

STOE

RECIPES FROM THE SUDANESE KITCHEN

DAMAA (lamb in a sauce)

1 ½ large onions, chopped

3 tablespoons of sunflower or vegetable oil

1 ½ mixed peppers

1 ½ kilos of leg of lamb (chopped in pieces with the bone)

½ bulb of garlic chopped small

1 dessertspoon ground cumin

1 dessertspoon of ground coriander

1 ½ tablespoons of tomato purée

1 tablespoon of chopped fresh coriander

Salt to taste

Chop the onions and put them into a good sized saucepan with a lid. Add the oil and stir together before putting on the stove. Let it cook on a low to medium heat until the onions soften. Add the peppers and let them cook for a few minutes, stirring every now and then to make sure they don't burn. Wash the lamb and add it to the onions and peppers. You don't add any water, so you need to make sure you've got the lid on tight – you're stewing the meat in its own juices not browning it. Let it cook for half an hour on a low heat, making sure that the meat juices haven't evaporated. Add the garlic, the ground cumin, the ground and tomato purée and let it cook for another twenty minutes to half an hour (until the meat is tender). Add the fresh coriander and salt to taste and let the flavours all cook in.

You can serve it with rice or with khoubz (Arab flat bread – available from most Asian foodstores). If you are having it with rice, you can leave the sauce reasonably wet; if you're having it with khoubz, cook off some of the liquid so the sauce is really thick and tasty. You don't have to use lamb on the bone, but it does make the sauce tastier.

ADDAS (red lentil soup)

1 large onion, chopped

2 tea cups of dried red lentils

½ dessertspoon of ground coriander

½ dessertspoon of ground cumin

1 tablespoon of fresh coriander

¼ bulb of garlic (3 – 4 cloves) chopped small

Water

Salt to taste

Put the onion and the lentils in a medium sized saucepan, wash, then add water (roughly two thirds of the way up the pan). Bring to the boil on stove and then let it simmer for half an hour or until the lentils are getting soft. Add the ground cumin and the ground and fresh coriander, the garlic and the salt and let it cook until the lentils have fully softened, but before they have broken down completely. You can serve this as a starter or as a separate dish with the Damaa.

DAKWA (peanut butter salad)

1 cucumber

4 tomatoes

¼ large onion

¼ iceberg lettuce

½ red pepper

½ green pepper

1 teaspoon of ground cumin

1 teaspoon of ground coriander

2 tablespoons peanut butter

1 tablespoon olive oil

Juice of 1 lime

salt to taste

Chop up the salad vegetables very small and put in a bowl. Add the cumin, coriander, the peanut butter, the olive oil and the salt, then mix it all together. Finally squeeze the lime juice over the salad and serve.

SALATAT ROAB (yoghurt salad)

1 cucumber

3 cloves garlic chopped small

1 large pot of plain fresh yoghurt

salt to taste

Chop the cucumber into small pieces, chop the garlic and mix both in a bowl with a large pot of yoghurt. Add salt to taste.

SHARING

To eat in the true Sudanese style, Abu suggests that you should have dishes in big bowls between you. Sharing food is important and putting your meal on a separate plate can carry an implication of meanness. But eat it the way you feel it!

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