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Hibiscus Sabdariffa Drink – Karkade

Hibiscus Sabdariffa petals - also called sorrel or Jamaica. It is sold dried in packs from Mexican grocery stores, Indian or Mediterranean stores, or online from shops like Taste of South Sudan at shop.tasteofsouthsudan.com.

Ingredients

- Hibiscus petals
- Sugar
- Water

Lamb Stew

Succulent pieces of lamb floating in a spicy thick stew of onions, tomatoes, tomato paste with potatoes and carrots.

Ingredients

- Lamb meat, 2.5 pounds, cubed into bite size morsels, bones included
 - Note: lamb can be substituted with goat, beef, or vegetables
- 2 tbs cooking oil
- 1 large onion, diced
- 4 tomatoes, diced
- 2 tablespoon Tomato paste
- Potatoes, peeled and quartered, refer to image in post for amount
- Carrots, 1 to 2, sliced into cross sections
- Zucchini or marrow, 1/2 large one or 1 small one, sliced
- Salt; 2 tsp
- 1 tablespoon Garlic, minced
- 1 tsp cumin
- 1/2 tsp coriander
- 1/2 tsp black pepper
- Quarter green bell pepper sliced
- Water, 4 cups
- Ghalangal root or cinnamon stick

Instructions

1. In a large saucepan, set heat on medium high. Heat 2 tablespoons of oil.
2. Fry diced onions in the oil till they start to turn golden. Add 1/2 cup of water and cook the onions to get them softer and to caramelize them.
3. Add lamb meat, washed and already cut into square pieces. Fry the lamb with the onions and oil.
4. Drop 1 stick of cinnamon to the pot. Cover. Cook for 15 minutes.
5. Add diced tomatoes. Cook for 10 minutes. As it cooks mash the tomatoes and onions using the edge of your lofrega or wooden ladle.
6. Add 2 tablespoon of tomato paste and 1/2 cup of water. Cook for 5 minutes.
7. Add potatoes, peeled and cut into quarters, into the pot. Cover, Cook for 25 minutes.
8. Add sliced carrots and zucchini. Now we move to the last ten minutes of the cooking.
9. Lower the heat. Add garlic, green bell pepper, coriander, black pepper, cumin. Adjust salt.
10. Turn heat off. Leave pot to simmer down on stove for additional 15 minutes.

Notes: Do not fret over exact times. Those are given as a guide. This is a soul food. When you cook with love and care it shows through in the food.

Spinach with Peanut Butter

Ingredients

2 bunched spinach with stems. It is best to use mature spinach leaves with stems, as opposed to baby spinach which are too soft. The stems add fiber and structure to the meal.

1/2 to 1 cup of water.

1 small onion, diced

1 small tomato, diced

4 tablespoons Peanut butter. For authentic taste use natural peanut butter without added salt or sugar.

Salt to taste

Optional: beef bullion to add beef flavor, black pepper.

Instructions

1. Prepare the spinach. Wash thoroughly, discard water. Chop.
 2. Set a small pot on medium high. Add diced onions to 1/2 cup water and bring to boil.
 3. Add chopped spinach. Mix. Cook for 15 minutes.
 4. Add peanut butter and stir it in. Cook for 10 minutes.
 5. Add diced tomatoes. Cook for a 5 minutes.
- Salt to taste. Serve with your starch of choice.

Ghorayebah Cookies

Servings: 28 cookies

Prep time: 1 hour 30 minutes including 1 hour stay

Total: 2 hours

Ingredients

1 cup vegetable shortening(Crisco brand): alternative - 1 cup ghee

1 cup icing sugar

1 egg

2 cups flour

1/2 teaspoon vanilla

1/4 teaspoon orange blossom water or rose water

pinch of salt

Cloves or pistachios.

Instructions

1. Whip ghee and icing sugar

2. Add 1 egg

3. Add 2 cups of flour

4. Add salt, vanilla, orange blossom. Mix all together.

5. Leave dough in fridge for 1 hour to harden

6. Shape into ovals using hands and lay flat on baking tray, insert clove in each one. May alternate cloves with pistachios.

7. Bake in a pre-heated oven at 325 degrees Fahrenheit for 10 to 15 minutes.

8. They are done when the bottom edges start to turn golden, the top should remain a white to cream color.

Notes

To create the oval shapes: I used a tablespoon to scoop the dough, then turn it to face down flat onto my left hand, then used plastic film to create a smooth oval shape. Place each one on baking tray leaving space between each. I inserted a clove in each one.

Sudanese White Rice Ingredients

Ingredients

- 2 cups of white rice; jasmine or basmati variety
- Water, 4 cups, boiled
- Oil, 2 tablespoons
- Cloves, 4
- Cardamon pods, 2

Instructions

1. Instructions will be distributed in class.