

NAIROBI CENTRAL CHURCH CAMP MEETING
DEACONESS/WOMEN MINISTRY DEPARTMENT
BREAKFAST DISHES

1 Corinthians 10: 31-32 ³¹ So whether you eat or drink or whatever you do, do it all for the glory of God. ³² Do not cause anyone to stumble, whether Jews, Greeks or the church of God—

Mbegu 7 (Seven seeds) Porridge

Scrambled Tofu

Groundnuts Sauce

Bean Curry

Nduma (Arrow Root) in Coconut

Roast Potatoes

Sauteed Sweet Potatoes

Stir Fry Amaranth Leaves

Stuffed Peppers

Mbegu 7 Porridge (Soya, Wimbi, Ngano, Mtama, Mawele, Mahindi, Njugu karanga)

Ingredients

1 cup Flour (mbegu 7)

5 cups water

1 lemon (optional)

honey (optional)

Instructions

- Put 4 cups of water to boil.
- Make a smooth paste of the flour with the remaining cup of cold water.
- Once the water boils, pour in the flour paste.
- Stir non-stop until it becomes thick and starts to boil.
- Lower the heat and allow to cook for at least 7 minutes, then serve.

*Honey to be added to suit taste.

*You can squeeze lemon in as it cooks or once you have served the porridge.

Scrambled Tofu

Ingredients

1 block of tofu
Salt to taste
Small bunch of spring onions
½ teaspoon of turmeric
1 teaspoon of minced garlic
1 tsp Soy Sauce

Instructions

- Chop the tofu and use a fork to crumble it into bite-sized pieces.
- Add some oil to a frying pan and when it's hot, add spring onions and cook for a minute or so.
- Add in the garlic and the tofu and all the remaining ingredients (salt and turmeric powder and soy sauce)
- Stir until well combined and cook over medium-high heat for 5 to 7 minutes. Stir occasionally.
- Serve

Bean Curry

Ingredients

2 cups beans
1 large onion, diced
1tsp curry powder
2 tablespoon vegetable oil
1 ½ teaspoon cumin powder
1 teaspoon ground turmeric
Salt to taste
1 teaspoon garlic
1 teaspoon ginger
3 tomatoes blended or grated
1 green/red pepper chopped
Dhania to garnish

Instructions

- Heat oil in a large pan over medium heat; cook and stir onions in hot oil, add curry powder and continue cooking, until onions are cooked.
- Add the pepper and cook
- Add in the tomatoes

- Mix spices, salt, garlic, and ginger together in a large bowl with a little water (about 2 tablespoons); stir into the onions and tomatoes. Increase heat to high and cook, stirring constantly, until it brings out a nice fragrance, for 3 minutes
- Stir the beans and add 1 cup of water. cook for 5 to 7 minutes. Add dhania and turn off the heat.
- Serve

Groundnut sauce

Ingredients

300 gms groundnut paste

4 cups water

Soya Milk or Almond Milk ½ Litre

2 small lemons

salt to taste

Instructions

- Bring the water to boil.
- Mix the groundnut paste with one cup water.
- Add the ½ litre milk.
- Add salt and lemon to taste .
- Cook for about 1-2 hours, until it turns light brown in colour
- Serve

Nduma (Arrow Roots) in Coconut sauce

Ingredients

1 large nduma, cut into medium size wedges and boiled lightly

1medium sized onion

2 tomatoes, grated or blended

1 tablespoon crushed garlic and ginger paste

¼ cup water

½ cup coconut milk or cream

3 tablespoons vegetable oil or 2 tablespoons coconut oil

1 teaspoon cardamom

1 teaspoon paprika

1 teaspoon cumin

1 teaspoon curry powder

Handful of dhania/ coriander

Salt to taste

Instructions

- Fry onions in the oil for 1 – 2 minutes and then add the garlic, curry powder and ginger paste.
- Add in tomatoes and let them cook for 2 minutes

- Add in the spices and water and let simmer under low heat for 4-5 minutes.
- Add in the nduma and stir until they are all coated with the tomatoes and spices and salt.
- After 2-3 minutes add in the coconut milk or cream and let it simmer for some few minutes and turn off heat.
- Add dhania for garnishing and extra flavour.
- Serve

Roast Potatoes

Ingredients

½ kg red or yellow skinned potatoes

1 Tbs Olive oil

1 tsp garlic powder

3 Tbs fresh herbs (chopped rosemary, parsley, thyme, basil) dry herbs can be used.

½ Paprika

Salt and pepper

Instructions

- Pre heat the oven to very hot 425 F
- Scrub potatoes (do not peel). Dice into 1” cube.
- Soak in water for about 1 hour. This removes starch and makes fluffier potato. (optional)
- Toss potatoes, olive oil, seasonings and herbs.
- Place on a baking sheet
- Roast until brown and tender (30-35 mins)
- Serve

Sauteed Sweet Potatoes

Ingredients

2 sweet potatoes par boiled

1 medium onion cut in slices

2 Tbs olive oil

Garlic mince 3 cloves

1/4 tsp salt

1/4 tsp black pepper

2tsp cinnamon

1 Tbsp honey

1 tsp paprika

Instructions

- Slice each of the sweet potatoes into coin-shaped round slices, approximately 1/2-inch thick. For larger sweet potatoes, you may want to cut these coin shapes in half to make

them closer to bite-sized pieces. Try to make sure all of your sweet potatoes are cut to the same width so that they cook relatively evenly.

- Heat olive oil in a skillet on medium-high heat. Carefully add the onion and garlic mince and cook until translucent.
- Add the pepper, cinnamon, paprika, honey and mix well
- Add the sliced sweet potato to the pan and toss in the mixture to coat.
- Cook in medium low heat while turning gently until slightly browned.
- Serve hot

Stir Fry Amaranth leaves

Ingredients

One big bunch of amaranth leaves
1 medium onion (chopped)
Garlic mince (3-4 cloves)
Salt to taste
Olive oil 1 tbsp
½ cup fresh grated coconut
Curry powder 1 tsp
Turmeric ½ tsp

Instructions

- Cut and remove hard stem.
- Rinse and keep in a colander to drain excess water
- Chop finely
- Heat a wide pan, using medium heat, add oil, chopped onions, curry powder and garlic, saute until translucent.
- Add the amaranth leaves, turmeric, salt, and mix well until the leaves wilt (about 1 minute)
- The vegetables are high in water content so cook covered for two minutes until cooked.
- Add the grated coconut, keep stirring for 2 to 3 minutes or until the mixture is dry
- Switch off the cooker and keep covered until ready to serve.

Stuffed Peppers ((Bake 12 to 15 mins at 215).

Ingredients

Bell Peppers 6 (green, yellow and red)
Onion 1 big chopped
Garlic mince 4 cloves
Tofu ½ block
Courgette grated 2
Mixed herbs 1tsp
Squash grated 1 cup

Turmeric powder 1 tsp
Cashew nuts or any nuts ½ cup
Cooked brown rice 1 cup
Corn
Dhania (coriander) finely chopped ¼ cup

Bell Peppers: The best and easiest peppers for stuffing are large and round with a stable bottom so the peppers can stand on their own.

Instructions

- Start by slicing the very tops of each pepper off, and arrange them cut-side up in a baking dish that's been lightly coated with oil. Depending on the size of your peppers, you can use a square or rectangular baking dish.
- ***You can pre-roast the halves until they're tender and a bit caramelized at the sliced edges. This way, their flavor is condensed and their texture is just right—not too crisp, but not falling apart.***
- Next, cook your onion, and garlic together in a skillet over medium heat until tofu is lightly brown and onions are soft and tender. Add the Courgette, squash, herbs, tomato sauce and cook for 1 minute. Add the remaining ingredients and cook for another minute or so (all those delicious flavors will start blending).
- Stuff the vegetables and bake in the oven for 10 minutes or until the pepper is cooked.
- Serve while hot