African Heritage Cooking Demo Recipes

Oldways After-Chop Fruit Salad

African Heritage desserts have traditionally been based on fruit. A common dessert in West Africa, after-chop is a fresh fruit salad with a bit of coconut, peanuts, and/or honey mixed in.

**Time: 10 minutes**  **Serves: 6 to 8**

**Ingredients**

- 1 large pineapple or 3 (20-ounce) cans of pineapple chunks, drained of juice
- 3 large mangoes or 3 to 4 large bananas
- 4 tablespoons light coconut milk
- 1 teaspoon honey or agave nectar

1. To cut up a whole pineapple: Slice off the pineapple’s top and bottom. Follow the contours of the pineapple to slice off the outer skin. Slice the pineapple lengthwise around its core. Slice the resulting large pieces into chunks.
2. To cut up a mango: slice off the mango’s outer skin with a knife or vegetable peeler. Then gently slice the fruit off of the large pit and cut it into bite-size pieces. If using bananas, peel the bananas and cut them into bite-size pieces.
3. In a medium bowl, combine the fruits. Add the coconut milk and honey, stir to coat.

**Variations:**

You can add any of your favorite fruits to this medley. Papaya, blueberries, and grapes are great options. Sprinkle a small serving of low-sugar granola on top, or mix the fruit with yogurt and granola to make a yogurt parfait. Make sure to use plain yogurt without added sugar.
Cold Black-Eyed Pea Salad

Black-eyed peas have long been symbolic in African American culture and cuisine. This salad requires no cooking, and its crisp, bright flavor will liven up any table. For a milder salad, omit the ground cayenne pepper and jalapeno pepper, or add in smaller amounts to taste.

**Time: 20 minutes**

**For the vinaigrette:**

2 tablespoons apple cider vinegar  
Juice of 1 lime  
1 teaspoon of Dijon mustard  
1 teaspoon of honey or agave nectar  
1/4 cup extra virgin olive oil

**Serves: 6**

Half of a small shallot, finely diced (optional)  
1/2 teaspoon ground cumin  
1/2 teaspoon ground cayenne pepper (optional)  
Salt and ground black pepper

**For the salad:**

2 (15-ounce) cans no-or low-sodium black eyed peas, rinsed  
1 cup diced cucumber  
1 cup diced red bell pepper  
2 tablespoons diced jalapeno pepper, seeds removed (optional)  
2 tablespoons fresh chopped cilantro (optional)

**Steps:**

1. To make the vinaigrette: in a small bowl, combine and whisk together the vinegar, lime juice, mustard, and honey. Gradually drizzle in the olive oil, whisking to combine. Add in the shallot (if using), cumin, cayenne, and salt and pepper to taste, whisking to combine.
2. In a medium to large bowl, combine the black-eyed peas, cucumber, peppers, and cilantro (if using). Add the vinaigrette to the black-eyed pea mixture, stirring to coat. Refrigerate to chill before serving. Garnish with additional cilantro if desired.
Sweet Potato Stew (Mafe)

Mafe, or groundnut stew, is common throughout West and Central Africa. This traditional stew can include meat, vegetables, or seafood, and it is always based on a savory sauce made from peanut butter and tomatoes. This recipe is based on one from Iba Thiam, chef and owner of Cazamance restaurant in Austin, Texas.

Time: 35 minutes Serves: 4

Ingredients

2 teaspoons of extra-virgin olive oil
1 medium-sized yellow onion, diced
2 cloves garlic, minced
1 large sweet potato, chopped into medium-sized cubes
2 large carrots, cut into thin rounds
2 green zucchini, cut into thin half-rounds
1 (15-ounce) can no-or low sodium diced tomatoes
2 cups low-sodium vegetable broth
1 tablespoon curry powder
1/4 cup natural peanut butter (or homemade peanut butter)
3 sprigs fresh thyme, minced, or 1 teaspoon dried
Salt to taste

Steps:

1. In a large stock pot, heat the olive oil over medium heat. Add the onion and garlic and saute, stirring occasionally, until translucent, about 3 to 4 minutes.
2. While the onions and garlic cook, chop up the sweet potato, carrots, and zucchini.
3. Add the sweet potato and vegetables to the pot; saute for 3-4 minutes.
4. Add the diced tomatoes, vegetable broth, and curry powder. Raise the heat to medium-high to bring the stew to a boil. Once the water is boiling, turn the heat down to low and cover the stock pot. Let the stew simmer for another 10 minutes, stirring occasionally.
5. After 10 minutes, add the peanut butter and thyme to the stew. Simmer for another 3 to 5 minutes.
6. Salt to taste, serve, and enjoy!