

## ZERMA RECIPES

### Rice ("Mo") and Black-eyed Peas ("Dunguri") for 6 people

*Sally Womble*

Pot 1: cook rice according to package directions to obtain about 1 cup of cooked rice per person.

Pot 2: cook black-eyed peas according to package directions to obtain about 1/4 - t cup of peas per person.

Pot 3: chop 1 medium onion("albasan") and fry it in about 1/2 cup of oil ("ji") till slightly black (but not burned).

To serve: Layer first the rice, then the drained peas, and top with 'onion/oil sauce. Salt to taste. The Nigeriennes top with a powdered spice mix ("yaaji argu-margu") made of roasted peanuts ("damsi"), dried onions, chicken bouillon ("maggi"), garlic ("tafarnuwa"), salt ("ciiri") and dried, hot peppers ("tonko").

Alternate recipe: Some Nigerienne women cook their rice and peas together, seasoning it with a small chunk of market soda ("soso") which turns the dish a dark redish purple.

### Peanut-butter Vegetable Sauce ("Tigadagay nda kali waariize foy")

6 people: *Sally Womble*

1/4 pound -1 pound of beef ("haw ham"), any kind, cut into small, bite- sized pieces. This is optional, as the average Nigerienne eats very small quantities of beef, when compared to Americans. The beef can also be substituted for chicken. **All** parts of the chicken and beef are edible! 1 large onion ("albasan"), chopped

1/2 - 1 cup oil ("ji")

2 cloves of garlic ("tafarnuwa"), minced

6 roma tomatoes ("tomati ") chopped

1 green bell pepper ("tonko beeri"), chopped

2 tablespoons of tomato paste or concentrate 2-3 chicken bouillon cubes ("maggi")

1/4- 2/3 cup peanut butter ("tigadagay")-- smooth or crunchy water (" hari "), as needed

**other spices ("yaaj i") to taste:** cumin(1 tsp) curry (1 tsp), black pepper (1/2 tsp) salt ("ciiri") (2 tsp)

A few assorted vegetables, according to market availability and current price:

cabbage ("shu"), eggplant ("obarzin"), carrots (" caroti "), potatoes ("kombiteer"), turnips (" nave "), zucchini(" curget").

In a soup pot, brown meat in a small amount of oil. Remove from pot when browned, and set it aside. Put chopped, fresh tomato, onion, and green pepper into the pot with some more oil, frying it down to mush.

Cook till the oil separates out. You might need to add a small amount of water to keep it from burning. Add chopped garlic. Stir in tomato paste, spices, bouillon cubes, chopped vegetables, and meat. Allow it to simmer until vegetables and meat are tender, adding small amounts of water as necessary

(sauce should be thick rather than watery). Just before serving, add peanut butter, which will thicken the sauce. Stir in for about 3 minutes. Serve hot over prepared rice, macaroni, or couscous. Alternate recipe: add a little more water than necessary to cook the veggies and meat. When they are tender, add raw rice or macaroni. Continue cooking until the rice or macaroni is done, which should soak up all the excess water. Alternate recipe: rather than both, use only the meat or only the peanut butter to give variations of this dish.

## **Bissap Juice**

*Sophie*

2 cups dark red, dried hibiscus flowers \*\*\*\*  
2 cups sugar  
a few sprigs of fresh mint leaves 2 teaspoons of vanillia  
2 cups pineapple juice-- optional

Bring to boiling 2 quarts of water. Remove from heat and add flowers and leaves. Steep for at least 10 minutes. Separate the flowers and leaves from the water with a strainer. Add the sugar, vanilla, and pineapple juice. Let cool. It is usually served as a cold beverage, but the flower is often brewed simply with sugar only as a hot tea during cold season. It can be frozen in ice cube trays, popsicle forms, or small plastic bags for individual servings.

\*\*\*\* NOTE\*\*\*\* As hibiscus flowers are not readily available in the USA, you can get the same taste from cranberry or cranberry/raspberry juice. Substitute the juice for the liquid you would get from steeping the flowers. Alter the sugar according to your taste.

**Alternative recipe:** In a more concentrated form, it can be used as a punch. Steep in 1 quart of boiling water( or begin with an unthawed, frozen concentrated juice). Add 2-4 cups of sugar while still warm. When cooled, it can be diluted with soda water, tonic, ginger ale, Sprite, or fruit juices. Crushed pineapple can be used, as well as ice cream, sorbet, or sherbet.

**Alternate recipe:** You can experiment with the flavorings using pineapple, orange, or almond, rather than the mint and vanilla.

**From "There's a Missionary Loose in the Kitchen!" cookbook, Laurie Ingram:**

### Cecena

In Niger cecena is usually eaten in the late afternoon as a snack or as an early evening meal. It can be eaten alone with a dip made of tomatoes, onions, green peppers, and spicy peppers. It can also be eaten as a sandwich made of a baguette, split open, a few cecena stuffed inside and the dip poured over top.

2 cups black-eyed beans

1 small onion  
1 egg  
2 cups cooking oil  
salt  
hot pepper

Wash and soak beans (about 2 hours). Remove skins by rubbing a few of them together at a time in your hands. Use a blender to grind the beans into a smooth paste. Chop onion and pepper finely. Blend into the bean mixture and beat for about 5 minutes. Add salt. Beat thoroughly for 5 minutes. Add beaten egg to improve food value and to make the mixture light. Heat cooking oil. Deep fry mixture a tablespoon at a time until golden brown. Drain.

### **Sugar Peanuts**

2 cups raw peanuts, 1 cup sugar, and a scant t cup water

Put all ingredients in an ungreased loaf pan. Cook until water evaporates. Make 1 layer of the nuts; don't crowd the pan. Bake at 300 degrees for about 1 hour. In Niger, sugar peanuts, as well as roasted peanuts, toasted coconut, and roasted cashews, can be bought almost anywhere. The people make - these and stuff them in used, empty bottles to sell.

### **Date Sauce for 6 people**

*Sally Womble*

1 pound of lean round steak, chopped in bite-sized pieces  
½ cup oil, or less  
4-6 fresh tomatoes, chopped  
2 medium onions, chopped  
2 medium green peppers, chopped 2 cloves fresh garlic, minced  
¼ - ½ cup dried, pitted dates, chopped  
2 tablespoons or so of tomato paste  
2 soup cans of tomato sauce to start with water, if needed  
spices--1 tsp salt, 1 tsp pepper, ½ tsp cumin, ¼ tsp cinnamon

Brown meat in a couple of tablespoons of oil. Remove from pan. Add tomatoes, onions, and green peppers to the same pan, adding oil. Simmer until the vegetables are mush and the oil has separated out. Add garlic, spices, meat, dates, tomato paste, and tomato sauce. Simmer till sauce is thick (should be very thick and rich. For the Nigeriennes, the more oil the better.) and meat is tender. Add only enough water to keep the mixture from going dry (or you can add more tomato sauce). Serve over prepared couscous, rice, or noodles.

A popular dish at most restaurants is brochettes (shish-k-bobs), with frites on the side (definite French influence)... so, using your favorite meat marinade, grill out your k-bobs (nothing fancy, just meat and onions) and fry up some french fries (eaten of course with dijon mustard or mayonnaise!).

## Boiled Peanuts

When the peanuts are ripe, wash them, sort the bad ones out and put them in a large cooking pot. Cover the peanuts with water (not shelled peanuts). Cook for about 30 minutes. Add salt to taste and continue cooking. You may need to add more water or more salt. Taste them as you cook them. When they cool down, they will absorb much of the salt water. Enjoy...refrigerate what you don't eat.

## Nigerian Stew

Water

1 diced onion

½ tsp curry

½ tsp thyme

2 – 3 boullion cubes

\*Meat: Chicken, goat, sheep, beef, or turkey

Vary amounts of spices depending on amount of meat and personal taste.

Boil in water until meat is tender (the meat here is very tough, so extra work is needed to prepare the meat) While the meat is boiling, prepare the sauce. Saute one diced onion in ½ cup oil.

Add:

Diced tomatoes and more onions

Pressed garlic

Small can of tomato paste

Stock – water from the meat

Extra in addition to first portion of ingredients

Curry

Thyme

Boullion cubes

In fry pan, fry the meat then add meat to the sauce and cook for a few minutes. Serve over rice, noodles, macaroni, or cous-cous.

## Chicken Sauce

### Ingredients:

½ cup oil  
1-2 onions diced  
chicken, cut-up in pieces  
1 can tomato paste  
“tatassa” (chili powder and paprika would give about the same flavor)  
salt  
boullion cubes (2-3, any flavor)  
water  
cooked rice

In large cooking pot (dutch oven)

-heat oil  
-saute the onions  
-fry the chicken

before chicken is done: add tomato paste, “tatassa” (I use 1/8-1/4 cup), cook for a few minutes before adding, salt, boullion cubes and water (1-2 qts, - depends on # of people you are serving)

Continue to cook until tender. Serve over cooked rice.

## Peanut Sauce

1/8 cup oil  
1 onion  
2 ½ tsp. tomato paste  
1 lb. meat (cubed)  
1 cup peanut butter, plus 1 cup water – mix  
salt to taste  
2 beef boullion cubes

-heat oil in pan. Dice onion and sauté  
-add tomato saude, stir and cook until tender  
-add meat to tomato mixture and cook until tender  
-add peanut butter and water mixture to meat  
-add 3 ½ cup water  
-cook 30 minutes or more. Add beef boullion, salt and seasonings to taste.

Serve over rice, noodles or cous-cous.

## Macaroni Sauce

In large sauce pan heat ½ cup oil and sauté cubed meat (any kind of meat)

add:

-onions, diced

-garlic , pressed or pounded

-water

-salt

-cumin

-red peppers (dried and crushed)

-tomatoes (canned are good with juice)

-tomato paste

-boullion cubes

Cook until meat is tender. Add uncooked macaroni (maybe more water) and cook until macaroni has absorbed all liquid and is done.

## Beans and Rice

Dried black-eyed peas

Rice

Oil

Hot Pepper (cayenne)

Boullion Cubes

Salt

Cook peas. When they are almost tender, add rice (amount of water depends on number of people served). Salt to taste – but not too much!

In separate sauce pan:

½ - 1 cup oil

onions

cayenne pepper

boullion cubs

salt

Saute the onions in the oil. Separately mix together the cayenne pepper, boullion cubes, and salt. When onions are tender, add spices. When peas are served, pour the onions and other mixture over them and serve.

Here are some Zerma recipes -- dedicate an evening in your home to praying for the Zerma people group and learn something about their culture.

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Pot 2: cook black-eyed peas according to package directions to obtain about 1/4 c. of peas per person.

Pot 3: chop 1 medium onion ("albasan") and fry it in about 1/2 c. of oil ("ji") until nice and browned.

To serve: layer first the rice, then the drained peas, and top with the onion/oil sauce. Salt to taste. The Nigeriennes top with a powdered spice mix ("yaaji argu-margu") made of roasted peanuts ("damsi"), dried onions, chicken boullion ("maggi"), garlic ("tafarnuwa"), salt ("ciiri"), and dried, hot peppers ("tonko").

Alternately, some Nigerienne women cook their peas and rice together, seasoning with a small chunk of market soda ("soso") which turns the dish a dark reddish purple.

### **Nigerian Stew:**

Water

1 diced onion

1/2 tsp. curry

1/2 tsp. thyme

2-3 boullion cubes

Meat: chicken, goat, sheep, beef, or turkey depending on availability

Boil in water until meat is tender (it's quite tough in Niger). While the meat is boiling, prepare the sauce:

Sauté one diced onion in 1/2 cup oil.

Add diced tomatoes and more onions

Pressed garlic

Small can of tomato paste

and stock from the meat

Add some more curry, thyme, and boullion cubes.

In frying pan, fry the meat which has been boiled and then add meat to the sauce; cook for a few minutes. Serve over rice, noodles, macaroni, or couscous.

Pray for the Zerma team and Zerma people while cooking, serving, and eating! Your family will receive a blessing.