WELCOME DAY PICNIC MENU
SOMALIAN CUISINE
Tuesday August 28th, 2018
11:30 AM – 12:45 PM

BEEF KEBAB
BEEF, ONIONS, CUMIN, CORIANDER, CAYENNE PEPPER

MANGO CHICKEN CURRY
CHICKEN, COCONUT MILK, CURRY, MANGO

CAMBUULO IYO MARAQ
ADZUKI BEANS, TOMATOES, CORIANDER SEEDS, CUMIN, SESAME OIL

SAMBUSA
DAILY CAIRO GRILL RESTAURANT

RICE

SORGHUM SALAD
SORGHUM, CILANTRO, ONIONS, OLIVE OIL, TOMATOES, PEPPERS

QUDAAR SALAD
PEAS, TOMATOES, CABBAGE, BROCCOLI, CELERY, OLIVE OIL

BANANA BREAD

MILK TART
FLOUR, VANILLA, CINNAMON

AFRICAN FRUIT SALAD
PINEAPPLE, WATERMELON, MANGO, PASSION FRUIT, BANANAS
BEEF KEBAB

1 Lb Beef Finely minced
1 Onion grated
2 teaspoons ground cumin
2 teaspoons ground coriander
2 teaspoons paprika, or cayenne pepper
1 teaspoon salt
1 egg

Small bunch of coriander/cilantro, finely chopped

Instructions
In a large bowl mix the beef, onion, spices, salt, and the fresh cilantro/coriander.
Break the egg and mix it in another bowl pour it in the mixture.
Mix well and cover and leave to stand in the fridge for 1 hour.
Roll small balls of the meat mixture using your hands
Fry them in a large skillet with little oil, on a medium heat and fry them both sides.
MANGO CHICKEN CURRY

Yield: 4 servings

1 TBS Butter
1 onion, chopped
1/2 red pepper, sliced
2 tsp ginger
2 garlic cloves, crushed
1 1/2 TBS curry powder (or 2-3 TBS for a spicier curry)
1/2 tsp cumin
1 tsp turmeric
2 ripe mangoes, cut into cubes
2 TBS white wine vinegar
1 tin coconut milk
4 chicken breasts, cut into cubes
1/2 tsp salt
1/2 cup coriander

In a medium sized pan, fry the onion and pepper until soft

Add the ginger, garlic, curry powder, cumin and turmeric and fry for a minute or two to release the flavours.

Add the coconut milk

Blend half the mango cubes using a stick blender to create a smooth mango sauce and then add it to the pan and mix it together with that delicious coconut milk you just added.

Add the vinegar and allow to simmer for 5 minutes.

Add the other half of the mango cubes (leaving them whole) as well as the salt and coriander (leaving a little for garnishing) and stir through.

Add the chicken, cover the pan with a lid and allow the chicken to cook for 7-10 mins.

Optional: Add a Tablespoon or two of raisins – the yummiest part if you ask me!
CAMBUULO IYO MARAQ

1 cup long grain Basmati rice
1 cup cooked adzuki beans or any kind of lentil (soak overnight and boil for about 20 minutes if using dried beans)
400g can of diced tomatoes or 6 fresh tomatoes, diced (keep aside a handful for garnish or use toasted nuts and fresh coriander)
2 tablespoons tomato paste
1 teaspoon ground coriander seeds
1 teaspoon ground cumin seeds
1 teaspoon ground chilli powder or chilli flakes. You can two green chillies (diced) as a substitute.
2 cloves of garlic, minced finely
1 large onion, diced
2 tablespoons sesame oil
1 tablespoon white vinegar
Juice of one lemon
Salt to taste
1 cup water

Instructions

1. Cover the rice with one and a half cups of water and a pinch of salt. Cover the pan and cook over low heat until the rice is done. This should take about 15 minutes.
2. Mix in the cooked adzuki beans and keep aside.

Making the tomato sauce
1. Saute the onions in the sesame oil until translucent.
2. Add in the garlic and cook for about a minute
3. Add in the diced tomato, tomato paste and chilli and cook for about five minutes. Add water to ensure the sauce doesn’t dry out. You want a thick, soupy consistency.
4. Add the white vinegar and lemon juice. Simmer over low heat for about five minutes.

To serve
1. Serve the cambuulo mixture in a bowl.
2. Generously spoon the tomato sauce over the cambuulo
3. Garnish with diced tomato. Sometimes we use fried onions as a garnish.
# KALE PESTO SORGHUM SALAD

"Gluten free – Vegan"

Yield: 4 servings

**Sorghum**
- 1 cup [sorghum](#), rinsed
- 3 cups water
- pinch of salt

**Kale Pesto**
- 1 1/3 cups kale (about a small handful)
- 3/4 cup fresh basil
- 1/4 cup (60ml) olive oil
- 1/3 cup (40g) pine nuts
- 3 TBS nutritional yeast*
- 3 TBS water
- 1 TBS lemon juice
- 1/2 to 1 TBS yellow miso paste (adjust to taste)
- 1 large garlic clove, peeled

**Salad**
- 6 oz (170g) plum tomatoes, halved
- large handful of microgreens
- 1 stalk green onion, thinly sliced
- 3 TBS chopped parsley (optional)
- toasted pine nuts for topping (optional)
- salt and pepper to taste

**INSTRUCTIONS**

Add sorghum, water, and a pinch of salt to a large saucepan and bring water to boil. Once the water has boiled, bring water to a low simmer and let the grains cook for 50 minutes, half covered. The sorghum is cooked when grains are soft but with some chew. Drain excess water.

When the sorghum is nearly done, prepare the pesto. Throw all pesto ingredients into a high-speed blender or food processor and blend until smooth. Add a salt, if desired.

Toss sorghum with 1/4 cup of pesto. Save remaining pesto for another pasta or pizza dish. Mix in the plum tomatoes, microgreens, green onions, chopped parsley, and toasted pine nuts. Season with salt and pepper.

Best served immediately. Refrigerate leftovers in an airtight container for 3 to 4 days.
QUDAAR SALAD

Ingredients

2 tomatoes
1 onion
½ cup of peas
1 small broccoli
¼ cabbage
2 celery sticks
Salt to taste
2 tablespoons of olive oil for cooking
Juice of one lemon

Instructions

1. Dice the tomatoes and cabbage
2. Slice the onion finely
3. Chop the rest of the vegetables into small chunks
4. Heat the olive oil in a frying pan and fry the cabbage for about one minute
5. Add the salt, peas, broccoli and celery and cook for five minutes
6. Add the tomatoes and onions and lemon juice and mix well before serving.
BANANA BREAD

125g Butter
1 1/2 cups Sugar (375ml)
3 Eggs
5ml Vanilla (1 teaspoon)
1 cup crushed bananas (about 4 bananas)
2 cups Flour (500ml)
2 teaspoon Baking Powder (10ml)
1/4 teaspoon Salt
2 tablespoon Milk (25ml)

Method:

Cream together butter and sugar.

Add eggs (one at a time), and mix well. Add vanilla and crushed bananas.

Add flour, baking powder, salt. Then add the milk.

Bake at 180 degrees for about 1 hour.
AFRICAN FRUIT SALAD

One-quarter pineapple, trimmed and cut in cubes
One-quarter seedless watermelon, trimmed and cut in cubes
1 mango, trimmed and cut in cubes
3 passion fruit, seeds scooped out
1 handful seedless (green) grapes (optional), sliced in halves
1 banana, sliced coarsely

Preparation

Ensure all the fruits selected are ripe.

Keep in mind to chop the fruit in similar sized pieces (bite size).

Start with the pineapple. Place it base side down and carefully slice off the skin, carving out any remaining hard "eyes" with the tip of your knife. Then cut the pineapple into quarters, remove the core (hard part in the middle) and cut one quarter pineapple into bite size pieces. Set aside.

Cut the watermelon in half and each half again in two parts. Slice off the skin of one quarter watermelon and chop into bite size pieces. You can also scoop out the watermelon with a melon baller. Set aside.

Turn the mango up on the skinny side. The stone is a flat oval, so you will find your mangoes are narrower one way than the other in alignment with the stone. Cut off the "cheeks" of the mango, each side, as close to the stone as possible. If you hit the stone, just swerve around it a little. Now take a cheek, skin side facing your palm and slice the meat of the fruit all the way down to the skin, but not through it. Be careful not to go through the skin and into your hand! Now cut it the other way to make a grid. Repeat with other cheek. Now flip the cheek inside out so that the fruit is like a hedgehog. Cut off the cubes. Next peel the skin off the centrepiece with the stone. Peel it all the way around and leave no skin on the edge. Carve off any extra fruit off the stone with a small knife. Set mango aside.

Slice the seedless grapes into halves. Set aside.

Slice the banana and set aside.

Add a handful of chopped fruit (pineapple, mango, banana, grapes, watermelon) into a large bowl. Repeat until there is no fruit left. Be careful not to mix the salad too much as it will become mushy.

Cut the passion fruit into halves and scoop out the seeds over the salad.

Serve immediately since the banana will quickly discoulour. If not serving immediately, drizzle a few drops lemon or lime juice on top before covering with cling film.
DUFAN PALMER

- Lemonade
- Iced Tea
- Lime wheels
- Lemon slices
- Orange Triangles