



SafeLink
Alberta

DRUMBEAT PROGRAM COOKBOOK

IN THE

***African
Kitchen***

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“
**Ukama
igasva
hunozaniswa
nekudya**
”

.....
Family is an empty vessel and is
only fulfilled by eating together.

(Zimbabwean Proverb)

.....
Sipiwe Mapfumo-Kachidza



IN THE

African Kitchen

Foreword by Sipiwe Mapfumo

In the African Kitchen was a labour of love born from a sisterhood of African women whose desire was to create a safe space to mingle, cook, learn, and support each other.

Beginning in 2014 with eight women representing four African countries, In the African Kitchen has grown to 24 women (and one fabulous male ally) representing 12 countries.

This cooking event has been a source of joy, comfort, and connection for its participants, growing from strength to strength.

In the African Kitchen became a uniting force for women from African, Caribbean, and Black communities, as it created not only a safe space to create awareness about HIV, but also to create meaningful and amazing friendships.

Since its inception, many participants have brought their friends to share their recipes from their home countries.

Some of these recipes have been handed down from their grandmothers, some from their mothers, and others from that dear auntie who cooked at every wedding and funeral in the village, or at any time food was needed. All this continued the timeless tradition of bringing people together.

The camaraderie that has grown through participating in In the African Kitchen has been palpable; developing from the simplest time-honoured African tradition of women getting together to cook and share stories.

The support given by members to those who may have otherwise were felt marginalized and isolated has been greatly appreciated by many of the members.

Friendships that were started In the African Kitchen have been solidified into something larger than ever expected.

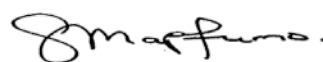
I wish to thank the many women who have been part of In the African Kitchen, who have shared these tasty dishes from a variety of countries, and for the friendships that have given immense joy and cheer to all the sisters who are working together in the fight against HIV.

I would like to acknowledge Rofia Sarumi for the tireless hours she put in putting all the recipes and the pictures together resulting in this beautiful piece of work.

This cookbook is dedicated to all the African women who have bravely come forward to be part of this amazing initiative, to play and support each other through sharing recipes and enjoying the tasty African cuisine.

We have laughed, reminisced, and recreated those memorable experiences of learning how to cook under the tutelage of our mothers, aunts, and our grandmothers.

Thank you.





By Grace Wai-Wai

COUNTRY Coastal East Africa, mainly Kenya and Tanzania

ABOUT THE DISH Pilau has a beautiful balance of flavours. A one-pot dish often served as a festive dish and often the highlight of special occasions or events. It is rice cooked in a well-seasoned broth of beef, lamb, or chicken. It is a variant of the Indian pilau or pilau biryani as it lacks the spicy heat or curry.



“

***Ɔuata nyuki ule
asali***

”

**Follow the bees to eat
honey.**

(Swahili Proverb)

Ingredients	Pilau Masala Method	Pilau Method
<p>Pilau masala - Pilau spices</p> <ul style="list-style-type: none"> 1 tsp cloves 2 tbsp cumin seeds 1 stick cinnamon ½ tbsp black peppercorn seeds 12 pods cardamon <p>Rice & Beef Pilau</p> <ul style="list-style-type: none"> 2 cups basmati rice 5 potatoes medium - peeled and cut into quarters ¼ cup vegetable oil 2 red onions medium - thinly sliced 4 cloves garlic minced 2 tbsp ginger minced 1 serrano pepper finely chopped 1 tbsp pilau masala 2 beef stock cubes or chicken stock cubes ¼ cup fresh cilantro roughly chopped 1 lb. beef sirloin or chicken cubed 3 roma tomatoes diced 4 cups water 2 bay leaves 1 cup golden sultana raisins (optional) Salt to taste 	<p>Place the cumin, coriander, black peppers, cinnamon, cardamom, and cloves in a dry pan. Roast over low heat until warmed through and fragrant and blend (I used a coffee grinder) until smooth.</p> <p>You need just 1 to 1 ½ tbsp for this recipe (depending on how fragrant you want the rice to be).</p> <p>Feel free to store the leftover spice powder in an airtight container for up to 3 months or refrigerate for up to 6 months.</p>	<p>Heat a stockpot on medium-high heat. Add oil and heat until hot but not smoking.</p> <p>Add the sliced onions and fry for 10-15 minutes, or till the onions start to turn golden brown (be careful not to burn it).</p> <p>Add the garlic, ginger, serrano pepper. Cook for 1-2 minutes, until fragrant.</p> <p>Add the cubed meat, pilau masala, chicken stock cubes, bay leaves, cilantro, and salt to taste. Cook until the meat browns and caramelizes, occasionally stirring for about 8 to 10 minutes.</p> <p>Add the diced tomatoes and cook for 4-5 minutes until the tomatoes have released their liquid.</p> <p>Stir in the potatoes and the water. Bring to a boil and cook for 10 minutes.</p> <p>Stir in the rice and sultana raisins and cover tightly with foil paper (to keep the steam in) if necessary. Reduce the heat to low and cook for 20 minutes until the rice is soft and liquid is absorbed.</p> <p>Once the rice is dry, remove the foil paper and fluff with a fork to ensure the seasonings are well distributed all around the rice.</p> <p>Serve hot with fresh Kachumbari. Enjoy!</p>





By Grace Wai-Wai

COUNTRY Kenya, Sub-Saharan African

ABOUT THE DISH In Kenya, pilau is often paired with kachumbari. It is a chilled and refreshing salad made with tomatoes, red onions, cilantro, and a spicy pepper such as serrano, habanero, or jalapeno. Most of Sub-Saharan Africa makes a variant of this salad.



“

***It always seems
impossible until
it's done***

”

Nelson Mandela
(South Africa)

Ingredients	Method
<p>1 red onion medium size 3 tomatoes large 1 cucumber large 1 lemon Salt and pepper to taste 1 jalapeno or any green chilli – optional Fresh cilantro or coriander leaves for garnish</p>	<p>Dice the onions, tomatoes, cucumber, and green chilli (if using). Add all the veggies into a bowl, add the cilantro, squeeze in the lemon juice, and season with salt and black pepper. Place in fridge for an hour while preparing the beef pilau.</p>

What I have learned from the Drumbeat program:

I have learned that African, Caribbean, and Black individuals can affect change in HIV prevention and education through the holistic approach of the Program Science Model (PSM). PSM engages with community members, researchers, individuals with lived experience, policy experts, and service providers to create solutions and methods that are universal.





By Rofiah Sarumi

COUNTRY Nigeria

ABOUT THE DISH Yam pottage (Asaro) is very popular among the Yoruba people of Nigeria. It is a one-pot meal where all the ingredients are combined and cooked together in one pot. It can be eaten for lunch or supper and there are a lot of variations to the meal as almost anything can be added to it.



“

***Ẹi omode ba un ge
igi ni igbo, awon
agba lo mo ibi ti o
ma re si***

”

When a young person is cutting a tree in the forest, the elders know the direction that it will fall. This means that the young people need the wisdom of the elders for direction.

(Yoruba Proverb)

Ingredients

Serves 4 People
½ medium-size tuber of yam
One cooking spoon of palm oil
1 large red bell pepper (chopped)
2 scotch bonnet peppers finely (chopped)
1 large onion (chopped)
1 clove garlic crushed
½ bunch of kale (chopped)
1 chicken stock cube
Salt to taste
1 spoon of ground dried shrimp
1 cup of prawns

Method

Cut, peel, and wash the yam and then cut into small cubes.
Place a pot on the stove, add the yam cubes add 2 cups of water and boil.
Immediately after, add the chopped onions, garlic, red bell peppers, scotch bonnet peppers to the yam, add the palm oil and allow the content to cook together.
Cover the pot and allow to cook for about 15 minutes.
Check to see if the yam is soft by pressing the yam with a fork
Once the yam is soft, add the chopped kale, shrimp, prawns, add salt and stock cubes.
Carefully mash the yam with a firm spoon while the yam is boiling and ensure that much of the yam cubes is pureed in the process.
Allow the vegetables and prawns to cook for about 10 more minutes .
Your yam pottage is ready, and you can serve hot .

What I have learned from the Drumbeat program:

I enjoyed meeting people from the African, Caribbean, and Black (ACB) populations, sharing stories and learning about their cultures.





By Sipiwe Mapfumo

COUNTRY Zimbabwe (Also called Mandazi in East Africa/Magwinya in S.A and Botswana/Puff Puff in Nigeria)

ABOUT THE DISH Occasions where the dish is served: Snack or breakfast with tea anything can be added to it.



“

***Ukama igasva
hunoaziswa ne
kudya***

”

Family on its own is an empty vessel which is only fulfilled where there is great food.

(Zimbabwean Proverb)

Ingredients	Method
<p>2 cups of self-rising flour 2 eggs ½ cup sugar 2 tbsp crushed pineapples Pinch of salt Warm water to mix Cooking oil</p>	<p>Mix flour, sugar, and a pinch of salt. Break the eggs and mix with the dry ingredients and mix. Add crushed pineapples (Or without the pineapples). Mix with warm water to a batter of dropping consistency. Pour cooking oil into a large pot. With a tbsp scoop the mixed batter and drop into low heat cooking oil The fat cook turns golden brown when cooked. Check if done by piercing a folk into the fat cook. If it comes out dry it's done. Take them out of the cooking oil to cool off on a tray or a large plate.</p>

What I have learned from the Drumbeat program:

Stigma is still very high in African communities that it hinders HIV testing because people are afraid of being stigmatized for both going to be tested for HIV and fear that if they test positive, they will have to live with HIV.





By Tomilola Omoyajowo

COUNTRY Nigeria

ABOUT THE DISH Efo riro is the most popular vegetable soup in Nigeria, an absolute favourite of the Yoruba people. It can be prepared with various types of leafy greens and eaten on its own or as a side with boiled rice, boiled/fried plantain, boiled yam/potatoes. It is commonly served with various Nigerian "Swallows". (Swallows is a term widely used in Nigeria to describe starchy foods that are cooked to a dense paste and eaten with various soups/stews. They are called "swallows" because of the method of eating, i.e., using your fingers, take a morsel of paste, dip it in soup and swallow it.)



“

*Agutan to ba b'aja
rin, a pada je igbe*

”

Translation: A sheep that moves around with a dog will eventually eat feces.

Meaning: Bad Company corrupts good manners. Choose your friends wisely.

(Yoruba Proverb)

Ingredients	Method	
<p>2 bunches of chosen leaves (spinach, Ugu, Chard)</p> <p>½ cup palm oil. You can use vegetable oil if you like but palm oil gives the best results)</p> <p>3 medium or 2 big size bell peppers</p> <p>1 ½ scotch bonnet (Rodo)</p> <p>1 ½ medium-size red onions</p> <p>Assorted meats of your choice (Shaki (cow/goat stomach), Kpomo (cow skin), cow leg, smoked turkey or beef are ideal). You can also use fish or chicken.</p> <p>Panla (Dried stockfish)</p> <p>Smoked catfish</p> <p>1 tbsp Iru (Locust beans)</p> <p>½ cup raw/cooked/smoked prawns (Optional)</p> <p>2 chicken/beef seasoning cubes</p> <p>3 tbsp ground Crayfish (very important, in my opinion)</p> <p>Salt to taste</p>	<p>Efo riro is a quick soup so you want to have all your ingredients set down, clean and ready to use. Season the meats; add sliced onions, salt, curry and stock cubes, and boil on medium heat. Boil the tougher meats first, then add the softer ones. Set aside. Wash the vegetables thoroughly. Some prefer to soak with hot water to rid it of all traces of dirt but be careful not to soak it in hot water for too long to retain the nutrients. Slice or chop according to your preference and set aside (You can also chop before washing/soaking. As you wish!). Blend the scotch bonnets, bell peppers and onion coarsely and set aside (use the pulse setting on your blender). Add palm oil into a clean and dry large pot, leave to heat up on medium heat for 2 minutes. Add onions and locust beans for about 1 minute, fry to diffuse nutrients. Add the blended pepper mix and two stock cubes, fry for 15-20 minutes or until the pepper dries out and the size reduces by almost half and you have a thick consistency.</p> <p>Add a bit of the meat stock/ chicken stock, add water, but be careful not to add too much. Just one cup should do. If you are using spinach, avoid adding water and use only little broth as the liquid content in spinach is a lot already. However, if you are using blanched and squeezed spinach, add broth/water only as needed. Add the assorted meats, prawns, crayfish, stock fish and catfish. Combine and taste, adjust seasoning if required. Leave to cook for a further 10 minutes. Add washed vegetable and mix thoroughly. Leave to simmer for another 3 minutes (do not cook for too long, to want to retain the nutrients and freshness). Efo riro is ready!</p> <p>Serve with any swallow of choice – Iyan (pounded yam swallow), Amala (yam powder swallow), Fufu (cassava swallow) e.t.c.</p>	

What I have learned from the Drumbeat program:

Like my people will say “AIDS no dey show for face”.
 Translation: People’s HIV statuses are not written on their faces. Meaning: Stay protected, use a condom/abstain. Play safe, avoid multiple sexual partners and know your partner’s status.





By Mark Randall

COUNTRY Canada

ABOUT THE DISH Occasion the dish served: best with soups, stews, high tea, and breakfast (jams, cheeses, meats, spreads)



“

***Only a fool tests
the depth of a river
with both feet***

”

.....
Meaning: You don't jump straight into a situation without thinking about it first.

Baking Powder Biscuits

Ingredients	Method	
<p>8 cups flour 4 tbsp baking powder 3 tbsp sugar (granulated) 1 ½ tsp salt 1 ½ c margarine/butter 3 cups milk or buttermilk</p>	<p>Combine all dry ingredients in a large bowl. Mix margarine/butter into dry items until the size of small peas. Add milk slowly to dry ingredients while mixing by hand until the mixture comes together – it should come together and away from the side of the bowl but not be sticky. If too dry add a bit of milk, if you find it too sticky add some flour. Place on a floured surface and roll out to 1-inch thickness and cut with a cookie cutter or tin can dipped into flour first.</p>	<p>Remix remaining cut-off dough, roll out and cut biscuits until no mix remains. Place on a cookie sheet and bake in preheated oven at 375 degrees for 15 minutes (they may take a couple of minutes longer depending on the oven) or until tops have a golden look. Cool on wire rack. These can be toasted or left plain when serving.</p>

What I have learned from the Drumbeat program:

One thing that you have learned about HIV: It does not define me!





By By: Sharon Auma-Ebanyat

COUNTRY Uganda-Acholi favourite dish

ABOUT THE DISH Occasions where the dish is served: Lunch or Dinner.
Perfect for serving with millet bread, sweet potatoes, and cassava.



“

***Labolo nywalo too
ma neke***

”

The banana tree produces what kills it. The banana tree is 'killed' as it were by its produce. After bearing fruit the stem is cut down when the fruit is ripe. At the same time, numerous shoots spring up. The proverb refers to parents who suffer on account of their children's needs. Staying near the anthill turned the antelope brown.

(Ugandan Proverb)

Ingredients	Method
<p>Serves: 10 people</p> <p>5 bunches of malakwang (leafy green, like spinach but a little sourer)</p> <p>½ kilogram of g-nut paste (peanut butter)</p> <p>1 tbsp salt</p> <p>6 cups of water</p>	<p>Bring 2 cups of water to a boil in a saucepan.</p> <p>Add malakwang, let it boil for 20 minutes or until malakwang is tender. When it's tender, remove and drain.</p> <p>Get another clean saucepan, add 4 cups hot water; drop in the g-nut paste or peanut butter.</p> <p>Use a wooden spoon for mixing. Stir the water and g-nut paste until the paste is well mixed.</p> <p>Drop in the drained malakwang and continue stirring until malakwang is well mixed into the g-nut paste.</p> <p>Add in salt to taste,</p> <p>Serve warm or cool.</p>

What I have learned from the Drumbeat program:

Testing is the only way one can tell their HIV status.





By Sharon Auma-Ebanyat

COUNTRY Uganda

ABOUT THE DISH Breakfast with tea or lunch with chicken or beef stew and sautéed spinach



“

***Bannange bangi,
nga tonnagwa
wabi***

”

One can claim to have many
until they fall on bad times.

(Ugandan Proverb)

Ingredients	Method
<p>Green plantains (depends on the no. of servings, I used 6)</p> <p>1 large onion chopped</p> <p>2 tomatoes cubed</p> <p>1 green pepper chopped</p> <p>Salt to taste</p> <p>½ beef chilli cube (optional)</p> <p>½ tsp of royco powder(optional)</p> <p>Cooking oil</p>	<p>In a cooking pot, pour 2 tbsp of oil, once hot enough, add onions and fry until translucent to a golden brown.</p> <p>Throw in the tomatoes and the green pepper, reduce the heat so that the tomatoes can cook. Once cooked, add the desired spices, salt included and stir for 30 seconds.</p> <p>Increase the heat then add the green plantains, stir until uniform (for a minute to 2 minutes) add 2 cups of water and bring to boil.</p> <p>Ensure that the water is just enough to ensure that both the plantains and potatoes cook. the water shouldn't be too much, just enough to make the stew thick. Keep checking on the meal to ensure it doesn't get burnt.</p> <p>Serve matooke with Chicken stew and some greens. Matooke can be eaten as it is or with rice, meat, greens, chicken; basically, with whatever you please.</p>

What I have learned from the Drumbeat program:

PreP is a pill one can take and it will protect one from getting the (HIV) virus.





By Olubusola Onasile

COUNTRY Nigeria

ABOUT THE DISH Nigerian Party Jollof Rice is a common food eaten by most tribes in Nigeria. In the past, it was commonly eaten during special occasions; weddings, naming ceremonies, graduation parties, funeral ceremonies etc., it has now become an everyday home food for families.



“

***Oun ti agbalagba ri
lori ijoko, omode o
le ri lori iduro***

”

What an elder sees while sitting down, a child can never see while standing up. Meaning: Experience is the best teacher.

(Nigerian Proverb)

Ingredients	Method
<p>Ingredients (For 8 cups of rice for the blended mix)</p> <ul style="list-style-type: none"> 3 medium bell peppers 5 pieces of tomato (roma) 2 scotch bonnet peppers ½ onion <p>For frying:</p> <ul style="list-style-type: none"> ½ cup vegetable oil (or oil of choice) 1 large onion(chopped) 18 oz (2 ¼ cup) tomato paste (tin tomato) 2 knorr seasoning cubes 2 tbsp thyme 1 tbsp curry 2 bay leaves 2 tbsp salt 2 ½ rich cup chicken stock (substitute with water) 1 cup water 	<p>Blend the pepper, tomatoes, onions, and scotch bonnet until you obtain a smooth mixture.</p> <p>Transfer the mixture to an empty pan and cook until water dries.</p> <p>Pour vegetable oil into a pan. Add chopped onions and fry for 5 – 8 minutes until fragrant. Add tomato paste and fry for 20 minutes.</p> <p>Add boiled down tomato/pepper mix and fry for an additional 8 – 10 minutes.</p> <p>Add chicken seasoning cube, thyme, curry, garlic powder, bay leaves and salt to the fried pepper mixture.</p> <p>Add chicken stock or water.</p> <p>Add washed rice and mix. Add just enough water to cover the surface of the rice.</p> <p>Cover with foil and cook for 25minutes at the lowest stove setting.</p> <p>After 25 minutes, stir the rice and its ready to eat.</p>

What I have learned from the Drumbeat program:

Working primarily with the African, Caribbean, and Black (ACB) population in the field of HIV prevention has enabled me to acquire an in-depth knowledge of HIV/AIDS, prevention, and treatment as well as a better understanding of the issues that are increasing the prevalence of the disease in the ACB communities.

The work has also shown me that leaders and members of the ACB communities need to rise and work for hand in hand with the AIDS service providers, policymakers and all other relevant stakeholders to devise culturally appropriate ways or programs of addressing the HIV prevalence and other pertinent issues in their communities.





By Josephine Nnaniki Letsholo- Nelson

COUNTRY Botswana

ABOUT THE DISH Pulled meat (Seswaa) is served at big family events such as funerals, weddings, or family get-togethers.



“

***Ntwa kgolo kea
molomo***

”

The best fight is through
discussion and negotiation,
not bloodshed.

(Setswana Proverb)

Ingredients	Method
<p>Use fresh meat (Goat or beef or lamb) Salt to taste</p>	<p>Cut out the tender meat from the thigh area. Throw the bones into the meat for flavour. Boil the meat until it falls off the bones. Use a traditional wooden spoon to tenderly pound until the whole meat is removed from the ligaments. Remove all the bones. Leave it to simmer for a few minutes on very low heat before dishing. Do not add any onions or any spices or tomatoes. In Botswana this dish is eaten with rice or corn meal called Phaleche in Setswana or sorghum meal called Bogobe). This is eaten hot and not cold. If refrigerated keep it frozen.</p>

What I have learned from the Drumbeat program:

HIV is manageable and is a chronic disease and not a death sentence.





By Rofiah Sarumi

COUNTRY Nigeria

ABOUT THE DISH This dish is usually eaten as an accomplishment to other meals such as rice, bread, corn porridge. It can also be eaten alone.



“

***Aabo oro ni a un
so fun omoluabi ti
o ba de inu re, a di
odindi***

”

A word is enough for the
wise.

(Yoruba Proverb)

Moin Moin (Steamed Bean Cake)

Ingredients	Method
<p>Serves 4</p> <ul style="list-style-type: none"> 2 cups of black-eyed beans 1 medium-size red bell pepper 2 medium-size scotch bonnet pepper 1 medium-size onion 1 stock cube and salt to taste 3 tbsp of oil ¼ cup of dried shrimp or crayfish 	<p>Soak the black-eyed beans in warm water for about 10 mins, peel by rubbing the beans between the palms.</p> <p>Add water to rinse the peeled beans and remove as much of the shaft as you can from the peeled beans using a strainer. Discard the shaft.</p> <p>Pour the peeled and cleaned beans into the blender, add a cup of water, the peeled and cut onions, red bell pepper and scotch bonnet peppers into the blender and puree the beans.</p> <p>Once you have a smooth blend, pour the content of the blender into a bowl, add the salt, cooking oil, and dried shrimp. Mix thoroughly.</p> <p>In a big pot, add 2 cups of water and start to boil.</p> <p>Fill small baking cups with the beans puree and set the cups in the boiling pot of water. Note that the intention is to steam the cups of beans puree so ensure that the cups are set in a way that the content of the cup does not mix with the water in the pot.</p> <p>Steam for about 45 minutes. To confirm that the moin moin is cooked, dip a knife into the cup and pull out the knife immediately, the knife should come out clean. Once you get this result, your moin-moin is ready to be served.</p> <p>Eat warm.</p>

What I have learned from the Drumbeat program:

There are more similarities among us all than differences.





By Sipiwe Mapfumo

COUNTRY Zimbabwe

ABOUT THE DISH The occasion where this dish is served: Special family occasions, at traditional marriage occasions.



“

***Kandiro
kanoenda
kunobva kamwe***

”

A bowl of goodies goes back to those who give others. Meaning: a good turn deserves another.

(Zimbabwean Proverb)

Ingredients	Method
<p>3 kg oxtail cut in rings</p> <p>1 can of chakalaka (mixed tomatoes and grated carrots and curry and oil)</p> <p>Half an onion</p> <p>2 medium-hot chilli</p> <p>Salt to taste</p>	<p>Wash the pieces of cut oxtail meat.</p> <p>Put in a pressure cooker with water just above the meat (regular saucepan works as well. A pressure cooker is the best as meat must be well cooked and almost falling off the bone).</p> <p>Cook until water is all gone and until meat is about to fall off the bone.</p> <p>Cut onions, and red chilli and put in the pot and pour half a can of chakalaka or you can use grated tomatoes and stir in the pot with a bit of water, so it does not burn at the bottom.</p> <p>Add half a cup of water and cover with a lid and simmer on low heat to get the flavours into the stew.</p> <p>When done add salt to taste and pour into a serving dish.</p> <p>This stew can be eaten with rice or with Sadza/pap/ugali/fufu.</p>

What I have learned from the Drumbeat program:

Adherence is key to those who are on HIV treatment





By Stella Bamurekye

COUNTRY Uganda

ABOUT THE DISH Neatly tied Chicken in Banana leaf served with greens and steamed matoke. It is a Ugandan Royal dish since 1887 prepared for exceptional events like introduction ceremonies where the groom visits the bride's home to meet her parents.



“

***Omushaija
ahinduka aha
ahakitanda
tahinduka aha
mubigambo***

”

A man will change in bed
for his wife but not change
on his words.

(Ugandan Proverb)

Ingredients	Method
<p>Half chicken 1 medium-size carrot sliced 2 large ripe tomatoes 2 large pepper chopped 1 large onion 1 tbsp 1 clove garlic crushed Tomato paste</p>	<p>In a saucepan, brown the onions and garlic in oil. Add the green pepper, carrots and cook stirring 10 minutes. Cover the chicken with a small clean piece of banana leaf. Carefully gather the top sides of the Luwombo leaf and tie them securely together with a piece of banana fibre, neatly trim off the ends of the leaf above the knot. Place Luwombo carefully over food to be steamed. Cover well with banana leaves and a large saucepan. Steam for 3 hours or more.</p>

What I have learned from the Drumbeat program:

I appreciate the gatherings on many occasions. It gives the opportunity to meet other women who face similar stigma and discrimination.





By Tsion Demeke Abate

COUNTRY Ethiopia

ABOUT THE DISH Gluten-free sourdough flatbread. Can be eaten daily and is used to scoop up stews and sauces.



“

***A belt fastened
while running
will come undone
while running***

”

Meaning: You should
prepare before
undertaking a task
otherwise you will fail.

(Ethiopian Proverb)

Injera (Ethiopian Flatbread)

Ingredients	Method
<p>Teff flour (gluten-free grain)</p> <p>Starter yeast</p> <p>Water</p>	<p>Mix teff flour and starter yeast with a little bit of water to help with kneading.</p> <p>Add water and mix well.</p> <p>Let it rest for 2-3 days for fermentation to take place (this is where Injera gets its slightly sour taste from).</p> <p>Pour on top of a pan (traditional known as "Mitad ") in a circular manner, cover and allow to cook for 2-3 minutes.</p> <p>Remove from the "Mitad" and let it cool down for at least 5 minutes before you enjoy this fresh injera with the various flavourful Ethiopian sauces.</p>

What I have learned from the Drumbeat program:

HIV infection rates show gaps in health equity.





IN THE
**African
Kitchen**

SafeLink Alberta is an organization that works to reduce the risks associated with sexual activity and substance use. We serve and advocate for priority populations in Calgary and southern Alberta by providing education, non-judgemental services, and harm reduction programming.

Since 1983, we have been committed to supporting those affected by HIV, hepatitis C, and other sexually transmitted and blood-borne infections.

Mission: To reduce the harms associated with sexual activity and substance use by offering low barrier, non-judgemental and informed programs and services.

Vision: Inclusive, Empowered, and Healthier Communities

