



I have come to set the captives free.

- Jesus

Sudanese Recipes

We can learn a great deal from the concern and respect shown to one's guests throughout Africa, especially in the Sudan. Even though poverty, due to five decades of war, has altered the opportunities and circumstances of nearly all throughout Sudan, generosity and hospitality abounds in the hearts of Sudanese Believers. Just as 2 Corinthians says,

"And now, brothers, we want you to know about the grace that God has given the (Sudanese) churches. Out of the most severe trial, their overflowing joy and their extreme generosity welled up in rich generosity. For I testify that they gave as much as they were able, and even beyond their ability..." (2 Corinthians 8: 1-7)

Here are some tasty traditional recipes that one can find in Sudan. There is no 'typical' in Sudan because of the displacement and the lack of resources. However, the recipes below are for foods that have been enjoyed in some parts of Sudan around the dinner table and can be a fun model for you as you prepare to host your Child Sponsorship Dinner!

If you don't want to follow a recipe, you might consider cooking a dish that the children at the Make Way Partners' orphanage in Sudan eat. You can use beef, fish (similar to catfish), lentils, and warm thick bread.

Recipes Index:

- + Cinnamon Tea
- + Creme Caramela
- + Hot Spice Accompaniment
- + Lentil Soup
- + Okra, Ladies Fingers
- + Peanut Macaroons
- + Salad
- + Stuffed Tomato with Chopped Beef
- + Sudanese Flat Bread

Cinnamon Tea

Prepare English tea according to package directions (use loose tea).

Tea should be infused until it is a bright orange color.

Upon serving, place 1/2-inch pieces of stick cinnamon in small tea cups and pour hot tea over the cinnamon. Serve with lump sugar.



Sudanese Caramel Custard

Yield: 1-quart mold

Preparation:

In a 2-quart bowl: **Beat:** 8 EGGS with 1 quart MILK and ½ cup SUGAR until mixture is frothy. **Add:** 1 oz. BUTTER, melted and 1 Tbs. VANILLA (or banana extract if available).

Melt ½ cup SUGAR and burn to caramel stage in a 1 ½-quart (6-cup) star-shaped aluminum cake pan.

Rotate the pan to spread caramel all around the sides.

Beat the egg mixture again. **Pour** it quickly into the cake pan. **Cover** the pan with aluminum foil which has been well buttered on the under side.

Place the pan in a larger pan half filled with water (as you would do a custard).

Bake at 350' for 30 minutes. **Remove** cover and test with a silver knife (when it comes out clean, custard is done). **Chill** until thoroughly cold.

Turn the CAMELA out onto a 10 to 12-inch platter.

Garnish with MARASCHINO or CANDIED CHERRIES or RASPBERRIES on top and sides.

Ingredients:

8 Eggs

1 quart Milk

½ cup Sugar

1 oz. Butter

1 Tbs. Vanilla (or banana extract if available)

½ cup Sugar

Garnish:

Maraschino or Candied Cherries or Raspberries



Hot Spice Accompaniment

Serves 8

Preparation:

In a 1 quart salad bowl: **Combine:** 1 cup LEMON JUICE
3 cloves GARLIC, mashed.

Blend in: 3 Tbs. CRUSHED RED PEPPER

1 tsp. BLACK PEPPER

1 tsp. SALT

Place in small ramekin dishes (similar to small ceramic bowls)
and serve with entrees.

Ingredients:

1 cup Lemon Juice

3 cloves Garlic, mashed

3 Tbs. Crushed Red

Pepper

1 tsp. Black Pepper

1 tsp. Salt



Lentil Soup

Preparation:

Chop the vegetables into medium-size chunks. Wash lentils. Put stock into a 4-5 quart pot and bring to boil.

Add the onions, carrot, tomato and lentils to stock. Lower the heat to simmer and cook for about ½ hour or until the lentils are tender.

Puree the mixture in either a food processor or blender and return to pot. Sauté the finely chopped onions in the olive oil until they are soft and brown.

Add the cumin, lemon juice, sautéed onions, salt, and pepper to soup and stir slowly over low heat for about 3 minutes

Ingredients

2 cups Ads Magroosh (split red lentils)
2 quarts stock (either chicken or lamb)
2 medium onions
1 medium tomato
1 medium carrot
2 tablespoons finely chopped onions
2 tablespoons olive oil
2 tablespoons lemon juice
2 teaspoons
Kammun -Cumin
salt
pepper



Okra /Ladies Fingers

Serves 4-6

Preparation:

Lightly fry okra, Crush garlic w/ salt and add to the savory minced beef.

Neatly arrange 1-2 layers of okra in the stewing pot. Cover with the savory minced beef and top with another layer of okra.

Pour seasoned tomato juice over okra and cook over very low heat, until the juice has absorbed.

Turn over onto serving dish.

Ingredients:

2 lb okra (small)

1 lb savory minced beef

5 garlic cloves

2 cup tomato juice

Cooking oil

Salt, pepper & mixed spices



Peanut Macaroons

Procedure:

Brown the peanuts under the broiler. Crush them.
Beat the egg white and add a pinch of salt.
Add the sugar and beat again. Then add the peanuts.

Put the wax paper on a baking sheet.
Grease it a little.
Put small mounds of mixture on the paper.

Bake at low heat (250 °) until the macaroons are golden.

Ingredients:

1 Cup peanuts, unsalted
1 Egg white
Pinch of salt
 $\frac{3}{4}$ Cup superfine sugar
 $\frac{1}{2}$ Teaspoon vanilla extract
Wax paper



Salad

Yield: 8 small salads

Preparation:

In a 2-quart salad bowl: **Combine:** 1 cup ONIONS (cut in slivers or thin slices), 1 cup CABBAGE (cut in slivers or thin slices), ½ cup CARROTS (cut in very thin rounds), 1 cup TOMATOES (cut in ½ inch dice).

Toss: with ¼ cup OLIVE OIL, ¼ cup LEMON JUICE, 2 Tbs. VINEGAR (white), 1 tsp. SALT, ¼ tsp. COARSE BLACK PEPPER.

Sprinkle: 1 clove GARLIC (mashed), ¼ cup GRATED CHEESE (Oriental or Parmesan) over salad.

Serve in small individual salad dishes.

Ingredients:

1 cup Onions
1 cup Cabbage
½ cup Carrots
¼ cup Grated Cheese
(Oriental or Parmesan)
¼ cup Olive Oil
¼ cup Lemon Juice
2 Tbs. Vinegar (white)
1 tsp. Salt
¼ tsp. Coarse Black Pepper

Stuffed Tomato with Chopped Beef

Yield: 8 portions

This dish is also made with cucumbers instead of tomatoes. The cucumbers are peeled, cut lengthwise, scooped out, filled and finished as below. You may also use eggplants. Peel small eggplants, remove the tops, scoop out interiors and proceed in the same manner. The cucumber dish is garnished with fresh cucumber slices and the eggplant with tomato and cucumber slices overlapping all around the edge.

Preparation:

In a 9-inch skillet: **Sauté:** 2 lbs. CHOPPED BEEF 1 tsp. SALT 1/2 tsp. PEPPER 1tsp. GARLIC POWDER (or 2 cloves mashed) 4 Tbs. CHOPPED FRESH DILL (or 1 tsp. dried dill) in 2 Tbs. SALAD OIL until meat browns. **Add** 1 cup COOKED RICE and blend.

Cut a Slit in 8 large TOMATOES (very firm), halfway across the center. **Squeeze** at the sides to open the slit. **Scoop** out all the flesh from inside of tomatoes with a spoon. **Refill** tomato with beef mixture and close the tomato.

Melt 2 Tbs. BUTTER and 2 Tbs. OIL in a large skillet and **Sauté** the tomatoes carefully in the fat, rolling them gently until they become dark red on all sides. **Remove** the tomatoes with the oil and place in a casserole or heavy saucepan.

Sauce Preparation:

Pour over the tomatoes:

Combine: 2 6-oz. cans TOMATO PASTE thinned with 12 oz. of WATER, 1/2 tsp. SALT, 1 tsp. CINNAMON, and 1 tsp. GARLIC POWDER.

Simmer the tomatoes gently over low flame for 10 to 15 minutes until sauce is cooked.

Remove carefully to a 15-inch round platter. **Top** each slice with GREEN OLIVES (if desired).

Bake for 20-25 minutes or until done.

Ingredients:

2 lbs. Chopped Beef
1 ½ tsp. Salt
1/2 tsp. Pepper
2 tsp. Garlic Powder (or 3 cloves mashed)
4 Tbs. Chopped Fresh Dill (or 1 tsp. dried dill)
2 Tbs. Salad Oil until meat browns.
1 cup Cooked Rice
8 large Tomatoes
2 Tbs. Butter
2 Tbs. Oil
2 6-oz. cans Tomato Past
12 oz. cans Water
1 tsp. Cinnamon
8 Green Olives (if desired)



Sudanese Flat Bread

This is a classic Sudanese pan-fried, unleavened flatbread that's really more of a pancake than a bread. But it's served in exactly the same way that bread is.

Method:

Sift the flour into a bowl then add the baking powder and salt and stir to combine.

Now, while stirring, add the water until a thick batter is formed. Heat a dry non-stick frying pan on medium heat then add a ladle full of the batter to the pan and flatten out until evenly spread.

Continue frying on medium heat until golden brown on the base then flip to allow it to cook on the other side.

Ingredients

2 1/5 cup wheat flour
1/2 tsp baking powder
2 cups water
2 tsp salt