

Dijo Tsa Rona

A BAMB RECIPE BOOK | VOLUME ONE



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Our priority is in providing good health through the products we sell. This recipe book provides a glimpse into the various recipes that can be made from the food we provide. Take sometime to enjoy the endless possibilities provided in our produce.

This recipe book is published by Botswana Agricultural Marketing Board 2015 located at Plot 130, Unit 3 & 4 Nkwe Square, Gaborone International Finance Park.



Lentil Soup



45min
PREPERATION TIME



2hrs 30min
COOKING TIME



4
SERVINGS

Lentil Soup

Ingredients

Lentils 1 1\2cup ,
onion 1\2,
Celery 1\2 bunch,
Butter 50g,
Aromat,
Leak 1 bunch,
Salt and pepper,
Cream

Method

STEP 1

Wash vegetables and pat dry

STEP 2

Roughly cut the vegetables

STEP 3

Add oil to the pot, heat and add vegetables

STEP 4

Add a litre of water, bring to boil, reduce heat and let simmer

STEP 5

Cook for about an hour, remove scum, cook till soft

STEP 6

Remove from heat, let cool, blend, use the remaining stock from lentils to correct consistency

STEP 7

Bring back to stove, correct seasoning and finish with cream

SERVE

Honey & Bean Muffin

Ingredients

1 1/2 Cup Whole Wheat Flour
1/2 Cup Cooked Black Eyed Beans
3 Teaspoon Baking Powder
1/4 Teaspoon Iodated Salt
1 Teaspoon Cinnamon
1/4 Cup Honey
2 Eggs Yolk Removed
2 Table Spoon Olive Oil
1/2 Low Fat Milk

Method

Cook beans in slated water
Mash beans until soft
Pre Heat the oven 195 degrees
Add all the ingredients in a bowl and mix until smooth
Grease the muffin tin, spoon the mixture into the tin
Glaze with the egg and bake for 30 Minutes
Cool on the tray and serve.



Beans Stuffed Apple

Ingredients

½ Cup Sugar
¼ Cup Soft sweet Apples
¾ Red sweet Apples
Grapes (green)
Strawberries
Dried Apricot
Dried Raisins
1 Cup Water
Red food colourant

(with stewed fruits)



Serve

On your plate put stewed fruits, then apple topping it with syrup. To be served with whipped cream.

Method

Remove the apple cores wrap your apple in tin foil then oven bake them at 180 degrees for 10-20mins till soft.

Take your cooked beans stuff them in apple Cook the assorted fruits in syrup till soft adding a few drops of food colourant



Rice & Maize Bake

Ingredients

20g Uncooked Basmati Rice
10g Sorghum Rice (Mosutlhane)
2 Beaten Egg Whites
Salt and Pepper
20ml Palm Oil



Method

1. Boil rice and Sorghum until cooked
2. Drain and cool slightly. Add egg whites to the cooled rice mixture and season
3. Press the mixture into a greased tin and bake for 10mins
4. Meanwhile fry all veggies for the topping, add the tomato sauce and olives
5. Top the rice mixture with the fried veggies and place under hot grill 5mins
Serve immediately with a salad

Topping

100g Mushrooms (Sliced)
50ml Tomato and Basil Pesto Sauce
5g Baby Tomatoes
10g Pitted Black Olives
10g Red Pepper
5g Lettuce
5g Tomato Wedges
5g Cucumber (Sliced)
2g Sliced Onions



Bean & Mosutlhane Burger



45min
PREPERATION TIME



2hrs 30min
COOKING TIME



4
SERVINGS

Bean & Mosutlhane Burger

Ingredients

1 Small Onion (Finely Chooped)
5g Mushrooms (Finely Chopped)
50g Mosutlhane (cooked)
50g Bread Crumbs
50g Black Eyed Peas
10g Ground Nuts
1 Egg
50g Chic Peas (Cooked)
Salt and Pepper
5ml Palm Oil
1 Sesame Seed Bun
5g Sliced Onion
5g Sliced Onion
5g Tomato Slices
1 Leaf Lettuce

Method

STEP 1

Mash the black eyed peas, chic peas and mosutlhane together and put aside

STEP 2

Fry onions, mushrooms, groundnuts and mix together with the bean mixture

STEP 3

Add the egg, bread crumbs and mix thoroughly and shape into round disks

STEP 4
Bake in the oven for 20mins

STEP 5

Toast the burger roll on the grill and serve with sliced tomatoes, onions and lettuce.

Chic & Bacon mosutlhane

Ingredients

Sorghum Rice (Mosutlhane) 1 1/2 cups
Shoulder Bacon - 125g (Cut into small pieces)
2 Chicken Breasts (Cut into cubes)
4-5 Sweet Sour Cucumbers (Diced)
1/2 Red Pepper (Diced)
1/2 Cup of Frozen Corn
1/2 Teaspoon of Biryani Spice
1/2 Teaspoon of Crushed Chillies
2 Spoons of Olive Oil
1 Onion (Diced)

Method

Thoroughly wash Mosutlhane, boil until it is almost cooked then run it through cold water. Return it to the stove until it cooks to your desired tenderness but make sure it does not over cook. Boil the chicken breast until cooked, add oil, onion and bacon. Fry until the bacon and chicken turn brown. Add the red pepper and cucumbers, corn, salt, biryani spice and crushed chillies. Lastly add the cooked sorghum rice (mosutlhane) and mix well.



Chimoni



45min
PREPARATION TIME



2hrs 30min
COOKING TIME



4
SERVINGS

Ingredients

Maize 80g
Sugar beans 90g
ground nuts 150g
Jugo beans 90g

Method

STEP 1

Cook maize, jugo beans, sugar beans, separately for an hour and 30min

STEP 2

Combine the ingredients together, add 100g of nuts, crashed\blend 50g of the nuts to a soft powder

STEP 3

When all the ingredients are soft in texture you add the ground nuts powder, fold to a thick paste

STEP 4

Reduce heat, leave to cook for 30 minutes

Veg & Bean Casserole

Ingredients

100g blackeyes beans
20g finely chopped onions
1 clove garlic (Crushed)
10g Red Pepper
25g Sliced Button Mushrooms
10g Tomato Puree
Pinch Parsley
350ml water or Vegetable Stork
Bouquet Garni (Bunch of fresh herbs)
4 Small Turned Boiled Potatoes
Pinch of Salt
100g Sorghum Rice (Mosutlhane)

Method

Soak beans overnight in cold water. Drain and place into a sauce pan. Bring to boil and simmer until tender. Heat 350ml of water or vegetable stork in a sauce pan, suaté onion and garlic for 2-3 minutes. Add peppers, seeds removed, add mushrooms and simmer for 2 mins. Add Tomato puree, remaining water or vegetable stork and bouquet garni. Bring to boil and simmer until pepper and mushrooms are cooked. Remove bouquet garni, add drained cooked black eyed beans, season with salt and stir until the stew is completely mixed. garnish with potatoes and chopped parsley. Serve cooked sorghum rice separately.



MOSUTLHANE

(beans and sorghum Grains)

INGREDIENTS

½ Cup Sorghum
½ Cup Beans
1/8 Salt
¼ Olive Oil

METHOD

STEP 1

Cook the beans till soft

STEP 2

Cook your sorghum till soft, then mix the two in one pot.

STEP 3

Add olive oil and salt.

STEP 4

Make sure you have sauce from beans to compact the dish.



45min
PREPARATION TIME



2hrs 30min
COOKING TIME



4
SERVINGS



Ntlatlawane Cereal

Ntlatlawane is a whole sorghum meal. The product is crushed/milled without removing the husk of the sorghum grain which means it contains a lot of fibre when compared with the usual sorghum meal. Ntlatlawane may be eaten at breakfast as porridge or at lunch and dinner with stew and/or morogo e.t.c

Ingredients

2 1/2 Cup of milk
3/4 Cup of Ntlatlawane

Method

Boil 2 Cups of milk
Mix Ntlatlawane with 1/2 cup of milk in a different bowl
Once the milk starts boiling, add the mixture of milk and ntlatlawane and stir continuously to avoid lumps
Allow to cook for 5 minutes

Mutton China Peas

Ingredients

250g China Peas (BAMB Letlhodi)
250g Sorghum Rice (BAMB Mosuthane)
3/4 Cup of Groundnuts
500g Mutton (Diced)
2 Onions
5 Bay Leaves
1/2 Teaspoon Ground Cumin
1/2 Teaspoon Ground Cinnamon
1/2 Teaspoon Turmeric
1 Potato (Diced)
3/4 Cup Seedless raisins
Salt and Pepper for Seasoning
1/2 Teaspoon Ground Masala
1 Teaspoon Fresh Garlic (Crushed)
1 Diced Red Pepper and Green Pepper
2 Tomatoes (Diced)
1 Bundle of Spring Onion (Chopped)
1 Teaspoon Olive Oil
1/4 Cup Tomato Sauce



Method

STEP 1

Boil 2 litres of water mixed with 1/2 teaspoon of ground turmeric and add 250g of sorghum rice. Boil for 12 minutes until the rice is tend, drain with cold water and keep aside. Bring another 2 litres of water to a boil and add china peas, boil for 10 minutes until they are tender. Drain and keep aside in a bowl. Boil the dubbed potatoes, drain and fry them together with the onions and keep aside in a bowl.

STEP 2

Coat mutton pieces with combined ground cumin, cinnamon, masala, ginger, garlic and bay leaves. Heat oil in pan and add coated mutton pieces, chopped tomatoes and allow to cook for 8 minutes. Add red and green pepper, spring onions, seedless raisins, china peas, sorghum rice, fried onion and potatoes, groundnuts, salt and pepper, tomato sauce. Mix all the ingredients together. Cover with silver foil and tightly close the lid. Allow to steam on medium heat for a further 5 minutes. Use a spoon to check if the mutton china peas is dry at the bottom, not watery and remove it from the stove.



45min
PREPARATION TIME



2hrs 30min
COOKING TIME



4
SERVINGS

Bean Salad

Ingredients

1/4 Cup China Peas (BAMB Letlhodi)
 1/2 Cup BAMB Black eyed beans
 1/2 Cup Maroon Tswana Peas
 Origanum
 Black Pepper
 1/2 Onion (Chopped)
 1 Tomato (Chopped)
 Handful Green Beans (Cut into small sticks)
 Carrot (Cut into small sticks)
 1/2 Cauliflower
 Knorr Seasoning Onion flavour
 2 Spoons Olive Oil

Method

Wash all the beans separately, cook them separately until cooked to your desired tenderness (soak beans over night to reduce cooking time). Wash and cook letlhodi separate as well. Boil carrots, cauliflower and free beans. On a separate pan, add oil and fry onion until brown. Add the tomato and crushed knorr seasons onion flavour and fry for 2 minutes. Add the carrots, green beans and cauliflower, mix well and add beans, letlhodi and spices. Cover with the lid and allow to simmer for 1 minute. Serve in a dish and add your preferred salad dressing.

White Maize Stir Fry

Ingredients

125g White Maize (Soaked overnight)
 2 Chicken Breasts
 1/4 Small Cabbage (Thinly shredded)
 1/4 Small Onion (Thinly sliced)
 1/4 Small Seedless Green or Red Pepper (Thinly sliced)
 2 Medium Ripe Tomatoes (Thinly Sliced)
 1/2 Can of Pineapple Chunks in natural Juice
 1/2 Teaspoon Sunflower or Olive Oil
 1/2 Medium Juicy Orange

Method

Cook white maize until soft and set aside.
 Slice chicken breasts into small strips
 Heat oil in a pan and fry chicken breasts until it turns brown
 Add peppers, onions, cabbage and grated ginger and stir fry
 Put pineapple chunks and cooked maize in a pan and cook for two minutes
 Add stir fried chicken and vegetable to maize and pineapple chunks to a bowl and toss well
 Garnish with sliced tomatoes
 Squeeze orange juice ion top

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