



BAMB
BOTSWANA AGRICULTURAL
MARKETING BOARD

RECIPE BOOK





CHIC & BACON

Mosuthane



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Getting fit one step at a time...

INGREDIENTS

- Sorghum Rice(Mosuthane) -1 1/2 cups
- Shoulder bacon—125 g (cut into small pieces)
- 2 Chicken breasts (cut in small cubes)
- 4-5 sweet sour cucumbers (diced)
- 1/2 red pepper (diced)
- 1/2 cup of frozen corn
- 1/2 tea spoon of biryani spice
- 1/2 tea spoon of crushed chillies
- 2 spoons of olive oil
- 1 onion (diced)



NB: Addition of bacon is optional. The dish may be prepared without bacon

METHOD

Thoroughly wash Mosuthane, 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 overcook. Boil the chicken breast until cooked, add oil, onion and bacon. Fry until the bacon and chicken turns brown, add the red pepper and cucumbers, corn, salt, biryani spice and crushed chillies. Lastly add the cooked sorghum rice (Mosuthane) and mix well. Allow to simmer for

Serves 4-6 people





MUTTON CHINA PEAS



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INGREDIENTS

- 250g China peas (BAMB Letlhodi)
- 250g Sorghum rice (BAMB Mosutlhane)
- 3/4 Cup groundnuts (BAMB groundnuts)
- 500g mutton, diced, 2 onions, 5 bay leaves
- 1/2 tspn ground cumin, 1/2 tspn ground cinnamon
- 1/2 tspn turmeric, 1 potato (cubed)
- 3/4 cup seedless raisins
- Salt and pepper for seasoning
- 1/2 tspn ground masala,
- 1 tspn fresh garlic, crushed
- 1 tspn fresh ginger, crushed
- 1 diced red pepper (capsicum), 1 green pepper
- 2 tomatoes, 1 bundle of spring onion, chopped
- Tspn of olive oil, 1/4 cup tomato sauce



METHOD

Step 1

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

Step 2

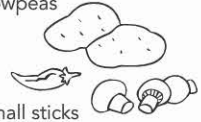
Coat mutton pieces with combined: ground cumin, cinnamon, masala, ginger, garlic and bay leaves. Heat oil pan and add coated mutton pieces, chopped tomatoes and allow to cook for 8 minutes. Add red and green capsicum, spring onions, seedless raisins, china peas, sorghum rice, fried onion and potatoes, 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 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, serve.



BEAN SALAD

INGREDIENTS

- 1/4 cup BAMB Lethodi (china peas)
- 1/2 cup BAMB Black eyed beans
- 1/2 cup BAMB maroon Tswana cowpeas
- Origanum
- Black pepper
- 1/2 onion, chopped
- 1 tomato, chopped
- Green beans (handful), cut into small sticks
- Carrot, cut into small sticks
- Cauliflower (1/2 of regular size)
- Knorr seasons onion flavor
- 2 spoons olive oil



METHOD

Wash all the beans separately, cook them separately until cooked to your desired tenderness (soak beans overnight to reduce cooking time). Wash and cook Lethodi separate as well. Boil carrots, cauliflower and green beans. On a separate pan, add oil and fry onion until brown. Add the tomato and crushed knorr seasons onion flavor and fry for 2 minutes. Add the carrots, green beans and cauliflower, mix well and add beans, Lethodi 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 CHICKEN STIR FRY



INGREDIENTS

- 125 g white maize, soaked overnight
- 2 chicken breasts
- ¼ small cabbage, thoroughly rinsed and thinly shredded
- ¼ small onion, thinly sliced
- ¼ small, seedless green pepper or red pepper, thinly sliced
- 2 medium, ripe tomatoes, thinly sliced
- ½ can pineapple chunks, in natural juice
- ½ teaspoon sunflower or olive oil
- ½ medium juicy orange



METHOD

- Cook white maize until soft, set aside.
- Slice chicken breasts into smaller 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 on top

Serves 4-6 people





VEG & BLACK-EYED CASSEROLE



INGREDIENTS

- 100g black eyed beans
- 20g finely chopped onions
- 1 Clove garlic, crushed
- 10g red pepper
- 10g yellow pepper
- 25g Sliced Button Mushrooms
- 10g Tomato puree
- Pinch parsley
- 350ml water or vegetable stock
- Bouquet garni (Bunch of fresh herbs)
- 4 small turned boiled potatoes
- Pinch of salt
- 100g cooked Sorghum rice (Mosuthane)



METHOD

Soak beans overnight in cold water

Drain and place into a sauce pan. Bring to the boil and simmer until tender.

Heat 350ml of water or vegetable stock in a sauce pan, sauté onion and garlic for 2-3 minutes

Add peppers, seeds removed and cut in cubes, Add mushrooms, simmer for 2 minutes.

Add tomato puree, remaining water or vegetable stock 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



Serves 4-6 people



LETLHODI SOUP

INGREDIENTS

- 1 Cup of Lethodi
- 1 onion (chopped)
- 1 tomato (chopped)
- ½ red pepper (diced)
- ½ yellow pepper (diced)
- Crushed garlic and ginger
- 1 cube of beef stock



METHOD

Boil Lethodi until cooked to your desired tenderness

On a separate pan, fry onion. Add beef stock. Then add the red and yellow peppers. Fry for two minutes and add tomato and crushed garlic and ginger. Add the cooked Lethodi and ½ cup of water. Allow to simmer for 5 minutes and serve. The soup may be enjoyed with whole grain bread



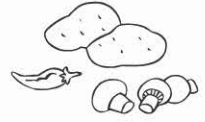


MUTTON BLACK-EYED PEAS



INGREDIENTS

- 450g boneless lean mutton/lamb cubed
- 1 liter lamb stock or water
- 1 cup black eye beans soaked overnight
- 1 onion chopped
- 2 garlic cloves, crushed
- 40ml of tomato puree
- 1 ½ tsp dried thyme
- 1 ½ tsp palm or vegetable oil
- 1 tsp mixed spice
- 1 ½ tsp freshly ground black pepper
- 11g pumpkin chopped
- Hot pepper sauce



METHOD

Debone lamb/mutton pieces and remove all visible fats. Put lamb pieces in a pan, add stock or water and bring to the boil for 15 minutes.

Skim any foam that rises then reduce the heat, cover and simmer for the next 45 minutes.

Drain soaked black eye beans and add to the cooked meat.

Continue cooking for the next 35 minutes.

Add onion, garlic, tomato puree, dried thyme, oil, mixed spice, ground black pepper, salt and hot pepper sauce. Cook until beans are tender.

Add the pumpkin and simmer gently until the pumpkin is very soft or almost mushy.

Remove from heat and serve.

Serves 4-6 people





HONEY BEAN MUFFIN



INGREDIENTS

- 1 ½ cup whole wheat flour
- ½ cup cooked black eye beans
- 3 teaspoon baking powder
- ¼ teaspoon iodated salt
- 1 teaspoon cinnamon
- ¼ cup honey
- 2 eggs Yolk removed
- 2 table spoon olive oil
- ½ low fat milk



METHOD

Cook beans in salted water
Mash beans until soft
Pre-heat the oven to 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





NTLATLAWANE CEREAL



INGREDIENTS

2 ½ cups of milk
¾ cup of Ntlatlawane sorghum meal



METHOD

Boil 2 cups of milk

Mix Ntlatlawane with ½ cup of milk in a different dish

Once the milk starts boiling, add the mixture of milk and Ntlatlawane and stir continuously to avoid lumps

Allow to cook for five minutes

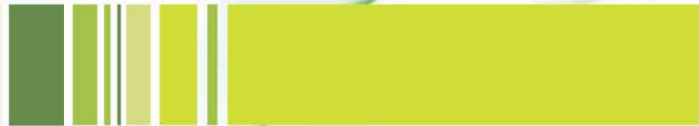
Ntlatlawane is a whole sorghum meal. The product is crushed/ milled without removing the husk of the sorghum grain which means it contains a lot of fiber when compared with the usual sorghum meal. Ntlatlawane may be eaten at breakfast as porridge, or at lunch and dinner with stew and/or morogo, etc.





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BOTSWANA AGAINST HEART DISEASE**

Tel: +267 3710300 Fax: 3710302 Cell: +267 71401566



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Getting it one step at a time...

PRACTICAL EATING

Eat at least three well balanced meals a day, or smaller amounts more often. Body weight and blood cholesterol levels can be balanced and controlled more successfully when food is distributed throughout the day.

Breakfast Ideas

- Don't skip on breakfast, this is the most important meal of the day and healthy breakfast can set you up for the whole day.
- Whole grain toast with fat free or low fat cheese
- Whole grain cereals or oats or muesli with low fat milk
- Egg white omlette with rye toast or
- Fruit and low fat yoghurt



Lunch Ideas

- Eat a satisfying lunch so that you are not hungry and have enough energy to keep going. Fatty, salty foods only make your body sluggish.
- Baked potato with tuna salad
- Chicken/tuna salad with low fat dressing and whole wheat roll
- Chicken or low fat cheese whole grain sandwich.

Dinner Ideas

- Keep it light and early, so that you can get a good rest.
- Baked fish with brown rice and vegetables
- Lean mince with baked potato and salad
- Lean chicken with steamed vegetables and salad.
- Whole wheat pasta with fresh tomato sauce and tuna.





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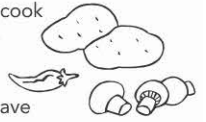
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Getting fit one step at a time...

QUICK HEART TIPS

Use Olive oil or unsaturated sunflower oil when cooking, and measure it out. Or use a spray and cook which is even better for frying, and simply add a dash of water and lemon to prevent sticking.



Rather bake, roast, poach, steam or grill which leave food tastier and more nourishing.

Eat low fat dairy foods such as skimmed or 2% milk, low fat yoghurt, reduced fat cheese instead of full cream versions

Grating cheese makes it go further and you use less. You can buy spreads, yoghurt drinks and other food stuff with added "plant sterols" or "Stanols" which help reduce cholesterol levels.

Eat less saturated fats and trans fats. These are often found in fatty meat, butter, fried snacks, cakes and biscuits.

Eating oily fish at least once a week can reduce risk of heart disease and improve your chances of survival after a heart attack. Oily fish is strong in Omega 3 polyunsaturated fats, and examples are salmon, herring, mackerel, pilchards, sardines, trout and tuna.

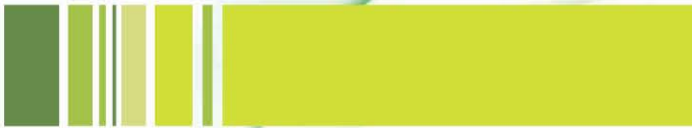


Make a nice fish curry or fish biryani with brown rice.



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Getting fit one step at a time...

QUICK HEART TIPS

Salt Kills

A high salt diet causes high blood pressure, which leads to higher risk of coronary heart disease and stroke. Most of the salt (Sodium) we eat is hidden in processed foods and snack foods.

Avoid pre-prepared seasoning mixes as they are often high in salt.

Make the best use of whole and ground spices, fresh herbs, lemon juice, balsamic vinegar and other salt free condiments to flavour your food. This will mean you are using less salt.

When using salt, measure it out, and gradually use less each time you cook.

Cut down on high salt and processed foods such as burgers, sausages, pies, ready made meals.

See our website under "Healthy Living" and "Hearty Recipes" for a wealth of information on what herbs work with which dishes, and what herbs do for your body.



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