



# 20<sup>th</sup> Annual Tanzania Virtual Dinner



## Recipes



For More Information Visit:  
[poprosville.org/tzdinner](http://poprosville.org/tzdinner)



# Tropical Ginger Punch

- 3 cups orange juice
- 3 cups pineapple juice
- 1 Tablespoon finely grated peeled fresh ginger
- 4 cups chilled ginger ale

In large pitcher, stir together orange juice, pineapple juice and ginger. Refrigerate until cold. Just before serving, stir in ginger ale





# Chapati

1 cup milk  
1 teaspoon salt  
1 cup all purpose flour  
1 tablespoon canola oil and more for cooking  
Shredded vegetables (e.g. carrots, peppers, onions – optional)

2 eggs  
1/3 cup sugar  
½ cup water (as needed)

Mix all the wet ingredients and whisk. Put the flour salt and sugar in a large mixing bowl. Gradually whisk in the wet mixture and mix. Add water as needed to make a thin crepe-like batter. Cover and let it rest for about 30 minutes to 1 hour

Heat the nonstick frying pan over medium -high heat.

Put small part of canola oil in the frying pan and swirl around so that it lightly coats the surface.

Pour a scant 1/4 cup batter into pan, quickly tilt pan in all directions so that the batter covers pan with a thin film.

Cook about 1 minute and carefully lift the edge of the pancake with a spatula and flip on another side and cook again for about 1 minute.

Remove to a plate and repeat with a remaining batter. (Make sure to put a fresh dab of canola oil in a frying pan before pouring the batter each time)





# Samosas

3 lbs. ground beef  
1 lb shredded coleslaw mix  
3 garlic cloves minced  
 $\frac{3}{4}$  cup lemon juice  
3 TBSP Garam Masala Powder or to taste  
Egg roll wrappers

1  $\frac{1}{2}$  cup onions chopped fine  
Egg for sealing  
1 TBSP salt  
 $\frac{1}{4}$  c frozen peas  
Oil for frying

Finely chop coleslaw mix. Brown ground beef and onions together. Drain grease. Add rest of ingredients.

Cook mixture for 10 minutes stirring constantly. Cool several hours or overnight.

Mix an egg wash with a small amount of water.

Cut the egg roll wrappers diagonally to make 2 triangles. Starting at the long end of the triangle, fold the corners up to make a cone. Hold cone and fill with mixture. Turn flap over to form a three cornered pastry. Seal edge with egg wash.

Deep fat fry at 375 until golden brown.





# Braised Cabbage

- ½ cup chopped red onion
- Cooking oil or butter
- 2 lb cabbage, cut into 1 inch wedges
- 1 cup unsweetened coconut milk

In large saucepan, saute onions and butter until onions soften. Add cabbage and cook, stirring, until cabbage begins to lose its crispness. Stir in unsweetened coconut milk, and season with salt and pepper. Simmer 5 minutes or more or until cabbage and onion is done to your liking.

