days (5-7); and don't consume sprouts that have a strong smell or a slimy appearance. With the right practices, homegrown raw sprouts are perfectly safe to eat. *However, children, pregnant women, elderly people and people who have a weakened immune system should either thoroughly cook the sprouts or avoid them completely.*





Meals based on **LEGUMES**

23 Lentil Sandwich Filling

INGREDIENTS (1 serving)

- Lentils** > 30ml (2 tablespoons) cooked
- Onion** > 15ml (1 tablespoon) finely chopped
- Tomato** > 30ml (2 tablespoons) chopped
- Lettuce** > 1 leaf
- Avocado** (optional) > 1
- Low-fat cottage cheese (or reduced-fat cheddar cheese)** > 30ml (2 tablespoons) grated
- Salt** > a pinch
- Black pepper** > 2.5ml (½ teaspoon)

METHOD

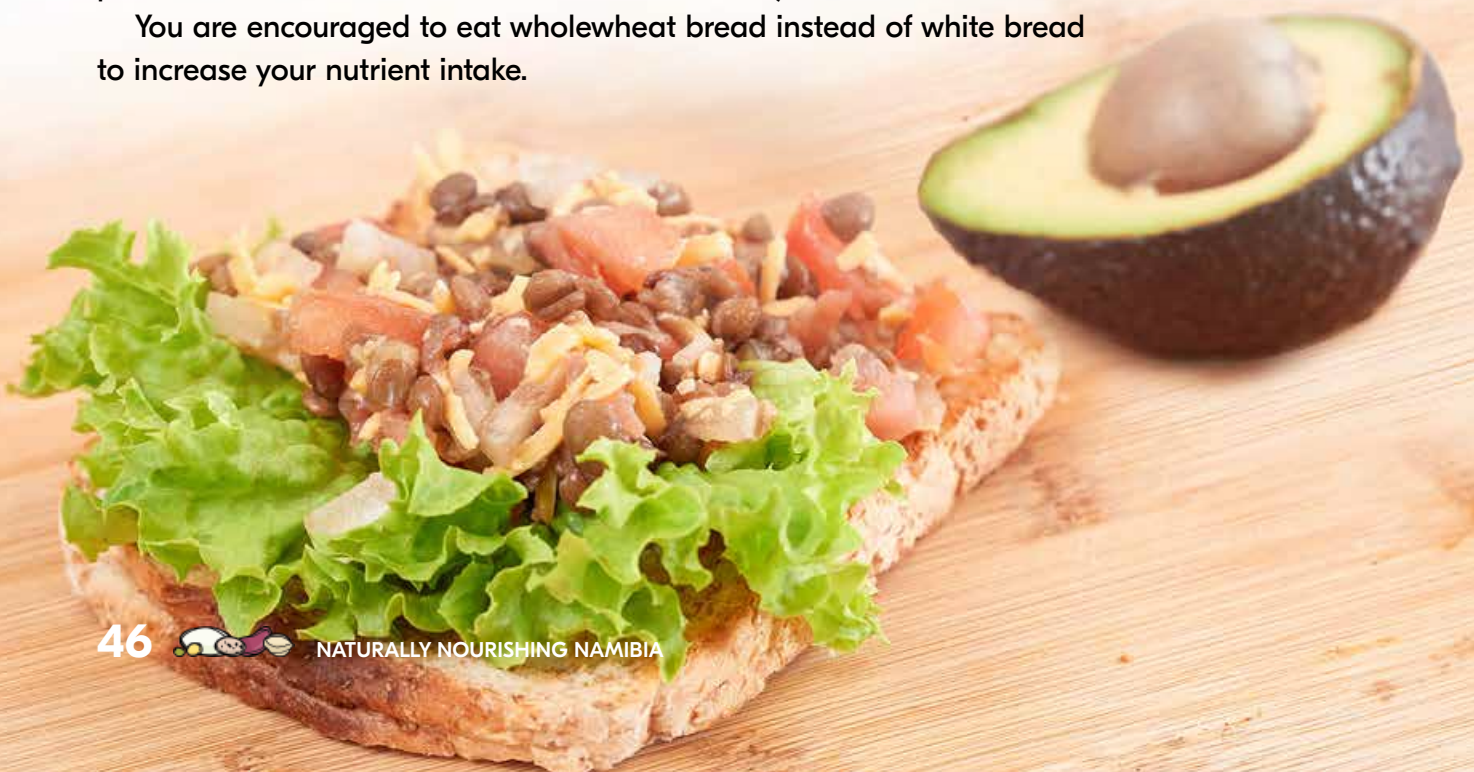
- 1 In a bowl, mix the lentils, cottage cheese and tomato.
- 2 Add the onions.
- 3 Add the salt and black pepper, and mix all the ingredients together to make the lentil filling.
- 4 Place the lettuce leaf on a slice of wholewheat bread, and spread the filling evenly over the leaf.
- 5 Slice the avocado and place the slices on top of the filling.



HEALTH BENEFITS

Lentils can be eaten on their own as a meal, or they can be combined with grain products, such as wholewheat bread, for even more nutritional benefits. They are a good source of pantothenic acid (vitamin B5), iron, phosphorus and copper. Pantothenic acid facilitates production of blood cells. Iron helps to transport oxygen throughout the body. Phosphorus facilitates the formation of bones and teeth. Copper helps the body to absorb iron and form collagen (the main structural protein found in skin and other connective tissues).

You are encouraged to eat wholewheat bread instead of white bread to increase your nutrient intake.



24 Lentil and Veggie Burger

INGREDIENTS (1-2 servings)

Lentils > 125ml (½ cup) cooked in 250ml (1 full cup) of water for 20-30 minutes or until soft, adding water as needed

Butternut > 1 of medium size, peeled, cut and boiled in 125ml (½ cup) of water

Groundnuts > 15ml (1 tablespoon) finely ground

Lettuce > 1 leaf

Onion > 1 chopped

Tomato > 1 chopped

Gherkins > 3

Ground cinnamon > 5ml (1 teaspoon)

Cooking oil > 75ml (5 tablespoons)

Salt > 5ml (1 teaspoon)

Black pepper > 5ml (1 teaspoon)

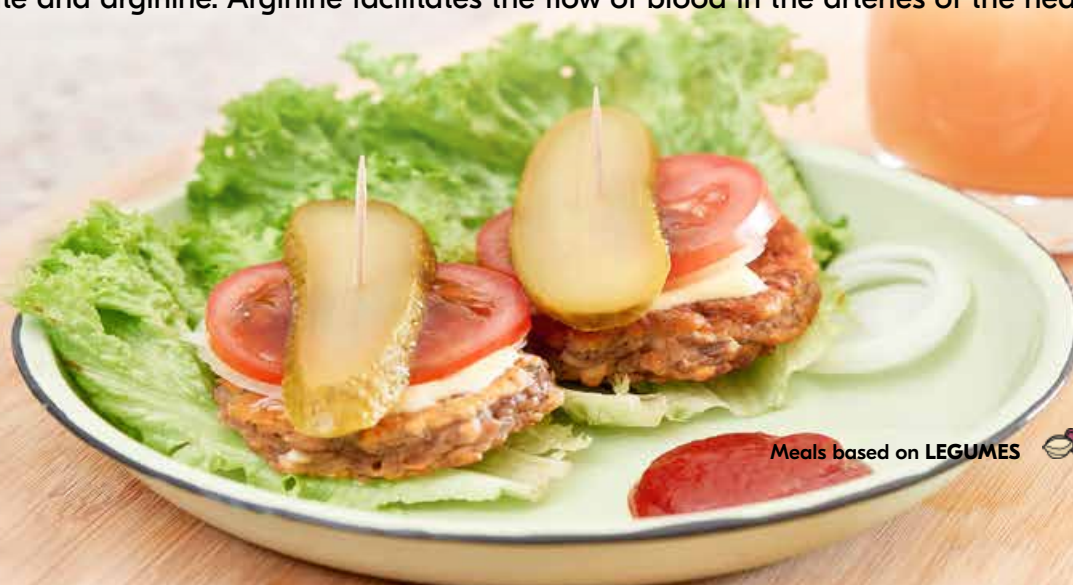
METHOD

- 1 Heat 3 tablespoons (45ml) of cooking oil in a pan on low heat, add the cooked butternut, cinnamon, salt and black pepper, and simmer for 2 minutes.
- 2 Transfer the simmered butternut to a bowl, add 30ml (2 tablespoons) of the cooked lentils and groundnut powder, and mash using the back of a fork. Then mould the mashed mixture into flat round patties.
- 3 In a clean pan, heat the remaining 30ml of cooking oil on medium heat. When the oil is at the desired temperature, add the patties and cook them until golden brown on all sides.
- 4 Place the patties on a lettuce leaf, add your favourite burger toppings – we have chosen onion, tomato and gherkin – and serve while the patties are still hot.



HEALTH BENEFITS

Orange-coloured vegetables such as butternuts are packed with beta-carotenoids which the body converts to vitamin A needed for good vision. Groundnuts are a good source of mono- and polyunsaturated fats which are healthy for your heart. They also contain magnesium, copper, folate and arginine. Arginine facilitates the flow of blood in the arteries of the heart.



25 Spicy Cowpea Fritters

INGREDIENTS (1-2 servings)

Cowpeas (or bambara nuts or butter beans) > 250ml
(1 full cup) cooked

Onion > 30ml (2 tablespoons) chopped

Egg > 1

Curry powder > 15ml (1 tablespoon)

Wholewheat flour > 30ml (2 tablespoons)

Cooking oil > 30ml (2 tablespoons)

Salt > 2.5ml (½ teaspoon)

METHOD

- 1 Put the cowpeas in a pot.
- 2 Add the onion.
- 3 Add the wholewheat flour.
- 4 Add the curry powder and salt.
- 5 Add the egg.
- 6 Mash all the ingredients together using a spatula or cooking stick.
- 7 In a separate pan, heat the cooking oil.
- 8 When the oil is at the desired temperature, add scoops of the mixture and flatten with a spoon to form fritters.
- 9 Toss the fritters on all sides until golden brown.
- 10 Serve with rice and salsa.

HEALTH BENEFITS

Wholewheat flour contains fibre, and consumption of whole-grain products can reduce constipation and the risk of obesity.





Meals based on **WHOLE GRAINS**



26 High Protein Mix

INGREDIENTS (4-5 servings)

Samp (i.e. dried corn kernels which have been pounded and broken) > 250ml (1 full cup), cleaned and rinsed

Bambara nuts > 250ml (1 full cup)

Cowpeas > 250ml (1 full cup)

Whole peanuts > 250ml (1 full cup)

Crushed peanuts > 45ml (3 tablespoons)

Water > 1250-1500ml (5-6 full cups)

Salt > 2.5ml (½ teaspoon)

Note: Alternatively you can use packs of the samp-and-bean mix available in shops, with any nuts of your choice.

METHOD

- 1 Boil some of the water in a pot, and add the samp, whole peanuts, bambara nuts, cowpeas and iodised salt.
- 2 Cook the mixture for 2½ hours or until soft and well cooked. Keep checking the pot to ensure that there is still enough water in it, and add as much water as needed throughout this process.
- 3 Serve hot.

HEALTH BENEFITS

Beans, known for their high protein content, are good for growth and development. This highly nutritious mix is an excellent choice for breakfast, and can be eaten with milk which is rich in calcium that contributes to keeping bones and teeth strong.



27 Corn and Barley Salad

INGREDIENTS (2 servings)

Barley > 125ml (½ cup)

Corn kernels (fresh/frozen/canned) > 60ml (4 tablespoons)
grilled

Green pepper > ½ chopped

Onion > ½ chopped

Tomato > ½ chopped

Basil (fresh) > 5 leaves chopped

Lime > ½, for extracting 5ml (1 teaspoon) of juice

Broth > 2 vegetable/chicken stock cubes (or 2 tablespoons of stock powder) dissolved in 2 cups of boiling water

Canola or olive oil > 15ml (1 tablespoon)

Salt > 2.5ml (½ teaspoon)

Black pepper > 1.2ml (¼ teaspoon)

METHOD

- 1 Pour the broth into a medium pot over hot coals.
- 2 Add the barley, corn kernels and salt.
- 3 Cook for 35-40 minutes or until softened.
- 4 Transfer the cooked barley and corn to a bowl, and add the tomatoes, onion, basil, black pepper and oil. Mix all the ingredients together and serve chilled.

HEALTH BENEFITS

Barley is a whole grain that is similar to oats and brown rice. All are rich in fibre and B vitamins. B vitamins help to produce red blood cells, stimulate the immune system, increase energy and enhance mood.



28 Granola with Oshikandela

INGREDIENTS (3-4 servings)

Whole rolled oats ➤ 375ml (1½ full cups)

Raw nuts ➤ 125ml (½ cup) crushed

Raw seeds (e.g. linseed, sesame, pumpkin and sunflower) ➤ 45ml (3 tablespoons)

Unsweetened dried fruits (dried cranberries or dried dates work well) ➤ 125ml (½ cup) chopped

Honey ➤ 45ml (3 tablespoons)

Vanilla extract or almond extract ➤ 2.5ml (½ teaspoon)

Cooking oil ➤ 30ml (2 tablespoons)

Salt ➤ a pinch

METHOD

- 1 Pour the cooking oil into a pan and add the rolled oats.
- 2 Add the raw seeds.
- 3 Add the crushed raw nuts.
- 4 Add the vanilla extract and roast until the oats, seeds and nuts are lightly browned (about 10 minutes).
- 5 Add the dried fruits.
- 6 Add the honey.
- 7 Stir all the ingredients to mix them until well combined (about 5 minutes).
- 8 Allow the mixture to cool.
- 9 Serve with *oshikandela/omaere*/yoghurt and fresh fruits of your choice.

HEALTH BENEFITS

Oats provides rich dietary soluble fibre (beta-glucan) which is beneficial for diabetic patients. It also promotes healthy bacteria in the gut that prevent constipation. Seeds have a high content of calcium, magnesium, essential fatty acids, B vitamins and minerals.

Honey contains flavonoids and phenolic acids that can eliminate free radicals in the body. It is a multivitamin tonic with antioxidant properties that can be used as an energiser. Honey can also be used to treat nausea, colds and cough, and can be beneficial for asthmatic persons. It has antibacterial and antifungal properties which help in healing wounds. Honey is also a healthy substitute for sugar in hot beverages.





29 Creamy Oats

INGREDIENTS (2-3 servings)

Whole rolled oats > 375 ml (1½ cup)

Milk (fresh) > 375ml (1½ cups)

Bananas > 2 sliced

Ground cinnamon > 5ml (1 teaspoon)

Water > 375ml (1½ cups)

Salt > a pinch

METHOD

- 1 Pour all the water into a pot.
- 2 Add the milk and allow it to stand until slightly boiled.
- 3 Add the rolled oats.
- 4 Stir for 2 minutes.
- 5 Add the cinnamon and salt.
- 6 Simmer for 7-10 minutes or until cooked, stirring constantly to prevent lumps.
- 7 Transfer the cooked oats to a serving bowl, and top with slices of banana and sprinkled cinnamon.
- 8 Serve hot.

HEALTH BENEFITS

Bananas contain a high amount of potassium, which helps to regulate the movement of nutrients and waste in the body.

Cinnamon has antiviral, antifungal and antibacterial properties which help to protect the body from pathogens (organisms that can produce diseases) and certain diseases.



30 Seed and Oat Muffins

INGREDIENTS (2-3 servings)

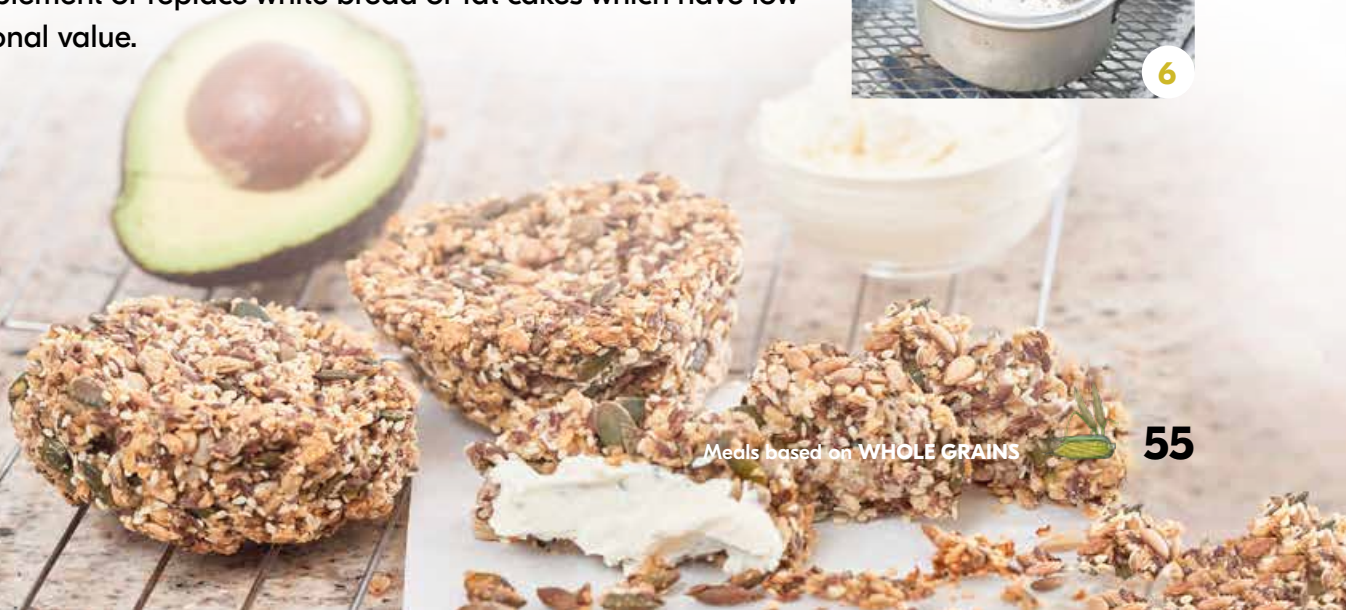
- Pumpkin seeds > 250ml (1 full cup)
- Sunflower seeds > 250ml (1 full cup)
- Whole rolled oats > 375ml (1½ cups)
- Baking powder > 5ml (1 teaspoon)
- Cake flour > 125ml (½ cup)
- Baking soda > 5ml (1 teaspoon)
- Sugar > 15ml (1 tablespoon)
- Cooking oil > 45ml (3 tablespoons)
- Water > 375ml (1½ cup)
- Salt > 5ml (1 teaspoon)

METHOD

- 1 In a bowl, mix together all the dry ingredients — the cake flour, seeds, oats, baking soda, baking powder, sugar and salt.
- 2 Add the water and cooking oil.
- 3 Stir to mix.
- 4 In a pot over medium heat, add three small cans greased with cooking oil or butter.
- 5 Add the mixture to the preheated cans and cover the pot.
- 6 Place coals on top of the lid and bake for 20-25 minutes.
- 7 The muffins are cooked when a can sounds hollow if you tap the bottom of the can with your knuckles.
- 8 Allow the muffins to cool before slicing and serving them with cottage cheese, honey, butter, jam or any other topping of your preference.

HEALTH BENEFITS

Seeds are an excellent way to diversify your diet and increase the nutrient density of your meals. They can be eaten alone or added to bread, salad, dessert or cereal. Consider making these muffins to supplement or replace white bread or fat cakes which have low nutritional value.



31 Mahangu Bread

INGREDIENTS (2-3 servings)

Mahangu (pearl millet) flour > 375ml (1½ cup)

Cake flour > 125ml (½ cup)

Baking powder > 2.5ml (½ teaspoon)

Baking soda > 2.5ml (½ teaspoon)

Sugar (brown) > 60ml (4 tablespoons)

Eggs > 2

Butter > 60ml (4 tablespoons) melted

Milk (fresh) > 125ml (½ cup)

Oshikandela milk (plain) > 250ml (1 full cup)

Vanilla essence (optional) > 5ml (1 teaspoon)

METHOD

- 1 Break the eggs into a bowl, and add the brown sugar.
- 2 Mix thoroughly.
- 3 Add the melted butter.
- 4 Stir to mix.
- 5 Add the milk – both the fresh milk and the *oshikandela*.
- 6 Add the mahangu flour and mix.
- 7 Add the cake flour.
- 8 Add the baking powder and baking soda and mix.
- 9 In a pot over medium heat, preheat 4 greased cans and pour the batter into the cans.
- 10 Bake for 20-25 minutes over the coals or until light golden brown.
- 11 Allow to cool.
- 12 Spread butter and serve with *mutete* (hibiscus) tea or ginger tea or milk.

HEALTH BENEFITS

Pearl millet, commonly known as *mahangu* in Namibia, is the most common staple crop grown in this country. This crop is drought-resistant and tolerant to poor soil conditions. Mahangu has been gaining momentum in recent years due to its nutritional value and health benefits. It is gluten-free and has a low glycemic index, so is suitable for diabetic people, and it contains fibre for easing constipation, iron for increasing hemoglobin, and phosphorus for bone growth and development as well as energy production. Mahangu has a higher content of minerals, calcium, iron, beta carotene and vitamins than rice and wheat.





32 Corn and Bean Chowder

INGREDIENTS (2-3 servings)

Sweetcorn, cream-style > 420g can

Cowpeas (or canned baked beans) > 250ml (1 full cup) cooked

(Note if you use cowpeas: Prior to starting the preparations, the cowpeas must be sorted, washed in clean water, and cooked in water for 1½-2 hours or until they soften.)

Lentils > 250ml (1 full cup) cooked

(Note: Prior to starting the preparations, cook the lentils in 500ml (2 full cups) of water for 20-30 minutes or until they soften.)

Onion > 1 chopped

Cake flour > 45ml (3 tablespoons)

Milk (fresh) > 250ml (1 full cup)

Stock > 2 cubes or 2 tablespoons of soup powder

Cooking oil > 30ml (2 tablespoons)

Water > 625ml (2½ cups)

Salt > 2.5ml (½ teaspoon)

METHOD

- 1 Pour the cooking oil into a pot, and add the onion.
- 2 Add the cake flour and salt.
- 3 Stir to mix.
- 4 Add the stock cubes and 2½ cups of water to the pot, or mix the soup powder into 2½ cups of water and add it to the pot.
- 5 Stir to mix all the ingredients.
- 6 Add the milk and stir.
- 7 Add the sweetcorn and stir.
- 8 Add the cooked lentils and the cooked cowpeas, and stir.
- 9 Allow the mixture to simmer for 5-10 minutes, stirring occasionally to prevent it from sticking to the bottom of the pot.
- 11 Serve warm with wholewheat bread.

HEALTH BENEFITS

Regular consumption of whole grains such as yellow sweetcorn lowers the risk of obesity and improves digestive health. Whole grains contain endosperm, germ and bran, which are packed with bioactive compounds compared to their processed/refined versions. Yellow sweetcorn is low in cholesterol.





33 Sweetcorn Bread

INGREDIENTS (1-2 servings)

Whole kernel corn > 30ml (2 tablespoons)

Sweetcorn, cream-style > 125ml (½ cup)

Bread flour > 250ml (1 full cup)

Yeast > 2.5ml (½ teaspoon)

Eggs > 2

Margarine or cooking oil > 45ml (3 tablespoons)

Salt > 2.5ml (½ teaspoon)

METHOD

- 1 Mix the bread flour, the eggs and both types of corn in a bowl.
- 2 Add the yeast, mix it in well, cover the bowl and let the mixture set for 30 minutes.
- 3 In a pot on medium heat, preheat 3 greased enamel cups or tin cans.
- 4 Pour the mixture into the cups/cans.
- 5 Bake for 40 minutes or until the bread doubles in size and is slightly brown.
- 6 Spread butter and cheese over the top.
- 7 Serve with *mutete* (hibiscus) tea or rooibos tea.



HEALTH BENEFITS

Eggs are considered to be a complete meal. They contain essential amino acids which the body cannot produce, as well as choline, an essential nutrient needed for brain development and growth of newborn babies.





Recipes from the **HEART OF NAMIBIA**



34 Beef Tripe with Wholewheat Dombolo Bread

INGREDIENTS (4-5 servings)

Tripe

Beef > 1kg tripe scraped and cleaned
Carrots > 3 chopped
Garlic > 4 cloves chopped
Green pepper > 1 chopped
Onion > 1 chopped
Potatoes > 4 halved
Spinach > 125ml (½ cup) chopped
Tomatoes > 5 chopped
Bay leaves > 2 whole
Curry powder > 45ml (3 tablespoons)
Mixed herbs > 10ml (2 teaspoons)
Cooking oil > 60ml (4 tablespoons)
Salt > 15ml (1 tablespoon)

Wholewheat dombolo bread

Wholewheat flour > 500ml (2 full cups)
Sugar > 15ml (1 tablespoon)
Yeast > 15ml (1 tablespoon)
Moringa powder > 5ml (1 teaspoon)
Salt > a pinch
Butter > 5ml (5 tablespoons)
Dates (optional) > 30ml (2 tablespoons) chopped
Pumpkin seeds (optional) > 5ml (1 teaspoon)
Water for dough (lukewarm) > 250ml (1 full cup)
Water for cooking > about 1000ml (4-5 full cups)

METHOD

Tripe

- 1 In a pot on medium heat, cook the tripe for 1½ hours or until soft, adding water as needed.
- 2 Add the potatoes and cook for 10 minutes.
- 3 Add the carrots and bay leaves, and cook for 5 minutes.
- 4 Add the garlic, curry powder, cooking oil, salt and mixed herbs.
- 5 Add the green pepper, onions, tomatoes and spinach, and cook for 5 minutes.
- 6 Serve with wholewheat dombola bread.

Wholewheat dombolo bread

- a In a mixing bowl, mix together all the dry ingredients — the wholewheat flour, sugar, yeast, moringa powder and salt.
- b Add the dates (optional) to the mixture.
- c Add 30ml (2 tablespoons) of the butter and rub it into the mixed ingredients.
- d Add the cup of lukewarm water and mix.
- e Knead the dough for 15 minutes, cover it and let it set for 30 minutes.
- f Apply oil on top of the dough and knead it for 5-10 minutes or until it is non-sticky. Grease three enamel cups with the remaining 45ml (3 tablespoons) of butter. With your hands, roughly mould the dough into balls of a size that fills the bottom half of an enamel cup. Sprinkle pumpkin seeds around each ball, and gently press a ball into each cup.
- g In a pot on medium heat, add 4 cups of water and place the filled cups in the pot. The water should cover the bottom half of the cups. If 4 cups is too much or not enough, add or remove water until the level is correct. Steam until the dough is well cooked (about 45 minutes).



CHRISTA SHAPAKA

I am 16 years of age, and discovered my fondness for cooking during the Covid-19 lockdown in 2020. Growing up, occasions like Christmas and birthday celebrations were something we looked forward to, because of the special homemade dishes my family would prepare. I cannot recall a family gathering that didn't feature my mom's homemade *pot-brood* (Afrikaans colloquialism for 'pot bread') prepared over the fire. I wanted to replicate it, and came across a *dombolo* (traditional South African steamed bread) recipe online, which I kept practising until getting it perfect with my own little tweaks. All of the vegetables used in this recipe are from my mother's backyard garden.



Tripe ingredients



a



b



e



Dombolo bread ingredients



c



d



f



g



35 Mahangu Rotis with Oshingali Purée

INGREDIENTS (3-4 servings)

Mahangu rotis

- Mahangu flour** > 500ml (2 full cups)
- Marula kernels** > 60ml (4 tablespoons) crushed
- Cooking oil** > 10ml (2 teaspoons)
- Water** > 500ml (2 full cups)
- Salt** > a pinch

Oshingali purée

- Cowpeas** > 500ml (2 full cups)
- !Nara oil** > 30ml (2 tablespoons)
- Onion powder** > 5ml (1 teaspoon)
- Fresh milk** > 125ml (½ cup)
- Cooking oil** > 30ml (2 tablespoons)
- Water** > 1000ml (4 full cups)
- Black pepper** > 5ml (1 teaspoon)
- Salt** > 5ml (1 teaspoon)



Roti ingredients



Purée ingredients

METHOD

Mahangu rotis

- 1 Boil the water in a pot. Add the mahangu flour, salt and cooking oil to the boiling water, reduce the heat, and stir thoroughly on low heat until there are no lumps (about 3 minutes).
- 2 Add the crushed marula kernels and cover for 5 minutes on low heat to activate the gluten.
- 3 Transfer the dough to a cutting board and knead for 5 minutes with the bottom of a clean glass.
- 4 Sprinkle mahangu flour over the cutting board, place the dough on the board, and knead for another 5 minutes by flattening and rolling the dough with a rolling pin or a glass bottle.
- 5 Cut the dough into uniform circles or triangles or any shapes of your choice.
- 6 Heat the cooking oil in a pan on medium heat, add the first roti, and cook and turn it over until golden brown on both sides. Continue this process until all the rotis are done.
- 7 Serve with oshingali purée and green salad.

Oshingali purée

- a Place the beans and the water in a bowl and set aside for 30 minutes. Remove all the floating beans, and then rub the beans between your palms to remove the topcoat. Continue until all the beans are uncoated.
- b Cook the beans for 1½ hours or until they soften. Add the black pepper, salt and cooking oil.
- c Mix the ingredients together thoroughly, and use a double strainer to finely mash the beans into a purée.
- d Add the milk and !nara oil and bring to a boil.
- e Garnish with the crushed marula kernels.



JULIANA JASON

Cooking has always been a big part of my family life, and I began cooking at the age of 10. Growing up, my mother taught my sister and I how to prepare different dishes including indigenous ones. It has always and continues to be therapeutic, and is one thing I am extremely passionate about. Oshingali was not a special dish for me as I found it ordinary and basic, until I decided to liven it up by making rotis, cutting them into triangles and dipping them into the oshingali purée. I would describe my creation as a gluten-free, comforting and highly nutritious dish made from one of our traditional Namibian recipes, transformed into a super-light, flavourful meal or snack.



36 Lentil and Potato Curry with Naan Bread

INGREDIENTS (2-3 servings)

Lentil and potato curry

- Lentils** > 250ml (1 cup)
- Onion** > ½ chopped
- Potatoes** > 2 peeled and cubed
- Tomatoes** > 2 chopped
- Garlic** > 5ml (1 teaspoon) or 1 clove, crushed
- Curry powder** > 10ml (2 teaspoons)
- Ginger powder** > 5ml (1 teaspoon)
- Turmeric** > 5ml (1 teaspoon)
- Milk (fresh)** > 125ml (½ cup)
- Water** > 750ml (3 full cups)
- Salt** > 5ml (1 teaspoon)
- Black pepper** > 2.5ml (½ teaspoon)

METHOD

Lentil and potato curry

- 1 Pour the water into a pot, add the lentils, and cook for 30 minutes on medium heat until the lentils soften.
- 2 Add the cubed potatoes and cook for 10-15 minutes.
- 3 Add the onion and tomatoes.
- 4 Add the garlic, ginger, curry powder, turmeric, salt and black pepper, and stir.
- 5 Add the milk and simmer for 20 minutes or until the sauce thickens.
- 6 Transfer to a serving bowl.

Naan bread

- a In a mixing bowl, mash the boiled and cubed sweet potatoes.
- b Add the wholewheat flour to the mashed potato, and mix together well.
- c Add the seeds and parsley, and mix.
- d Knead the dough with your hands for 5-10 minutes.
- e Divide the dough into 5 equal parts.
- f Coat a clean work surface with flour, and roll out each flatbread with a rolling pin or glass bottle. The rolled-out dough should be about 6mm thick and about 15cm in diameter.
- g Heat a fifth of the cooking oil in a pan on medium heat. Place the first flatbread in the pan, cook for 3-4 minutes on each side, remove it from the pan and cover it with a clean kitchen cloth. Repeat until all the flatbreads are cooked and covered under the cloth.
- h Serve with the lentil and potato curry, and a salad (or salad pieces) of your choice.

Naan bread

- Sweet potatoes** > 250ml (1 full cup) mashed
(Note: Use 1 large, 2 medium-size or 3 small potatoes to obtain 1 cup of mashed potato. Boil and cube the potatoes prior to starting the preparations.)
- Wholewheat flour** > 250ml (1 full cup)
- Flax seeds** > 5ml (1 teaspoon)
- Pumpkin seeds** > 5ml (1 teaspoon) roasted
- Parsley (fresh)** > a handful
- Cooking oil** > 15ml (1 tablespoon)





DIANA FENYEHO

During the Covid-19 lockdown in 2020, I embarked on a health and wellness journey, which led me to preparing meatless meals every Monday. As a dietitian, educating people about health and nutrition is an activity close to my heart, and I had to start by educating my family – since, as the saying goes, “Everything starts at home.” The lentil and potato curry recipe came about by chance when I was experimenting with foods for meatless Monday. The fridge didn’t offer much variety, so I went into the pantry and grabbed everything I thought would go well together, and boom! This curry was a huge hit that evening, and started a tradition in my home. Potatoes are a good source of starch and are inexpensive. Lentils are a great source of protein and can be bought at an affordable price. A curry can be paired with rice or naan bread. I usually prefer to pair this curry with naan bread as it is easy to make and simply delicious. This meal is eaten with your hands, embodying the African way of eating.



37 Vegetable and Bean Stew with Brown Rice

INGREDIENTS (2-3 servings)

Red kidney beans > 500ml (2 full cups)
Sweet potatoes > 1 chopped
Carrot > 1 chopped
Celery stalk > 1 chopped
Garlic > 2 cloves chopped
Ginger (fresh) > 5ml (1 teaspoon) grated
Onion > 1 chopped
Red pepper > 1 chopped
Tomatoes > 2 chopped
Peanut butter > 30ml (2 tablespoons)
Peanuts (raw unsalted) (optional) > 45ml (3 tablespoons)
Chillies (dried) > 5ml (1 teaspoon)
Cumin (ground) > 2.5ml (½ teaspoon)
Curry powder > 5ml (1 teaspoon)
Vegetable stock > 1½ cubes
Vinegar > 5ml (1 teaspoon)
Water for cooking the beans > 1750ml (7 full cups)
Water for sautéing > 30ml (2 tablespoons)
Water for vegetable stock > 375ml (1½ cups)

Note: *This recipe does not contain salt, which makes it suitable for people with high blood pressure. However, a pinch of salt can be added if preferred.*

METHOD

- 1 Pour the water for cooking into a pot on medium heat, add the red kidney beans, and cook for 1½ hours or until the beans are soft. Transfer to a mixing bowl and set aside.
- 2 In a clean pot, cook the onions, tomatoes and red peppers in water for 3-5 minutes until soft. Add the chilli, garlic, curry powder, cumin, vegetable stock, celery and ginger. Add the cooked beans, the sweet potato and the carrots, and stir.
- 3 Add water and simmer for 5-10 minutes or until the vegetables are soft.
- 4 Add the peanut butter and vinegar, and cook for 2 minutes.
- 5 Garnish with roasted peanuts, and serve with brown rice.



MARIKE HOFFMAN

I've always enjoyed cooking, but my love affair with food began after I became a vegan. I was intrigued by the many wonderful books and research papers on the benefits of whole plant-based foods and how they contribute to our health and wellbeing. Food is medicine, so all of us should be making the best food choices that we can for our health – and for the health of our planet. This recipe is a crowd pleaser that can feed a large group of people. Its hearty character makes it perfect for winter. This recipe is inspired by a West African peanut stew which also contains sweet potato. It provides a variety of benefits: it is delicious, high

in fibre, nutrient-dense, easy to prepare, and free of oil, refined sugar and salt. It is also special because it's a vegan, whole-food, plant-based recipe. Veganism is still a growing concept in southern Africa, and I hope this meal gives you a glimpse into the exciting world of veganism and diminishes the notion that 'healthy is boring'.



38 Oshigali Falafel with Peanut Butter Sauce

INGREDIENTS (2-3 servings)

Oshigali falafel

Cowpeas > 250ml (1 full cup)
Carrot > 1 grated
Onion > 1 chopped
Parsley > 5ml (1 teaspoon)
Red pepper > 1 chopped
Zucchini > 1 chopped
Wild garlic (*elumelinyika*) > 10ml (2 teaspoons)
Eggs > 3
Breadcrumbs > 250ml (1 full cup)
Wholewheat flour > 500ml (2 full cups)
Cooking oil > 60ml (4 tablespoons)
Water > 750ml (3 full cups)
Salt > 5ml (1 teaspoon)
Black pepper > 5ml (1 teaspoon)

Peanut butter sauce

Peanut butter > 15ml (3 teaspoons)
Ginger (fresh grated or dry ground) > 2.5ml (½ teaspoon)
Spinach > 125ml (½ cup)
Water > 125ml (½ cup)
Salt > a pinch

METHOD

Oshigali falafel

- 1 Soak the cowpeas in water for 30 minutes to 1 hour to make it easier to remove the peels, and then rub the soaked cowpeas between your hands to remove the peels.
- 2 Once all the cowpeas are peeled, pour all of the water (3 full cups) into a pot, add the cowpeas, and cook them on medium heat for 30 minutes to 1 hour or until they are soft.
- 3 When the cowpeas are ready, cool and transfer them to a mixing bowl, and mash them finely.
- 4 Add the parsley, black pepper, salt, carrots, red pepper and zucchini, and mix together.
- 5 Add the wild garlic.
- 6 Add the eggs and mix.
- 7 Add the wholewheat flour and mix.
- 8 With your hands, shape the mixture into balls.
- 9 Coat the balls with breadcrumbs.
- 10 Coat the bottom of a pan with cooking oil and heat the pan on medium heat. Add 3 balls to the pan, and turn them while cooking until they are golden brown and crispy on all sides. Continue until all the balls are cooked, adding more oil for each batch or whenever needed.

Peanut butter sauce

- a Add the water, spinach, salt and ginger to a pot and cook for 5 minutes.
- b Add the peanut butter and stir thoroughly for 2 minutes until well cooked. Serve with the falafel.



EARTHLY DELIGHTS LIVING FOODS CC

Earthly Delights is a company that was started by two sisters, Eliraz and Hanna, and specialises in producing traditional and healthy meals. Growing up in a multi-cultural home, meals were often a mixture of Eastern European cuisine – which meant a lot of stews like goulash and chicken paprikash – and traditional, wholesome foods from their mother’s village. Facing medical challenges, the two sisters had to change their

then unhealthy diets from sugary and highly processed foods to nutritious home-cooked meals. The sisters’ personal experiences of battling with health problems, overcoming those problems and reconnecting with their Namibian roots culminated in the birth of Earthly Delights. They believe that “if we eat a bit more traditional”, we would have a healthier society.



39 Creamy Truffles with Spaghetti

INGREDIENTS (1-2 servings)

Spaghetti

Truffles (fresh) > 6 cubed

Basil > 15ml (1 tablespoon) chopped

Garlic > 2 cloves chopped

Milk > 125ml (½ cup)

Mushroom sauce powder > 15ml (1 tablespoon)

Creamy cheese sauce powder > 15ml (1 tablespoon)

Cooking oil > 75ml (5 tablespoons)

Water > 107.5ml (¼ cup plus 3 tablespoons)

Salt > 2.5ml (½ teaspoon)

METHOD

Before beginning to cook the truffles, carefully rinse them in cold water until they are very clean, and then peel them and rinse them a second time.

- 1 Add ¼ cup (62.5ml) of water to a pot over medium heat.
- 2 Add the truffles and cook them for 10 minutes.
- 3 Add the salt and cooking oil, and cook for 5 minutes or until the truffles soften.
- 4 Add the soup powder and stir.
- 5 Add the remaining 45ml (3 tablespoons) of water as well as the basil and garlic. Mix all the ingredients together for 5 minutes.
- 6 Add the milk and simmer for 5 minutes.
- 7 Serve with spaghetti.





KLAUDIA MUKETE

Namibian truffles are found mainly in the Kalahari Desert in the south-east of the country, and in the north. In the north-central regions they are known as “omatumbula”. Our forefathers have enjoyed truffles for generations, so it is safe to say that these delicacies are woven into our cultural identity. Truffles – which my whole family loves to eat – were commonly served with stews, but I was curious about what other ways there might be to prepare them, and developed this delicious recipe.



40 Zambezi Bream with Water Lilies (*Inkuma*) and Couscous

INGREDIENTS (1-2 servings)

Zambezi bream with *inkuma*

Tilapia fish > 2 scaled and gutted

Water lilies (*inkuma*) > 500ml (2 full cups) peeled and thoroughly washed

Cooking oil > 60ml (4 tablespoons)

Water > 750ml (3 full cups)

Salt > 10ml (2 teaspoons)

Black pepper > 5ml (1 teaspoon)

Vegetable couscous

Couscous > 250ml (1 full cup)

Carrots > 2 diced

Peas > 125ml (½ cup)

Cherry tomatoes > 5 quartered

Wild garlic (*elumelinyika*) > 2.5ml (½ teaspoon)

Onion > 1 chopped

Green pepper > ½ chopped

Red pepper > ½ chopped

!Nara oil > 15ml (1 tablespoon)

Cooking oil > 30ml (2 tablespoons)

Water > 250ml (1 full cup) boiled + 125ml (½ cup) cold

Salt > 2.5ml (½ teaspoon)

Black pepper > 2.5ml (½ teaspoon)



METHOD

Zambezi bream with *inkuma*

- 1 Place the *inkuma* in a pot with the 750ml (3 full cups) water on medium heat, and cook for approximately 2 hours or until the *inkuma* softens. Add water as necessary.
- 2 Place the fish on top of the softened *inkuma*, and let the fish steam until cooked.
- 3 Remove the cooked fish from the pot, and cool and debone it.
- 4 Place the fish back in the pot with the *inkuma* and mash them together. Add the cooking oil, salt and black pepper, mix everything together and cook for 5 minutes.

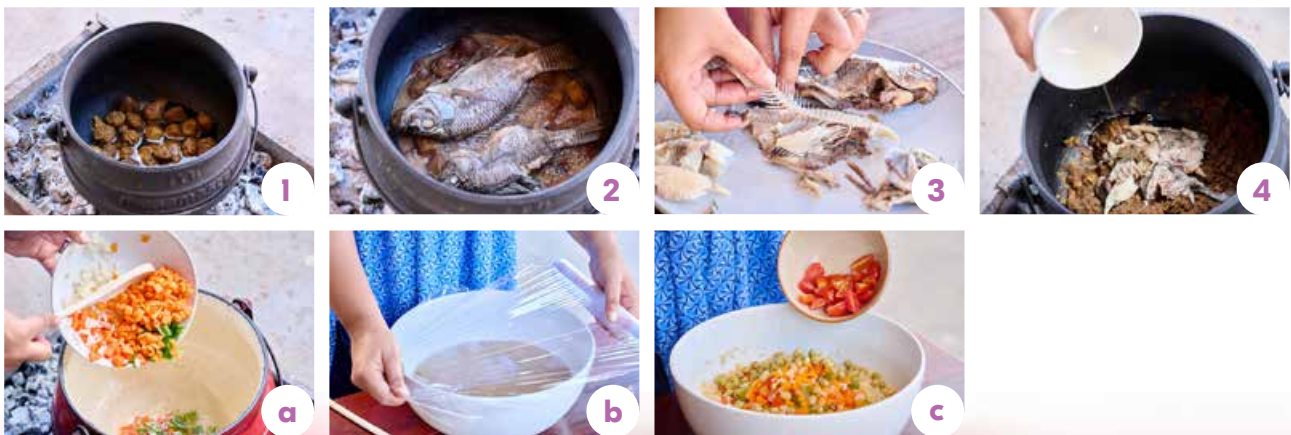
Vegetable couscous

- a Cook the onion, carrots and peppers in a pot in 125ml water until soft. Remove and set aside.
- b Add couscous to a bowl and add the cup of boiled water. Cover with cling wrap and set aside for 15-20 minutes to soften.
- c Add the cooked onion, carrots and peppers to the couscous, along with the tomato, peas, !nara oil, salt, black pepper and wild garlic. Mix everything together.
- d Serve hot with the bream and *inkuma*.



ESTHER NZEHENGWA

Inkuma is endemic to Zambezi Region, where I come from, and it grows naturally with no use of pesticides. Being born and raised on the Chobe River meant that we had easy access to *inkuma*, and it has always been one of our family's staple foods. In Zambezi *inkuma* is a cultural favourite, and we take pride in this food because of its uniqueness. Although not nationally known as a food, it is slowly growing in popularity and can now be purchased in open markets. I would love people to try *inkuma*, because it's a very healthy food: it is organic, and it contains high-value protein and carbohydrates. It is also delicious, and can be eaten on its own or paired with any other food for extra flavour.



41 Silver Fish with Cassava Porridge

INGREDIENTS (2-3 servings)

Silver fish

Dried silver fish > 250ml (1 full cup)

(Note: Prior to starting the preparations, soak the fish in water for 30 minutes.)

Garlic > 3 cloves chopped

Mushrooms > 250ml (1 full cup)

Onion > 1 chopped

Pepper (green/yellow/red) > 1 chopped

Tomatoes > 3 chopped

Chilli (optional) > 2.5ml (½ teaspoon)

Mixed herbs > 2.5ml (½ teaspoon)

Vinegar > 10ml (2 teaspoons)

Cooking oil > 10ml (2 teaspoons)

Water > 1125ml (4½ cups)

Salt > 5ml (1 teaspoon)

Black pepper > 2.5ml (½ teaspoon)

Cassava porridge

Cassava flour > 250ml (1 full cup)

Maize flour > 250ml (1 full cup)

Moringa leaves > 5ml (1 teaspoon) crushed

Water > 750ml (3 full cups)



METHOD

Silver fish

- 1 Pour all of the water into a pot on medium heat, add the pre-soaked silver fish, and cook for 10-15 minutes.
- 2 Pour the cooking oil into a separate pot.
- 3 Add the garlic, onion, mushrooms, pepper, tomato and chilli, and sauté in the cooking oil for 2 minutes.
- 4 Add the salt and pepper to the pot of vegetables, and sauté for another 2 minutes until the vegetables are tender. Add the cooked fish to the vegetables and simmer for 2 minutes.

Cassava porridge

- a Boil all of the water in a pot, add the maize flour to make a paste, and cook for 5 minutes.
- b Add the cassava flour and mix thoroughly.
- c Add the crushed moringa leaves and cook for 5 minutes until the porridge is ready.
- d Serve with the fish dish.



DORIAN AMATETA

The silver fish is commonly paired with cassava or mahangu porridge, and this meal, always prepared by my mom, has been my favourite dish since childhood. I never took a keen interest in learning how to cook until I became a mother myself. Being a mother reminded me of how much fun, laughter and food my family shared during Saturday lunches, and I wanted my children to experience the same. The one thing I emphasise while in the kitchen with my children is *time*: I am teaching them to always pay close attention to their cooking time, to ensure that the food doesn't lose its flavour and nutrients. Both the silver fish and the cassava porridge are quick and easy to prepare, and both provide a wide range of health and nutrition benefits.



42 Mutton Potjie Kos with White Corn Pap

INGREDIENTS (3-4 servings)

Mutton potjie kos

- Mutton: knuckle or neck meat > 1 kg
- Corn cobs > 2 sliced
- Green beans > a handful
- Broccoli > 5 florets
- Butternut > half cubed
- Cauliflower > 3 florets
- Carrots > 3 chopped
- Garlic > 4 cloves chopped
- Mushroom > 375ml (1½ cups)
- Onion > 1 chopped
- Potatoes > 2 cubed
- Sweet potato > 1 cubed
- Tomatoes > 5 chopped
- Curry powder > 15ml (1 tablespoon)
- Mixed herbs > 5ml (1 teaspoon)
- Honey > 15ml (1 tablespoon)
- Lemon juice > 15ml (1 tablespoon)
- Cooking oil > 45ml (3 tablespoons)
- Water > 750ml (3 full cups)
- Salt > 5ml (1 teaspoon)
- Black pepper > 5ml (1 teaspoon)

White corn porridge

- Maize flour > 500ml (2 full cups)
- Corn kernels > 125ml (½ cup)
- Moringa leaves > 15ml (3 teaspoons)
- Water > 500ml (2 full cups)

METHOD

Mutton potjie kos

- 1 Pour all of the water into a pot, add the mutton pieces and cook for 25-30 minutes.
- 2 Add the sweet potato.
- 3 Add the butternut and cook for 10 minutes.
- 4 Add the pieces of corn cob and the mushrooms.
- 5 Add the carrots.
- 6 Add the cooking oil and cook for 5 minutes. Add the green beans, broccoli, cauliflower, garlic, onion and tomato, and cook for 5 minutes.
- 7 Add the curry powder, mixed herbs, salt and black pepper, and stir. Add the honey.
- 8 Add the lemon juice, stir and simmer for 5 minutes.
(*Note: throughout this cooking process, be sure to stir regularly to prevent the ingredients from sticking to the bottom of the pot.*)

White corn porridge

- a Boil the water in a pot, add the maize flour and stir until the desired consistency is achieved, and then simmer for 3 minutes.
- b Add the corn.
- c Add the moringa leaves and stir for 1 minute, and then simmer for 4 minutes.
- d Serve hot with mutton potjie kos.





CHANLIN VAN DER COLFF

Potjie kos (an Afrikaans term meaning ‘small-pot food’ — traditionally prepared outdoors) has been passed along from generation to generation in my family, and has been a “must have” for all special occasions and celebrations that brought the family together. Both my great grandmother and grandmother prepared it often, and referred to it as “the love dish”. Still now, every time my mother tells stories around this meal, her face lights up and she speaks with so much passion. More than anything, this recipe carries stories and memories, and is a reminder that *food unites*. May this be so for everyone who tries this recipe.



43 Dried Meat (Oodhingu) with Samp and Gem Squash

INGREDIENTS (2-3 servings)

Oodhingu

Dried meat ➤ 250ml (1 full cup)

Garlic ➤ 2 chopped cloves

Green pepper ➤ 1 chopped

Onion ➤ 1 chopped

Tomatoes ➤ 3 chopped

Mushrooms ➤ 125ml (½ cup)

Chilli (optional) ➤ 2.5 ml (½ teaspoon)

Mixed herbs ➤ 5ml (1 teaspoon)

Honey ▶ 2.5ml (½ teaspoon)

Cooking oil ▶ 45ml (3 tablespoons)

Water ➤ 1250ml (5 full cups)

Salt ➤ 15ml (1 tablespoon)

Samp

Samp ➤ 500ml (2 full cups)

Milk (fresh) ➤ 125ml (½ cup)

Water ➤ 750ml (7 full cups)

Salt ➤ 5ml (1 teaspoon)

Gem squash

Gem squash ➤ 1 halved

Corn ➤ kernels from 1 cob

Water ➤ 500ml (2 full cups)

Salt ➤ a pinch

Black pepper (optional) ▶ a pinch



METHOD

Oodhingu

- 1 Pour 3 of the 5 cups of water into a pot on medium heat, add the washed dried meat and salt, and cook for 1½-2 hours. Keep adding water until the dried meat is soft.
- 2 Once the meat is soft, add the cooking oil to the pot.
- 3 Add the garlic.
- 4 Add the mushrooms, tomato, onion and green pepper, and stir to mix.
- 5 Cook for 5-10 minutes.
- 6 Serve hot with the samp and gem squash.

Samp

- a Pour all of the water into a pot on low heat, add the samp and cook for 1½ hours or until the samp softens. Stir every 10 minutes to prevent the samp from sticking to the pot.
- b Add the salt and cook for 5 minutes. Add the milk and simmer for 10-15 minutes.
- c Transfer to a serving bowl.

Gem squash

Pour the water into a pot, add the gem squash and salt, and cook until soft (± 25 minutes). Fill the squash with corn kernels, add a pinch of black pepper (optional), and serve hot with the *oodhingu* and samp.



ALICE BUCHANE

Every time I prepare this meal, I am reminded of my childhood, and often find myself giggling while reminiscing. My recollections of the meat-drying process, for example, makes me laugh: One had to hang the meat as high as possible to guard against the dogs eating it or a neighbour stealing it. Today, this traditional delicacy is a regular dinner for my family. I serve the dried meat with other foods to make up a wholesome healthy meal, which is why my recipe contains sources of protein, carbohydrates, and vitamins and minerals from a range of vegetables. I hope that my children will in future also consider this dish as special, and that it will hold the same, if not even more, sentimental value for them as it does for me.



44 Catfish and Okra with Ekundu and Mahangu

INGREDIENTS (2-3 servings)

Catfish with okra

- Catfish > 2
- Okra > 10 small pods
- Cherry tomatoes > 10
- Onion > 1 chopped
- Wild garlic (*elumelinyika*) > 5ml (1 teaspoon)
- Basil > 30ml (2 tablespoons)
- Marula oil > 45ml (3 tablespoons)
- Cooking oil > 90ml (6 tablespoons)
- Water > 1000ml (4 full cups)
- Salt > 5ml (1 teaspoon)

Ekundu

- Ekundu (*Aloe zebrina*) > 1
- Onion > 1 chopped
- Tomatoes > 2 chopped
- Peppers, green and yellow > ½ each chopped
- Chilli (dry crushed) (optional) > 2.5ml (½ teaspoon)
- Marula oil > 45ml (3 tablespoons)
- Cooking oil > 90ml (6 tablespoons)
- Water > 500ml (2 full cups)
- Salt > a pinch

Mahangu porridge

- Mahangu flour > 375ml (1½ full cups)
- Maize flour (white) > 250ml (½ cup)
- Moringa powder > 15ml (1 tablespoon)
- Water > 750ml (3 cups)

METHOD

Catfish with okra

- 1 Precook the catfish in 2 cups of water in a pot on medium heat for 15 minutes, and discard the water. Add the remaining 2 cups of water, and cook the fish for another 30 minutes or until soft.
- 2 Add the okra pods and cooking oil.
- 3 Add the wild garlic.
- 4 Add the onion, tomato and basil.
- 5 Add the tomatoes and sauté for 5 minutes.
- 6 Transfer to a serving bowl.

Ekundu

- a Pour the water into a pot on medium heat, add the ekundu and cook until soft (about 45 minutes).
- b Add the salt and chilli.
- c Add the cooking oil and stir.
- d Add the tomato, onion and pepper (green and yellow), and cook for 10 minutes.
- e Mix until the ekundu is well mashed.
- f Serve drizzled with marula oil.

Mahangu porridge

Boil the water in a pot, add the maize flour and cook for 15-20 minutes, stirring every 3 minutes. Add the mahangu flour, stir until the consistency is right, and simmer for 2 minutes. Serve hot with the ekundu and catfish.





EUGENIA SHIKESHO

In the Oshiwambo culture, we consume various kinds of *omahanda* (traditional sundried spinach moulded in a circular shape). *Ehanda leEkundu* has always been my favourite kind, and is a food I will never tire of as it makes me feel a little closer to home when I am residing elsewhere. Although many think that our forefathers didn't know anything about a balance diet, I beg to differ. Most cultural foods are grown naturally; most are herbs and contain an array of nutrients. Very rarely does one find people in northern Namibia consuming large quantities of sugars and fats, and even those who do still usually include healthy carbohydrates and foods rich in protein. I continue to be amused by the clever pairings of traditional foods with other foods to achieve balance and nutritional benefits in every meal.



45 Baobab Fruit Yoghurt

INGREDIENTS (2-3 servings)

Baobab fruit ➤ 2-3

Strawberries/blueberries or a mango ➤ 125ml (½ cup)

Raisins ➤ 5ml (1 teaspoon)

Sesame seeds ➤ 5ml (1 teaspoon)

Honey ➤ 75ml (5 tablespoons)

Milk (fresh) ➤ 1000ml (4 full cups)

METHOD

- 1 Crack open the baobab fruits, and transfer the seeds and powder to a clean deep bowl.
- 2 Add the fresh milk, and ensure that the baobab seeds and powder are submerged in the milk.
- 3 Add the honey, stir the mixture, cover the bowl with a kitchen cloth, and let the mixture soak in a cool place for at least 5 hours or overnight for a good creamy texture.
- 4 Stir the soaked mixture with a cooking stick for approximately 5 minutes, and then sieve it to remove the seeds, and let it set for 5 hours in a cool place.
- 5 Serve the yoghurt with fruit salad or muesli.





NANJA LIMBO

The baobab tree is indigenous to various parts of northern Namibia. It produces a seasonal fruit with a long shelf life of up to one year when stored under suitable conditions. I enjoy eating the seeds as a snack and using the powder in beverages such as water, juice, tea and smoothies. The powder can also be added to porridge for a tangy taste, and can be used for making homemade yoghurt like the one shared here. The fruit is considered to be a superfood because it's rich in vitamin C and high in fibre, and it increases iron absorption, reduces inflammation and boosts the immune system. This recipe is suitable not only for adults of any age, but also for children, including very young children, and it is highly beneficial for malnourished children.



46 Marathon Chicken with Vegetables

INGREDIENTS (2-3 servings)

Marathon chicken

- Chicken > 1 whole marathon*
- !Nara seed oil > 30ml (2 tablespoons)
- Wild garlic > 2.5ml (½ teaspoon)
- Water > 1000ml (4 full cups)
- Turmeric > 2.5ml (½ teaspoon)
- Salt > 15ml (1 tablespoon)
- Black pepper > 5ml (1 teaspoon)
- Roasted zucchini and eggplant**
- Eggplants > 2 sliced
- Zucchini > 5 halved
- Cooking oil > 30ml (2 tablespoons)
- Salt > a pinch

Boiled vegetables

- Broccoli > 8 florets
- Carrots > 3 halved
- Cauliflower > 8 florets
- Corn > 2 cobs sliced
- Potatoes > 3 halved
- !Nara seed oil > 30ml (2 tablespoons)
- Water > 375ml (1½ cups)
- Salt > 5ml (1 teaspoon)

METHOD

Marathon chicken

- 1 Grill the chicken for 1 minute on each side over flames until the skin is golden brown to add flavour and aroma.
- 2 Place the grilled chicken in a pot with the 4 cups of water.
- 3 Add the !Nara seed oil, wild garlic, turmeric, salt and black pepper, and cook for 1½ hours or until the chicken is soft. Add more water as needed in this process.

Roasted zucchini and eggplant

- a Season the zucchini halves and the eggplant slices with salt and cooking oil, and place them on the grill.
- b Grill them over medium-hot coals for 1 minute on each side or until they are golden brown.

Boiled vegetables

- i Pour all of the water into a pot, add the potatoes, carrots, corn, salt and black pepper, and boil for 20-30 minutes.
- ii Place the broccoli and cauliflower in a steaming basket, and place the steaming basket on top of the boiled vegetables. Close the pot, steam for 5 minutes, and then remove the basket while continuing to cook the other vegetables until they soften.
- iii Serve hot together with the chicken and roasted vegetables.

* A “**marathon chicken**” (also known as “marathon runner” and “Owambo chicken”), is a chicken breed that is native to Namibia. It is popular for a number of reasons, such as its hardiness (it has a well-developed immune system, is tolerant to most diseases and is able to survive under marginal conditions), its suitability for both egg and meat production, especially in rural areas, and the fact that it is bred without the use of antibiotics and vaccines. A comprehensive overview of this indigenous breed can be found at <https://www.namibian.com.na/209793/archive-read/Marathon-runners-a-hardy-breed>.



BERNARDA NGHIKEVALI

For this recipe, I chose boiled food for pairing with the chicken because it is easy to prepare, requires less time and less effort, and is easier (especially for younger children) to chew and digest. We read and hear a lot about the benefits of boiled food, and I can attest to this information. For example, boiled food does indeed help one's skin to glow, and if not overboiled, its nutritional value is maintained. I bought all the ingredients for this recipe at the open market to support the local community, and urge anyone who decides to try this recipe to do the same if you do not have a backyard garden.



47 Fish Tacos with Salsa

INGREDIENTS (3-4 servings)

Hake fish fillets

Hake fish > 5 fillets

Garlic > 3 cloves finely chopped

Mushrooms (fresh) > 125ml (½ cup)

Curry powder > 5ml (1 teaspoon)

Paprika > 5ml (1 teaspoon)

Lime juice > 45ml (3 tablespoons)

Lime zest > 5ml (1 teaspoon)

Cooking oil > 30ml (2 tablespoons)

Salt > a pinch



Taco shells

Wholewheat flour > 250ml (1 full cup)

Water (lukewarm) > 125ml (½ cup)

Cooking oil > 75ml (5 tablespoons)

Salt > 2.5ml (½ teaspoon)

Salsa

Cucumber > half chopped

Onion > 1 chopped

Tomato > 1 chopped

Dill (dried) > 30ml (2 tablespoons)

Lemon/lime juice > 7.5ml (½ tablespoon)

Assembling

Lettuce > 1 whole head

Red cabbage (medium size) > half, cut into strips

Dill (fresh) (optional) > a handful

Lemon juice > 15ml (1 tablespoon)

METHOD

Hake fish fillets

- 1 Place the hake fillets in a large mixing bowl. Add the garlic, mushrooms, curry powder, paprika, lime juice, lime zest, cooking oil and salt, and carefully mix all the ingredients to combine them without breaking the fillets. Marinate for 1 hour.
- 2 Place the fillets on the grill, and grill each side for 5-10 minutes or until both sides are golden brown.

Taco shells

- a In a clean bowl, combine the wholewheat flour with the salt, add the lukewarm water, and knead to form a semi-stiff dough. Lightly coat a clean surface with flour, roll out the dough (using a rolling pin, glass bottle or mug), and knead it for 10 minutes or until it is non-sticky.
- b Divide the dough into pieces and mould the pieces into balls. Smear cooking oil all around the balls, and cover them for about 30 minutes.
- c Again lightly flour a clean surface, and roll out the balls to form circle shapes.
- d Grease a pan on low-medium heat with 1 tablespoon of cooking oil, and toast each side of each taco until golden brown. (NB: Add oil to the pan as needed, but do not add all of it at once, and do not deep-fry the tacos. The amount of oil used also depends on the size of the pan used, and the size of the balls made from the dough.)
- e Immediately wrap each taco around a rolling pin, bottle or other item, to form the shape that they will retain when they harden.

Salsa

Thoroughly mix the cucumber, onion, tomato and dill in bowl, and dress with lemon/lime juice.

Assembling

- i Start with a generous layer of lettuce.
- ii Add the hake fillets and cabbage strips.
- iii Top the filling with the salsa and fresh dill, and drizzle with lemon juice.



PASHUKENI KASHIMBODE

It seemed that tacos would be impossible to make in a homestead where there was no electricity, but my granny was always up for a challenge, so we tried making them with a sauce made with dried fish – which she had dried to preserve it in the absence of a freezer – and used a mug to knead and flatten the dough for toasting over embers. Back then we didn't call them tacos; we were merely preparing a meal to eat. I vividly recall eating this snack, *mokamuve* (Oshiwambo for “under the berry shade tree”), with my grandparents and siblings, simply having fun and not realising that we were creating memories that would last a lifetime. Over

time this recipe evolved from a basic 3-ingredient recipe to a full-fledged one with a variety of ingredients and much more flavourful results. Can you tell?



1



a



b



c



2



d



e



Salsa



i



ii



iii



48 Evanda Vegetable Mix with Mashed Sweet Potatoes

INGREDIENTS (3-4 servings)

Evanda vegetable mix

Evanda (local moulded dry spinach) > 1

Red kidney beans > 250ml (1 full cup)

Butternut > a half, cubed

Carrot > 1 chopped

Garlic > 2 chopped cloves

Onion > 1 chopped

Tomatoes > 2 chopped

Basil > 15ml (1 tablespoon)

Chilli (optional) > 2.5ml (½ teaspoon)

Moringa powder > 5ml (1 teaspoon)

Cooking oil > 75ml (5 tablespoons)

Water > 1250ml (5 full cups)

Salt > 15ml (1 tablespoon)

(Note: Soak both the kidney beans and the evanda overnight to shorten the cooking duration.)

Mashed Sweet Potato

Sweet potatoes > 3 medium-sized chopped

Coconut flakes > 2.5ml (½ teaspoon)

Butter > 30ml (2 tablespoons)

Milk (fresh) > 125ml (½ cup)

Water > 500ml (2 full cups)

Salt > 5ml (1 teaspoon)

Black pepper > 2.5ml (½ teaspoon)

METHOD

Evanda vegetable mix

- 1 Pour the water into a pot, add the beans and cook for 1½ hours or until soft.
- 2 Add the evanda to the pot of beans, and cook for 20 minutes.
- 3 Add the butternut and carrot, and cook for 5-10 minutes.
- 4 Add the cooking oil as well as garlic, onion, tomato, chilli and salt, and stir for 2 minutes. Add the basil and moringa powder and cook for 2 minutes.
- 5 Transfer to a bowl.

Mashed sweet potato

- a Pour the water into a pot on medium heat, add the sweet potato and cook for 15-20 minutes or until the potato softens. Once the potato is soft, mash it in the pot.
- b Add the butter, milk, salt and black pepper, stir well and then simmer for 3-5 minutes.
- c Transfer to a bowl and garnish with coconut flakes.
- d Serve hot with the evanda vegetable mix.



HILENI AMUTENYA

Cooking this dish always takes me back to my roots, as this was one of our regular dishes while growing up. Wherever I might be, I think of home and see myself sitting in a circle with my family, eating together, with my children enjoying my cooking. I believe the time in which we are living requires us to adopt a healthy lifestyle, which starts with what we consume. I became passionate about our traditional foods when I travelled around Africa and experienced how passionate people were about their traditional foods. I wholeheartedly believe that if we can return to eating our traditional foods, we can avoid many of the non-communicable diseases we experience today, caused by highly processed foods.



49 Spicy Cowpea

INGREDIENTS (3-4 servings)

- Cowpeas** (dried) > 500ml (2 full cups)
- Green pepper** > 1 chopped
- Mango** > 1 cubed
- Onion** > 1 chopped
- Tomatoes** > 4 chopped
- Bay leaves** > 2
- Chilli** (optional) > 2.5ml (½ teaspoon)
- Parsley** > 5ml (1 teaspoon)
- Rosemary** > 15ml (1 tablespoon)
- Turmeric** > 15ml (1 tablespoon)
- Honey** > 2.5ml (½ teaspoon)
- Apple cider vinegar** > 45ml (3 tablespoons)
- !Nara seed oil** > 75ml (5 tablespoons)
- Water** > 1000ml (4 full cups)
- Salt** > 5ml (1 teaspoon)
- White pepper** > 5ml (1 teaspoon)



METHOD

- 1 Pour the water into a pot on medium heat, add the dried cowpeas and cook for 1 hour or until the cowpeas soften.
- 2 Once the cowpeas are soft, add the !nara seed oil.
- 3 Add the onion, tomato and green pepper.
- 4 Add the chilli, salt, apple cider vinegar, rosemary, turmeric, white pepper, honey and bay leaves, and cook for 5-10 minutes.
- 5 Garnish with dried or fresh parsley and mango cubes.
- 6 Serve hot.



JULIA LASARUS

Cowpea is a staple food in the Oshiwambo culture, and is widely grown throughout northern Namibia. We would often eat the plain beans for lunch, and sometimes we'd prepare the cowpea in the form of a sauce traditionally known as *oshigali* to eat with our mahangu porridge. We ate these beans at least once a week, and although my siblings and I came to dislike them at some point, today we all love them because of the different ways that they can be prepared, this recipe being an example. Time and time again, experimentation in the kitchen has shown me new ways to spice up our traditional foods, and has led me to appreciate their versatility. When my brother first sampled this recipe, he could hardly believe he was eating the beans he used to hate — and now loves!



50 Stuffed and Marinated Chicken Roulade

INGREDIENTS (3-4 servings)

Marinating sauce

- Yoghurt (plain) > 125ml (½ cup)
- Honey > 30ml (2 tablespoons)
- Olive oil > 60ml (4 tablespoons)
- Lemon juice > 1 lemon squeezed
- Mixed herbs > 15ml (1 tablespoon)
- Paprika powder > 5ml (1 teaspoon)
- Salt > 5ml (1 teaspoon)
- Black pepper > 5ml (1 teaspoon)

Stuffing mix

- Chicken breasts > 2-3 flattened
- Garlic > 3 chopped cloves
- Onion > ½ (half) chopped
- Green pepper > ½ medium sized chopped
- Red pepper > ½ medium sized chopped
- Spinach > 3 whole leaves
- Breadcrumbs > 125ml (½ cup)
- Cashew nuts > 125ml (½ cup) chopped
- Marula oil > 37.5ml (2½ tablespoons)
- Cooking oil > 30ml (2 tablespoons)
- Salt > 5ml (1 teaspoon)
- Black pepper > 5ml (1 teaspoon)

Side dish

- Eggs > 2 hard-boiled
- Carrot > 1 grated
- Lettuce > 1 handful
- Vinegar > 2.5ml (½ teaspoon)



METHOD

Marinating sauce

Put all the ingredients in a bowl and mix them together well (photos 1, 2, 3).

Stuffing mix

- a Soak the spinach leaves in boiled water for 3 minutes, pat them dry with a paper towel, and let them cool for 5 minutes. Then chop the leaves into fine pieces, transfer them to a bowl, and add the garlic, onion, peppers and cashew nuts.
- b Add the breadcrumbs to the bowl.
- c Add the cooking oil and mix the ingredients together well.

Stuffing the chicken breast

- i Place the flat chicken breasts on a sheet of tinfoil that is large enough to cover all sides of the breasts (top, bottom, sides and ends). Arrange the breasts in a straight line alongside each other, but with their sides overlapping in order to ensure that they do not separate from each other during the rolling and cooking processes.
- ii Spread the stuffing mix along one side of the chicken breasts.
- iii Carefully roll/fold the breasts, starting from the side which has the stuffing mix.
- iv Pour/spoon the marinating sauce along the top surface of the roll of breasts, and then spread it to cover all sides of the roll.
- v Seal the foil on all sides and let it rest for 1 hour.
- vi Place the sealed roll on a grid over hot coals for 30-45 minutes or until well cooked. Once ready, let it cool and then slice it.
- vii Serve with a side dish of boiled eggs, carrot and lettuce, drizzled with a mixture of salt, vinegar and marula oil.



JANET NDAKALAKO

Although I quickly picked up how to prepare foods eaten in western cultures, I am still learning how to prepare traditional foods of my Oshiwambo culture, and this remains an insecurity of mine, since most of the women in my family can cook our traditional foods perfectly. Still, I have learnt that one can successfully merge cultures in cooking, in different ways, using different techniques, and this recipe is testament to this fact. This recipe showcases my creative approach of combining traditional or locally sourced ingredients and store-bought ingredients in one dish. One thing I love about

local fresh ingredients is that they are not processed and they have a high nutritional value. This dish can be eaten for lunch or dinner, ideally with a well-prepared salad to accompany it. I hope that everyone who tries this recipe experiences the beauty that delicious food is.



Cinnamon Tea

Add hot boiled water to a cup with cinnamon (powder or stick form), and allow to stand for 3 minutes to brew. Add ginger (optional). Add 5ml (1 teaspoon) of honey. Serve hot.

Devil's Claw Tea

Add hot boiled water to a cup with 2.5ml (½ teaspoon) of devil's claw. Serve hot.

Green Tea

Add hot boiled water to a cup with green tea (teabag or leaves), and allow to stand for 3 minutes to brew. Remove the bag once brewed. Add 5ml (1 teaspoon) of honey. Serve hot or cold (green iced tea).

Hibiscus (*mutete*) Tea

Add hot boiled water to a cup with 15ml (1 tablespoon) of hibiscus/*mutete*, and allow to stand for 1 minute to brew. Add 5ml (1 teaspoon) of honey (optional). Serve hot or cold.

Mint Tea

Add hot boiled water to a cup with mint leaves and allow to stand for 3 minutes to brew. Serve hot or cold.



Rooibos Tea

Add hot boiled water to a cup with rooibos (teabag or leaves) and allow to stand for at least 3 minutes to brew. Remove the teabag once brewed. Add 5ml (1 teaspoon) of honey. Serve hot or cold (rooibos iced tea).

Lemon and Ginger Drink

Add hot boiled water to a cup with lemon slices and chopped fresh ginger, and allow to stand for 3 minutes to brew. Add 5ml (1 teaspoon) of honey (optional). Serve hot or cold.

Moringa Drink

Add water, milk or juice to a glass with 15ml (1 tablespoon) of moringa powder. Serve cold.

Orange Juice

Cut a fresh orange in half. If available, use a hand extractor or a juicer to extract all of the juice; otherwise squeeze out as much juice as you can by hand. Consume cold within 5 hours.

Water

Consume either cold or warm. Drink at least 8 cups per day, or as many as possible.

Rooibos



Lemon & Ginger



Moringa



Orange



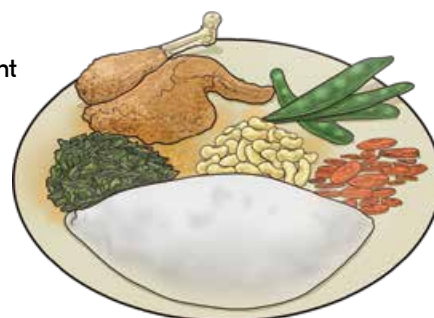
Water



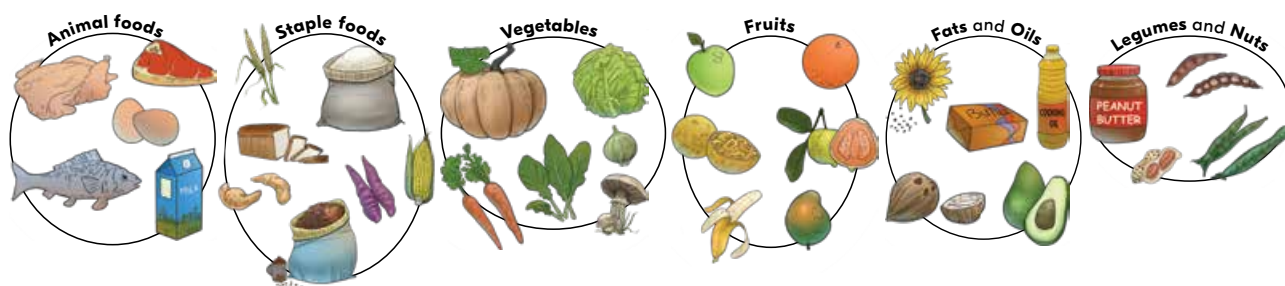
Food Groups, Meal Planning, Food Hygiene

Introduction

A healthy meal is made up of different food groups combined in the right proportions. Each food group has different nutrients that are necessary for a healthy diet and good health. Planning healthy meals helps to ensure that all nutrients are included in your diet. It is also necessary to prepare food under hygienic conditions, to prevent the spread of bacteria. Here is some basic information to guide you.



The six FOOD GROUPS



The importance of eating a VARIETY of foods

- Reduces the risk of nutritional deficiencies as your body has access to all of the nutrients.
- Reduces the risk of chronic diseases.

There is no single food that can supply all nutrients in the amounts needed. Eating foods from all six food groups helps you to obtain nutrients for good health. It also makes meals more interesting from day to day.

Meal PLANNING for health

Eat at least three meals a day. Planning healthy meals is very important for the wellbeing and good health of your family.

Planning: Include all food groups, and consider all needs of your family members. Planning meals for your family also helps you to be organised. Consider every family member's food preferences when planning meals.



Purchasing: Purchasing food based on your family's nutritional needs will save you money, and is key to having a healthy family. It is advisable to grow your own fruits and vegetables, and to only purchase fresh produce that is not available in your garden.

Preparation: Unhygienic food preparation can make you sick. Be sure to wash your hands properly before handling food of any kind, and wash fresh produce properly. Also, avoid overcooking nutritious food.

Serving: Serve food on clean plates. Serve each family member according to his/her energy and nutritional needs – which are usually based on age or body size. Keep any leftover food covered, and consume it within a short period of time.

The importance of drinking enough WATER

It is important to drink enough water every day. The human body needs water for several reasons. These are some of the key reasons:

- Water regulates the body's temperature.
- The digestive system needs enough water to function properly. Too little water can cause constipation.
- Water makes food nutrients accessible to the body.
- Drinking enough water is the key way to prevent both kidney damage and dehydration.

Replacing sweetened carbonated drinks with water is also recommended for good health.

The importance of COOKING food thoroughly

- Improperly cooked food can make you sick.
- Applying heat to food can prolong its shelf life. For example, heated milk lasts longer than unheated milk, because heat destroys the pathogens in milk.

Food HYGIENE

“Food hygiene” refers to all measures that must be taken to ensure food safety at all stages – from production to consumption. Handling food *unhygienically* can cause illnesses due to bacteria. The main aim of food hygiene is to ensure that food is safe for human consumption.

- Use clean water.
- Wash your hands before preparing food.
- Keep all kitchen surfaces clean.
- Keep utensils clean.
- Wash fruits and vegetables thoroughly before you eat them.
- Protect food from insects and rodents.



Published by:
Deutsche Gesellschaft für
Internationale Zusammenarbeit (GIZ) GmbH

Registered offices
Bonn and Eschborn, Germany

Address: Farming for Resilience (F4R)
6 Sinclair Street, Sinclair Park, Unit 4 & 7
Windhoek, Namibia
T +264 61 215 600

E tinohess@giz.de
I www.giz.de/en

Authors: Beverly Handuukeme, GIZ
Samantha du Toit, Registered Dietitian, Ila Nawa
Namibian Chefs Association



Photo credits: Christian Stiehl Photography



Artwork: Mitchell Milton Gatsi (Tafy Tang Arts)

Design/layout: Perri Caplan

ISBN: 978-99945-53-60-0

Windhoek 2022



Implemented by
giz Deutsche Gesellschaft
für Internationale
Zusammenarbeit (GIZ) GmbH



Farming for Resilience

Deutsche Gesellschaft für Internationale
Zusammenarbeit (GIZ) GmbH

Namibia
2022



Implemented by
giz Deutsche Gesellschaft
für Internationale
Zusammenarbeit (GIZ) GmbH

“Health requires
healthy food.”

— Roger Williams