

TVET CERTIFICATE IV In Culinary Art

Pasta and Starches

CUAPS401

Cook pasta and starches

Competence

Credits: 9


Learning hours: 90

Sector: Hospitality and tourism

Sub-sector: Culinary art

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Purpose statement

This module describes the skills and knowledge required to prepare and present pastas and starches.

Table of content

Elements of competence and performance criteria		Page No.
Learning Unit	Performance Criteria	
Learning unity 1: Prepare Pasta	1.1 The different types of pasta are identified. 1.2 Various pasta are prepared using appropriate methods to ensure optimum quality. 1.3 Appropriate sauces and accompaniments are selected.	3
Learning unity 2: Prepare Starches	2.1 The different types of starches are identified. 2.2 Various starches are prepared using appropriate methods to ensure optimum quality. 2.3 Appropriate sauces and accompaniments are selected.	1

Learning unit 1: Prepare Pasta

LO 1.1 Identify the different types of pasta

● Topic 1: Types of Pasta & their products

☑ Types of pasta

There are basically two types of pasta, each of which may be plain or flavored with added ingredients:

1. **Dried pasta** is made from dough that has been shaped and dried. We call them *macaroni*, to mean any dried pasta made from flour and water. These include spaghetti, lasagna, elbow macaroni, and many other shapes. The best dried macaroni pastas are made from *semolina*.
2. **Fresh pasta** is usually made from flour produced from durum wheat. This type of wheat produces strong flour, making dough that is less elastic than bread flour, which makes it suitable for forming pasta shapes.

Macaroni products, or pastas, are popular alternatives to other starch foods. The word *pasta* is Italian for “paste,” so called because pasta is made from a mixture of wheat flour and water, and sometimes eggs.

☑ Types of pasta according to ingredients

1. **Egg Pasta** They contain at least 5.5 percent egg solids in addition to the flour and water. They are usually sold as flat noodles of various widths.

Example: Noodles

2. **Egg less pasta:** Pasta made of flour and water

Example: Spaghetti

3. **White pasta:** they have fewer mineral, vitamin , fibers than its whole meal

Example: Lasagna sheets

4. **Green Pasta** perhaps the most popular of the pastas that contain vegetable purées like spinach

Example: Green lasagne sheets

5. **Stuffed Pasta or filled pasta** refers to pasta shapes stuffed with a variety of fillings

Examples of stuffed pasta shapes

Example: Ravioli , Cannelloni , Lunette

Examples of fillings include:

- Mushroom duxelle
- Minced beef or lamb flavoured with herbs
- Ricotta cheese with basil
- Fish mousseline



- Couscous with chopped cooked vegetables
- Minced lamb, beef or pork with spinach purée
- Minced chicken with fine herbs (parsley, chervil and tarragon).

6. Dessert Pasta

Example: Poppy seed pasta, Cinnamon pasta

7. **Dumpling Pasta** is small masses of leavened dough usually cooked by boiling or steaming. Dumplings were typically used in soups and stews

Example: Gnocchi

8. **Whole wheat pasta** may be made with all whole wheat flour or a mixture of semolina and whole wheat or Other grain flours, including buckwheat and farro

☒ Some of pasta shapes and uses

Name	Description	Suggested Uses
Spaghetti	Long, round	With great variety of sauces, especially tomato sauces
Spaghettini	Thin, long, round	Like spaghetti, especially with olive oil and seafood sauces
Vermicelli	Very thin	With light, delicate sauces and, broken, in soups
Linguine	Looks like slightly flattened spaghetti	Like spaghetti; popular with clam sauces
Perciatelli	Looks like thick, hollow spaghetti	Like spaghetti, but can handle heavy, chunky sauces
Fusilli	Long, shaped like a corkscrew	Thick, creamy sauces
Macaroni	Long, hollow tubes	Especially good with hearty meat sauces
Elbow macaroni	Short, bent macaroni	Cold, in salads; baked, in casseroles
Penne or mostaccioli	Hollow tubes, cut diagonally; may be smooth or ridged	Baked, with meat sauce or with tomato sauce and cheese; freshly cooked, with tomato sauce
Ziti	Short, hollow tubes, cut straight	
Rigatoni	Larger tubes, with ridges	
Lasagna	Broad, flat noodles, often with rippled edges	Baked with meat, cheese, or vegetable fillings

LO 1.2 Cook pasta

● Topic 1: Cooking methods

Pasta can be cooked by baking, boiling, stir-frying, deep-frying, steaming and poaching
Cooking pasta is a simple process.

You will need to be familiar with the recipe. Some pasta dishes require the pasta to be fully cooked. Other recipes require pasta to be partially cooked and added to a casserole along with a variety of other ingredients.

A **casserole** is a mixed food dish that is baked and served in a casserole dish.

❖ **Boiling**

When boiling pasta, you need to use enough water to cook it properly. Pasta can be cooked when a customer orders it. It also can be cooked in large amounts ahead of time. Dried pasta is sometimes cooked ahead of time. Fresh pasta is not because it cooks quickly and becomes too soft.

Procedure for boiling pasta

- 1) Use at least 4liters boiling salted water per pound of pasta per 500 g.
- 2) Have the water boiling rapidly and drop in the pasta and stir
- 3) Continue to boil, stirring a few times.
- 4) As soon as the pasta is al dente,
- 5) Drain it im
- 6)]]]
- 7) Mmkmn mediately in a colander and rinse with cold running water
- 8) Toss gently with a small amount of oil to keep it from sticking.
- 9) simmering water to reheat when they are not served immediately
- 10) Drain, plate, and add sauce.

❖ **Baking**

This technique is used for dishes such as cannelloni and pasta bakes. These dishes have usually been previously cooked by boiling and require baking to finish the product.

When pasta is baked with a filling and a sauce, or simply a sauce, the flavors blend during the baking process. You cannot achieve, or do, this simply by adding a sauce to the top of plain cooked pasta. Fresh pasta may be baked raw (soft dough) with good results

Ideal examples of baked pasta dishes are

- A. Lasagna, stuffed shells, and/or manicotti
- B. Casserole preparations

Examples: macaroni and cheese, tuna noodle casserole, etc

❖ **Deep drying**

Deep frying: some pasta dishes are first boiled, then coated and deep fried. For example, stuffed ravioli can be dipped in egg wash or butter milk, coated in breadcrumbs and deep fried.

❖ **Poaching**

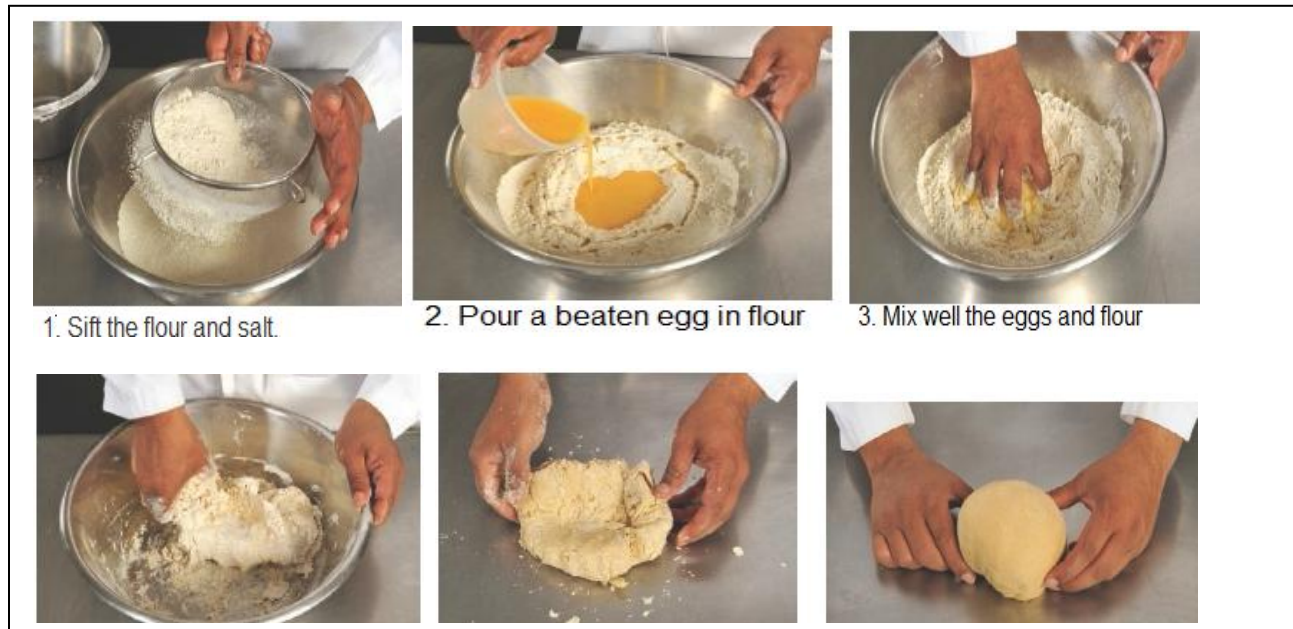
Poaching: used for ravioli, where gentle cooking is needed.

● **Topic 2: Fresh pasta production**

Dumplings are starch products made from soft dough or batters and cooked by simmering or steaming. They are served as side dishes and in soups and stews

✓ Making fresh egg pasta dough steps

To make 500 g of dough, use 400 g strong flour, 4 medium eggs (beaten), approximately 1 tbsp of olive oil (as required) and salt



Making stuffed pasta (tortellini) procedures



water, and squeeze dry. Chop as fine as possible. Incorporate in basic pasta recipe, adding it to the flour at the same time as the eggs. Reduce the quantity of eggs to 3.

2. Other Colored Pastas

Other colored vegetables, in small quantities, cooked until tender and pureed or chopped fine, can be substituted for spinach to color pasta. For example, experiment with beets, red bell peppers, and carrots.

3. Whole Wheat Pasta

Substitute whole wheat flour for half of the white flour.

✓ Making stuffed pasta (tortellini) procedures after kneading



To make ravioli, lay a thin sheet of pasta on the workbench. Deposit portions of filling on the dough using a spoon, small scoop, or pastry bag.



Cover with another sheet of pasta.



Press down between the mounds of filling to seal the layers of pasta together. Try to remove air bubbles from between the layers.



Cut out the ravioli with cutters, or cut them apart with a pastry wheel.

Some fresh pasta recipes

I. Ravioli with cheese filling

Portions: 25, Portion size: 1 5 0 g

Ingredients	Preparation procedure
1.4 kg Ricotta cheese 250 g Parmesan cheese, grated 5 Egg yolks 50 g Chopped parsley 2 ml Nutmeg to taste Salt To taste White pepper 2 kg Fresh pasta	<ol style="list-style-type: none"> 1) Mix together the ricotta, parmesan, egg yolks, parsley, and seasonings. 2) Roll the pasta into thin sheets. 3) Over half the pasta, make small mounds of cheese filling, about 5 ml) each, arranging them in a checkerboard pattern 4) 4–5 cm apart. 5) Lay the remaining pasta over the top and press down between the mounds of cheese to seal well 6) Cut the ravioli apart with a pastry wheel. Check each piece to be sure it is completely sealed. 7) Cook them as simmering process of dried pasta 8) Serve with your choice of sauce, such as tomato sauce, meat sauce, Bolognese sauce, tomato cream sauce, or just melted butter and parmesan cheese.

II. Potato Gnocchi with Tomato Sauce

Ingredients	Preparation procedure
<ol style="list-style-type: none"> 1. 2 kg All-purpose potatoes 2. 500 g Flour 3. 1.5 L Italian Tomato Sauce for Pasta 4. 350 ml Grated parmesan cheese 	<ol style="list-style-type: none"> 1. Wash the potatoes, but do not peel. Boil until tender. 2. Peel the potatoes while they are still hot, and force them through a food mill. 3. Add flour gradually to the potatoes and knead to make a soft, sticky mixture. 4. Divide the dough into smaller pieces. Roll each piece into a sausage 5. Shape about 1.25 cm thick. 6. Cut into pieces about 2 cm long. 7. To shape the gnocchi, pick up one piece of the dough and press it with your fingertip. 8. Drop the gnocchi into a large quantity of boiling salted water. When they float to the surface, let them boil 10–15 seconds. 9. Plate the gnocchi. Top each portion with 2 fl oz 60 ml tomato sauce and 1 tbsp (15 mL) grated parmesan cheese.

III. Baked lasagne (lasagne al forno)

Qty	Ingredients	Procedures
700g 60g 2	Ricotta cheese Parmesan cheese, grated Eggs Salt Pepper	<ol style="list-style-type: none"> 1. Mix together the ricotta, parmesan, and eggs. Season to taste with salt and pepper.
900g	Fresh pasta or spinach pasta	<ol style="list-style-type: none"> 2. Cut the fresh pasta into lasagna noodles. Cook them in boiling salted water, drain, and rinse in cold water. Lay them out in a single layer on oiled sheet pans
3 L 700g 125g	Meat Sauce or Bolognese Mozzarella cheese, shredded Parmesan cheese, grated	<ol style="list-style-type: none"> 3. Ladle a little meat sauce into a standard hotel pan; 20cm × 50 cm. spread it across the bottom. 4. Arrange a layer of noodles in the pan. Then add a layer of the ricotta mixture, a layer of noodles, a layer of sauce, and a layer of mozzarella. 5. Continue making layers of noodles, ricotta, sauce, and mozzarella until all ingredients are used. Top with parmesan cheese. 6. Bake at 190°C about 45 minutes. Cover lightly with foil at first to keep it from drying out, but remove the foil for the last 15 minutes of baking time 7.

IV. Potato Dumplings

Portions: 10, Portion size: 1 5 0 g

Qty	Ingredients	Procedures
1.1kg 350g 10g 2	Potatoes Flour Salt Eggs	<ol style="list-style-type: none"> 1. Boil peeled potatoes and cold them 2. Grate the potatoes into a mixing bowl. 3. Add the flour and salt and mix lightly until just combined. 4. Add the eggs and mix well to form stiff dough. Divide the dough into 20 equal portions. Roll each piece into a ball. 5. Refrigerate 1 hour.
125g 125g	Butter Dry bread crumbs	<ol style="list-style-type: none"> 6. Saute bread crumbs in butter until the crumbs are toasted and brown. Set aside. 7. Place the dumplings in a pot of boiling salted water. 8. Stir occasionally. 9. Simmer 10 minutes. 10. Remove with a slotted spoon and place in a single layer in a hotel pan. 11. Top with the toasted buttered bread crumbs. 12. Serve 2 pieces per order with melted butter or pan gravy.)

● Topic 3: Dry pasta production

Some dry pasta recipes

I. Spaghetti carbonara

Portions: 10, Portion size: 330g

Qty	Ingredients	Procedures
60g 350g 2 90	Olive oil Pancetta Batonnet Garlic cloves, chopped fine Dry white wine	<ol style="list-style-type: none"> 1. Sauté pancetta over moderate heat. 2. Add the garlic and cook another few seconds. 3. Add the wine. Reduce by three-fourths
1kg 4 150g 1g 30	Spaghetti Whole eggs Parmesan cheese, grated Black pepper Chopped parsley Salt	<ol style="list-style-type: none"> 4. Boil the spaghetti. 5. Add stained spaghetti and reduce until spaghetti are coated 6. Add the eggs, cheese, pepper, and parsley. 7. Mix well over low heat until the spaghetti is well coated 8. Taste for seasonings 9. Serve immediately.

II. Spaghetti bolognaise

Ingredients

- 1) 600g spaghetti
- 2) 10g salt
- 3) 50g butter
- 4) 500ml bolognaise
- 5) 75g grated parmesan cheese
- 6) Salt and pepper

Preparation procedure

- 1) Add spaghetti in boiling salted water
- 2) Boil and simmer about 10-15 minutes
- 3) Strain the spaghetti
- 4) Fry onions in shallow pan add spaghetti and mix
- 5) Season with salt and black pepper
- 6) Place the in serving dish accompanied with sauce pot of bolognaise and cheese

III. Spaghetti milanaise

Ingredients:

- 1) 600g spaghetti
- 2) 50g butter
- 3) 500ml tomato sauce
- 4) 250 tomato concasseé
- 5) 50g Cooked ham
- 6) 50g cooked tongue cut in julienne
- 7) 50g cooked mushroom
- 8) 75g grated parmesan cheese salt and pepper

Preparation procedure:

- 1) Place spaghetti in salted water boiling, simmer in 10-15minutes.
- 2) Strain the spaghetti
- 3) Fry spaghetti in melted butter
- 4) Mix in tomato sauce and concassee
- 5) Add in cooked ham, tongue and mushroom
- 6) Place in serving dish and serve with sauceboat of grated parmesan cheese.

IV. Spaghetti alla Crema

Ingredients

- 1) 600g spaghetti
- 2) 300ml cream Beaten together

- 3) 2 yolks of eggs
- 4) 50g butter
- 5) 75g grated parmesan cheese
- 6) Salt and pepper

Preparation procedure:

- 1) Place spaghetti in boiling salted water for 10-15minutes
- 2) Fry spaghetti in melted butter
- 3) Add in beaten yolks and cream and mix
- 4) Season with pepper and salt
- 5) Place them in serving dish and serve accompanied grated parmesan cheese.

V. Spaghetti Napolitaine

Ingredients:

- 1) 600g spaghetti
- 2) 50g butter
- 3) 500ml tomato sauce
- 4) 250 tomato concassée
- 5) 75g grated parmesan cheese salt and pepper

Preparation procedure:

- 1) Place spaghetti in salted water boiling, simmer in 10-15minutes.
- 2) Strain the spaghetti
- 3) Fry spaghetti in melted butter
- 4) Mix in tomato sauce and concasse
- 5) Place in serving dish and serve with sauceboat of grated parmesan cheese.

VI. Spaghetti with tomato sauce (10 portions)

Ingredients:

- 1) 1kg spaghetti
- 2) 60g butter
- 3) 625ml Tomato sauce
- 4) Salt and pepper
- 5) Fresh basil
- 6) Grated cheese
- 7) Tomato concassé

Preparation procedure:

- 1) Boil spaghetti in boiling salted water and stir occasionally for 10 to 15 minutes
- 2) Strain the spaghetti
- 3) Melt butter in saucepan and add in spaghetti

- 4) Mix in tomato sauce
- 5) Add tomato concassé and basil
- 6) Correct seasonings
- 7) Serve with grated cheese.

VII. Macaroni cheese (10 portions)

Ingredients

- 1) 1000g Macaroni
- 2) 60g butter or oil
- 3) 250 grated cheese
- 4) 1250ml béchamel
- 5) 1 tsp continental mustard
- 6) Salt and pepper

Preparation procedure

- 1) Boil macaroni in boiling salted water and still occasionally about 8 and 10 minutes
- 2) Strain the macaroni
- 3) Fry them in butter
- 4) Mix in cheese, béchamel and mustard and season
- 5) bake them in oven
- 6) Correct the seasoning and serve

LO 1.3: Present pasta dishes

Starch presentation vary depending on chef skills in food presentation mostly , food is presented by making round or mountain on service plate the following topic indicate some tips as used by famous chef.

● **Topic 1: Presentation techniques**

➤ **Presentation techniques**

There are countless hot and cold pasta dishes. Other than pastas used in soups, most other varieties receive some form of sauce.

➤ **The following are four common ways in which a sauce is applied to pasta:**

- ✓ Tossing the pasta with sauce
- ✓ Ladling the sauce over or underneath the noodles
- ✓ Providing a side dish of sauce for dipping
- ✓ Covering cold salad preparations with marinades

➤ **Pasta will be served as an appetizer, entrée, or side dish and will be plated for individual service or will be served “family style” in large bowls or on platters.**

➤ **Pasta garnishes (an edible adornment)**

- Grated cheeses

- Fresh ground black pepper
- Freshly chopped parsley
- Fresh sprigs of basil or oregano

Asian noodle preparations may be garnished with slivered nuts, chopped scallions, or fried leeks or won ton strips

● **Topic 2: Appropriate sauces and accompaniment for pasta and starches preparation**

Examples of sauces to accompany pasta include:

1. Tomato-based sauces
2. Cream, butter or béchamel-based sauces
3. Reduction-based sauces
4. Rich meat sauce such as Bolognaise sauce
5. Olive oil and garlic
6. Soft white or blue cheese sauces
7. Pesto.

I. **Pesto (Fresh Basil Sauce)**

Yield: 7 5 0 ml, portions: 12, portion size: 6 0 m l

Qty	Ingredients	Procedures
2 kg 750g 60g 6 7g 150g 60g	Fresh basil leaves Olive oil Walnuts or pine nuts (pignoli) Garlic cloves Salt Parmesan cheese, grated Romano cheese, grated	<ol style="list-style-type: none"> 1. Wash the basil leaves and drain well. 2. Put the basil, oil, nuts, garlic, and salt in a blender or food processor. 3. Blend to a paste, but not so long that the mixture is smooth. It should have a slightly coarse texture. 4. Transfer the mixture to a bowl and stir in the cheese. 5. To serve, cook pasta to order according to the basic

II. **Italian Tomato Sauce for Pasta**

Ingredients	Preparation procedure
<ol style="list-style-type: none"> 1. 50 ml Olive oil 2. 225 g Onion, chopped fine 3. 225 g Carrot, chopped fine 4. 225 g Celery, chopped fine 5. 1 No. 10 can Whole tomatoes 6. 2 Garlic cloves, minced 7. 30 g Salt 8. 15 ml Sugar 	<ol style="list-style-type: none"> 1. Fry the onions, carrots, and celery for a few minutes in oil 2. Add the remaining ingredients 3. Boil and simmer until done 4. Strain and adjust the seasoning 5. Serve with spaghetti or other pasta

Variations

1) Meat Sauce

Brown 1 kg ground beef, ground pork, or a mixture of beef and pork, in oil or rendered pork fat. Add 250 ml red wine, 2 L tomato sauce, 1 L beef or pork stock, and parsley, basil, and oregano to taste. Simmer 1 hour, uncovered.

2) Tomato Cream Sauce

Use 250 g butter instead of the olive oil in the basic recipe. At service time, add 1 cup heavy cream per quart of tomato sauce 250 ml per L. Bring to simmer and serve.

3) Tomato Sauce with Sausage

Slice 1.4 kg fresh Italian sausage and brown in oil. Drain and add to basic tomato sauce. Simmer 20 minutes.

4) Tomato Sauce with Sausage and Eggplant

Prepare like Tomato Sauce with Sausage, but use 700 g each sausage and peeled, diced eggplant.

5) Tomato Sauce with Ham and Rosemary

Cook 450 g ham, cut into fine dice, and 30 ml dried rosemary leaves in a little olive oil for a few minutes. Add to basic tomato sauce (after it has been passed through the food mill) and simmer 5 minutes.

III. Bolognaise sauce or meat sauce

Ingredients:

1. 500g minced meat
2. 75 ml oil
3. 1 clove chopped garlic
4. 150g onions
5. 50g tomatoes puree
6. 400ml jus lie/ demi-glace/ thickened stock
7. 200ml red wine (Optional)
8. Salt and pepper

Preparation procedure:

1. Fry minced meat in oil until colored
2. Add chopped garlic and onion and cook until soft
3. Drain off fat and add wine, tomatoes and jus lie, demi-glace or stock
4. Boil, Season and simmer until well done
5. Serve with starch dishes

Learning unit 2: Prepare Starches

LO 2.1 Identify the different types of starches

● **Topic 1: Starch products**

Mainly starchy food commodities can be broadly divided into two categories **major roots and tubers with major cereals mostly they produce** energy and protein

Major roots and tubers:

- ✓ Cassava
- ✓ Potato
- ✓ Sweet potatoes
- ✓ Yam

Major cereals:

- ✓ Maize
- ✓ Rice

LO 2.2 Prepare starch dishes

● **Topic 1: Cooking methods**

Starchy food can be cooked in different ways, which may include:

- ☒ **Boiling**
Boiled potatoes are generally started in cold water rather than hot. Potatoes are never cooled in cold water, unlike most vegetables. This would make them soggy.
- ☒ **Simmering**
The most common method for cooking rice and other whole grains is to place the washed grain in a heavy pot with the right amount of water or other liquid to hydrate it, bring it to a simmer, cover, and cook slowly until all the water is absorbed.
- ☒ **The risotto method**
Risotto is a classic Italian preparation made by a special procedure that is like neither the boiling method nor the pilaf method. After sautéing the rice, add a small amount of hot stock or other liquid and stir until the liquid is absorbed.
- ☒ **Deep frying**
Mostly starchy food is fried without a coating. For example starchy vegetables, such as sweet potatoes, may be fried without breading or batter if they are cut thin to reduce cooking time. The sugar in them burns easily if they are cooked too long.
- ☒ **Stir-frying**
Stir-frying is a quick-cooking technique used in Asian cookery. In effect, it is similar to sautéing, except the pan is left stationary and the items being cooked are stirred and flipped in hot fat with spatulas or other tools.
- ☒ **Baking**
Starch vegetables are baked because the dry heat produces a desirable texture. Baked potatoes, for example, do not have the same texture as boiled or steamed potatoes
- ☒ **Steaming**

Starchy food likes potatoes, bananas etc can be cooked by steaming; steaming is usually done in special steam cookers, which are designed to accept standard-size pans. Steaming can also be done on a rack above boiling water.

☑ **Sautéing and pan-frying**

Remember that the main differences between sautéing and pan-frying are the amount of fat used and the cooking time. Sautéing means cooking quickly in a small amount of fat. The product is often tossed or flipped in the pan over high heat. Pan-frying means cooking in a larger amount of fat, usually for a longer time at lower heat, and the product is not tossed or flipped. In practice, the two methods are similar, and the distinction between them is hard to draw.

● **Topic 2: Range of starch dishes**

The topic is very large thus it is divided in different subtopic; dishes are grouped according to the type of starch

1. Cassava flour ugali, Plain boiled fresh cassava ,
2. Yam stew, Plain boiled fresh yam
3. *Mashed or plain Sweet Potato & Black Beans* , Plain boiled sweet potatoes , Sweet potatoes chips, Pan fried sweet potatoes, Sweet potatoes with peanut butter,
4. Boiled Potatoes , Steamed Potatoes Parsley Potatoes, Mashed or Whipped Potatoes Garlic Mashed Potatoes, Duchesse potato mixture, Oven Roast Potatoes, Potatoes au Gratin, Potato chips, Steakhouse Fries Potato Croquettes,
5. Mashed Bananas Plain, Enriched matoke, Poached bananas in tomato sauce, Banana chips with Loyco, Stewed green bananas,
6. Boiled and Steamed Rice, Rice Pilaf, Tomato Pilaf, Risotto rice , Risotto alla Milanese, Vegetables rice , Arroz à la Mexicana, Spanish rice, Peas and rice, Red beans and rice Royal rice,
7. Fresh Beans and Maize, Stewed Maize & Beans, Whole maize flour ugali, Refined maize flour ugali

● **Topic 3: Cassava dishes preparation**

Cassava tubers can be eaten whole or fresh, but as a rule they are turned into flour or paste. The reason for this are:

- To get rid of the poisoning
- To keep the cassava for a long time
- To get food with a more pleasant taste

Fresh cassava and cassava paste

For eating fresh cassava,

- ✚ The sweet varieties are chosen for preference
- ✚ The poison in cassava is mainly in the peel, thus peel cassava before cooking
- ✚ Wash cassava carefully
- ✚ Cut the root into pieces and steam them

Dried cassava and cassava flour

- ✚ The fresh roots are peeled, soaked after fermentation they are dried to the sun then pounded in a mortar to get flour.

Cassava recipes

I. Cassava flour ugali

It is usually eaten as a main course with a vegetable dish accompaniment.

Ingredients

- 125 g cassava flour
- 220 ml water

Preparation 5 minutes | Cooking 20 minutes | Serves 2

- Put all the water in a cooking pot and place on the fire.
- When the water boils, add the cassava flour gradually.
- Keep stirring and turning until it becomes firm.
- Once it is firm, allow to simmer for 10 minutes.
- Remove from the fire and turn over onto a plate to serve

II. Plain boiled fresh cassava (4 portions)

Ingredient: 1 kg Potatoes

Preparation procedure

- Peel and remove internal root.
- Cut them into 5 cm of length
- Place in a pot and cover with salted water.
- Bring to boil until tender.
- Drain and cover to prevent drying
- Serve with vegetables and or meat dishes

● Topic 4: Yams dishes preparation

Yams are eaten fresh or are treated and preserved.

Most varieties of yams, especially the wild species that are not cultivated, contain a poison (dioscorine). But this poison is removed by washing the yams several times in salted water and by cooking them well, the yams must never be eaten raw but only when they are thoroughly cooked

Fresh and mashed yams

- Yams are eaten fresh, boiled or fried
- Peel them first
- Cut the tubers into pieces
- Wash them carefully
- The boiled yams are pounded to make mashed yams

Dried yams and yam flour

- The fresh tubers are peeled, sliced washed and dried to the sun
- Sometimes yams are steamed before being dried in the sun
- To facilitate rapid drying yams are mashed then dried to the sun

To make flour

- ✓ The dried ball are pounded in a mortar or grounded in a mill
- ✓ The flour is used to make a dough for cake bread etc

Some yam recipes

I. Yam stew

Yams are eaten as a stew as indicated in this recipe. It can also be prepared with meat or other protein. Loved for its filling effect, yam stew is packed with good wholesome starch ideal for the health conscious. It can be eaten during lunch or dinner as a main dish served to the whole family.

Ingredients

- 2kg yam, white, raw
- 1kg potatoes, unpeeled, Irish, white
- 175g onion, red skinned, raw, unpeeled
- 200g tomatoes, red, ripe
- 250g carrots, orange, raw
- 22 g salt, iodized
- 76 g cooking oil
- 1l water

Preparation 20 minutes | Cooking 1 hour | Serves 4

- Peel, wash and cut the yam into small pieces.
- Peel and wash the potatoes in water.
- Cut the potatoes into small cubes.
- Peel, wash and cut the tomatoes, carrots and the onions.
- Heat the oil for 1 minute then add the onions.
- Add tomatoes after 3 minutes.
- Add salt after 5 minutes. After 6 minutes add the cut yam and stir.
- After 8 minutes add all the water and cover the pot.
- After 6 minutes add potatoes, stir and cover.
- Add carrots after 8 minutes.
- Heat for 20 minutes and remove from the fire.
- Serve hot.

II. Plain boiled fresh yam (2 portions)

Ingredient: 1 kg fresh yam

Preparation procedure

- Peel and remove internal root.
- Cut them into 4 pieces
- Place in a pot and cover with salted water.
- Bring to boil until tender.
- Drain and cover to prevent drying
- Serve with vegetables and or meat dishes

- **Topic 5: Sweet potatoes dishes preparation**

- Sweet potatoes are of great value energy giving food
- The sweet potatoes especially the colored varieties contain vitamins
- The yellow ones are the richest in vitamins
- The sweet potatoes can be used for making alcohol

Some sweet potatoes recipes

I. Mashed or plain Sweet Potato & Black Beans

This recipe is particularly unique as it is a mix of sweet potato and black beans. It is eaten plain or mashed

Ingredients

- 1kg brown skin sweet potatoes, peeled,
- 365 g uncooked beans, black
- 11 g salt, iodized
- 6lwater

Preparation 15 minutes | Cooking 3 hours | Serves 4

- Sort the black beans and wash.
- Put the washed black beans into the cooking pot and boil in 18 cups of water for 2 hours or until soft.
- Add the peeled sweet potatoes, the rest of the water and salt onto the boiled black beans, cover and boil until the sweet potatoes are properly cooked or soft.
- Turn off the heat and mash or Serve hot.



II. Plain boiled sweet potatoes

Ingredient

- 5 kg sweet potatoes
- Salt as needed

Preparation procedure

- Peel sweet potatoes.
- Cut them
- Place in a pot and cover with salted water.
- Bring to boil.
- Drain and let them steam dry.
- Serve immediately with vegetables like amaranths

III. Sweet potatoes chips

Ingredients

- 3 kg sweet potatoes
- Salt to taste

Preparation procedure

- Peel the sweet potatoes.

- Cut the potatoes big batonnet
- Hold the cut potatoes in cold water until needed, to prevent discoloration.
- Drain and dry the sweet potatoes well.
- Deep-fry in fat heated to 160°C to turn a pale golden color
- Remove the potatoes from the fryer
- Salt them lightly away from the fryer,
- Serve immediately with meat, vegetables etc

IV. Pan fried sweet potatoes

This delicious recipe is a typical breakfast dish common among urban. It is usually eaten with a cup of tea.

Ingredients

- 2 kg sweet potatoes, unpeeled, orange fleshed
- 1l water
- 200 ml oil

Preparation 5 minutes | Cooking 1 hour 15 minutes | Serves 4

- Peel the sweet potatoes and wash.
- Chop them into large chunks.
- Put the sweet potatoes into a cooking pot, add all the water and place on heat.
- Bring the sweet potatoes to a boil until tender. (Do not overcook)
- Drain the excess water.
- Heat cooking oil in a pan for 2 minutes.
- Gently place the sweet potatoes onto the oil, fry until they turn golden brown and crispy.
- Turn to fry the other side.
- Remove from heat.
- Serve.



V. Sweet potatoes with peanut butter

It is eaten for breakfast with tea. It is loved for its filling effect due to the combined effect of peanut butter and sweet potatoes.

Ingredients

- 1500g sweet potatoes, unpeeled, raw, orange fleshed
- 70g onion, red skinned, unpeeled, raw
- 300g tomatoes, Red, ripe
- 36 g cooking oil
- 100 g peanut butter
- 7 g salt, iodized
- 1000 g water

Preparation 5-10 minutes | Cooking 1 hour | Serves 4

- Peel, wash and cut the sweet potatoes into desirable sizes.
- Peel and chop the onion and fry with oil in a cooking pot until golden brown.



- Grate tomatoes and add into the golden-brown onions, stir and simmer until the tomatoes are well cooked or tender.
- Add the sweet potatoes and salt. Mix and cover to simmer.
- Add 4 cups of water and continue simmering.
- Meanwhile, mix the peanut butter with 2/3 cup of water in a separate bowl.
- Add the peanut mixture into the sweet potatoes mixture and stir.
- Simmer for 3 minutes and serve.

● **Topic 6: Irish potatoes dishes preparation**

Checking for Quality

Look for these signs of high-quality potatoes:

- Firm and smooth, not softness
- Dry skin.
- Shallow eyes.
- No sprouts. Sprouting potatoes are high in sugar.
- No green color. Green areas develop on potatoes stored in light. .
- All green parts should be cut off before cooking.
- Absence of cracks, blemishes, and rotten spots.

Storing and Handling

- Keep potatoes in a cool, dry, dark place.
- Do not refrigerate.
- Place peeled potatoes in cold water immediately
- Remove all green parts when peeling potatoes

Some Irish potatoes recipes

I. Boiled Potatoes

Ingredient: kg Potatoes

Preparation procedure

- Peel and eye potatoes. Be sure all traces of dark peel are removed.
- Cut potatoes into 25 uniform portions
- Place in a pot and cover with salted water.
- Bring to boil, lower heat, and simmer until tender.
- Drain and let the potatoes steam dry in the colander for a minute.
- Serve immediately

Variations

1. Steamed Potatoes

Prepare as in basic recipe, but steam in perforated pan instead of boiling.

2. Parsley Potatoes

Prepare as in basic recipe. Brush or pour 125 ml melted butter onto the potatoes and sprinkle with chopped parsley.

II. Mashed or Whipped Potatoes

Ingredients:

- 1.5 kg peeled potatoes
- 75g butter
- 100ml milk hot or cream
- 1tbs salt
- Pepper

Preparation procedure

- Boil potatoes in salted water until they are done
- Drain and dry them out over stove
- Place them in cleaned saucepan
- Add butter, hot milk, and pepper, (plus nutmeg if desired) and mix well
- Shape, garnish and serve in vegetables dish.

Variations**1. Garlic Mashed Potatoes**

Method 1: Simmer 6–8 whole, peeled cloves of garlic with the potatoes. Puree the garlic and the potatoes together.

Method 2: Puree 1 or 2 heads roasted garlic and mix into the potatoes before adding cream or milk.

III. Duchesse potato mixture**Ingredients:**

- 1.5kg potatoes
- 75g butter
- 3 egg yolk
- 50g melted butter
- Salt and pepper

Preparation procedure

- Boil the potatoes in salted water
- Drain, and dry out them over the stove
- Put them in cleaned saucepan
- Add butter, egg yolk, and seasoning and mix well

IV. Oven Roast Potatoes**Ingredients:**

- 4.5 kg potatoes
- As needed Vegetable oil or olive oil
- To taste Salt
- To taste White pepper

Preparation

- Peel and eye potatoes.
- Cut into 25 uniform portions and trim pieces to shape
- Dry the potatoes well and rub with oil
- Place in oiled baking pan and season with salt and pepper
- Place in 200°C oven and bake until browned and cooked through

V. Potatoes au Gratin

Ingredients

- 1) 3.5 kg Potatoes
- 2) 2 L Cheddar Cheese Sauce
- 3) 150 ml Dry bread crumbs
- 4) 10 ml Paprika
- 5) 60 g Butter, melted

Preparation procedure

- 1 Scrub the potatoes and simmer or steam them until tender but still firm.
- 2 Drain and spread on sheet pan to cool.
- 3 When the potatoes are cool enough to handle, peel and cut them into dice.
- 4 Combine with the hot cheese sauce in a baking pan.
- 5 Mix the bread crumbs and paprika and sprinkle over the potatoes. Drizzle the butter evenly over the top.
- 6 Bake at 175°C about 30 minutes, or until hot and browned.

VI. Potato chips

It is served to the whole family mainly during lunch.

It is eaten with a protein dish such as fried chicken, stir fried beef or sausages. It can also be eaten plain or with vegetables.

Ingredients

1. 1kg potatoes, unpeeled, Irish, white
2. 900ml g cooking oil

Preparation 5 minutes | Cooking 30 minutes | Serves 4

1. Peel the potatoes, wash and cut lengthways into thin stripes
2. Heat cooking oil in a pot for 7-10 minutes or until the oil is hot enough.
3. Add the cut potatoes and fry for 10 minutes and turn.
4. Allow to cook for another 10 minutes or until ready.
5. Remove from oil and place on paper towels to drain the oil.
6. Serve while hot.



Variation

1) Steakhouse Fries

Scrub but do not peel potatoes. Cut in half lengthwise, then cut each half lengthwise into 4–6 wedges, depending on size.

VII. Roasted New Potatoes with Herbs and Garlic

Portions: 10, Portion size: 1 2 5 g

Qty	Ingredients	Procedures
-----	-------------	------------



1.5 kg	Small potatoes	1. Wash the potatoes, drain, and let dry.
90ml	Olive oil	2. Cut round potatoes in half
30g	Fresh rosemary	3. Place the potatoes in a roasting pan.
15g	Fresh thyme	4. Pour the oil over the potatoes and sprinkle with chopped herbs, garlic, and salt.
30	Garlic	5. Toss or mix so all the potatoes are coated.
10	Salt	6. Bake at 400°F (200°C) until the potatoes are tender, about 45 minutes.

VIII. Potato Croquettes

Ingredients	Preparation procedure
1) 3 kg Potatoes, peeled and quartered 2) 100 g Butter 3) to taste Salt 4) to taste White pepper 5) to taste Nutmeg 6) 10 Egg yolks 7) Flour 8) as needed Egg wash 9) as needed Bread crumbs	1) Boil potatoes in salted water until they are done 2) Add the butter and mix to a smooth paste. 3) Season to taste with salt, pepper, and nutmeg. 4) Set over moderate heat and stir the mixture to dry it out well 5) Remove from the fire, add the egg yolks, and beat in thoroughly 6) To shape croquettes 7) Coat the croquette 8) Deep fry croquettes at 175°C until golden brown. 9) Drain well. 10) Serve immediately

● Topic 7: Green bananas dishes preparation

Some green bananas recipes

I. Mashed Bananas Plain

It is usually mashed to a light texture and sometimes served with added milk. Sometimes a green leafy vegetable may be added and mashed together

Ingredients

1. 1kg unpeeled bananas, green, raw
2. 450 g water
3. 15 g salt, iodized

Preparation 10 minutes | Cooking 45 minutes | Serves 4

1. Peel the bananas and clean them.
2. Put in a cooking pot; add all the water and salt.
3. Bring them to boil until the bananas are tender.



4. Mash and serve warm with meat or vegetables

II. Enriched matoke

It is wonderfully enriched with peanut butter paste to give it a smooth taste. Infants are fed on this from the age of 6 months onwards. Sometimes, this recipe is made with some green leafy vegetables.

Ingredients

1. 1.5 kg green bananas, unpeeled.
2. 68 g peanut butter
3. g salt, iodized
4. 968 g water



Preparation 5 minutes | Cooking 25 minutes | Serves

1. Peel and wash the bananas.
2. Put the washed bananas into a pot, add salt and all the water, and bring to a boil.
3. Cook until the bananas are ready and tender.
4. Remove from heat; add the peanut butter and mash.
5. Serve while hot.

III. Poached bananas in tomato sauce

Ingredients

- 1) 1kg unpeeled bananas, green, raw
- 2) 200g water
- 3) 350 concentrated tomato sauce
- 4) 15 g salt, iodized

Preparation 10 minutes | Cooking 45 minutes | Serves 4

- 1) Peel the bananas and clean them.
- 2) Put in a cooking pot; add all the water and salt.
- 3) Bring them to boil until the bananas are half tender.
- 4) Strain the bananas
- 5) Add tomato sauce and simmer at low heat
- 6) Serve warm with fried beans or any other vegetables

IV. Banana chips with Loyco

Ingredients

1. 1kg unpeeled bananas, green, raw
2. 30g loyco powder
3. Oil for deep frying

Preparation 10 minutes | Cooking 20 minutes | Serves 4

- 1) Peel the bananas and clean them in water
- 2) Cut the as desired
- 3) In mixing bowl mix bananas in loyco powder
- 4) Drain bananas well. Deep-fry in fat heated to 160°C to turn red color
- 5) Salt them lightly away from the fryer,
- 6) Serve immediately with meat

V. Stewed green bananas

It serves the whole family and is usually used as an infant dish. Stewed green bananas are eaten for lunch or dinner.

Ingredients

1. 2kg green bananas, unpeeled, raw
2. 256 g onions, red skinned, raw, unpeeled
3. 633 g tomatoes, red, ripe
4. 4g salt, iodized
5. 80 g cooking oil
6. 1l water

Preparation 10 minutes | Cooking 1 hour | Serves 4

1. Peel the onions, wash and cut into a bowl.
2. Wash the tomatoes and cut into a separate bowl.
3. Peel and clean the bananas
4. Heat oil in a cooking pot, add the onions and fry until golden brown.
5. Add the tomatoes, salt and stir
6. Add the bananas and stir.
7. Put all the water and allow simmering until ready.
8. Serve hot.



● Topic 8: Rice dishes production

Types of rice

1. Long grain

White long-grain rice is a narrow, pointed grain that has had the full bran and most of the germ removed so that it is less fibrous than brown rice. Because of its firm structure (which helps to keep the grains separate when cooked), it is suitable for plain boiling, steaming, braising and savoury dishes such as kedgeree and curry.



2. Short grain

White short-grain rice is a short, rounded grain with a soft texture. It is suitable for sweet dishes and risotto, and is often used in rice desserts.



3. Brown rice

This is any rice that has had the outer husk removed, but retains its brown bran. As a result, it is more nutritious and contains more fiber than white rice. It takes longer to cook than long-grain rice because water and heat take longer to penetrate the bran layers.



4. Arborio rice (risotto rice)

Arborio rice is a medium- to long-grain rice and is used in risottos because it can absorb a good deal of cooking liquid without becoming too soft.



5. Basmati

A narrow, long-grain rice with a distinctive aroma and flavour, suitable for serving with Indian dishes.

6. Wholegrain rice

The whole unprocessed grain of the rice. Only the inedible outer husk is removed.

7. Wild rice

this is not, in fact, rice but the seed of an aquatic grass. Difficulty in harvesting makes it expensive, but its colour (a purplish black) and subtle nutty flavor make it a good base for a special dish or rice salad.



Some rice recipes

I. Boiled and Steamed Rice

Ingredient proportion for cooking rice

Rice type	Ingredients			
	Rice	Water	Salt	Butter
Regular long-grain white rice	475 g	1L	5 ml	30ml
Parboiled long-grain rice	475 g	1.5L	5 ml	30 ml
Medium-grain white rice	525 g	1L	5ml	30ml
Brown rice	350g	1L	ml	
Preparation procedure				
Range top (Boiling)				
1. Wash rice in cold water until water runs clear				
2. Combine all ingredients in a heavy pot.				
3. Bring to boil and Stir.				
4. Cover and cook over very low heat.				
5. Until done				
6. Test rice for doneness				
7. Turn rice out into a hotel pan. Fluff with fork to let steam escape.				
Oven				
1. Wash rice in cold water until water runs clear				
2. Bring salted water to boil. Combine all ingredients in a shallow steamer pan.				
3. Cover with foil or tight lid.				
4. Test rice for doneness.				
5. Bake for few minutes				

6. Fluff rice with fork escape steam

Steamer

1. Wash rice in cold water until water runs clear
2. Bring salted water to boil.
3. Combine all ingredients in a shallow steamer pan.
4. Place uncovered pan in steamer for cooking time
5. Test rice for doneness.
6. Steam for few minutes
7. Fluff rice with fork or slotted spoon to let steam escape.

II. Basic fried rice

Qty	Ingredients	Procedures
1.8kg	Cooked rice, cold	1. Divide the rice and other ingredients into two or more batches,
160ml	Oil	2. Heat a small amount of oil in the wok. Add the meat and stir-fry 1–2 minutes.
450g	Cooked meat	3. Add the scallions and stir-fry 1 minute.
90g	Scallions	4. Add any raw vegetables and stir-fry until almost done.
450g	Vegetables	5. Add the rice and stir-fry until it is hot and lightly coated with oil.
160ml	Soy sauce	6. Add any cooked vegetables and mix in.
-	Salt	7. Add soy sauce, if used, and salt.
4	Egg	8. Add beaten egg and mix in. Stir-fry lightly to cook the egg, then serve.

III. Rice Pilaf

Ingredients

- 1) 60 g butter
- 2) 90 g onions, fine dice
- 3) 500 ml long-grain rice
- 4) 750 ml–1 L chicken stock or water, boiling
- 5) to taste Salt

Preparation procedure

- 1) Heat the butter in a heavy saucepan.
- 2) Add the onion and saute until it begins to soften but Do not brown.
- 3) Add the rice, without washing.
- 4) Stir over heat until the rice is completely coated with butter.
- 5) Pour in the boiling liquid. Return the liquid to a boil with the rice.
- 6) Taste and adjust seasonings; cover tightly.
- 7) Place in a 75°C oven and bake 18–20 minutes, or until liquid rice is dry
- 8) Turn out into a hotel pan and fluff the rice with a fork.
- 9) If desired, additional raw butter may be stirred into finished rice.

Variations

- **Tomato Pilaf**

Prepare as in the basic recipe, using (375–500 ml chicken stock and 700 g chopped tomatoes with juice

IV. Risotto rice

Ingredients

- 1) 75g butter
- 2) 75g chopped onion
- 3) 500g Italian rice
- 4) 1.5 liter chicken stock
- 5) 1 small bay leave
- 6) Salt and pepper

Preparation procedure:

- 1) Fry onions in butter without coloration
- 2) Add rice and cook for few minutes
- 3) Add hot stock
- 4) Add bay leave and seasonings and cover with a lid until done
- 5) Remove the lid and bay leave
- 6) Dress the dish and serve with accompaniment.

V. Risotto alla Milanese

Ingredients:

1. 75g butter
2. 75g chopped onions
3. 500g Italian rice
4. 1.5l chicken stock
5. 50g cooked ham
6. 50g cooked ox tongue
7. 50g cooked mushroom
8. 1 small bay leaf
9. Salt and pepper

Preparation procedure:

1. Fry onions in butter without coloration
2. Add rice and cook for a few minutes
3. Add boiling stock and bay leaf and seasonings, stir then cover for 20 minutes
4. Remove the bay leaf
5. Add ham, ox tongue and mushroom and mix
6. Serve with tomato sauce in sauce boat.

VI. Vegetables rice

Ingredients:

1. 350g whole grain rice
2. 1 egg plant sliced
3. 1 backed red pepper sliced

Vegetables broth

Cut 100g of carrot, turnip and celery, fry those in 50g oil add 200 liter of vegetables stock. Add 75g of peas, 75g French beans cut into diamond cook until vegetables are well done

4. 1 tomato
5. 2 garlic cloves
6. 750ml vegetable broth
7. 3 tsp of olive oil
8. Sea salt

Preparation procedure

1. Soak the rice in cold water 12 hours or in hot water 1 hour
2. Sauté the vegetables
3. Add tomatoes and stir then add rice
4. Add boiling vegetable broth and salt
5. Add chopped garlic and simmer until well done

VII. Arroz à la Mexicana

Ingredients

- 1) 700 g long-grain rice
- 2) 90 ml Oil
- 3) 350 g tomato puree
- 4) 90 g onion, chopped fine
- 5) 2 Garlic cloves, mashed to a paste
- 6) 1.75 l chicken stock
- 7) 15 ml Salt

Preparation procedure

- 1) Rinse the rice well to remove excess starch. Soak in cold water at least 30 minutes. Drain well.
- 2) Heat the oil in a pot and add the rice. Stir over moderate heat until it begins to brown lightly.
- 3) Add the tomato puree, onion, and garlic. Cook until the mixture is dry.
- 4) Be careful not to let it burn.
- 5) Add the chicken stock and salt. Stir. Simmer, uncovered, over medium heat until most of the liquid is absorbed.
- 6) Cover, turn the heat to very low, and cook 5–10 minutes, or until the rice is tender.
- 7) Remove from the heat and let it stand, without removing the cover, 15–30 minutes before serving.

VIII. Spanish rice

25 portions

Ingredients	Qty	Procedure
1. Rice (Raw)	750g	1. Boil and simmer the rice.
2. Water	3 l	2. Stir once and cover with a lid
3. Bacon (Raw)	1kg	3. Simmer the rice 12 minutes without removing the lid
4. Onions(chopped)	500g	4. Sauté bacon and onions until bacon is cooked add green pepper , pimento and green pepper, add salt and pepper
5. Tomatoes (Chopped)	500g	5. Add sautéed bacon to the rice and cook slowly. Stir frequently, about 20min
6. Green pepper (chopped)	50g	
7. Black pepper Chopped)	½ tsp	
8. Pimento (chopped)	50g	
9. Salt and pepper	-	

IX. <u>Peas and rice</u>		25 portion
Ingredients	Qt	Procedures
1. Margarine (Melted)	125g	1. Fry rice in margarine until brown 2. Add the rice to the broth, mix once and simmer 14 minutes without removing the lid 3. Add the remaining ingredients and simmer until well cooked
2. Rice (uncooked)	1 kg	
3. Chicken broth	2 L	
4. Peas (Cooked)	500g	
5. Mushroom (Pieces)	125g	
6. Margarine	30g	
7. Salt	-	
8. Black pepper	-	
9. Parmesan cheese	125g	
X. <u>Red beans and rice</u> Portion: 25		
Ingredients	Qt	Procedure
1. Rice (uncooked)	500g	1. Combine rice, water, and oil bring to simmer 2. Stir occasionally 3. Cover the rice with a lid and simmer for 14 minutes 4. Without removing the lid 5. Sauté bacon add onions until lightly brown 6. Combine bacon mixture with beans, black pepper and hot sauce and simmer for 20 minutes 7. Combine beans and rice before serving or serve beans over the rice.
2. Water (Cold)	1 L	
3. Salt	-	
4. Oil	½ tbs	
5. Bacon (raw, chopped)	4	
6. Onions (Chopped)	slices	
7. Tomato paste	375g	
8. Red beans (cooked and drained)	2tsp 1250g	
9. Black pepper	-	
10. Hot sauce	-	
XI. <u>Royal rice</u>		
Ingredients	Qt	Preparation procedures
Onions (chopped)	500g	1. Simmer the rice in beef broth. 2. Sautee onions and mushroom in margarine until well done. 3. Combine all ingredients (Rice and fried mushroom) 4. Simmer or bake until well done.
Mushroom (slices)	375g	
Margarine	2 tbs	
Rice cooked in beef broth	2125g	
Salt	As needed	
Black pepper	As needed	

● **Topic 9: Maize meal dishes preparation**

Some maize meal recipes

Maize meal includes the mixture of maize and beans usually prepared by sautéing previously boiled maize and beans. The other category includes the pounded maize recipes where the outer skin is removed.

I. Fresh Beans and Maize

This recipe is common during the season when maize and beans are green about a month to harvesting. It is usually served as a main dish in most African communities

Ingredients

1. 2kg green maize cobs with kernels
2. 2500g bean pods, red
3. 2l water
4. 140 g spring onion, unpeeled
5. 187 g cooking fat
6. 28 g salt, iodized

Preparation 2 hours | Cooking 20 minutes | Serves 4

Preparation procedures:

1. Remove fresh beans from pods. Put in a bowl or container.
2. Remove maize cobs with kernels from the husks.
3. Remove maize kernels from the cobs by hand.
4. Mix and wash the maize and beans.
5. Boil for 2 hours until cooked.
6. Prepare the onions and chop into a separate bowl.

Stewing:

7. Heat cooking fat into a pan and add the spring onions.
8. Cook the spring onions until they soften.
9. Add the boiled maize-beans mixture. Cover with a pan.
10. Add salt and continue cooking while stirring periodically.
11. Once ready, remove from fire and serve.

II. Stewed Maize & Beans

It is mostly eaten as a main dish during lunch time and dinner by the entire family. It is well balanced in nutrients and is considered complete on its own

Ingredients

1. 1000 g beans, dry, boiled
2. 500g maize dry boiled
3. 130g onion, red skinned, raw, unpeeled
4. 70 g cooking oil
5. 14 g salt, iodized
6. 350 g water

Preparation 10 minutes | Cooking 15 minutes | Serves 4

1. Mix boiled beans and maize in mixing bowl
2. Prepare, wash and chop the onion.
3. Pour oil in a cooking pot over fire, add onions and cook for 2 minutes and add salt.
4. Add the boiled maize-bean mixture.
5. Stir and add cups water.
6. Cover and let the mixture to cook for 10 minutes.
7. Serve while hot.

III. Whole maize flour ugali

Ugali is the common name given to various flour dishes that are prepared by boiling ingredients together and mixing to a semi solid a paste. All Ugalis are made from grain flours except cassava



Ugali which is made from dried cassava flour. It is eaten as a main dish during lunch or supper usually accompanied by a vegetable or protein dish.

Ingredients

1. 500 g whole maize flour, white
2. 1lwater

Preparation 5 minutes | Cooking 25 minutes | Serves 4

1. Measure water and flour into separate bowls.
2. Put all the water into a cooking pot, cover and bring to a boil.
3. Add flour into the boiling water and keep mixing while pressing against the wall of the cooking pot until the mixture is smooth without lumps.
4. Once properly mixed, reduce the fire and simmer for 13 minutes.
5. Serve as desired.



IV. Refined maize flour ugali

This type of Ugali is common across the entire country. It is made of refined maize flour, usually bought from retail shops. It is the predominant ugali in urban areas. It is eaten as a main dish accompanied by a protein and /or green vegetables.

Ingredients

1. 500g refined, white, maize flour
2. 900ml water

Preparation 5 minutes | Cooking 20 minutes | Serves 4

1. Bring all the water to a boil.
2. Add the maize flour gradually to the boiling water (not all at once).
3. Stir continuously with a wooden spoon until desired consistency is achieved.
4. Keep turning periodically until cooked and cover the pot at intervals.
5. Remove from fire, turn over onto a plate and serve hot.



LO 2.3: Present starch dishes

● Topic 1: Starch dishes Presentation techniques

❖ Appearance/ texture

To make a dish good appearance and attractive to the diner, the dish should be characterized by

Appearance this include: **color, shape, and arrangement** of food on the plate those three elements are essential in food presentation

- **Colors:** two or three colors on a plate are usually more interesting than just one.
- **Shapes:** to have attractive plate it is better to cut the same shape of a given food commodity.
- **Textures:** good balance requires a variety of textures on the plate



- **Portion Size:** Portion sizes are important for presentation as well as for costing and presentation thus match the portion size and plate

- ❖ **The following are alternatives for presenting food on plate in the classic arrangement:**

1. Main item (Meat) in front, vegetables, starch items, and garnish at the rear.
2. The main item alone in the center of the plate, sometimes with a sauce or simple garnish.
3. The main item in the center, with vegetables distributed randomly around it, sometimes with a sauce underneath.
4. The main item in the center, with neat piles of vegetables carefully arranged around it in a pattern.
5. A starch or vegetable item heaped in the center; the main item sliced and leaning up against it; additional vegetables garnish, and/or sauce on the plate around the center items.
6. Main item, vegetable and starch accompaniments, and other garnish stacked neatly one atop the other in the center of the plate. Sauces or additional garnish may be placed around the outside.
7. Vegetable in center of plate, sometimes with sauce; main item arranged around it toward the outside of the plate.



- ❖ **Guidelines that apply to hot platter presentation and garnish.**

1. Keep food off the rim of the plate.
2. Arrange the items for the convenience of the customer.
3. Keep space between items, unless, of course, they are stacked on one another.
4. Maintain unity.
5. Make every component count.
6. When using a sauce or gravy, add it attractively.
7. Keep it simple.

- **Topic 2 Accompaniment for starchy food preparation**

- I. **Stir-fried spinach**

This is one of the most common green vegetable dishes in Africa. It is mainly eaten with Ugali or any other starchy meal as a side dish. Sometimes, it is cooked together with other green vegetables.

Ingredients

1. 675 g spinach leaves, raw
2. 130 onion, red skinned, raw, unpeeled
3. 25 g cooking oil



4. 2 g salt, iodized

Preparation 10 minutes | Cooking 15 minutes | Serves 4

1. Remove the stalks from the spinach and wash.
2. Cut the spinach.
3. Peel, wash and chop the onions.
4. Heat cooking oil in a pan for 1 minute and add the chopped onions. Cook for 4 minutes.
5. Add spinach and salt. Cover and let it simmer for 10 minutes.
6. Remove from heat.

II. Stir-fried amaranth leaves

Amaranth leaves commonly known as “dodo” is an indigenous vegetable that used to grow in AKARIMA K’IGIKONI. It is cultivated and eaten across everywhere. When cooked, amaranth leaves have a distinct aroma and a soft appeal. Most communities use amaranth leaves in mashed infant dishes but also as a side dish that is eaten with Ugali.

Ingredients

1. 1500 g amaranth leaves, raw
2. 250g tomatoes, red, ripe
3. 100g onion, red skinned, raw, unpeeled
4. 3 g salt, iodized
5. 45 g cooking oil

Preparation 10 minutes | Cooking 20 minutes | Serves 4

1. Peel, wash, and cut the onion and tomatoes separately.
2. Put the cooking pot on the fire and pour in the oil, add the onion and cook until golden brown.
3. Put the tomatoes into the cooking pot. Continue stirring until the tomatoes are cooked.
4. Add the amaranth and salt then mix well.
5. Cover and simmer. Stir momentarily.
6. Remove from fire when ready; about 10 minutes.

III. Stewed goat meat

Goat meat is common across the country both in rural and urban areas. This dish is usually eaten with a starchy dish such as Ugali, rice or chapatti. It is served during major meals and relished by the entire family.

Ingredients

1. 1200g goat meat, medium fat
2. 150 onion, red skinned, raw, unpeeled
3. 300 tomatoes, red, ripe
4. 89 g cooking oil
5. 20 g salt, iodized

Preparation 5-10 minutes | Cooking 45 minutes | Serves 4

1. Wash and cut the meat into small pieces.
2. Heat oil in cooking a pot, add the chopped meat and salt.



3. Cover and steam for 10-15 minutes to release water from the washed meat. Stir at intervals.
4. Drain and keep the broth from the meat. Return on heat and cook for 5 minutes while stirring.
5. Cover to dry. Add onion and cook for 10 minutes while stirring.
6. Add tomatoes, stir and cook until the tomatoes are tender.
7. Add the drained broth and stir. Cover and cook until ready.
8. Remove from heat and serve.

Fried tilapia

The current practice has seen many other communities adopt this recipe particularly in urban areas. It is usually eaten with Ugali and served during lunch or dinner to the entire family.

Ingredients

1. 1 whole fresh tilapia, (800g a piece)
2. 800g cooking oil
3. 7g salt

Preparation 10 minutes | Cooking 30 minutes | Serves 4

1. Prepare and wash the fresh fish.
2. Score the length of the fish and sprinkle salt on the surface.
3. Put oil into the pan and heat.
4. Put in the salted fish into the hot oil and fry until it browns.
5. Turn to cook the other side.
6. Place on paper towel to drain the excess oil.



IV. Stir fried beef

It is eaten with starchy foods such as Ugali, rice, potatoes or bananas. Often, it is enjoyed by the entire family and served during lunch or dinner.

Ingredients

1. 1 kg beef, raw, medium fat
2. 600 ml water
3. 200g onions, red skinned, raw, unpeeled
4. 300g tomatoes, red, ripe
5. 40g cooking oil
6. 7g salt, iodized

Preparation time 10 minutes | Cooking 1 hour | Serves 4

1. Cut the beef into small pieces.
2. Peel, wash and chop the onions and tomatoes into separate bowls.
3. Put the meat into a cooking pot, add 3 cups of water and boil for 1 hour.
4. Strain the remaining liquid and keep separately.
5. Heat oil in a cooking pot, add onions and cook until golden brown.
6. Add tomatoes and cook until tender.
7. Add salt and meat then stir and cook for 7-10 minutes.
8. Add half of the strained water then stir and cover to cook for 30 minutes.



9. Add the rest of the strained water and cook until all the water dries.
10. Turn off the heat.
11. Serve hot.

V. Beef stew

It is prepared in different ways with the standard ingredients featured in this recipe. It is usually eaten with starchy dishes such as Ugali, rice, potatoes, chapatti or mashed dishes.

Ingredients

1. 1 kg beef, medium fat, without bone, raw
2. 170 onions, red skinned, raw, unpeeled (164 g)
3. 300 tomatoes, red, ripe (304 g)
4. 3 g salt, iodized
5. 20 g cooking oil
6. 700 g water

Preparation 10 minutes | Cooking 25 minutes | Serve 4

1. Peel, wash and chop the onions and the tomatoes into separate bowls.
2. Cut beef into small pieces and wash.
3. Boil the meat in all the water until tender. Turn off the heat, strain the remaining water and place the meat in a separate bowl.
4. Heat cooking oil in a cooking pot for 1 minute.
5. Add onions and cook until soft.
6. Add tomatoes and salt and cook until soft
7. Add the boiled meat and stir.
8. Add the liquid drained from boiling the meat, stir and cover to cook for 8 minutes.
9. Turn off the heat.
10. Serve.



VI. Skinned bean stew

Skinned bean stew is a dish unique known as “Igihembe”. It is specially made by skinning boiled beans then sautéed in spring onions. It is a popular accompaniment to starchy dishes like Ugali, mkate kuta and rice.

Ingredients

1. 400 g beans, kidney, dry
2. 20 g cooking oil
3. 7l g water
4. 12 g salt, iodized
5. 67 g spring onions, unpeeled

Preparation 3 hours 15 minutes | Cooking 2 hours | Serves 4

1. Sort and wash the beans.
2. Soak in 14 cups of warm water for 3 hours.
3. Drain the water soaking the beans.
4. Remove and discard the skin.



5. Put the beans into a cooking pot, add the rest of the water and bring to a boil for 2 hours.
6. Meanwhile, peel, wash and chop the spring onion.
7. Add the chopped onions, oil and salt into the boiling beans.
8. Continue boiling until the beans are tender and well cooked.
9. Serve.

VII. Black bean stew

It is usually used as an accompaniment to a starch dish such as Ugali, Chapati or rice.

Ingredients

1. 500g black beans
2. 350g onions, red skinned, raw, unpeeled
3. 300g tomatoes, red, ripe
4. 27 g cooking oil
5. 12 g salt, iodized
6. 6500 ml water

Preparation 10-15 | Cooking 3 hours 15 minutes | Serves 4

1. Sort the black beans and wash. Put the washed beans into a cooking pot and add 26 cups of water.
2. Cook until ready or soft.
3. Remove from heat and drain the excess water from the boiled black beans.
4. Meanwhile, peel, wash and cut the onion and the tomatoes.
5. Put oil in a cooking pot and heat for 2 minutes. Add onions and fry until tender.
6. Add tomatoes, salt and cook until tender.
7. Add the boiled black beans and simmer for 4 minutes.
8. Add the rest of the water and simmer for 6 minutes.
9. Remove from heat.
10. Serve as desired.



VIII. Bean Stew

Different varieties of beans are used to prepare bean stew by different communities depending on availability.

Most communities in utilize bean stew as an accompaniment to starchy dishes such as Ugali, rice or chapatti. It is commonly eaten for lunch or dinner.

Ingredients

1. 2462 g beans, kidney, dry
2. 2333 g water
3. 140 g tomato, red, raw
4. 100g onion, red, raw
5. 40 g cooking oil
6. 13 g salt, iodized
7. 56 g coriander



Preparation 2 hours 40 minutes | Cooking 30 minutes | Serves 4

1. Boil all the beans in of water for 2 hours 30 minutes.
2. Prepare and cut the vegetables (coriander leaves, tomatoes and onions) into small pieces in separate bowls.
3. In a pot, add oil and turn on the heat.
4. Add the onions and cook for 7 minutes in a covered pan on low heat.
5. After 10 minutes, add the tomatoes and cook while stirring to mix.
6. Add the coriander leaves and mix then add the beans.
7. Add water followed by salt and cover the pot for 5 minutes. Stir to mix.
8. Cover the vessel and cook for 4 minutes.
9. Serve hot

IX. Fried chicken

Fried chicken is eaten as part of a main meal served during lunch or supper. It is relished by the entire family and can be eaten with Ugali, chapatti, or any other starch.

Ingredients

1. 1300g whole chicken
2. 10 g salt, iodized
3. 600 g cooking oil

Preparation 10 minutes | Cooking 1 hour | Serves 4

1. Cut the chicken into large chunks.
2. Wash the meat.
3. Place a pan on fire and add oil.
4. Add salt to the chicken and rub in.
5. Heat oil for 6 minutes.
6. Gently place the chicken pieces into the pan and turn every 3 minutes until the skin is golden brown.
7. Serve hot.



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