

Cookbook for Africa



Now you may ask, what is this? Africans do not cook according to books. That is true and so this book, The Africa News Cookbook is actually directed to promote African cooking in western kitchens and also for the African-American people who want to remain in contact with the food of their ancestors from Africa.

The book was compiled by Africa News Service as a fund raising project. Africa News Service is a non-profit, educational news agency that provides information about our continent through a biweekly publication, a broadcast service and a library that is open to the public. They are situated in Durham, North Carolina, United States of America.

In Namibia the book may be of good use to restaurant owners, cooks and chefs who want to include African dishes on their menu's. Surely this is something many people will look forward to as the restaurant food in Windhoek is so colonial we hardly realise it anymore.

Unfortunately though, the book does not contain a single recipe specifically from Namibia. Hopefully this will serve as a stimulation for the cooks of our country, the women, to get someone to write a good indigenous recipe down and send it to *Sister* so that we can publish it or send it to Africa News Service to be included in a following edition of the book.

MEANWHILE TRY THIS:

Dithotse or Roasted Melon Seeds - Lesotho -

In traditional southern African societies, pieces of pumpkin and melon were dried in the sun for winter use. When soaked and cooked, they provided important nutrients during the winter months. Their roasted seeds were eaten either hot or cold.

- 1 cup seeds from a fresh melon or pumpkin
- 2 teaspoons salt

Wash the seeds well, rubbing to remove any pulp. Stir salt into the wet seeds. Heat on the fire a dry empty pot or large skillet. Add the salted seeds. Cook for 6 to 8 minutes over moderate heat, stirring continuously. Seeds are ready when they have cracked open. They are meant to be eaten one at a time, rather than in handfuls. (See the next issue of *Sister* for Dovi - a Peanut Butter Chicken Stew from Zimbabwe. You don't know what you are missing!)