

# Sudanese Recipes

## SHORBA

### (Puree of Lamb Khartoum)

Yield: 8 1-cup portions of soup

This is a most interesting soup. It is a medium puree sparkled with peanut butter and lemon. The Sudanese usually add rice but it can be omitted if rice will be served with the meal.

In a 4L saucepan:

#### **Simmer:**

400g lamb bones in

2L water

2 tsp. salt for one hour.

#### **Add:**

200g whole onions, peeled

200g carrots, peeled and cut in chunks

200g cabbage, cut in small wedges

200g string beans, trimmed

3 cloves garlic, chopped finely

**Simmer** for 1 hour until vegetables are thoroughly cooked.

**Remove** lamb bones and put the mixture through in a food processor or mix thoroughly.

#### **Add:**

4 tbs. peanut butter thinned with

1 lemon (juice of)

1/2 cup cooked rice (optional).

**Correct** the seasoning with salt, pepper, etc.

**Serve** in soup bowls, about 1 cup per portion.

## MASCHI

### (Stuffed Tomato with Chopped Beef)

Yield: 8 portions

Maschi can also be made with cucumbers. The cucumbers are peeled, cut lengthwise, scooped out, filled and finished as below. You may also use eggplants. Peel small eggplants, remove the tops, scoop out interiors and proceed in the same manner. The cucumber dish is garnished with fresh cucumber slices and the eggplant with tomato and cucumber slices overlapping all around the edge.

In a 30cm frypan:

#### **Sauté:**

900g chopped beef

1 tsp. salt

1/2 tsp. pepper

1 tsp. garlic powder (or 2 cloves mashed)

4 tbs. chopped fresh dill (or 1 tsp. dried dill) in

2 tbs. oil until meat browns.

**Add** 1 cup cooked rice and blend.

**Cut** a slit in 8 large tomatoes (very firm), halfway across the centre.

**Squeeze** at the sides to open the slit.

**Scoop** out all the flesh from inside of tomatoes with a spoon.

**Refill** tomato with beef mixture and close the tomato.

**Melt** 2 Tbs. butter and

2 Tbs. oil in a large skillet.

**Sauté** the tomatoes carefully in the fat, rolling them gently until they become dark red on all sides.

**Remove** the tomatoes with the oil and place in a casserole or heavy saucepan.

**Prepare** sauce as follows and pour over the tomatoes:

#### **Combine:**

4 cups tomato paste thinned with

4 cups water

1/2 tsp. salt

1 tsp. cinnamon

1 tsp. garlic powder.

**Simmer** the tomatoes gently over low flame for 10 to 15 minutes until sauce is cooked.

**Remove** carefully to a 15-inch round platter.

**Surround** with raw tomatoes cut in thick slices.

**Top** each slice with green olives.

## **SALATA MA JIBNA**

### **(Salad with Parmesan Cheese)**

Yield: 8 small salads

In a 2L salad bowl:

#### **Combine:**

1 cup onions, cut in slivers or thin slices

1 cup cabbage, cut in slivers or thin slices

1/2 cup carrots, cut in very thin rounds (slices)

1 cup tomatoes, cut into squares.

**Toss:** with 1/4 cup olive oil

1/4 cup lemon juice

2 tbs. vinegar (white)

1 tsp. salt

1/4 tsp. coarse black pepper.

**Sprinkle:** 1 clove garlic (mashed)

1/4 cup grated cheese (Oriental or Parmesan) over salad.

## **SALATET ZABADY BIL AJUR**

### **(Cucumber/Yogurt Salad)**

This is a delightful, refreshing summer salad also popular in Egypt, Turkey and the Balkans.

#### **Ingredients**

- 2 Cups plain yogurt
- 1 Clove garlic, finely minced
- 1 large cucumber, peeled, seeded and shredded or finely diced
- salt and freshly ground pepper

#### **Method:**

1. In a bowl, combine all the ingredients, cover and refrigerate for 2-4 hours.
2. At serving time, taste and adjust the seasoning, then serve immediately

## **SHORBET ADS**

### **(Lentil Soup)**

#### **Ingredients**

- 2 cups Ads Magroosh (split red lentils)
- 2L stock (either chicken or lamb)
- 2 medium onions
- 1 medium tomato
- 1 medium carrot
- 2 tablespoons finely chopped onions
- 2 tablespoons olive oil
- 2 tablespoons lemon juice
- 2 teaspoons
  - Kammun -Cumin
  - salt
  - pepper

#### **Method**

1. Chop the vegetables into medium-size chunks
2. Wash lentils
3. Put stock into a 4-5 quart pot and bring to boil
4. Add the onions, carrot, tomato and lentils to stock. Lower the heat to simmer and cook for about 1/2 hour or until the lentils are tender
5. Puree the mixture in either a food processor or blender and return to pot.
6. Sauté the finely chopped onions in the olive oil until they are soft and brown.
7. Add the cumin, lemon juice ,sautéed onions, salt and pepper to soup and stir slowly over low heat for about 3 minutes

## **FOOL MEDAMAS** **(Flava (Broad) Beans)**

This way of preparing fava beans, which are commonly eaten as a breakfast food in Sudan. The ingredients tend to be common for the dish but may be varied in their quantities.

### **Ingredients:**

2 cups cooked fava beans (broad beans cans readily available)  
1 large onion, chopped  
1 large tomato, diced  
1-1/2 Tablespoons olive oil  
1 teaspoon cumin powder  
1/4 cup parsley, chopped  
Juice of 2 lemons  
Salt, pepper, and red chili pepper to taste  
Pita Bread (optional)

### **Method:**

Pour the beans into a pot and bring to a boil for about 1 - 2 hours.. Mix them well and add remaining ingredients. Bring to a boil again, then reduce to medium heat and cook for about 5 minutes. This dish is usually eaten with bread (Pita).

## **MULLAH BAMYAH** **Okra /Ladies Fingers**

(I have never been able to find okra in Australia, but I am sure that if you found an African supermarket, it would be sold somewhere.)

Serves 6

### **Ingredients:**

- 800g okra(small)
- 400g savoury minced beef
- 5 garlic cloves
- 2 cup tomato juice
- cooking oil
- salt, pepper & mixed spice

### **Method:**

1. Lightly fry okra. Crush garlic. Add garlic and salt to the savoury minced beef.
2. Neatly arrange 1-2 layers of okra in the stewing pot. Cover with the savoury minced beef and top with another layer of okra.
3. Pour seasoned tomato juice over okra and cook over very low heat, until the juice has absorbed.
4. Turn over onto serving dish.

## **KOFTAH** **(Ground Meat Balls)**

Serves 8 - 10

### **Ingredients:**

- 900g beef
- 2 onions
- 1 slice soft bread
- Salt,
- Pepper

### **Method**

1. Mince beef and onions, soak bread in water and add to meat together with the seasoning.
2. Mix well and shape into rounds 2-3 cm in diameter.
3. Grill or fry on skewers until cooked.

## TAMAYYA

### (Green Hamburgers)

Serves 8

Green hamburgers are healthy vegetable patties packed with fresh greens and dried beans. The Tamaaya is stuffed into pockets of bread along with salad, fowl, fried eggplant, potatoes, or just eaten by itself. This sandwich may be eaten for breakfast, lunch or dinner. Bought at the Tamaaya Stand, it is wrapped in paper and eaten as one walks down the street.

#### Ingredients

- 2 cups fowl madshoosh (dried broad beans)
- 1/2 cup finely chopped parsley
- 1/4 cup finely chopped coriander
- 1/4 cup finely chopped dill
- 1 cup finely chopped green onions
- 1/2 cup finely chopped onion (1 small onion)
- 2 tb finely chopped garlic
- 1 1/2 - 2 tsp salt, or to taste
- 1/2 tsp pepper, or to taste
- 1 tsp dry coriander powder
- chilli powder (optional)
- sesame seeds
- oil for frying

#### Method

1. Place the beans in a large bowl of water and rinse several times until the water is clear. Fill the bowl with at least 6 cups of water, cover and allow them to soak for 2 to 3 days.
2. Wash the greens and dry well, this makes them easier to chop. Remove the tough parts of the stem and then finely chop the leaves and the remaining delicate stems. Measure the greens after they are chopped, but do not pack them down into the cup.
3. Wash the green onions and chop both the white onion part and the green stem.
4. Chop the onion and garlic.
5. Drain the beans and grind very fine. If you are grinding the beans in a food processor, turn the machine on empty and slowly drop through the tube onto the moving blade. Place the beans in a bowl and set aside.
6. Add the greens, onions and garlic to the processor, blend well.
7. Add the mashed beans to the processor and process until the mixture looks green.
8. Transfer the mixture to a bowl, add the spices and baking soda, mix everything until well blended.
9. Cover the bowl and let sit for at least 30 minutes. The longer the better so the flavours blend.
10. Heat a medium sauté pan, when hot add 1cm of oil and heat until it is hot, lower the heat slightly.
11. To shape the patties, take a large soup spoon and fill the bowl of the spoon with some of the batter, pressing it firmly into the spoon. Sprinkle the top with sesame seeds and then push it off the spoon into the hot oil. Fry for 2 to 3 minutes or until it has turned brown. Turn the patties over and cook again 2 to 3 minutes or until brown. Remove from the oil to a paper towel to drain.
12. Don't let the oil get too hot or the crust will get too crisp or if the oil cools down too much, the patties will soak up too much oil.

## SHATA

### (Hot Spice Accompaniment)

Serves 8

In a 1L salad bowl:

#### Combine:

- 1 cup LEMON JUICE
- 3 cloves GARLIC, mashed.

#### Blend in:

- 3 Tbs. CRUSHED RED PEPPER
- 1 tsp. BLACK PEPPER
- 1 tsp. SALT

**Place** in small ramekin dishes and serve with entrees.

## **MOLOKHIYA** **(Green Leaf Vegetable)**

Moloukhia are the leaves from a variety of the jute plant. They have a unique texture that some describe as a cross between okra and spinach. The nutritious leaves thicken the chicken broth and give a rich flavour to the stew. It's an unusual flavour, but highly addictive. You might be able to find it green in Australia, but is more likely to be available in a packet dry from some health food shops or African supermarkets. Spinach could be substituted.

Serves 4

### **Ingredients**

- 1/2L of soup (meat or chicken ).
- One and a half tea spoon of garlic
- 2 tea spoons of ground Coriander (Kozbara)
- 3 tbs tomato paste
- 1 ½ tbs butter
- Salt
- Black pepper.
- The Molokhya, either green or dry.

### **Steps**

1. Add the Molokhya (one bag) to the soup and heat for about 15 minutes on low heat. Do not stir often.
2. While cooking the Molokhya prepare the ta'leya ( no equivalent English term)

### **This is how to prepare the ta'leya:**

1. In a pan, heat the butter (make sure you don't burn)
2. Add the garlic and stir until it gets yellowish, then add the Coriander.
3. Add the tomato paste and stir until it gets brown, but not burned!
4. Add the result to the Molokya and stir slowly.

*Note:* Some parts of Sudan don't add tomato, some add lemon. The thickness of the Molokhya depends on the person's taste.

## **CREME CAMELA** **(Sudanese Caramel Custard)**

Yield: 1L mould

In a 2L bowl:

### **Beat:**

8 EGGS with

1L MILK and

1/2 cup SUGAR until mixture is frothy.

### **Add:**

1 oz. BUTTER, melted and

1 Tbs. VANILLA (or banana extract if available).

In a 6-cup star-shaped aluminium cake pan (or similar):

**Melt** 1/2 cup SUGAR and burn to caramel stage.

**Rotate** the pan to spread caramel all around the sides.

**Beat** the egg mixture again.

**Pour** it quickly into the cake pan.

**Cover** the pan with aluminium foil which has been well buttered on the underside.

**Place** the pan in a larger pan half filled with water (as you would do for a custard).

**Bake** at 200° for 30 minutes.

**Remove** cover and test with a silver knife (when it comes out clean, custard is done).

**Chill** until thoroughly cold.

**Turn** the CAMELA out onto a platter.

**Garnish** with MARASCHINO or CANDIED CHERRIES on top and sides.

## **CINNAMON TEA**

Prepare English tea according to package directions (use loose tea). Tea should be infused until it is a bright orange colour. Upon serving, place 2cm pieces of stick cinnamon in small tea cups and pour hot tea over the cinnamon. Serve with lump sugar.

## **FISH PYRAMID WITH GREEN SAUCE**

Yield: 8 portions

### **Combine:**

2kg. cooked fish, boned and flaked (use any white fish)

1 cup cabbage, sliced very thin.

2 tomatoes, cut in small cubes.

1/2 tsp. black pepper

1 tsp. salt

2 tbs. lemon juice

1/4 cup mayonnaise or enough to just hold mixture together.

**Shape** into a pyramid on a 12 inch plate (with hands moistened with water).

### **Combine:**

1/2 cup mayonnaise

1/4 cup lemon juice

1/2 tsp. salt

1/4 tsp. black pepper

1/2 cup fresh chopped dill or 1 tbs. dried dill. (If dried dill is used add 1/4 cup chopped parsley to give the sauce its characteristic green colour.)

1/4 cup pickle relish.

**Pour** the Green Sauce over the pyramid.

**Garnish** around edge of plate with: 2 hard boiled eggs sliced and

2 tomatoes cut in slices, alternately overlapping each other around the plate

1/4 cup black olives uniformly placed around the edge of the plate with

4 or 5 parsley sprigs.