

PUMPKIN FRUIT (*Cucurbita* spp.)

Pumpkin Soup

Ingredients

½ kg pumpkin	1 tsp black pepper powder
2 carrots	2 cups milk
2 tomatoes	2 tbs royco
2 round potatoes	2 tbs blue band margarine
2 onions	Salt to taste
2 ltr water	

Preparation

- Wash and peel the pumpkin, carrots, tomatoes, and potatoes; chop finely.
- Wash onion and chop finely.
- Boil the vegetables with water and salt for about 15 minutes or until soft.
- Stir well, or blend the mixture.
- Add black pepper powder, milk, royco, and blue band. Bring to a boil; stir well for 5 minutes.
- Season to taste, serve while hot.
- Variation: Use butter instead of blue band.

PUMPKIN FRUIT (*Cucurbita* spp.)

Pumpkin Cake

Ingredients

1 small pumpkin (or 1 cup mashed pumpkin)
2 cups water
3 cups wheat flour
6 tsp baking powder
½ cup blue band margarine
1 cup sugar
6 eggs
1 tsp vanilla

Preparation

- Wash the pumpkin, cut, remove the seeds, boil in water until soft.
- Scoop out the flesh of the pumpkin and mash well.
- Sift the flour and baking powder.
- Add blue band and rub in the flour, then mix with sugar.
- Add eggs, vanilla, and mashed pumpkin to flour, and stir until light and foamy.
- Grease the pan or baking tin. Pour in the mixture.
- Bake for 1 hour in hot oven at 175 °C.
- Test, cool and serve.

BLACK JACK (*Biden pilosa*)

Black Jack with Coconut Milk

Ingredients

1 handful black jack
1 onion
2 tomatoes
4 tbs cooking oil
1 cup water
1 cup coconut milk
½ cup groundnut flour
Salt to taste

Preparation

- Wash black jack leaves and chop finely.
- Wash and chop the onion.
- Wash, peel, and chop the tomatoes.
- Fry the onions in oil, add tomatoes and salt, stir until soft.
- Add chopped black jack leaves and stir well. Add water, cover the pan.
- Season to taste. Mix coconut milk with groundnut flour, add to the vegetable.
- Simmer for 5 minutes. Season to taste, serve while hot.

DRIED LEAFY VEGETABLES

Vegetable Relish

Ingredients

¼ kg dried leafy vegetable (any type)	3-4 tbs cooking oil
2 cups cold water	½ cup groundnut flour
Tomatoes	1 cup milk or coconut milk
Onion	Salt to taste

Preparation

- Soak the dried leafy vegetables in water for 10-15 minutes.
- Wash tomatoes and onions; peel and chop.
- Fry the onion in oil until light. Add tomatoes and stir until soft.
- Pour soaked leafy vegetables with soaking water into the pan. Stir well. Cover and cook until the water is almost dry.
- Mix the groundnut flour with the milk. Add to vegetable mixture and stir well.
- Simmer for 5 minutes.
- Season to taste and serve while hot as a relish.

NIGHTSHADE (*Solanum scabrum*)

Nightshade Relish

Ingredients

1 handful nightshade
1 onion
2 carrots
4 tbs cooking oil
1 cup water
1 cup milk
1 cup groundnut flour
Salt to taste

Preparation

- Sort the nightshade leaves, wash and chop.
- Wash and chop the onion.
- Wash, peel, and grate the carrots.
- Fry the onions and carrots in oil until soft.
- Add the chopped nightshade leaves with water and salt. Stir well and simmer for 10 minutes.
- Mix milk with groundnut flour. Add to the pan and stir for 5 minutes.
- Season to taste. Serve while hot as a relish.

AFRICAN EGGPLANT (*Solanum aethiopicum*)

OKRA (*Abelmoschus esculentus*)

African Eggplant with Okra

Ingredients

2 big tomatoes	½ kg African eggplant
2 onions	2 cups water
2 carrots	2 eggs
¼ kg okra	Salt to taste
8 tbs cooking oil	

Preparation

- Wash, peel, and chop the tomatoes finely.
- Wash and chop the onions.
- Wash, peel and cut the carrots lengthwise.
- Wash okra and cut off the end tips.
- Fry the onions lightly in oil. Add tomatoes and salt; stir until soft.
- Add African eggplant, okra, and carrots. Stir well.
- Add water, cover the pan for 10-15 minutes, and simmer until the vegetables are soft.
- Whisk the eggs until frothy, then add to vegetables while stirring slowly for 5 minutes.
- Season to taste. Serve hot.

GRAIN AMARANTH (*Amaranthus hypochondriacus*)

Amaranth Cake

Ingredients

- 1 cup grain amaranth seeds (to make 1 cup flour)
- 3 cups wheat flour
- 6 tsp baking powder
- ½ cup blue band margarine
- 1 cup sugar
- 10-12 eggs
- 1 tsp vanilla
- 1 cup milk (if needed)

Preparation

- Soak the amaranth seeds. Dry and grind into flour.
- Mix amaranth flour with wheat flour and baking powder.
- Rub the flour with blue band thoroughly.
- Add sugar and mix well.
- Add eggs one at a time, stirring well after each addition.
- Add vanilla and stir well.
- Grease a pan or baking tin, pour in the mixture. Bake for 1 hour at 175 °C.
- Test, cool and serve.

SPIDER PLANT (*Gynandropsis gynandra*)

Spider Plant and Groundnuts

Ingredients

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|--------------------------------|-------------------|
| handful of spider plant leaves | 1 cup water |
| 1 onion | 4 tbs cooking oil |
| 2 carrots | 1 cup milk |
| ½ cup groundnuts | Salt to taste |

Preparation

- Wash the spider plant leaves, chop finely.
- Wash and chop the onion.
- Wash, peel, and grate the carrots.
- Roast the groundnuts. Grind finely.
- Boil water, add salt and chopped spider plant, and cover the pan for 10 minutes.
- Fry the chopped onion and carrots in oil until onions are light in color.
- Add boiled spider plant leaves and stir thoroughly.
- Mix milk with groundnut flour, add to the vegetable, and stir well while simmering for 5 minutes.
- Season to taste and serve while hot as a relish.

TOMATO (*Solanum lycopersicon*)

Tomato Juice

Ingredients

- 1 kg tomatoes
- ½ liter water
- Sugar (1 cup of sugar for 2 cups of tomato juice)
- 1 tsp salt

Preparation

- Wash the tomatoes, chop finely or blend; boil with water.
- Strain the boiled tomatoes.
- Measure the amount of juice and sugar.
- Bring the juice, sugar, and salt to the boiling point, stirring all the while.
- Pour in a sterilized bottle or in a clean container.
- Cool and serve.

About AVRDC – The World Vegetable Center

Prosperity for the poor and health for all

AVRDC – The World Vegetable Center is an international nonprofit research and development institute committed to alleviating poverty and malnutrition in the developing world through the increased production and consumption of nutritious and health-promoting vegetables.

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