

Peace Corps Mauritania Volunteers Cookbook

Foreword

Well, if you're reading this then it means it is finally done. What began as an attempt to revive the old cookbook turned into a major revision. Hopefully it turned out to be useful to those who can't cook as those who cook already.

Kevin - from the original publication

And, if you are reading this then it means that we have reigned triumphant over the sands of Mauritania and raised the cookbook from its electronic grave. The original version existed as only one copy on a disk that fell victim to the sands. This version is a complete retyping along with some indexing and other niceties.

Will Holcomb - 2004/04/26

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Appetizers

Herbed Laban (Yogurt Cheese)

8 tbsp	full fat powdered milk	2 tsp	salt
1 sachet	chekwah yaourt (or other live culture yogurt)	2 tbsp	paprika
1-2 bunches	mint	1 tbsp	cumin

1. Mix milk with 500ml water
2. Add 500ml boiling water
3. Stir in yogurt
4. Cover with plastic bag
5. Leave sitting in the sun 6-12 hr (until it becomes yogurt)
6. Pour off water that has accumulated on top

1. Stir salt into yogurt
2. Pour combination into a bandanna lined colander
3. Let drain 24 hr (refrigerated if possible) until cheese is dry to the touch

1. Roll cheese into balls in mixture of minced mint, cumin and paprika
2. Put balls into jar and cover in olive oil
3. Good for 1-2 weeks without refrigeration

Falafel

2	pita	1 tsp	crushed red pepper
3 oz	fine ground burghul	2 tsp	chopped coriander
14 oz	chickpeas	1 tsp	lemon juice
3 cloves	garlic	1 tsp	ground cumin
1	small onion	1 qt	oil

1. Combine the shredded bread with water
2. In another bowl, combine the burghul with water
3. Allow both to soak for 15 min

1. Combinedrainedchickpeas,garlic,onion,spicesandlemonjuiceinfoodprocessor
2. Process until smooth

1. Drain bread and burghul; squeezing both separately in towels to dry
2. Add bread to chickpea paste
3. Process until smooth

1. Scrape paste into a bowl and add burghul
2. Season with salt and pepper
3. Combine mixture with hands

4. Shape into small balls and arrange on greaseproof paper
5. Chill for about 2 hours
1. Heat oil in deep fryer to 375°F (just about smoking)
2. Deep fry for 4 minutes or until golden brown
3. Drain on paper towels
4. Serve with warm Tarator bi Tahini or Yoghurt and Cucumber Sauce

Batatas Harras (Fried Potatoes)

4 oz	olive oil	2	hot chillies
3/4 kilo	potatoes	3 cloves	garlic
	salt and pepper	2 oz	chopped coriander

1. Heat oil
2. Add potatoes, peeled and chopped into small pieces
3. Fry over medium heat until potatoes are soft
4. Season with salt and pepper to taste
5. Add garlic, crushes, and chillies, seeded and chopped
6. Gently toss
7. Sprinkle with coriander
8. Serve

Soups

Mauritanian Veggie Stew

2	onions	1 tbsp	oil
1/2 c	sorghum	1 c	red beans
2 tsp	maggi	4	garlic cloves
4	cayenne peppers	5 tbsp	dried tomato powder

1. Dice onions **2.** Crush garlic **3.** In a large pot sauté onions and garlic in oil
4. Add the rest of the ingredients with 1/3 l water **5.** Bring to a boil **6.** Simmer 3-5 hr

Sauces

Tarator Bi Tahini (Sesame Sauce)

3 cloves	garlic	120 ml	lemon juice
large		3/4 tsp	salt
pinch			
cayenne			
8 oz	tahini paste		

1. Crush garlic and mash together with salt and cayenne to form a paste
2. Whisk in the tahini with a fork
3. Thin the mixture with lemon juice
4. Can be kept in the refrigerator for up to 2 weeks. Can also be frozen

Desserts

Mango Sorbet

3/4 c	sugar	6	mangoes
1/2 c	lime juice	3 tbsp	ginger

1. Bring sugar to a boil with 1 c water
2. Simmer 5 min
3. Cool to room temperature
4. Puree mango with lime and ginger
5. Combine with cooled sugar mixture
6. Freeze in shallow pan for 1 h
7. Beat to a slush with a fork
8. Repeat at 1 h intervals three more times
9. For the final time use a mixer or whisk to thoroughly mix
10. Cover and freeze

The Needless-Markman Hoax Chocolate-Chip Cookie

2 cups	butter	1 tsp.	salt
4 cups	flour	1	Hershey Bar, grated
2 tsp.	soda	4	eggs
2 cups	sugar	2 tsp.	baking powder
5 cups	blended oatmeal	3 cups	chopped nuts (your choice)
24 oz.	chocolate chips	2 tsp.	vanilla
2 cups	brown sugar		

1. Measure oatmeal and blend in a blender to a fine powder
2. Cream the butter and both sugars
3. Add eggs and vanilla
4. Mix together with flour, oatmeal, salt, baking powder, and soda
5. Add chocolate chips, Hershey Bar and nuts
6. Roll into balls and place two inches apart on a cookie sheet
7. Bake for 10 min at 375 deg

Chewy Cocoa Brownies

1 2/3 c	sugar	1 1/3 c	flour
150 g	butter	1/2 tsp	baking powder
2 tsp	vanilla	1/4 tsp	salt
1 c	baking cocoa	2	eggs
3/4 c	chopped nuts	1 tsp	instant coffee

1. Melt butter
2. Mix sugar, butter and 2 tbsp water
3. Add eggs and vanilla
4. Combine flour, cocoa, baking powder and salt

5. Stir into sugar mixture and add salt 6. Spread into greased baking pan
7. Bake in preheated oven at 350 degrees for 18-25 minutes 8. Cool

Bissap (Hibiscus) Jam

500 ml bissap leaves 1 tsp vanilla
1/4 k sugar

1. Soak leaves in water for 4-8 hr 2. Boil to a paste (30-45 min)
3. Add sugar 4. Reboil if necessary 5. Jar
6. Place jars in a pot of water, bring to a boil and boil for 30min to seal and sterilize

Drinks

Bissap Wine

1/2 kg	bissap leaves	2 boxes	tea
2 kg	sugar	3 tbsp	yeast

1. Soak bissap in 3-4 liters of water for 12-24 hours
2. Strain liquid and dilute to 5 liters in a metal pot
3. Bring to boil and dissolve in sugar
4. If desired add tea and strain
5. Dilute to 10 liters
6. Allow to cool (Heat will kill the yeast and the reaction will not work if general over 82°F)
7. Add yeast
8. Allow to sit uncovered for 12 hours
9. Transfer to a bidon
10. Cover with a condom or plastic bag
11. Condom will become erect as the yeast eats the sugar. Once the erection goes away af