

# RUFINA'S TANZANIA COOKBOOK



 SIDshare





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Proceeds from the sale of this Cookery Book  
contribute to the work of the Kilimanjaro  
Environmental Development Association (KEDA)  
who support small scale farming and rural  
livelihoods on the slopes of Mount Kilimanjaro.

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# PREFACE

This cookery book is the culmination of several years' collaboration between students from the University of Sheffield and a grass-roots Tanzanian NGO, KEDA that supports sustainable small-scale farming livelihoods on the slopes of Mount Kilimanjaro. In 2013, as part of an initiative to encourage the development of enterprising skills among students at the University, SIDshare, a student-run international development focused NGO, was established partnering with international development organisations worldwide. A major focus of the longstanding collaboration between SIDshare and KEDA in Tanzania has been the construction of a 30 bed Field Centre that has served as a base for student field classes and research as well as tourism while at the same time generating funding for KEDA's community projects. Located in the small village of Njia'Panda at the base of the iconic Mount Kilimanjaro, the Centre sources local produce from the community, employs local staff and a cook, Rufina, who produces wonderful Tanzanian food. This book, we hope, is both a celebration of Rufina's cooking but also the work and community projects of KEDA as well as the staff who run the Centre. We are extremely grateful to Gunnar Mallon and Giulia Quagliozi for their photography and to Tonisha Silver and Eddie Conway for collating the recipes.

**Abi Upton and Deborah Sporton**  
**September 2021**





# INTRODUCTION

**This book will include different ingredients which are available at local markets and shops. Where there is a more readily available alternative this has also been included. We hope you enjoy exploring and cooking these recipes and enjoy hearing the stories of the Tanzanian Field Centre.**

**Abi Upton and Deborah Sporton  
September 2021**

# THE KEDA SIDSHARE FIELD CENTRE

Since 2013, students from the University of Sheffield, have worked with the Kilimanjaro Environmental Development Association (KEDA) on a number of development projects to support sustainable livelihoods for more than 200 households living on the slopes of Mount Kilimanjaro. The involvement of University students in this collaboration has come through their membership of SIDshare, a flagship international development social enterprise operating as an NGO embedded within the University. The 30 bed Field Centre is a shared social enterprise and represents the next stage of collaboration between the two organisations contributing a source of income to support KEDA's livelihood projects while also providing employment for the local community. Students as well as tourists have stayed at the centre located in the village of Njia'panda at the foot of Mount Kilimanjaro on field classes, study visits as well as undertaking research activities. Thanks to financial support from University of Sheffield Alumni, the centre was completed in 2016 and has subsequently been upgraded to include a research laboratory and an IT room where classes have been held for the local community. We are very proud to have sourced all the building materials and labour locally and where possible we purchase our commodities such as coffee, meat, fruit and vegetables from KEDA project stakeholders. In addition to Rufina and her kitchen staff, the Centre employs a number of local staff including Mr Lysa the caretaker, Emmanuel, the Manager as well as cleaners and night watchmen.





# RUFINA TARIMO

Rufina has been working as Head Chef at the Field Centre for the last 5 years balancing her time catering for student groups at the Centre and running a very successful restaurant and catering business in the village of Boma Ng'ombe close to Kilimanjaro International Airport. Rufina regularly caters for large groups - *"[I] love the visits....I need a big group of 42 so I am very busy, I enjoy it! Big scale cooking is good, get tired if only a few people"*. She is the life and soul of the Field Centre and her Tanzanian cookery is one of the highlights of a stay there. Indeed we had so many requests for Rufina's recipes that we decided to publish this book showcasing her recipes

Rufina started cooking at the age of 10 when her mother returned from work at a local community empowerment group to find that Rufina had decided to prepare rice for the family of 8! Unfortunately Rufina decided to cook all 5kg of the family rice. *"Just in the evenings [mum] would come back and find me cooking. Not even been told too. Cooked 5kg of rice and not 2kg (laughs a lot). That's when mum allowed me to cook freely, 10 years old....won't forget this story. The rice continued to expand and had to put some of the rice in other pots, still kept expanding!"*

Rufina is a woman of many talents. When she finished school Rufina worked as a tour guide before training and working as a mechanic, then a store supervisor and procurement manager. She never lost her love of cooking and after a spell working under a chef in Dar es Salaam Rufina had saved enough money to set up her own restaurant where she employs 11 staff, several of whom join her at the Centre when a large group is staying. During school holidays, her daughter Esther often helps with the cooking. At the Centre, Rufina is the first to wake at 4.30am to prepare for the day's cooking and the last to bed at 11.30pm. She sources all her ingredients from the local market that runs on Mondays to Thursdays – her favourite cooking ingredients are garlic, coriander and ginger.

# THE KILIMANJARO ENVIRONMENTAL DEVELOPMENT ASSOCIATION (KEDA)

The Field Centre was built in partnership between the University of Sheffield and the Kilimanjaro Environmental Development Association (KEDA), whose projects benefit from the income generated by student and research visits. Founded in 1992, KEDA initially set out to address land degradation and soil erosion on the slopes of Mount Kilimanjaro. Many of these issues stemmed from unsustainable environmental practices such as overgrazing on the lowlands and deforestation in the highlands. The founders Mr Sabas, Mr Nyangi and Mr Shirima recognised that in order to tackle these issues they would need the support and collaboration of local farmers. By promoting community awareness of environmental destruction and best practises to conserve farmland, KEDA has been able to help farmers generate more household income while improving environmental issues. They currently work with over 200 smallholder farmers on the slopes of Mount Kilimanjaro and have made major contributions to both environmental conservation and poverty alleviation. KEDA's focus is to work with and support those that need the greatest help, such as those living in severe poverty or those experiencing ill health. KEDA believes that the most sustainable way for a family to escape poverty permanently is to be self-sufficient and generate their own income. These values are the foundations for all KEDA's projects such as the dairy goat project and the tree nursery project that we feature later in this book.

Throughout this cookbook, we will profile some of KEDA's projects and meet some of the many beneficiaries to hear how KEDA has changed their lives.



BREAKFAST





# BREAKFAST

**This chapter focuses on Tanzanian breakfast recipes. Traditionally, breakfast in Tanzania is a light meal that includes locally sourced coffee and tea. At the Field Centre, Kilimanjaro coffee beans purchased from local farmers are freshly roasted by Rufina each morning and served with breakfast along with fresh juices and locally sourced honey.**

# **KITAWA**

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This dish originates from the Chagga ethnic group who dominate among the farming communities on the slopes of Mount Kilimanjaro. This green banana and fermented milk porridge dish is often prepared for young mothers, as it is said to help the body to produce more breast milk. Green bananas are essentially unripe bananas, known as Matoke in Swahili, that contain more starch than ripe bananas filling your stomach for longer.

**SERVING: 4 PEOPLE • DIET: VEGETARIAN**

**INGREDIENTS:**

- **12 green (unripe) bananas**
- **3 cups of water**
- **4-6 cups of natural yoghurt**
- **2 tablespoons of vegetable oil**

**METHOD:**

- Peel the bananas.
- Boil the bananas in a pan of water with the vegetable oil.
- Once the water has mostly evaporated, mash the bananas and mix in the yoghurt and then enjoy.



# **BREAKFAST SCONES**

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These scones are delicious served with butter and honey alongside a cup of Kilimanjaro coffee. They can also be served as a snack during the day.

**SERVING: 4 PEOPLE • DIET: VEGETARIAN**

**INGREDIENTS:**

- **500g of plain flour**
- **1 tablespoon of fresh yeast or 1½ teaspoons of dried yeast**
- **3 heaped tablespoons of sugar**
- **Pinch of salt**

**METHOD:**

- Combine all the dry ingredients together.
- Gradually add small amounts of warm water to mix it together to form a dough.
- Leave for 10 - 15 minutes to rise.
- Form small balls with the mixture.
- Place balls on a baking tray and bake for 35 - 40 minutes at 135 - 145°C.









# BUMUNDA

Bumunda – also known as ‘kili pizza’ to the locals of the Kilimanjaro region – is a great way to start the day. Bake in the oven at 180 degrees or over coals on the BBQ, drizzle a little honey over the top and you are ready to eat. It can also be eaten cold and is an excellent snack for packed lunches or long trips.

**SERVING: 4 PEOPLE • DIET: VEGETARIAN**

## INGREDIENTS:

- 130g of maize flour / corn flour
- 2 tablespoons of honey
- 2-3 plantains
- 60ml of water

## METHOD:

- Peel the plantains.
- Mix the plantain with maize flour, honey and water.
- Roll into a ball, wrap in banana leaves and place in the oven or charcoal fire for 1 hour. Baking parchment or aluminium foil can be substituted for banana leaves.
- After 1 hour, remove the scones from the banana leaves and leave to brown in the oven.

# INTRODUCING THE KEDA DIRECTORS

KEDA has 3 directors, Mr Sabas and Mr Shirima alongside Mr Nyangi who work closely together with SIDshare and support the operation of the Field Centre. In recent years due to ill health Mr Nyangi has taken a back seat in the running of KEDA and the Field Centre - Mr Sabas and Mr Shirima are however ever present. All three Directors have made a major contribution to alleviating household poverty through their project support for environmentally sustainable livelihoods. In this section, we introduce you to Mr Sabas and Mr Shirima whose vision and commitment has transformed livelihoods in the region.

**Mr Sabas** lives in the village of Kirua in the lush highlands of Mount Kilimanjaro where he has a traditional Chagga Home Garden. Chagga Home Gardens (Vihamba), based on agro-forestry, have been lauded for promoting sustainability on the erosion-prone southern and eastern slopes of Mount Kilimanjaro between 900 and 1,900 metres high. As with most farmers, Mr Sabas' Home Garden and associated traditional farming techniques have passed down through generations - *"My farming interest is within my blood because I started farming with my father. My father inherited the land where I'm living from his father"*. Agroforestry practices include the use of multipurpose trees and shrubs to provide shade for coffee; for use as live fences; fodder and mulch production; for bee forage and for their anti-pest properties. Under the canopy crops grown in the home garden include coffee and different species of banana that are sold as commercial cash crops as well as a range of other subsistence crops such as beans, cabbage, cow pea, chilli, aubergine, maize, onion, potato, sweet potato, taro root, tomato and yam.

Co-founding KEDA in 1992, Mr Sabas brought his experience in agroforestry to help benefit the local communities around Njia'panda. As he explains:

*"You cannot start a hospital when you're not a doctor, to establish a school you must be a teacher"*.

KEDA's mission has been to build householders' agricultural skills for the benefit of their community. Among the projects led by Mr Sabas there has been a beekeeping project providing households with hives and protective clothing so that they can produce honey. Mr Sabas has also worked assisting farmers to optimise their own very limited home garden space, introducing fodder trees to feed animals, timber trees, firewood trees and has encouraged the cultivation of grasses on terraces that they helped them construct. This idea of making efficient use of what you have is central to the ideology of KEDA.

KEDA projects were initially funded with money from the Directors' own pockets supplemented by donor support. They have now however become a permanent self-sustaining fixture in the area over the past twenty years, something that Mr Sabas deeply hopes will continue following on from his own eventual retirement.

*"We are old now [laughs] and it is time for us to leave work for other people. To pass on, today I am breathing but tomorrow I will never continue breathing or whatever."*

**Mr Shirima** was born in Marangu, a village located on the highlands of Mount Kilimanjaro. He worked for many years as an agronomist for the Tanzanian civil service, moving frequently around to different parts of the country including the Mbeya, Arusha and Kigomo regions. When he retired, Mr Shirima returned to the Moshi Rural District and was instrumental in setting up the 'Himo Tree Nursery Project'. The project involved growing trees out of seedlings which were then given to local farmers and included follow-up training and advice for example in constructing terraces to protect the trees from erosion. The initial project was funded by the German city council of Kiel and inspired by its success, Mr Shirima and the other two founders decided to continue the project and founded KEDA.

*“Because the project at Himo had finished, the adviser had left, therefore we people were left with no one to guide us. We thought – why should we stay here? There was no money, no advisers, no seminars. Me and Mr Nyangi and Mr Sabbas went forward with what we established. We looked for donors to support us and we have managed to continue up to this date.”*

In the future, he would love to see more visitors and researchers come to the Field Centre and make use of the different facilities available there. He is also keen to attract new ideas and initiatives to Njia’panda and sustain the great work that KEDA have already been doing for many years.

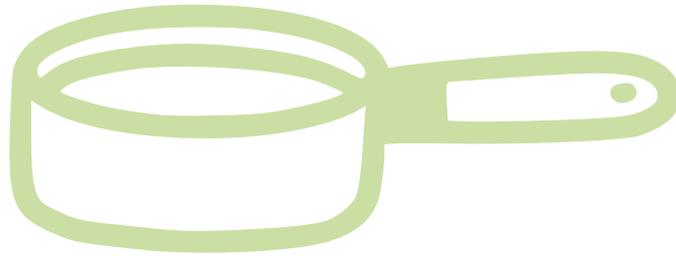


**MR SABBAS**



**MR SHIRIMA**





# LUNCH

**This chapter will introduce some of the best  
Tanzanian lunch dishes.**

# YAM WITH COCONUT

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Yam with coconut is a savoury porridge dish that is popular across the African continent albeit with different local variations. Yam or kiaziki kuu in Swahili is a local staple crop for smallholder farmers that is often grown in fields with maize or beans and sometimes intercropped with potatoes contributing to household food security.

**SERVING: 4 PEOPLE • DIET: VEGETARIAN**

## INGREDIENTS:

- **1kg of yams**
- **2 onions**
- **4 tablespoons of cream of coconut**
- **Salt for seasoning**

## METHOD:

- Peel the yam, slice into cubes and wash well.
- Boil for 5 minutes in salted water.
- Add the coconut cream and continue to cook until the yam is cooked.
- Mash the yam until the mixture reaches a porridge consistency.



# VEGETABLE SOUP

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This smooth simple soup is tasty, hearty, and wholesome. It is perfect for warming up on a cold day or when you are feeling under the weather. This recipe keeps well in the fridge for 2 days, making it the perfect lunch to heat up at work. You can also freeze it for up to a month.

**SERVING: 4 PEOPLE • DIET: VEGETARIAN**

## INGREDIENTS:

- ½ an aubergine
- ¼ a cabbage
- 1 carrot
- 1 potato
- 1 litre of water
- 1 red onion
- 1 x 400g can of beans of your choice (eg. kidney beans, mung beans, black beans)
- Salt

## METHOD:

- Cut all the vegetables in cubes.
- Boil together on a low-medium heat for 30 minutes, or until soft and season to taste.
- Take off the heat and allow it to stand for 10 minutes.
- Blend to a desired consistency.
- Reheat and enjoy!





# MSHIKAKI

Mshikaki is a dish made from marinated, mouth-watering pieces of meat that are skewered and roasted over charcoal, adding a smoky flavour. You can now experience a street food favourite from the comfort of your own home. Any meat can be cooked but in Tanzania most commonly beef, lamb or goat are cooked.

**SERVING: 4 PEOPLE**

## INGREDIENTS:

- **750g of beef (or substitute lamb or goat)**
- **1 tablespoon of garlic and ginger minced together into a paste**
- **1 tablespoon of lemon**
- **2 tablespoons of oil**
- **1 teaspoon of salt**
- **8 bamboo sticks or skewers**
- **¼ cup of water**

## METHOD:

- Mix together the garlic and ginger paste with water and oil for the marinade.
- Dice the beef (or other meat) into small chunks and marinate it with  $\frac{3}{4}$  of the marinade for 1 hour.
- Place 4 - 5 pieces of beef onto the skewer and place on top of the fire, or from the comfort of your own home, in a frying pan or under the grill, for 15 minutes, continually turning to cook all sides.
- Add the remaining marinade to the skewers for a more intense flavour during cooking.
- Ensure meat is cooked all the way through.



**TIP:**  
Feel free to skewer sliced vegetables such as peppers and carrots in between the pieces of meat.

# FISH FINGERS

## TANZANIAN STYLE

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This dish is a Tanzanian version of the classic fish finger and makes a delicious meal accompanied by salad or chips (chipsi). You can use any type of fish to make these fish fingers.

**SERVING: 4 PEOPLE**

### INGREDIENTS:

- **8 thin fillets of fish**
- **2 eggs**
- **2 tablespoons of minced garlic**
- **2 tablespoons of minced ginger**
- **2 eggs**
- **Plain flour for dusting**
- **1 teaspoon of salt**
- **Lemon juice to season**

### METHOD:

- Fillet the fish (keep the skin on if you like) and then roll in the paste combining the minced ginger, garlic and a sprinkle of salt.
- Roll in the plain flour to cover the whole fish finger.
- Add the remaining salt to the oil.
- Once hot, fry for 5 minutes.
- Beat the egg yolk and white together and roll the fish so it is covered.
- Place back into the hot oil until golden brown.



# ZANZIBAR PIZZA

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This Zanzibar take on pizza starts off as a small ball of dough rolled thin and filled with minced beef, onions and an egg. The sides are then wrapped over to make a parcel and fried until golden and crispy. You can also make a desert version by substituting the beef and onions with chocolate and a banana!

**SERVING: 4-6 PEOPLE**

## INGREDIENTS:

- **1kg of minced beef**
- **1 cup of plain flour**
- **2 teaspoons of finely chopped/minced garlic**
- **½ teaspoon of finely chopped/minced ginger**
- **6 onions**
- **6 eggs**
- **Salt to taste**

## METHOD:

- Fry the minced beef until light brown.
- Add the diced onion to the pan with the ginger, garlic and salt.
- Mix the flour with sufficient lukewarm water to make a dough ball and then flatten to form 6 chapatis
- Place the beef filling in the centre of a chapati. Then create a small well in the middle and crack the egg into the well
- Fold over the corners of the chapati and slowly fry in oil until golden brown on all sides.







# GREEN GRAM

---

This lentil dish is perfect for a quick lunch without compromising on taste. The vegetables such as carrot and aubergine bring a real unique flavour to the mung beans. Rufina recommends serving the dish with plain rice or a chapati.

**SERVING: 4 PEOPLE • DIET: VEGETARIAN**

## INGREDIENTS:

- **500g of greengram (also known as mung beans)**
- **2 onions**
- **¼ of an aubergine**
- **1 green pepper**
- **1 carrot**
- **1 teaspoon of salt**
- **3 tablespoons of vegetable oil**

## METHOD:

- Rinse the dried mung beans and place in a large pot.
- Cover them with water and boil until the water has evaporated and the beans are cooked.
- Meanwhile, dice the vegetables and fry them in a pan along with the salt and oil until they are cooked.
- Combine the vegetables with the greengram and serve.

# BAGIA

---

Bagia are a Tanzanian version of onion bhajis originating from East Africa's Indian community. They are a common snack and served as light bites at functions and gatherings.

**SERVING: 22-26 SMALL BAGIAS • DIET: VEGAN**

## INGREDIENTS:

- **500g of gram flour (chickpea flour)**
- **2 onions**
- **½ a green bell pepper**
- **½ a carrot**
- **Fresh coriander**
- **Fresh chilli**
- **1 teaspoon of baking powder**

## METHOD:

- Combine the gram flour, diced vegetables, baking powder and season with salt and mix well.
- Add a tablespoon of water at a time until you have a heavy mixture and leave to rise for 10 minutes.
- Heat the oil in a pan on a high heat.
- Add a tablespoon of the mixture over a medium heat.
- Ensure you keep turning the bagias as you go, once golden-brown remove and add another to the oil.





# DAIRY GOAT PROJECT

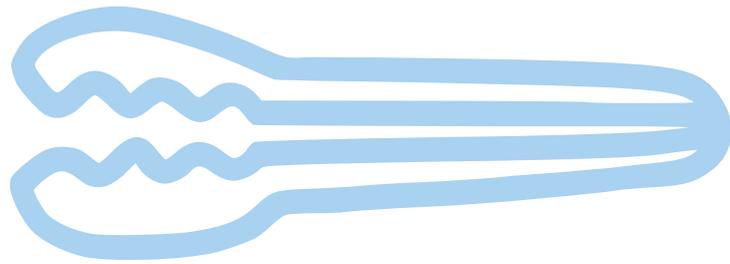
The dairy goat project is one of KEDA's most successful projects. The project ensures that some of the poorest members of the community in need are provided with a goat. Once the goat has offspring, one kid is passed on to another household in the community and a second is passed back to KEDA to pass on to another beneficiary. Once two kids have been passed on, the recipient can keep any subsequent goats (and the initial goat).

Amina, who lives in the village of Njia'panda is one of the beneficiaries of KEDA's goat project. Having been born and raised in the area, she works as a cook in the local roadside market. Amina is also HIV positive and as a result was selected as a beneficiary of the dairy goat project. Thanks to selling one of the goats that she bred from KEDA's initial donation, Amina was able to pay for medication for her liver and kidney problems. She has also been able to drink the milk from the goats which has helped improve her health. In the future, Amina would like to start raising chickens in order to sell the eggs and supplement her income.

Monica is another of the beneficiaries of KEDA's goat project. She was chosen as a recipient of her first goat by her local community at a meeting to support the poorest in the village. As dairy goats are not readily available in this part of Tanzania, she was very pleased to be selected, and the goat has enabled her to make some income through selling her milk. Her original goat has kidded three times in total. As part of the loan agreement with KEDA, her first kid was given back to her local community to be donated to another recipient who needed it. This allows the project to self-sustain and expand. Monica would one day love to 'graduate' from dairy goats to dairy cows, and has been raising a local calf but would love to raise European cows one day.







# DINNER

**This chapter will introduce and teach you how to make Tanzanian dinner recipes.**

# BBQ CHICKEN (KUKU CHOMA)

---

Also known as kuku choma in Swahili. This chicken has been marinated in a blend of garlic and ginger with a squeeze of lemon and then slowly grilled on the barbeque.

**SERVING: 4 PEOPLE**

**INGREDIENTS:**

- **1 whole chicken**  
(or thighs, legs etc)

**Marinade:**

- **1 teaspoon of minced garlic**
- **1 teaspoon of minced ginger**
- **1 teaspoon of lemon**
- **2 teaspoons of oil**
- **200ml water**

**METHOD:**

- If you are using a whole chicken, chop the chicken into smaller pieces if necessary.
- Mix together all the ingredients for the marinade.
- Rub the marinade into the chicken and leave covered in the fridge for at least 2 hours.
- Add to the BBQ until cooked through.



# BEEF PIE

---

Rufina's beef pies are loaded with moist minced beef, onions and peas and encased in a golden flaky pastry.

**SERVING: 4 PEOPLE**

**INGREDIENTS:**

- 500g of minced beef
- ½ teaspoon of ginger
- 1 carrot
- 25g of peas
- 2 cloves of garlic
- 4 onions
- 4 chapati  
(refer to pg 74 for recipe)

**METHOD:**

- Sauté onion until soft and stir in the beef. Mix in the seasoning until beef is even browned.
- Dice the carrots into small cubes and add to the pan along with peas.
- Spoon equal amounts of the filling into each chapati, fold over and press the edges together.
- Fry it until brown. This can be done on a BBQ if desired.







**TIP:**  
For beef pilau – fry  
pieces of beef after step  
3 and continue the  
recipe.

# VEGETABLE PILAU

---

A simple, yet delicious one pot rice dish. Much of Tanzania's food is influenced by Indian cuisine so it is no surprise that this vegetable pilau is often found at the Field Centre. The aroma and fragrances of the garlic and cinnamon really come together with the freshness of the vegetables to create a light and tasty meal.

**SERVING: 4 PEOPLE • DIET: VEGAN**

## INGREDIENTS:

- 750g of rice
- 3 onions
- 1 teaspoon of minced garlic
- 1 teaspoon of minced ginger
- Pinch of cinnamon
- ¼ cabbage
- 1 carrot
- 150g of peas

## METHOD:

- Dice the onion, cabbage and carrot and combine with the minced garlic. In a large pot, heat 6 tablespoons of oil.
- Fry the onion until brown and add 2 tablespoons of water and continue to fry until dark brown.
- Add the ginger, garlic and the remaining vegetables to the pot.
- Prepare the rice by washing thoroughly to remove the excess starch. Add the rice on a low heat and pour 1 litre of boiling water into the pot.
- After 10 minutes, stir the pot and cover with a lid.
- 25 minutes later, and you are ready to serve.

# MTORI

---

Mtori is a banana and beef based soup originating from the local Moshi - Arusha region but has since become famous all across Tanzania.

**SERVING: 4 PEOPLE**

**INGREDIENTS:**

- **500g of beef**
- **6 plantain bananas**
- **Pinch of salt**
- **2 tablespoons of oil**
- **2 litres of water**

**METHOD:**

- Cut the top and bottom of the banana. Slit the skin of each banana length ways.
- Dice the beef into small pieces and add to a large pot. Pour in 2 litres of water, add a pinch of salt and boil for 30 - 40 minutes, or until soft.
- In another pot, add the banana with the oil and a small amount of beef stock and boil. Continue adding small amounts of the beef stock into the mix.
- At this stage you can add carrots, onions or green peppers as an option if you wish.
- After 20 minutes, take off the heat and mash the bananas.
- Finally, mix together the mash and the beef.



# BANANA STEW

---

This is a hearty dish distinct to the mountain regions of Tanzania.

**SERVING: 4 PEOPLE**

**INGREDIENTS:**

- 12 plantain bananas
- 500g of beef
- 1 carrot
- 2 onions
- 1 green pepper
- Coriander leaves
- 1 tablespoon of oil
- Salt to taste

**METHOD:**

- Boil the beef until soft.
- Cut the top and bottom of the bananas. Slit the skin of each lengthway. Dice the vegetables.
- Heat up oil in a pan and fry onions until brown. Add all the vegetables and add the beef stock until you have a strong sauce.
- Add the beef and bananas to the sauce and bring to a boil. Season with salt and add more water if needed.
- Continue boiling for 20 minutes.





# SAMOSAS

A step by step guide on how to make Rufina's Tanzanian samosas.

**SERVING: 4 PEOPLE**

## INGREDIENTS:

- 250g of minced beef
- 500g of plain flour
- 3 onions
- 1 chilli
- 500ml of oil
- 1 teaspoon of salt
- 1 teaspoon of garlic
- 1 teaspoon of ginger
- Coriander



## METHOD:

- For the pastry: Mix the flour with warm water and salt in a bowl until you have a soft dough. Split the dough into 4 smaller balls.
- Roll the dough balls into very flat sheets (like a chapati).
- Stack the dough sheets on top of each other, adding oil to the top of the dough each time. Roll the dough stack thin.
- Add the stack to the frying pan, allowing the bottom to fry for 2 seconds before flipping. Once flipped, remove the top layer and continue the process until all layers are fried (on one side).
- After frying, stack all 5 layers together again and cut into quarters. Place to the side for now.
- For the filling: Mix the beef with diced onion and grounded garlic, ginger, chilli, coriander and salt.
- Fry the mixture until the beef is brown.
- For the paste: Mix 2 tablespoons of the flour with cold water until it forms paste.
- Now you have the pastry, filling and paste separately.
- Take a quarter of the pastry and fold the bottom left corner over to the top right hand side, and the bottom right hand side corner to the top left hand side to form a cone pouch, using the paste to seal. Fill with the beef mixture, using the paste to seal the sides together. Fold the top corner over the top and seal with paste.
- Fry the samosas in the oil over a low heat until they turn brown.

# RUFINA'S FRIED CHICKEN

---

Fried chicken is one of the most popular of Rufina's dishes and is served regularly at her restaurant and the Field Centre.

**SERVING: 4 PEOPLE**

**INGREDIENTS:**

- **1 whole chicken  
(or chicken pieces)**
- **1 teaspoon of minced garlic**
- **1 teaspoon of minced ginger**
- **2 tablespoons of lemon juice  
or 1 of tablespoon vinegar**

**METHOD:**

- Break down the chicken into smaller pieces.
- Blend the ginger, garlic, salt and lemon juice together and marinade the chicken.
- Add to a pan and fry until cooked.



# NGANDE

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One of the main cash crops in the Kilimanjaro region are different varieties of bananas that also serve as a staple food for small-holder farmers in the region. It is therefore no surprise that many of Rufina's recipes such as Ngande are based on bananas. Ngande is a hearty, flavoursome dish that is widely cooked as a banana food (known as Machalari) by Chagga households.

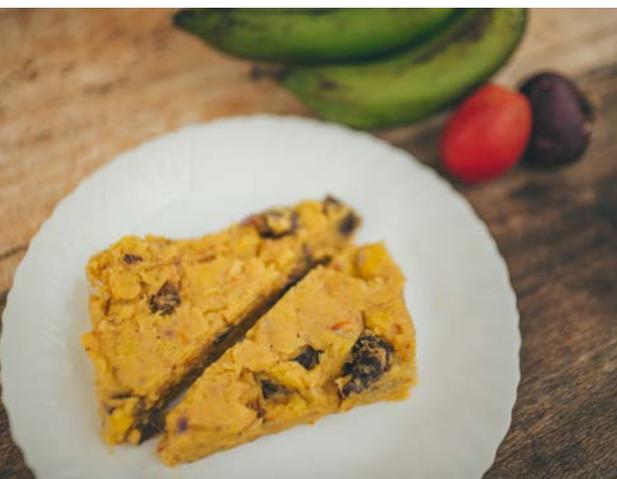
**SERVING: 4 PEOPLE**

## INGREDIENTS:

- 500g of beef
- 12 green bananas
- 2 tomatoes
- 4 onions
- 2 tablespoon oil
- 1 teaspoon of salt
- 1 teaspoon of chilli

## METHOD:

- Dice the beef and boil in 2 litres of water until the beef is no longer red in colour.
- Cut the top and bottom of the bananas. Slit the skin of each banana length ways.
- Place the bananas into another pot with the diced onions and tomatoes. Add the beef stock and boil.
- After 15 – 20 minutes, mash the bananas once they are soft.
- Finish by adding the beef and mixing thoroughly. Then serve.







# BIRIANI

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This dish is a curry that draws on Tanzania's strong Indian culinary tradition which is baked in the oven with rice.

**SERVING: 4 PEOPLE**

## INGREDIENTS:

- 500g of beef
- 500g of rice
- 8 small onions
- ½ a cup of yogurt
- 300g of chickpeas to ingredients
- 4 tablespoons of tomato paste
- 2 tablespoons of oil
- 8 cups of water
- ½ a teaspoon of cinnamon
- 1 teaspoon of salt
- 1 teaspoon of black pepper
- Pinch of coriander
- 1 teaspoon of turmeric

## METHOD:

- Boil the chickpeas until soft and wash the rice until water runs clear.
- Grind the cinnamon, garlic and 2 small diced onions together.
- Add the ground spices to the diced beef.
- Brown the beef over a medium heat. Once browned, add the yogurt and the chickpeas to the pot.
- In another pot, heat up the oil and add the remaining diced onions, until brown and then take off the heat.
- Add half of the browned onions to the beef pot.
- In a third pot, boil the water and add salt. Add the rice to the pot, along with the turmeric. Once the rice is cooked, use a strainer to remove any water from the rice.
- Place a third of the rice in the pot, then place a layer of half of the beef. Repeat the step again and add the remaining brown onions. Finish by adding the remaining rice.
- Place in the oven at 180C/350F/Gas 4.
- After 25 minutes, it is finished.





# SIDES

**This chapter will introduce some of the best Tanzanian side dishes.**

# TANZANIAN GUACAMOLE

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Rufina's simple guacamole lets the avocado's freshness and flavour shine with the fresh chilli providing a kick. Avocados are widely grown as a cash crop by smallholder farmers on the slopes of Mount Kilimanjaro.

**SERVING: 4 PEOPLE • DIET: VEGAN**

## INGREDIENTS:

- **2 avocados**
- **1 fresh chilli**
- **2 red onions**
- **2 teaspoons of lemon juice**
- **Salt**

## METHOD:

- Halve and stone the avocados and use a spoon to scoop out the flesh into a bowl.
- Add the lemon juice, the finely chopped onion, and the deseeded and finely chopped chilli into the bowl, then season with salt.
- Mash together with a fork and add a sprinkle of cold water.



# BBQ MATOKE

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An excellent alternative to chips - BBQ matoke offers a great source of fibre, Vitamin B and Vitamin C. Simply coat the matoke (unripe banana) in salt and oil and place on the grill until soft on the inside and golden yellow on the outside.

**SERVING: 1 PERSON • DIET: VEGAN**

**INGREDIENTS:**

- **Matoke (or unripe bananas)**
- **Pinch of salt**
- **Oil**

**METHOD:**

- Cut the top and bottom of the Matoke. Slit the skin of each matoke lengthways.
- Lightly coat each matoke in salt and oil.
- Place on BBQ and turn every 5 minutes on all sides.





# MASHED MATOKE

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Swap your mashed potatoes for mashed matoke for a hearty and healthy side dish. Matoke cooks like spinach - it always looks as though you have cooked too much but ends up never being quite enough so be sure to use plenty of matoke. The added chives and onions will bring in that much needed flavour.

**SERVING: 4 PEOPLE • DIET: VEGAN**

## INGREDIENTS:

- **12 bananas**  
(or unripe plantain)
- **Chives**
- **2 onions**

## METHOD:

- Cut the top and bottom of the bananas. Slit the skin of each banana lengthways.
- Boil the matoke in 500ml of water, until tender and the water has evaporated. This should take roughly 30 minutes.
- Mash the bananas using a potato masher until smooth, mixing in the chopped ingredients of your choice – eg. chives, onions.

# UGALI

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A simple yet filling staple in Tanzanian cuisine. This polenta style side dish can be served for lunch and dinner with meat or vegetable stew or greens such as Sukuma Wiki (p76).

**SERVING: 6 PEOPLE • DIET: VEGAN**

**INGREDIENTS:**

- 250ml of water
- 1kg of maize flour
- Salt – to taste

**METHOD:**

- Bring the water to the boil and add the maize flour.
- Using a wooden spoon, quickly start to mix the flour and water.
- Continue to mix for 10 - 15 minutes, ensuring that all parts are well mixed and there is no powder left.

**TIP:**

Use a sturdy wooden spoon for cooking and expect a workout in the process as the Ugali will become quite stiff.

To eat Ugali like a Tanzanian, use 3 fingers to scoop a small amount, pinching it into a small ball and use your thumb to form a small indentation in the centre. Then using your mini ugali “bowl”, scoop up whatever else is on the plate.



# CHAPATI

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Chapatis are a staple in Tanzania, as well as other East African countries like Kenya and Uganda. This unleavened flat bread is the perfect accompaniment to any dish – sweet or savoury. Rufina often serves this dish with green gram.

**SERVINGS: 4 - 6 CHAPATIS • DIET: VEGAN**

## INGREDIENTS:

- 500g plain wheat flour
- 100ml of water
- 3 tablespoons of oil
- ½ teaspoon of salt

## METHOD:

- In a large bowl, mix the flour, salt and oil together. Slowly add the water until you have a soft dough. The dough should not stick to your hand, if so add a little more flour. If too dry, add a small amount of water.
- Knead the dough until soft, smooth and elastic.
- Separate the dough into 4 - 6 balls and using a rolling pin, flatten out on a floured surface.
- Heat a small amount of oil in a frying pan and add the chapati, flipping it until a golden brown.





# SUKUMA WIKI / MCHICHA

From the Swahili meaning “stretch the week”, this nutritious and tasty vegetable side dish is a great way to make use of left-over vegetables. Serve with ugali or roasted meat for a traditional Tanzanian meal.

**SERVING: 4 PEOPLE • DIET: VEGAN**

## INGREDIENTS:

- 250g of kale, spinach or collard greens (mchicha / sukuma)
- 1 onion
- Oil for frying
- Salt to taste

## METHOD:

- Destem and finely dice the sukuma, and dice the onions.
- Fry the onions in oil and cook the green vegetables in the pan until reduced and soft.
- Season with salt to taste.

**TIP:**  
Cook without a lid to ensure you keep the nutrients locked in.



# THE TREE NURSERY

One of KEDA's current projects is their tree nursery. KEDA initiated this project in order to encourage different members of the local community to plant a variety of trees that would prevent environmental degradation but also support livelihoods. As one of the founders said;

*"Any tree that you see in Njia'panda was planted by KEDA".*

At the nursery, they grow avocados, papaya and a wide range of other plants and trees. They focus on what they call 'maximum return trees'. For example, Hass Avocado trees can be used locally for their wood and fruit but also can be sold internationally. Every part of the tree is useful to the farmer who grows it.

The Tree Nursery was originally challenging to maintain as the dry season proved an inhospitable time to start. It was difficult to get water from the pumps to the nursery without heavy manual lifting. However, they worked to build a shed with an iron corrugated roof to keep the plants safe from the elements and have secured access to a water pump near to the nursery, though there is still lifting involved.

Juarja, the tree nursery manager, says that he likes working on the tree nursery because;

*"It makes me work. It also gives me exposure to a lot of people who are coming to buy plants. They can advise me.*

*I got my training and experience through KEDA. The directors would come here to train me. Also, I got it from my neighbours who are also raising tree nurseries. If I go there and see what they are doing, I can just copy it too."*







Experience Rufina's cooking yourself by visiting the Field Centre at [www.fieldcentre.org.uk](http://www.fieldcentre.org.uk)!

£7



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