

# A COOKERY OF SOMALI STYLE

Habka Cunto - Karinta  
Soomaaliyeed



**A COOKERY**  
**OF**  
**SOMALI STYLE**

B y

ASHA MOHAMUD GULED

## PREFACE

This book of traditional and modern somali cooking is dedicated to the women of Somalia in participation of their love and concern for every aspect of their family's care.

I have included in this book a general history of my country, as well as some pictures of famous somali dishes, luxurious fruits and vegetables, sweets used in different regions of Somalia.

I hope that this book may serve a guide for you in the preparation of somali specialities for those of you who would like to add a «Taste of somalia» to your international recipes. I have included an extensive index to facilitate use of this book.

I would like to thank all who have helped me to make this book possible. In particular, I would like to express my gratitude to the Somali Government in Mogadiscio, who so generously took care of the printing for me.

I hope that you will enjoy this somali food in good health. As we say in somali.

Waxaan rajeynayaa cunto soomaaligaan, si caafimaad leh inaad ku shifeysataan.

Mrs Asha Mohamud Guled



Major Gen. Mohamed Siad Barre, General Secretary of SRSP and President of SDR.

## A NOTE ON SOMALIA

### The Land

Situated on the Horn of Africa, the Somali Democratic Republic has a coast line of more than 2,000 miles. It faces Yemen across the Gulf of Aden at the mouth of the Red Sea to the north, the Indian Ocean lies to the east, Ethiopia to the west and Kenya to the south. It has a total area of little more than 246,000 square miles.

The northern part of the country, former British Somaliland, is hilly and in many places the altitude ranges between 3,000 and 6,000 feet. The central and southern portions, former Italian Somaliland, however are flat with an average altitude of less than 600 feet. Crossing the country to the south are two rivers, the Juba and Shabelle, which rise in Ethiopia and flows south to the Indian Ocean.

The prevailing climatic factors are seasonal monsoon winds, a hot and dry period followed by heavy rainfalls. The southwest monsoon, a cool sea breeze makes the period from about May to October, the most pleasant season in Mogadiscio, the capital of Somalia and the whole southeast coastal zone.

## The People

The Somalis are one of the largest single ethnic groups in Africa, with a common language, heritage and culture, and region. The Somalis are 100% Muslims of strict adherence to their faith dating back to early expansion of Islam. Close to five million Somalis live in the Somali Democratic Republic and another three and a half million live in the adjoining areas of Kenya, Ethiopia and Jabuti.

Tracing their ancestry back to the predawn of recorded history, the Somalis are descendants of people from the equatorial lakes, who settled in the valley of the two Somali rivers, absorbed several waves of an ancient pastoral troupe that came from the north and only later became blended with some Semitic and Hamitic elements. These were joined over the centuries by people from the Arabian peninsula, from the Persian Gulf and Southeast Asia who came to establish anchorages and trading posts along the Somali coast. More recently, these were joined by elements that came from the vast area of Central East Africa.

A pastoral society was first organized of great confederation based on a clan aristocracy. This rural economy and society developed over thousands of years into small monarchies or sultans which spread their influence to the people of the interior. Throughout this long span of time, more than 4,000 years, the Somalis developed and maintained a deep consciousness of themselves as a single people with strong bonds of kinship unbroken by international and political boundaries imposed during the last century by colonial powers.

Herodotus, Caton of Milet and Strabon, left documents to posterity concerning this ancient civilization and its people. Somali appears also in Arabic documents in the 9th century A.D. Mogadiscio and Brava were important cities visited by traders from all over the East. Mogadiscio, for example, the most important city on the East African coast.

In 1427, an envoy from Mogadiscio was sent to Peking and two years later a fleet of Chinese ships visited Mogadiscio.

In 1427, an envoy from Mogadiscio was sent to Peking and two years later a fleet of Chinese ships visited Mogadiscio. The Chinese chronicler of this voyage speaks of it and describes «houses built on stone and four and five stories high».

Over the centuries, the Somalis defended their freedom from a succession of would-be conquerors. Countless times over the years, they successfully threw back Egyptian and Ethiopian forces, the Turks and the Portuguese and those of other nations.

## The History

Somalia has been known in Africa since ancient times as the «Land of the Punt» (God's Land), the name given to it by the Puntite Kings of ancient Egypt who traced their ancestry to Somalis and from whom the people of the Nile Valley learned the arts of agriculture and irrigation, the working of metals, the weaving of linen, carpentry, stone masonry and basic principles of social organization and administration. Somalia is also known as the «Land of Milk and Myrrh» still used throughout the world in perfume manufacture. The name of the country itself derives from «Somal» the term for the act of milking cows, camels and goats.

The modern history of the country may be said to begin in the late 19th century when the various Ethiopian powers began to seek trade and otherwise establish themselves in the area.

British interest stemmed largely from the desire of the East India Company for a place to harbour its vessels without restriction. With this objective in view, treaties were concluded with the Sultan of Janjura as early as 1840.

In 1885, Italy obtained commercial advantages in the area from the Sultan of Hobbia and Majirtinia, who placed their territories under Italy's protection. In the same year, the Italian protectorate was extended to the parts of the Benadir coast — Warshekh Mogadiscio, Merca and Brava — all then held by Sultan of Zanzibar. Further agreements with the British and the Sultan of Zanzibar permitted the Italians to extend their administrative control over large territories which prevailed until World War II.

After Ahmed Ibn Ibrahim, better known as Ahmed Gurey (lefthanded), another great Somali national hero Sheikh Mohamed Abdulle Hassan, called by his British enemies, the «Mad Mullah of Somaliland» formed a powerful nationalist movement, known as the «dervish» in the eastern part of the country, and declared an all out war to oppose the imposition of a colonial system in his motherland.

He fought a tough and sporadic war for over twenty long years to emancipate his country from the shackles of foreign rule.

The British Government, having found that Sayid Mohamed Abdulle Hassan, was a man to be reckoned with, brought expeditionary forces from India, Nyasaland, Kenya and Sudan to fight against his nationalist movement. Meanwhile, Italian and Ethiopian forces assisted in the campaign to prevent his movement spreading into other parts of the Somali territories they had occupied.

Heavy losses were suffered by all sides during the twenty years war, and in 1920 he was overcome, but never caught by his enemies. Sayid Mohamed Abdulle Hassan, died a natural death eventually and was buried at Imey, in the Western Somali country. His tomb was never traced by the colonial powers, who had made exhaustive searches for it.

Following the declaration of war on the United Kingdom by Italy, in June 1940, British forces began operations against the Italian empire in East Africa and by February 1941, the greater part of Somalia was under British administration and the transition toward self-government began.

In 1943 a national political party called SYL (Somali Youth League) was formed in Mogadishu. The party rapidly expanded its branches to all over the Somali territories and soon animated fervent spirit of national unity and independence. The SYL was nothing, but the continuation of the national struggle for unity and independence waged by Ahmed Gurey and Sayid Abdulle Hassan.

In December 1950, Italy was appointed to a ten-year Trusteeship over its former colony, under the jurisdiction of the United Nations. Meanwhile, rapid progress toward self-government was being made in former British Somaliland, elections were held in February 1960, and one of the first acts of the new legislature was to request the United Kingdom to give the territory its independence so that it could be united with administrated Italian Somalia when the

latter became independent of June 26, 1960. Five days later, on July 1st., it joined former Italian Somalia to form the present Somali Democratic Republic. On September 21, 1960, Somalia became a member of the United Nations.

### The Government

At the dawn of October 21, 1969, the Armed Forces upset the Parliamentary Government and took over the responsibilities of the country in bloodless revolution. The military take over was due to the necessity to save the country from being disintegrated by ill-administration, corruption, nepotism, favoritism, tribalism, and internal political struggle, injustice and lack of respect for the law human dignity.

Under the first charter of the Revolution of October 21, 1969, Somalia is ruled by a Supreme Revolutionary Council, president over by Major General Mohamed Siyad Barre (former Commandant-in-Chief of the Army).

The task of the Somali Revolutionary Government is to build up the country morally, economically and socially. In particular, it is to fight and eliminate the evils which have caused the Military intervention. The Revolutionary Government is also determined to combat against the major enemies of the country which are: hunger, ignorance and disease, and to upgrade the standard of living of the Somali people. Because of the ever existed historical, cultural, religious and economic ties with the Arab world, on the 14th of February 1974, Somalia joined the League of Arab States to become part of the Arab nation.

The most effective and important thing, which has been created by the Revolution since it took place is the strong feeling of self-reliance-spirit. Today, Somalia is a strong Islamic socialist country under the leadership of beloved Jaalle Mohamed Siyad Barre.

### The Language

Like many other languages of the world, the Somali language was an oral language. As a vehicle of recording and transmission, it had developed an oral tradition which proved itself to be capable of preserving the different aspects of the Somali life and culture. This was clearly demonstrated by the Somali literature particularly the Somali poetry, which acclaimed highly developed forms that require both a degree of intellectual stature and skill in versification.

Nevertheless, the Somalis felt that in spite of its **hardness** as well as its artistic charm, the oral tradition was running short of being adequate to preserve all aspects of Somali life specially after the introduction of colonialism, and more settlement in urban communities among the Somalis.

The 21st Glorious October Revolution took place and the Supreme Revolutionary Council, which assumed the power promised to write the Somali language promptly. They kept their promise well and on 21st January 1973, the President of the Supreme Revolutionary Council of the Somali Democratic Republic, Major General Mohamed Siyad Barre, declared that the **LATIN SCRIPT** was selected to be the national orthography for the Somali language, because it was the most efficient and rapid way to write the language. This was immediately instituted by the Government which made it mandatory for all Somalis to learn the new script, adopted for the Somali language.

Consequently, the Somali language as an instrument for education has been introduced in elementary and intermediate schools of the nation. Similarly, literacy campaigns for the adult population had been undertaken. However, the most rewarding one has been recently concluded successfully, which is the program to teach how to read and write to the mobile nomads who form the largest bulk of the population. As a result, today the Somali people are almost 100 per cent able to write and read.



## **The Somali Woman's Role In Her Society**

The role of the Somali woman in the society is that of an effective participant in all activities and social life. Besides being wife and mother, raising children and taking care of the family, she participates in the public affairs of the country such as: education, politics, business, government and social functions. The Somali woman has had always taken part in the decision making processes that affect the traditional society. Today, thanks to the blessed October National

Revolution, she has achieved greater parity with her counterpart male. She enjoys equality with man in every sense: legally, socially and politically. In the struggle for independence the Somali woman not only stood side by side with her male compatriot, but she was a source of inspiration to him. In this Revolutionary era, she is a vanguard in the nation building mobilizations directed by the country's beloved father of the Somali Revolution, Jaalle Mohamed Siyad Barre.

The Somali Woman is known for her unique and peculiar beauty and fashionable dressing, as well as for her meticulously prepared delicious dishes to serve her family and respected guests. In matrimonial ceremonies, she is of course the star of the occasion in which elaborated religious and traditional formalities are involved to underline the solemnity of the matrimony. The matrimony is celebrated by a Shekh (beshop) at the presence of the parents and relatives of the bride and groom. A number of guests are invited to the function. The Shekh would read the matrimonial rites and declare the couple, husband and wife.

## **REVEALING THE SECRETS OF RICE**

## MIXED RICE

## BARIID ISKUKARIS

### «MIXED RICE»

- |   |  |
|---|--|
| 2 lbs rice  | 2 tspns curry powder                               |
| 3 lbs tender beef meat (or lamb ribs maybe substituted) | 1 can (1 lb.) stewed tomato                        |
| 1 big onion   | 3 tspn. cooking oil accent to flavor salt to taste |
| 1 clove garlic  |  |
| 2 tspns. cumin powder                                   |  |

### Preparation:

Slice onions. Mash garlic. Chop the stewed tomato. Cut the meat into one inch thick pieces.

Preheat oil in pan. Saute onions till golden light brown. Add the meat almost simultaneously, sprinkle all the spices stirring continuously. Add the chopped stewed tomatoes, stir and wait for 5 minutes. Then add 4 cups of hot water. Bring to boil.

Rinse rice. Strain and add to the boiling meat. Cover the pan, opening it only to stir rice mixture. When the water evaporates and rice is ready, adjust to low fire until desired favorite cooking is reached. Serve with vegetable salad. Serves 8.



## SEPARATELY COOKED RICE



## BARIID KALAKARIS

### « SEPARATELY COOKED RICE »

- |                    |                               |
|--------------------|-------------------------------|
| 2 lbs rice         | 1 Mashed garlic               |
| 1/2 cup raisins    | 2 tspn. accent                |
| 3 tablespoons oil  | 1 fresh tomato                |
| 3 big onions       | 1 stalk celery                |
| 2 tsp curry powder | 2 lbs beef (or chicken bones) |
|                    | salt to taste                 |

### Preparation:

First boil the meat bones in 10 cups of water together with the 1/2 cut onions, salt, cut celery stalks and fresh tomato and also the one teaspoon of monosodium glutamate (accent). When the meat is done, separate the stock from the bones and set aside. If there is too much fat in the stock, remove excess and strain.

Slice one onion. Preheat oil in pan and saute onion till light brown. Clean the rice, strain and add to the onion sprinkling all the other spices which are: curry, accent, mashed garlic etc. With a ladle, add hot stock to the rice until stock is above rice level. Let it boil then adjust to low fire. When water evaporates, insert spoon all the way till the bottom of the pot and move it to make sure that the rice doesn't stick at the bottom. Do this procedure at various places. If rice isn't done yet, add little stock and cover, cooking it over low fire. Remove from fire when done.

Preheat in a separate pan, 1 tablespoon of cooking oil. Cut the remaining onion to rings. Saute this in oil. Wash raisins and add to the onion rings, adding one spoon of water. When the water is gone, pour the raisins and the onion mixture over the rice. Serve with fish or sanunat and tossed salad.

## RICE WITH PEAS AND RAISINS



## BARIID DALLACAN

### «RICE WITH PEAS AND RAISINS»

2 tspn cooking oil  
1 clove garlic  
salt to taste  
2 oz butter

2 lbs basmate or long grain rice  
1/2 cup raisins  
2 big onions  
1 can lb sweet peas  
2 oz butter

### Preparation:

Slice one onion to thin strips. Rinse the rice. Preheat oil in large pan. Saute the onions. Mix the rinsed and drained rice with the onion. Stir and add mashed garlic, accent and salt. Mix well and continue to stir slowly. Add hot water just above the level of the rice. If water has evaporated before rice is cooked, add a little amount of water until rice is cooked to suite your taste, but don't overcook.

When rice is done and all water is gone, transfer to a servingtray. Add raisins and strained sweet peas and carefully mix well so as not to mash peas.

Serve with stew or fish.

## BOSASO DISH



## SIXNIGA BOOSAASO

«BOSASO DISH»

3 cups of rice (basmati or long grain)  
3 onions  
2 cloves garlic  
3 tablespoons oil  
1/2 cup raisins  
salt to taste

3 sticks cinnamon  
2 tablespoons whole black pepper  
10 cardamom seeds

### Preparation:

Cut the onion. Mash the garlic. Wash cardamom seeds and cinnamon sticks. Preheat 2 tablespoons of oil. Sauté the onion and garlic, rinse the rice. Drain and add to the onion and garlic mixture in pan, also adding the cardamom seeds and cinnamon sticks. Add the whole black pepper, stir and mix well then add hot water till above the level of rice. Sprinkle salt. Let boil and cook mixing it often. When the water is almost gone, add the raisins. When the rice is done, remove from the fire. Cut the two remaining onions to thin onion rings. Heat oil (deep oil) and put the onion rings into it until golden brown. Remove from oil, strain and put on top of the cooked rice. Serve with any kind of meat or fish.

## BARLEY



## SARREEN

«BARLEY»

1 tsp salt  
4 cups barley  
7 cups water

2 tablespoons sugar  
2 Oz butter

### Preparation:

Rinse the barley. Bring seven cups of water to boil in a large pot. Then pour in the barley and let it simmer. A little amount of water maybe added if the barley isn't fully cooked yet. However, the water should be all gone just as the barley is kooked.

When this is ready, pour into a serving plate. Add the sugar and butter and blend. Serve hot with fax-fax, fish or madhaafaan dish.

## SPICED CORN MEAL



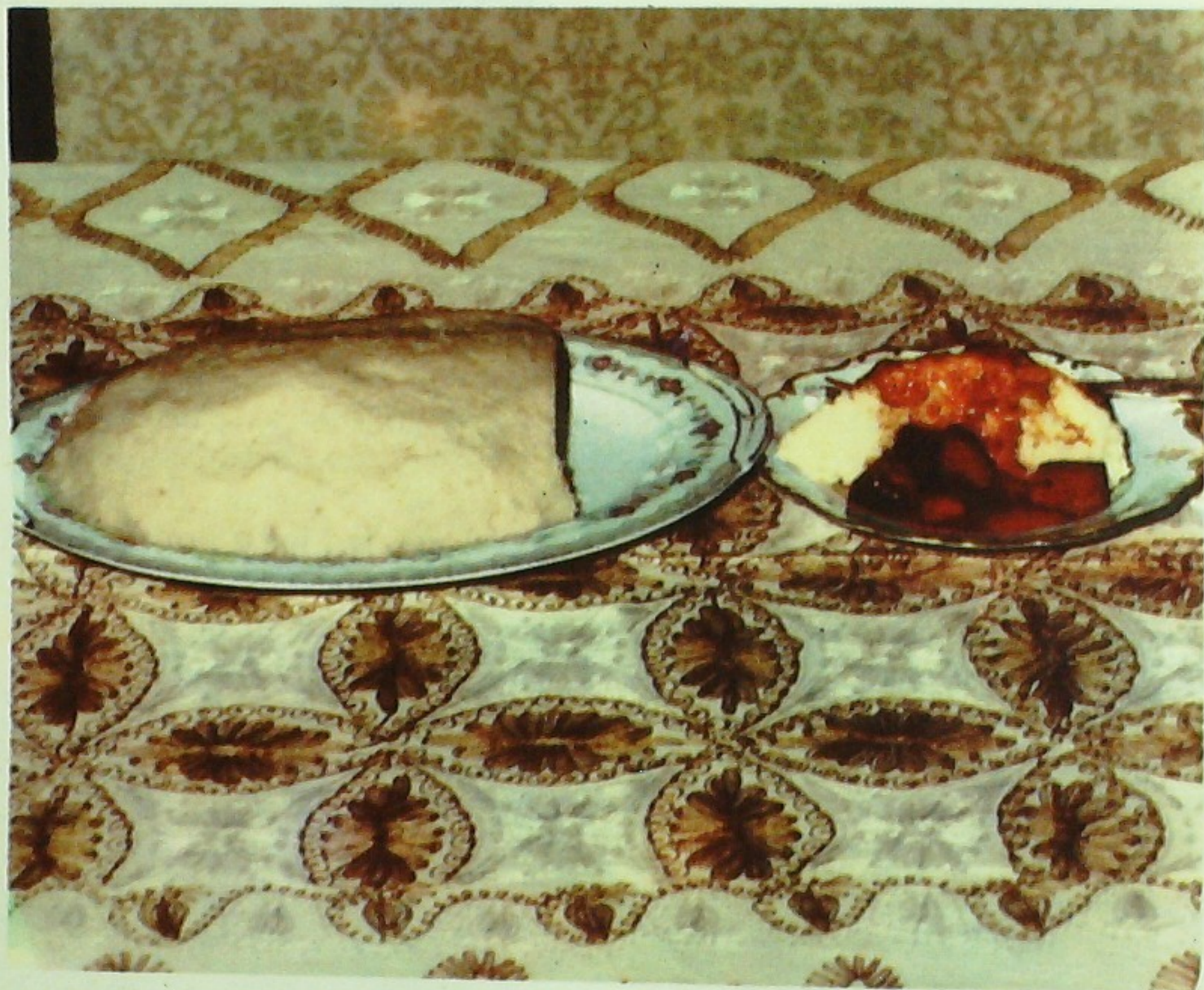
## FUR-FUR «SPICED CORN MEAL»

- |                       |  |
|-----------------------|--|
| 1 1/2 lb. quick grits | 1 can stewed tomato, 1 lb.                             |
| 10 cups water         | 1 tablespoon accent                                    |
| 3 tablespoons oil     | 3 lbs. beef bones with little meat<br>(ribs preferred) |
| 1 big onion           | 2 mashed garlic  |
| 1 fresh tomato        | 1 tablespoon curry powder                              |
| 2 stalks celery       |  |
| 2 tspn. cumin         |  |

### Preparation:

Slice the onions. Preheat the oil. Saute the onions. Clean the beef and add this to the sauteed onion. Also add to this the tomato, mashed garlic, celery cut into at least two inches long, curry powder, cumin powder, the stewed tomato, fresh tomato, accent and salt. etc. Let it simmer for five minutes. Pour in the 10 cups of water and let it boil for 10 minutes. Strain the broth when ready. Transfer the broth to a clean thick iron pan and let it boil then pour in the quick grits stirring continuously when ready. Add 3 Oz of butter stirring until it melts, then cover over low fire. Be sure that the grits will not form lump. To avoid, constant stirring is important.

## BUTTERED CORN MEAL



## GAJHIISHO

### «BUTTERED CORN MEAL»

8 oz. butter	1 1/2 lb. quick grits
1 tspn. salt	5 cups of milk
4 tbspn. parmesian cheese	5 cups of water

#### Preparation:

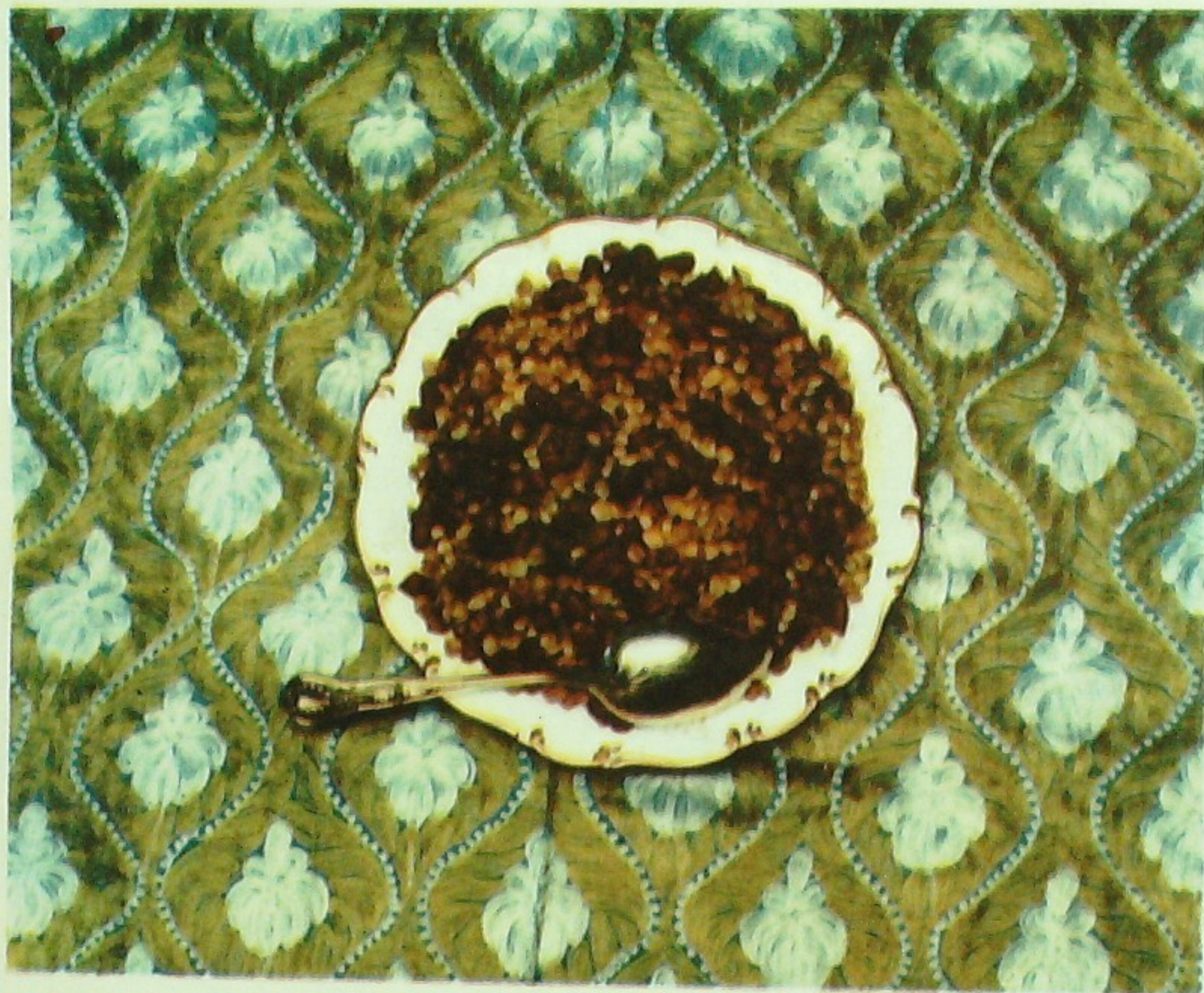
Mix the water and milk in a pot. Boil and add butter. When it starts to boil, add the grits and stirring slowly and continuously over low fire. Cover the pot and open at times to stir. Then add the four teaspoon of parmesian cheese, salt and keep on stirring. When grits are tender and sticky it should be ready.

When this is ready, pour into a cake pan. Leave until it cools. Remove and transfer into a serving tray. Level top with a spoon. A serving dish plate can be used in place of a cake pan.

This should serve 10 people. It can be served with stew or fish. It can be accompanied by salad and shidni (hot sauce.).



## RED KIDNEY BEANS



## BRINGING OUT THE BEST OF BEANS AND SAUCE TO SUIT YOUR TASTE

### C A M B U U L O

#### «RED KIDNEY BEANS»

2 cups red kidney beans	2 tablespoons sugar
1 cup barley (or rice or corn)	5 cups water
4 oz butter	

#### Preparation:

Bring 5 cups of water to boil in a large pot. Rinse beans and pour them into the boiling water. Cover and let it boil until beans are done or approximately 30 minutes. The water should be above the level of the beans. When this is ready, rinse barley and add to the beans and cook to suit your favorite taste. When all the water evaporates, add the butter sugar & then blend. Serve with meat or as is.

Make at least 8 servings.

## RICE WITH MUNG BEANS



## I S K U D A R

(RICE WITH MUNG BEANS)

1 1/2 cup mung beans (salbuko)	2 tablespoons sugar
1 cup long grain rice	4 ounce butter
4 1/2 cups water	1/2 tspn salt

### Preparation:

Rinse the salbuko. Bring 4 1/2 cups of water to boil and pour the salbuko into this. Cover and let boil for 20 minutes. Rinse rice and add to the boiling mungo (salbuko). If the water becomes low, before mixture is ready, add enough water to cook it. When the water has evaporated and rice and mung (salbuko) is cooked, add melted butter and sugar. For better flavor, serve while still hot.

**Note:** The above recipe can also be prepared with diced meat and by omitting the sugar. Onions and other desired spices to enhance flavor, may be added.

## RED KIDNEY BEANS



## D I G I R

### RED KIDNEY BEANS

1 onion  
3 cups red kidney beans  
2 ounce butter

6 cups water  
salt to taste

#### Preparation:

Wash the red kidney beans. Bring the water to a boil, then add the beans.

In the meantime, cut onions to small bits. Check if the red kidney beans are done. When the water evaporates and beans are cooked, sprinkle the salt. Transfer these cooked beans to a large bowl.

Preheat pan, put butter till it melts then add the onion until the flavor comes out. Add the beans and toss it lightly to mix, to avoid mashing the beans.

Serve hot on a plate and granish with parsely leaves. This dish may be served with meat or fish.

## BLACK EYED BEANS



## B A J I Y E

(BLACK EYED BEANS)

- |                        |                            |
|------------------------|----------------------------|
| 1 tspn. sugar          | 3 cups black eyed beans    |
| 2 tspns. baking powder | 2 fresh hot pepper (chile) |
| 3 tspns. water         | 2 onions                   |
|                        | 2 segments garlic          |

### Preparation:

Soak black-eyed beans in lukewarm water overnight. Then using one's hands, remove the bean skins. Clean the beans thoroughly making sure that all the skins are removed. Dice hot pepper, garlic and onions. Mix these with the beans. Blend these ingredients a small amount at a time, adding a little water to help soften and moisturize the resulting mixture. After blending everything, add the baking powder and the complete mixture should be smooth and creamy.

Preheat oil and over low fire, deep fry a few spoonfuls at a time, spreading them at various places in the frying pan to avoid sticking together. When fried, they assume the shape of a meat ball.

Serving suggestion: Serve while still hot!!!

## ANGELO WITH SIGNIG

## VARIOUS WAYS OF COOKING MEAT SOMALI STYLE

### ANGELO WITH SIGNIG

#### «SOMALI PANCAKE WITH CHICKEN STEW»

##### Angelo ingredients:

- |   |  |
|---|--|
| 2 lbs flour                                   | 2 cups water (or a little more to make a smooth mixture) |
| 1/2 cup corn meal (white)                     |  |
| 3 tbsspn. baking powder a little dash of salt |  |

##### Preparation:

Pour water into flour slowly. Using hands mix thoroughly for 10 minutes until smooth. Add the baking powder. Cover and set aside in a warm place overnight. Then cook in a preheated pan over low fire. Cover pan cook for two minutes. Wipe with an oiled cloth, the pan after each cooking and do not flip over the angelo.

##### Chicken stew ingredients:

- |                           |                        |
|---------------------------|------------------------|
| 20 pieces of chicken legs | 1 tspn. cumin powder   |
| 10 eggs                   | 1 tspn. accent         |
| 2 fresh tomatoes          | 2 tbsspn. curry powder |
| 1 can 1 lb. stewed tomato | 2 big potatoes         |
| 2 onions                  | 4 carrots              |
| salt to taste             | 2 tsp. cooking oil     |

##### Preparation:

Boil the eggs until hard. Slice onions and saute in oil. Add the chicken. Sprinkle the spices. Peel the potato and carrots and cut the carrots to half an inch pieces and the potatoes to an inch. Add these to the chicken mixture. Peel the fresh tomato and cut it in quarters. Add to the chicken mixture and pour in the stewed tomato. Put one cup of water and bring to boil until chicken is done. Do not overcook.



## TEMPTING CHICKEN ROLL



## S A B A Y

### «TEMPTING CHICKEN ROLL»

4 cups flour	1 egg
1 tablespoon oil	1 1/2 cup water

#### Preparation:

Mix flour, egg and oil. Add slowly the water stirring with a wooden spoon continuously. This should result into a smooth light batter (similar to a pancake).

Preheat a 6 inch iron skillet after brushing with oil. Pour a scoop of batter into to the skilled. Drop in a small amount of oil around the batter to avoid sticking on the pan. When it becomes very light brown, turn over. Cook over low fire. Repeat procedure till all batter has been cooked.

#### Chicken Filling:

4 lbs chicken meat	1 tspn. salt
1 big onion	4 ounce butter
2 mashed garlic	1/4 tspn. cumin powder
1 tspn. accent	1 1/2 cup water

#### Preparation:

Preheat the pan. Melt butter slowly over low fire. Slice the onion and mash the garlic. Saute the onion and garlic then add the meat. Sprinkle the accent, salt and cumin powder. Mix and cover for 3 minutes. Then add 1 1/2 cup of water. Bring to boil for 30 minutes over low fire. When only 1/2 cup of the water is remaining, remove from pan. Strain meat and set aside the stock. Debone the meat and cut the meat into small pieces and pour back into the creamy stock for flavor. Blend well.

Lastly, fill in the Sabay (wrapper) with this meat and roll. Serve on a tray.

Suggestion: Decorate with parsely leaves.

## MEATY TRIANGLES



## SAMBUUSI

### «MEATY TRIANGLES»

2 lbs. flour  
2 eggs  
enough water to make a dry dough

1 tbsp. oil  
1/4 tspn. salt

#### Dough preparation:

Put flour in a large mixing bowl. Add the eggs, oil and salt and using the hands, mix well. Pour in little by little, a small amount of water, while continuously working on it. Knead until water is evenly absorbed and proceed with this for at least five minutes. Roll over and over or with rolling pin to a dough machine until a thin flat dough comes out. Lay flat on a board and cut into triangular shapes. Fill with one tablespoon of cooked filling mixture then fold in triangles, using water to let it stick. Deep fry until golden brown. Serve hot.

#### Filling Ingredients:

3 lbs ground tender beef  
2 big onions  
2 lbs. fresh green onion leaves  
1 mashed garlic  
2 big potatoes  
4 medium sized carrots  
2 tspns. curry powder  
2 tspns. cumin powder

2 tspns. accent  
1 tspn. salt  
1/4 cup raisin (optional)  
3 tspn. oil  
4 tspns. hot tabasco (or to suit your taste; or 3 fresh green hot pepper very thinly chopped; or 1 tspn. dry hot pepper).

## FILLING PREPARATION



### Filling Preparation:

Slice the 2 big onions to rings. Dice carrots and potatoes to small cubes. Soak carrots and potatoes to keep from drying and turning brown. Mash garlic.

Preheat 3 tablespoons of oil in pan. Strain the carrots and potatoes and put in pan. Mix for five minutes. Do not overcook. Remove from pan and set aside.

Preheat 2 tablespoons oil. Put onion almost simultaneously with meat and spices. Blend and mix continuously. When water is all gone, drain the oil from the potato and carrot and mix with meat. Cut the fresh green onion and add to the meat together with the hot pepper. Add raisins if desired. This is now ready to be wrapped in the dough just prepared as above mentioned.

**Note:** Cook lightly leftovers, then freeze and later cook when needed).



## TENDER STEW



## SANUUNAD

### «TENDER STEW»

- |                      |   |
|----------------------|---|
| 4 lbs tender beef    | 2 mashed garlic                                 |
| 5 carrots            | 3 tablespoon oil                                |
| 2 big potatoes       | 1 can 1 lb. stewed tomato (or 6 fresh tomatoes) |
| 2 tspn. cumin powder | salt to taste accent                            |
| 1 tspn. curry powder | 1/4 cup tamarind juice                          |
| 2 onions             |   |

### Preparation:

Cut meat into pieces 2 inches thick. Slice onions. Peel carrots and potatoes, cut an inch apart and soak in water to avoid discoloration.

Preheat oil. Saute sliced onions till golden brown. Add meat and spices: curry, cumin, salt and accent. Mix and cover for while. When water is gone add tomato followed by tamarind juice (previously mixed in a blender). Cook for 5 minutes stirring at intervals.

Then add three cups of water. Let boil then add the carrot and potato. Continue to cook over low fire, mixing at times. When water is at the same level as the meat, and the meat is tender, transfer to a serving bowl.

Serve with rice or gashisho and green salad.

## ESPECIAL SOMALI BREAD



## S A B A A Y A D «ESPECIAL SOMALI BREAD»

2 lbs. flour  
1 spoon oil

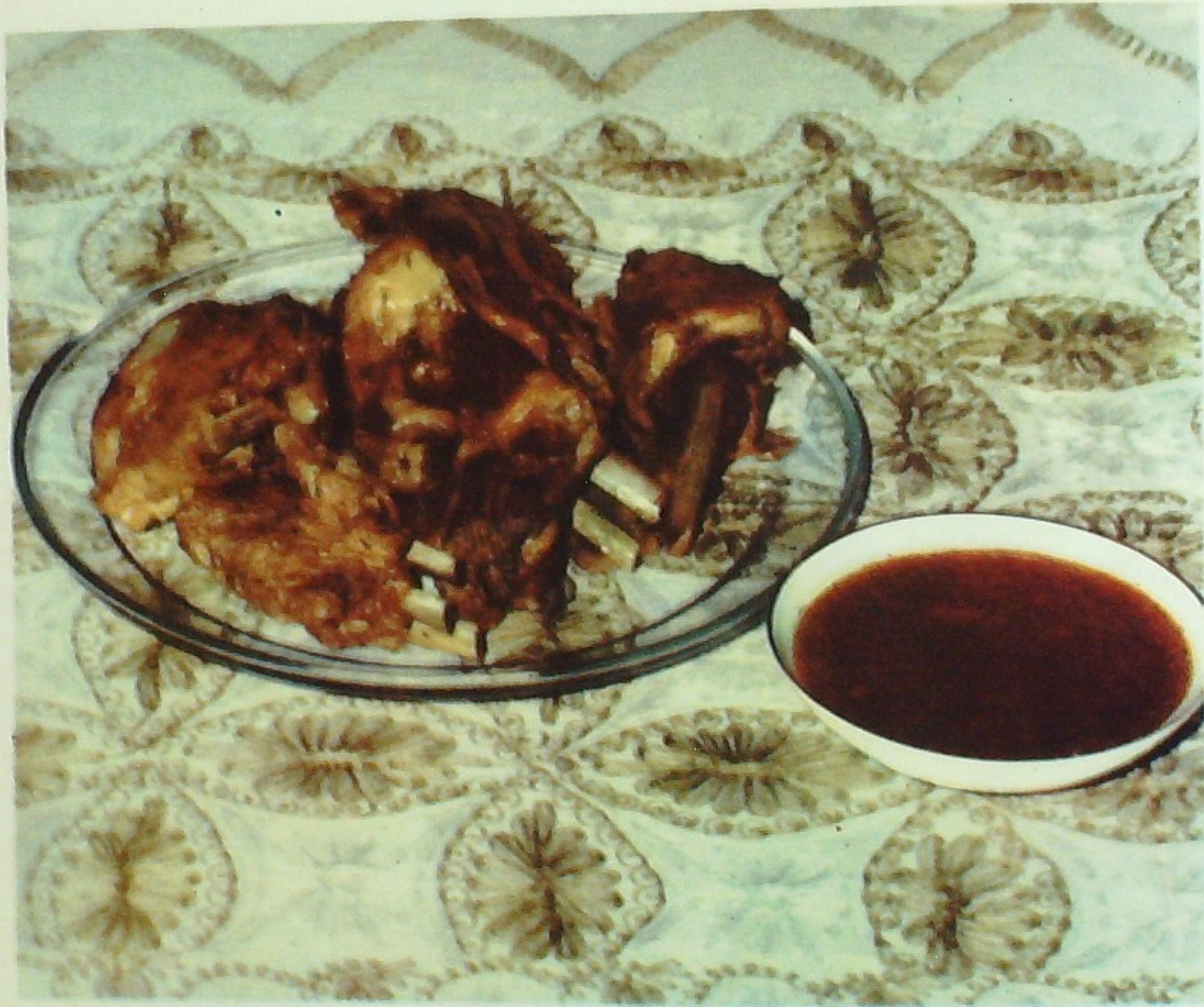
1 cup water

### Preparation:

Mix thoroughly ingredients adding the water little by little. When water has been absorbed evenly, knead the mixture for about 20 minutes. For better results, take an ample amount of dough, and roll the pin on it, sprinkling flour to avoid sticking. When it become flat, fold it then roll pin over again. Frey this until golden brown trying to move it every now and then. When golden brown, romve it from the pan then use hand to apply a little pressure to help soften the bread.

This bread is good with Kalankal and other dishes.

## BOILED MEAT A NOMADIC DISH



## GAROWKARIS

### «BOILED MEAT-A NOMADIC DISH»

6 big pieces of meat with bones	1 tspn. cumin powder
1 tspn. of salt	1 tspn. curry powder
1 clove gralic accent	1 onion

### Preparation:

Bring the cleaned boned meat to boil. Add the salt the onion cut to quarts, the accent and the garlic. Let it boil until the meat is tender. The broth will make a very savory soup. This is called «fuud» in the Somali language.

## LAMB CHOPS



## K U M B I S

«LAMB CHOPS»

6 lbs. lamb chops  
4 carrots  
3 potatoes  
1 big onion  
1/2 cup water

2 cloves of garlic  
1 tspn. accent  
1 tspn. salt  
1/4 tspn. cumin powder  
2 tablespoons oil

### Preparation:

Chop onions. Mash garlic. Cut potatoes and carrots 1/2 inch thick. Heat oil. Saute onion and add the meat, garlic, accent, salt and cumin powder. Cover and cook over low fire. Then add water and let it simmer until all the water is gone. Meat should be tender and light brown.

In a separate frying pan, fry in three tablespoons of cooking oil, the carrots and potatoes. Sprinkle salt to taste. Serve these with the lamb chops.

### Note:

The lamb chops can be baked till golden brown at 350° in a rectangular dish. Serve the carrots and potatoes on the sides to garnish as an accompanying side dish.

## FILLET OF BEEF



F A X — F A X

«FILLET OF BEEF»

6 lbs fillet of beef  
2 onions  
1 garlic

2 oz. butter  
salt to taste

### Preparation:

Slice the onions in rings. Mash garlic. Since the meat to retain its rounded shape, at least one inch thick. Melt butter and while butter is still hot, (do not burn) put in the meat spreading it on the pan. Retain this over low fire. Then add the onion rings and the mashed garlic spreading them all over the meat and some on the pan to let out the flavor. Turn the meat every five minutes so that both sides will be evenly cooked. If the meat is not done, you may add very little water and let it simmer over the low fire until done.

This dish can be served with rice or barley.

## DON'T MISS DISH

## MADHAAFAAN DISH

### «DON'T MISS DISH»

- |                      |                      |
|----------------------|----------------------|
| 4 lbs tender beef    | 1/4 cup water        |
| 4 carrots            | 1 tspn. curry powder |
| 3 green bell peppers | 1 tspn. cumin powder |
| 2 big onions         | 1 tspn. accent       |
| 2 cloves garlic      | 2 stems of parsley   |
| 2 tablespoon oil     |                      |

### Preparation:

Cut meat an inch thick. Slice onions in rings about half an inch thick. Mash garlic. Chop parsley into small pieces. Slice bell pepper to rings 1/2 inch thick. Cut carrots into quarters about 2 1/2 inch long.

Preheat oil. Add onions and meat one after the other. Mix in the salt, mashed garlic, parsley, curry powder, cumin powder and the accent. Pour in the 1/4 cup water, over and let it simmer over low fire for approximately 20 minutes. When very little amount of water is left, add the carrots and bell pepper to the mixture. Simmer for 5 minutes. Serve hot with rice. Serves 6 to 8 people.

## ROAST LAMB LEG



ADDIN HOGAYSAN

### «ROAST LAMB LEG»

- |                   |                        |
|-------------------|------------------------|
| 1 whole lamb leg  | 1/4 tspn. curry powder |
| 2 big onions      | 1/4 tspn. cumin powder |
| 2 cloves garlic   | 1/4 tspn. accent       |
| 2 tablespoons oil | 1/4 tspn. salt         |

#### Preparation:

Cut lengthwise one of the onions and mash the garlic. At scattered parts of the leg, piece with a knife to bear a hole, and using fingertips, push onion parts and the mashed garlic as far as the fingers can reach. Place in a roasting pan. Baste with cooking oil. Cut the remaining onion and spread on top of the lamb.

Preheat oven to 400 and then adjust to 300. Cook for 1 1/2 hour or till done. At times it is necessary to turn over the lamb so that all sides may evenly be cooked. Slow cooking is suggested to have a tender juicy meat.

Serve hot with rice; garnish and serve with cooked slice green beans on the side.

## BARBECUE ON STICKS



## SHISHKABAB

### «BARBECUE ON STICKS»

4 lbs tender fillet of beef  
2 large onions  
2 green bell peppers  
2 fresh tomatoes  
2 mashed garlic

2/3 tspn. salt  
1/4 tspn. black ground pepper  
1 tspn. cooking oil accent

### PREPARATION

Dice the meat 1 inch thick. Do the same with the onion, tomato and bell pepper. Mix the mashed garlic with salt, monosodium glutamate and ground pepper. Arrange in a barbecue stick alternating meat, pepper, onion and tomato.

After this has been completed, with mixed spices on the meat. Preheat oven to 350°. Arrange the shishkabab in a baking dish pan and bake to desired meat cooking. Make sure to turn over the sticks to allow the heat to cook the meat on all sides evenly.

N.B. Shorter barbecue sticks maybe used according to the occasion or to suit present needs. Serve hot.



## MEAT WITH DOUGH BALLS



## GALAMUDO

### «MEAT WITH DOUGH BALLS»

2 lbs beef  
1 onion  
1 garlic  
2 tablespoons oil

1 tspn. curry powder  
1 tspn. cumin powder  
1/3 tspn. salt  
1 tspn. accent

#### Preparation:

Slice onion. Mash garlic. Preheat oil in pan. Saute onions until aroma comes out. Cut the meat to desired size and add this to the sauteed onions. Sprinkle spices including the mashed garlic and retain over lowfire.

#### Dough Balls:

2 tablespoon cooking oil  
1/3 cup water

2 eggs  
2 cups flour

#### Preparation:

Mix egg, flour, oil and water simultaneously. The water however, should be added little by little. Knead for 15 minutes. Set aside for 10 minutes, then prepare to shape them to small balls. And these dough balls into the meat mixture and continue cooking till dough and meat are done. Add little amount of water if necessary.

## MEAT BALLS



## K A B A A B

### «MEAT BALLS»

1 1/2 lb. ground beef  
1 egg  
1/4 tspn. accent  
2 tspn. ground bread  
1/2 mashed garlic

1 big onion  
1/4 tspn. cumin powder  
1/4 tspn. curry powder  
1/2 tspn. salt flour

### Preparation:

Mash the garlic. Grate the onions. Blend all the above ingredients (except for the flour) thoroughly. Then shape them into desired ball sizes. They could be small or large sized meat balls. Then sprinkle flour on before frying in preheated oil. Oil should be at least enough to cover 1/2 of the meat ball being fried. Fry until golden brown. Serve hot.

## BEEF WITH LIVER



## KALAANKAL

### «BEEF WITH LIVER»

- |                       |                            |
|-----------------------|----------------------------|
| 1 1/2 lb. liver       | 1 tspn. curry powder       |
| 1 1/2 lb. beef        | 1 tspn. accent             |
| 3 medium sized onions | 2 tspns. oil               |
| 1 tspn. cumin powder  | 1 tspn. salt (or to taste) |
| 1 mashed garlic       |                            |

### Preparation:

Slice onions. Saute onions in hot oil. Cut the liver and beef separately into pieces for stew. Add the beef to the sauteed onions and cook for 15 minutes. Then add the liver. Mix and add all other spices above mentioned and salt to taste.

Serve hot for better flavor.  
Serve with sabaayad

## SPINACH APPETIZER



## HAMUUNTIR «SPINACH APPETIZER»

### Ingredients:

2 packages fresh spinach  
2 eggs  
4 oz. butter  
3 cups flour  
1 tspn. baking powder  
2 onions

1/4 cup milk  
2 tbspn. parmesian cheese  
1 tspn. accent  
1 1/2 ground beef  
1 clove garlic  
parsely leaves

### Dough Preparation:

Melt the butter and add the flour, egg, baking powder and milk. Knead. After properly kneading it, lay flat on a board and roll the pin over until it becomes flat. Cut this dough with a glass about 3 to 3 1/2 inch in diameter. Cut allthing. Whatever is left, shape into a ball roll the pin and cut again. Then, fill this dough with the prepared meat and spinach filling.

### Filling Preparation:

Wash the spinach. Drain and chop into bits. Cook it in boiling water.

Dice the onions, mash the garlic. Chop the parsely leaves. Mix all of these ingredients with the ground meat, including the parmesian cheese and accent. Then put this mixture on top of the stove and cook under low fire for about three minutes or until it half — cooked.

This mixture then is ready to fill the dough as above-prepared.

Scoop one tablespoon of this meat and spinach mixture and put into the cut dough. Fold in two and seal by pressing your thumb against the two ends of the dough and design the edge of this dough with a fork. Repeat this procedure under all the doughs have been filled.

After all has been prepared, preheat oven at 350 degrees and spread the filled dough on a cookie sheet and bake for about 40 minutes or until golden brown.

Serve hot. Could be served with tea, coffee or any snack drink.

## GRILLED FISH



## TASTEFUL DISHES OF FISH

### KALLUUN SOLAN

#### «GRILLED FISH»

salt to taste  
1 tspn. ground black pepper

6 fillet of fish  
2 cloves of garlic  
accent

#### Preparation:

Sprinkle the above spices on all sides of the fillet of fish.

Preheat oven at 400°. Arrange fillet of fish on the grill. Grill until done. Serve with sliced lemons. Garnish with parsley.

#### Note:

Another manner of preparing the above dish is by brushing butter on both sides of the fillet after sprinkling all the spices.

Still another method is to put the spiced and buttered fillet in a preheated pan on top of a stove and grill it until done.

## FRYING FISH

KALLUUN SHILAN

FRYING FISH



## KALLUUN SHILAN

«FRYING FISH»

10 small rockfishes	1 tspn. salt
2 cloves garlic	1 tspn. accent
2 tspn. cumin powder	1 tspn. red hot pepper
oil	

### Preparation:

Clean the fishes thoroughly. Make small cuts on both sides of the fish to allow spices to penetrate. Sprinkle the cumin powder, curry, salt, mashed garlic, red hot pepper and accent on both sides of the fish.

Put oil in the pan. Bring it to heat and deep fry these fishes until golden brown. Serve hot. Garnish with parsley leaves.

Serve with rice. Good with hot sauce too.

## FRIED FILLET OF FISH



## KALLUUN DUBAN

### «FRIED FILLET OF FISH»

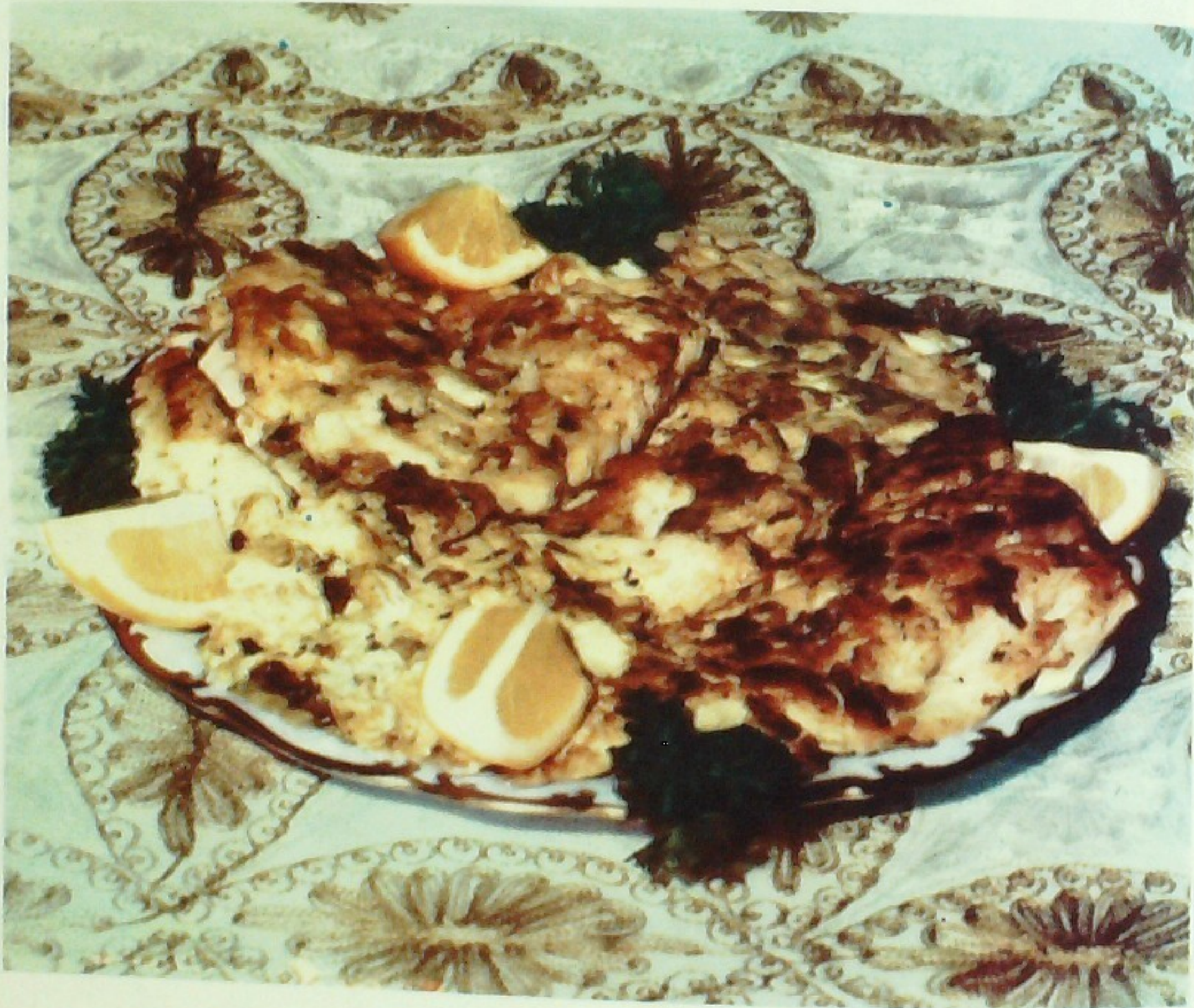
8 slices fillet of fish  
2 cloves garlic  
1/4 tspn. cumin powder  
1/4 tspn. ground pepper  
1 tbspn. oil

2 eggs  
salt to taste  
accent to taste  
flour

#### Preparation:

Beat eggs. Mash the garlic, and mix it with cumin powder, mashed garlic, salt accent pepper and oil. Brush this mixture to all sides of the fillet. Dip these braised fillets into the flour. Deep fry till golden brown. Garnish with parsley. Serve with sliced lemons.

## JUICY FISH



## KALLUUN HUURIS

### (JUICY FISH)

1 1/2 cup flour  
1/4 tspn. ground black pepper  
4 ounce butter  
accent to taste

2 big rockfish or fish steaks  
1 tbsp. fresh lemon juice  
2 mashed garlic  
1 big onion (grated)

### Preparation:

Clean fish thoroughly in and out. Slice these fishes about 3/4 of an inch apart. Mash the garlic. Grate the onions. Sprinkle these spices: mashed garlic, grated onions, ground pepper and accent on the fish and dip each slice in flour making sure all sides has been evenly coated. Butter up the baking dish pan. Put under low fire. When the butter melts arrange the slices in the pan and add the lemon juice. Cover and cook very slowly under low fire. Cooking time is apporximately 30 minutes.



## BAKED FISH



## KALLUUN HOGAYSAN

### «BAKED FISH»

2 big rockfish  
salt to taste  
2 mashed garlic  
2 tablespoon oil

1 teaspoon accent  
parsely  
1/2 tspn. cumin powder ground  
black pepper  
1 lemon

### Preparation:

Clean the fish thoroughly, removing undesirable internal parts, leaving the heads and tails. Grate the onions and mash the garlic. Lay the two fishes on a baking dish pan, and sprinkle the onions and garlic over the fish. Baste with oil.

Preheat the oven at 350 and adjust to 300 when baking. Bake fish till light brown.

Slice lemons and chop parsely leaves to small bits and when the fishes are ready, transfer them to a serving tray and garnish with the lemons and sprinkle the parsely bits on top.

Serving suggestion: serve with rice and green salad.

## EGGPLANT



## DELICIOUS APPETIZERS

### MILANSANA

### EGGPLANT

#### Ingredients:

- |                  |                          |
|------------------|--------------------------|
| 4 fresh tomatoes | salt and accent to taste |
| 3 eggplants      | 2 oz. butter             |
| 2 onions         |                          |
| 1 garlic         |                          |

#### Preparation:

Cut the onions to rings about  $\frac{1}{2}$  inch thick. Saute the onion in butter and add the eggplant, tomato, which was previously blended, mashed garlic, salt and accent. Then add a little water and cook under low fire until well done.

Serve with any kind of meat, rice or fish.

## HOT SAUCE



## SHIDNI

### «HOT SAUCE»

1 fresh tomato	1/2 cup tamarind juice
1/4 lb green chile (or 1 small bottle of tabasco)	1/2 tspn. curry powder
2 onions	1 tspn. cumin powder
4 garlic	2 tabspn. tomato paste
1 tspn sugar (or raisin and carrot for color)	2 tabspn. oil
	salt to taste

### Preparation:

Clean chile and cut to parts. Cut one onion and garlic and tomato. Put all these above ingredients in a blender and blend until a creamy mixture is produced. Remove from blender and set aside.

Put oil in pan. Slice the remaining onion into small pieces and put this to the oil. Stir and add the blended mixture. Also add the two tablespoons of tomato paste and tamarind juice and add the remaining spices: sugar, cumin and curry powder and salt. Cook under low fire till it becomes a thick mixture and water should evaporate leaving purely the sauce.

This hot sauce is good with rice, fish, meat or angelo.

## TOMATO SALAD



## YAANYO IYO QAJAAR

### TOMATO SALAD

2 cucumbers

4 tomatoes

Cut the cucumber and tomato in circles and arrange them alternately on a serving tray.

Sprinkle lemon, black pepper and little oil

## MOGADISHU CAKE

## DELECTABLE SOMALI SWEETS

### DOOLSHAHA MUQDISHO

#### «MOGADISHU CAKE»

10 eggs	1 tspn. baking powder
2 cups ground walnuts	1 1/2 cup sugar
1/2 cup ground plain bread crumbs	1/3 cup milk
2 cups water	

#### Preparation:

Separate egg yolk. Beat egg whites for 5 minutes. Add the 1/2 cup of sugar and continue beating. Pour in the 5 egg yolks simultaneously beating the mixture. Also mix in the two cups of ground walnuts and the 1/2 cup bread crumbs and the teaspoon of baking powder. If the mixture is a bit thick, add 1/3 cup of milk otherwise, use of milk is unnecessary.

Cover with wax paper a 10X16X2 baking dish pan and butter the wax paper. Pre heat oven at 300° and bake the mixture for 30 minutes. Remove from oven when ready.

#### CREAM PREPARATION:

2 cups water	1 cup sugar	5 egg yolks
--------------	-------------	-------------

Cook under medium fire, the sugar and water until smooth and syrupy. Wait for about 15 minutes to cool. Beat the egg yolks and add to the sugar mixture, stirring continuously under low fire, until it becomes creamy and smooth.

Cut the cake to half and put little cream at the top! of the first half. Then put the other half on top of this iced layer and brush cream all over the cake. This then becomes a two layered cake. Sprinkle ground walnuts over this cream icing. This makes a very delicious dessert.



## JUBA CAKE



## DOOLSHAHA JUBA

### «JUBA CAKE»

4 eggs	4 oz. butter
1 cup flour	2 tspn. baking powder
1 cup sugar	4 mashed banana

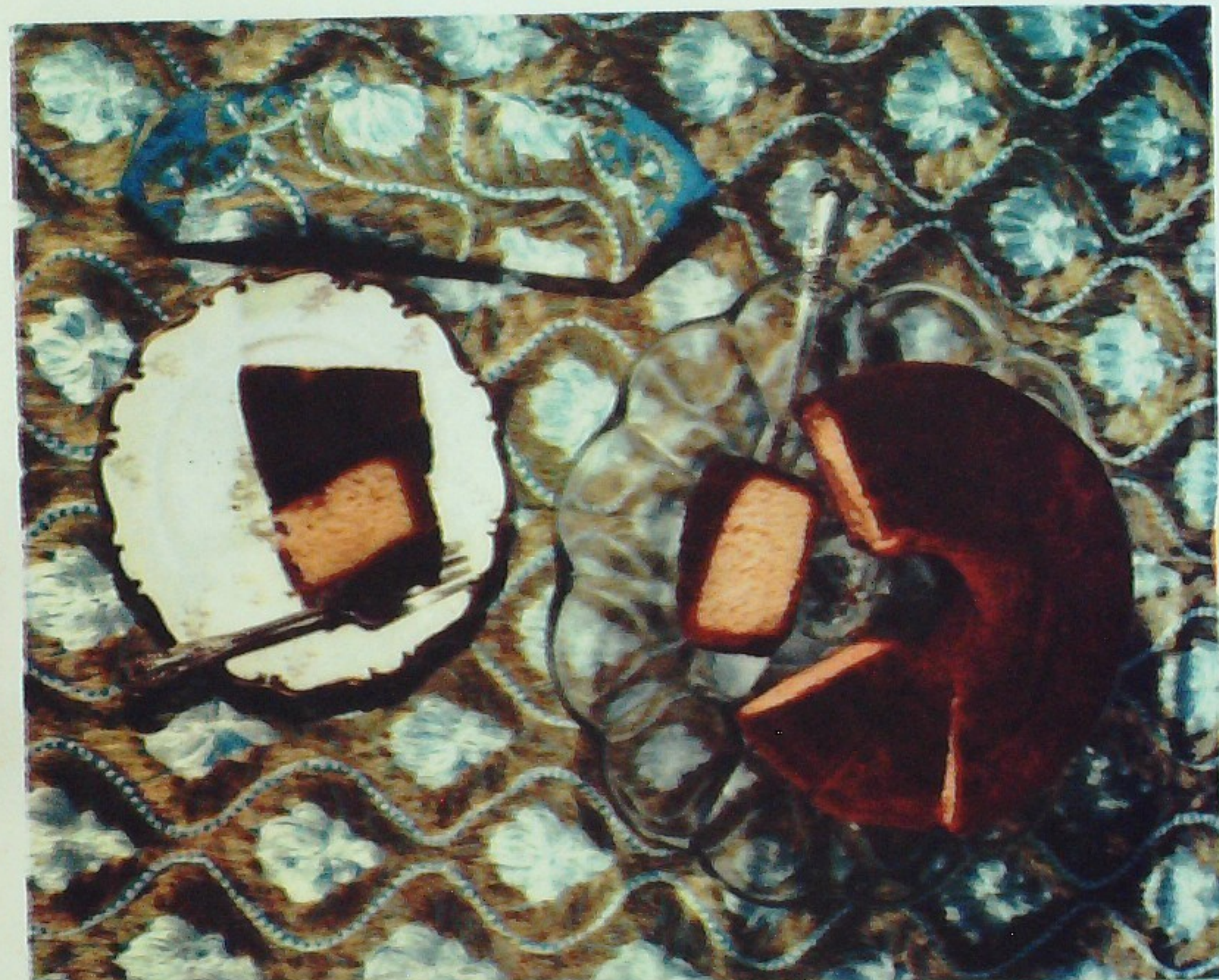
### Preparation:

In a large mixing bowl, mix the sugar and butter. Add one by one the eggs, and beat at high speed for 4 to 5 minutes. Mix in the flour slowly, beating at medium speed. Mash the ripe bananas and add to the mixture. Mix in the baking powder thoroughly.

Butter pan (any shpe). Preheat over at 450° adjusting it to 350° after 15 minutes. Bake the mixture until golden brown—that is approximately 45 minutes. Cool and remove from the pan and sereve.

Can serve about 15 persons.

## WAQOOYI CAKE



## DOOLSHE WOQOOYI

### « WAQOOYI CAKE »

1/2 cup milk  
4 ggs  
4 oz butter (sweet)

1 cup sugar  
2 stpn. baking powder  
1 1/2 cup flour

### Preparation:

Mix the butter and sugar in bowl using a wooden spoon, until sugar and butter melt together. Add the eggs beating continuously until mixture is smooth and creamy. Add 1/2 of the required flour and still mixing it, pour in slowly the milk alternating it with the rest of the remaining flour. Mix in the baking powder.

Butter the pan and sprinkle with flour. Pour the above mixture into the pan.

Preheat oven at 400° and adjust to 350° when baking. Bake the mixture for about 20 minutes. Then sprinkle brown sugar on top. When the sugar melts and the cake is golden brown, remove from the oven. Let it cool and serve with tea or coffee.

## ARAWELO CAKE



## DOOLSHAHA ARRAWELO

### «ARAWELO CAKE»

3 cups flour  
2 eggs  
4 oz. butter  
2 tspn. baking powder  
3/4 cups sugar

#### Preparation:

Mix sugar and butter. Add the eggs and then the flour. Pour in the baking powder. After mixing these ingredients, thoroughly lay it flat on a buttered pan. Make it at about 400° slowly adjusting the heat after five minutes to 350°. Bake till light brown. Before removing, spread the topping and retain in oven. Remove from oven and let it cool for 5 minutes. Cut out ends.

#### TOPPING

2 cups diced walnuts  
3/4 cups sugar  
1/4 tspn. vanilla  
2 oz. sweet butter  
4 tspn. honey

#### Preparation:

The topping is prepared as in the Jannel sweets, only this time using Walnuts. When this topping is ready, spread it over the arawelo cake while it is still hot in oven. Let it cool then cut to serving pieces.



## MUDUG CAKE



## DOOLSHAHA MUDUG

### «MUDUG CAKE»

1 cup flour  
4 eggs  
 $\frac{3}{4}$  cups sugar  
8 ounce butter

2 tspn. baking powder  
 $\frac{1}{2}$  lb. pitted dates  
 $\frac{1}{4}$  cup milk

### Preparation :

In a bowl, mix butter and sugar using an electric mixer. Add the eggs on pieces at a time working from medium to high speed and after adding all the eggs, beat 4 to 5 minutes more. Add the flour little by little at medium speed. Mash the pitted dates with hands adding milk to help moisten and soften the dates. Then mix mashed dates to the flour mixture mixing it at medium speed. Finally, add the baking powder.

Butter the pan. Pour in the mixture into this pan. Preheat over at  $450^{\circ}$  lower to  $350^{\circ}$  and bake mixture for 45 minutes till brown. Serve 15 peoples.

## BANADIR CAKE

## DOOLSHAHA BANAADIR

### «BANADIR CAKE»

5 eggs  
1/2 cup sugar  
3 tbspn. flour

2 tspn. baking powder  
confectioner  
marmalade, jelly or home prepared  
cream.

### Preparation:

Beat the albumen (egg white) for about three minutes then add the sugar and beat for another five minutes till it becomes thick. Pour in the egg yolk and continue beating. Slowly add in the flour and then the baking powder.

Preheat oven at 400° and adjust later to 350°. Butter 16 × 12 × 2 pan. Put mixture into this pan and bake at 350° until light brown.

Remove from oven and let it cool for a while. Then spread three tablespoons of jelly, marmalade or the home prepared cream. Roll and sprinkle confectioner sugar.



## HIIRAAN CAKE



## DOOLSHAHA HIIRAAN

### Hiiraan Cake

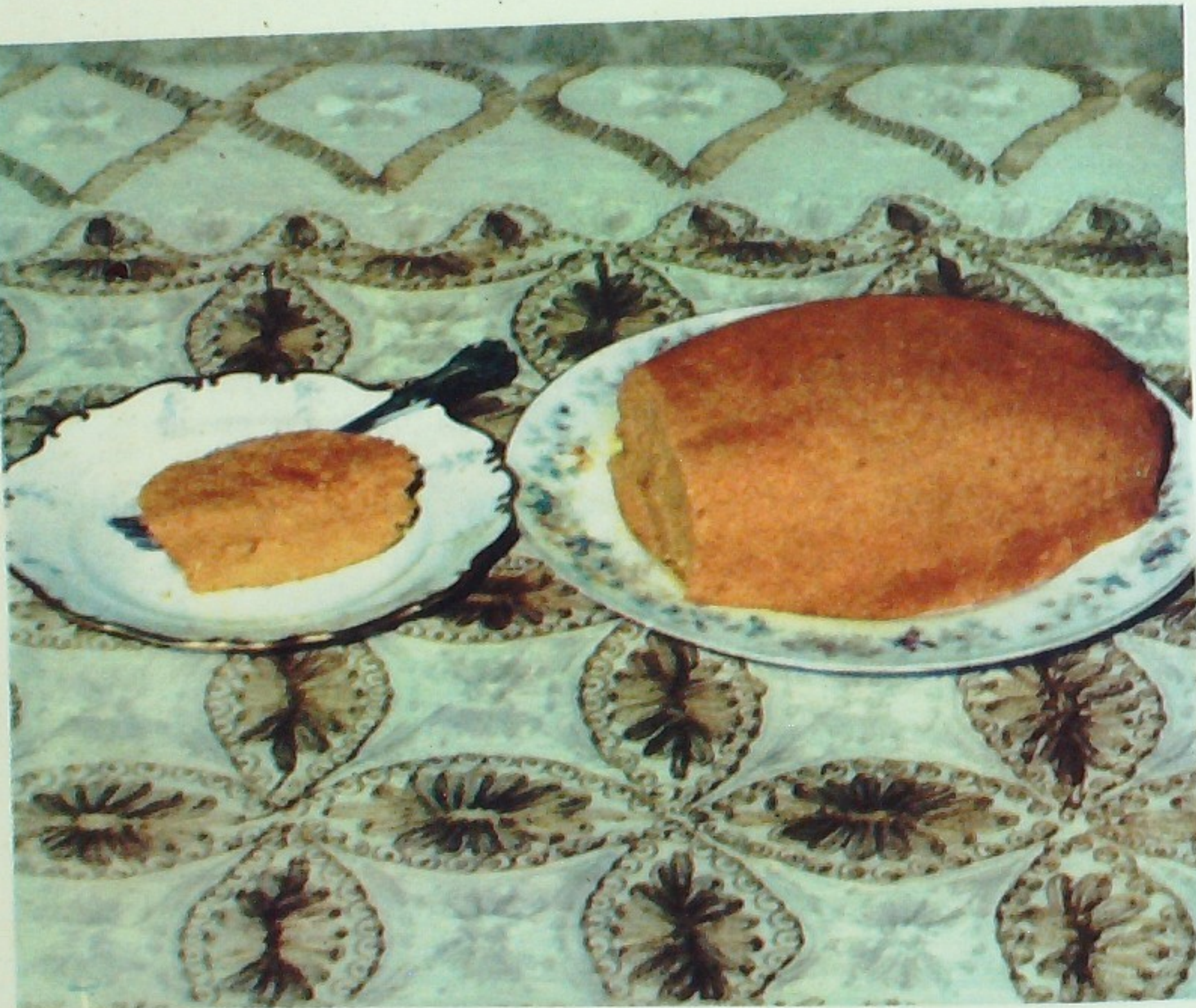
3 cups of flour	4 oz. butter
2 eggs	2 tbspn. baking powder
peach and strawberry preserves (or any kind of your liking or taste).	$\frac{3}{4}$ cups sugar.

### Preparation:

Mix sugar and butter. Add eggs and then the flour. Pour in the baking powder. After mixing these ingredients thoroughly, separate a small amount of dough to be used to decorate the top. Lay the dough flat on a buttered pan. Spread the preserves on top of this dough and roll the separated dough into thin strips and criss-cross it on top of the preserves.

Baking at 400° slowly adjusting the heat after five minutes at 350°. Bake until golden brown.

## HOME MADE CREAM



## HOME MADE CREAM

- |                    |                         |
|--------------------|-------------------------|
| 3 eggs yolks       | 1/2 cup milk            |
| 3 tablespoon sugar | 1 tablespoon flour      |
|                    | 1/2 cup chopped almonds |

### Preparation:

Separate albumen from egg yolk. Mix the egg yolk with sugar. Beat for a while. Pour in 1/2 of the required milk and continue beating. Add flour and also the remaining half of the milk still mixing. Cook under low fire. When the mixture becomes very smooth and creamy, add in the nuts. Let it cool then spread on the above roll. Sprinkle powdered sugar.

## SWEET DOUGH BALLS



## BURSALIJD «SWEET DOUGH BALLS»

1 cup flour	2 eggs
1 cup sugar	1 tspn. honey
2 tspn. baking powder	1 1/2 cups water

### PREPARATION:

Sift flour. Then mix egg, sugar and honey. Add water little by little until a smooth non-stick dough is produced. Add baking powder. Mix very well, using hands. Set aside in a warm place for an hour. After this, spoon a small amount of the mixture and deep fry till golden brown. Use medium heat when oil is hot. Sprinkle powdered sugar to give color.

Makes a good dessert or snacks for tea and coffee parties.

## SWEETED PANCAKE

## MALAWAX

### Sweetened Pancake

- |                     |                  |
|---------------------|------------------|
| 1 cup milk          | 2 eggs           |
| 1 1/2 cups of water | 1 tablespoon oil |
| 2 cups flour        |                  |

### PREPARATION:

Mix the milk, water, flour, eggs and oil thoroughly. Using a small frying pan, (about 6 inches in diameter), brush on oil. When hot, scoop the pour to a pan and move evenly until it covers the whole surface of the pan. Turn it to the other side when ready.

Remove from the pan and spread 1/2 teaspoon of butter and 1/2 teaspoon honey and roll the cake. Proceed with this pattern until all of the flour mixture has been cooked and arrange them in a serving tray. Melt the butter and pour into these pastries. Serve hot.

Note: In place of honey, jelly of any kind maybe substituted.

## SOMALI PASTRY



## CAMBAABUR

### «Somali Pastry»

3 cups flour  
1/3 cup white corn meal  
1 1/2 cup sugar

1 egg  
3/4 cup water  
oil to cover 1/2 of pastry

### PREPARATION:

Mix flour and corn meal in large bowl. Add egg, sugar baking powder and little by little the water using a wooden spoon with inside strokes. The mixture should be thick. Set aside and put in a warm place for three hours. When ready, scoop with a ladle and pour in a preheated oiled iron skillet. Use slow fire. Let it spread and try to move it every now and then to avoid sticking.

Turn to the other side; when both sides are ready, remove. Serve warm for better taste.

## SEEDLESS DATES



TIMIR HUFAN

### «Seedless Dates»

2 lbs. seedless dates  
2 tspn. oil

1 whipping cream  
1 smal. jar of cherry

### PREPARATION:

Put in a large bowl the seedless dates, and oil. Using hands, strongly mix and mash dates. When a fine mixture is had, shape a small amount to a ball, press at center to make a hollow and squeeze in strongly mixed whipped cream and top with a halfed cherry.

Note: Make shapes of your desire.



## ARAFA CAKE



## BUCKUDKA ARRAFO

### «ARAFA CAKE»

3 cups flour	1 egg
5 tspn. sugar	4 ounce butter
2 tspn. baking powder	1/2 cup water

### PREPARATION:

Mix 1/2 cup of water and sugar; bring to boil for 2 minutes. Remove from heat. Melt butter. Put flour in a mixing bowl, add the melted butter, egg and baking powder. Pour in the sugar mixture little by little to produce a thick mixture. Continue mixing and if mixture becomes sticky, add little flour to make the dough «stick free» from your hands. Continue mixing for five minutes. Then get a small amount of dough, press hard against a fork surface to achieve the vertical lines. Make other desired designs like a baot, braid moon, triangle etc.

Deep fry till golden brown. Prepare 1/4 cup of water adding 1/2 cup of sugar. Bring to boil when it starts to caramelize, remove from fire, and pour into the fried arrafo cookies to give extra sweet taste and that crispy freshness.

## SONFUR COOKIES



## BUSKUDKA SOONFUR

«Sonfur Cookies»

3 cups flour.

8 oz. butter

2 eggs

1 tspn baking powder

2/3 cups sugar

Mashed dates

### PREPARATION:

Mix egg and sugar using a wooden spoon. Add the butter and stir till mixture becomes smooth. Add flour, and using hands, knead thoroughly. Last, pour in the baking powder has been evenly mixed with the rest of the mixtures.

Lay flat on the table; roll pinover and cut with designed cookies cutter or use hands to shape them to boats or use your creativity in making your own designs. One design is to make a ball and then press flat. Then roll another amount to make a strip then put this strip around the first round flat one above made, until it joins. This now becomes a two layered cookie and fill the middle hole with a preserve. Another way to make a design is to put a long strip of dough flat on a board, about 2 inches wide. Fill this strip with dates and close then roll. Cut this rolled strip into inch long.

Preheated oven to 350 degrees. Place these on a cookie sheet and bake until light brown. Sprinkle confectioner sugar to add some taste and color.

## JANNALE SWEETS



## MACMACAANKA JANNAALE

### «Jannale Sweets»

2 sups frosted sesame seeds      4 oz. sweet butter  
3/4 cups sugar                      1/4 tspn. banilia

### PREPARATION:

Preheat iron skillet. Pour sugar. When it starts to melt, stir. When it turns brown, add honey, stirring continuously. Later add the butter and when this melts completely add vanilla flavoring. Remove from heat and pour in the frosted seeds and mix thoroughly until the seeds absorb all the liquid. Put this into a plate and leave it to cool and before it completely cools off, try to shape them with your hands, according to your desired shapes.

### Note:

In place of the frosted sesame seeds, you can repeat the above procedure using peanuts, walnuts and coconuts.

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THIS BOOK IS PRINTED BY  
STATE PRINTING AGENCY  
MOGADISHU SOMALIA  
1978

