

# Parent Guide



@twinklparents

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We're excited to share this activity with you. If you are interested in finding more exciting, fun and interesting activities for you and your children, then check out these links to different areas of the Twinkl Parents website.

games



crafts



puzzles



experiments



word searches



## What is this resource and how do I use it?

This resource has seven traditional recipes - one for each day of Kwanzaa celebrations. Encourage your child to help you make each one as you explore this fantastic African festival.

## What skills does this practise?

Events: Kwanzaa

Cultural Knowledge

Understanding the World

## Further Activity Ideas and Suggestions

You'll find lots of resources on our site to help you explore and celebrate the festival of Kwanzaa. Try this [Kwanzaa Fact File](#) or for a larger feast, try some more [Traditional Kwanzaa Recipes](#). You could even get creative with this [Make a Kwanzaa Party Favour](#) resource.

Parents Blog



Twinkl Kids' TV

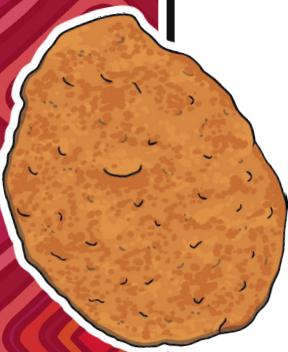
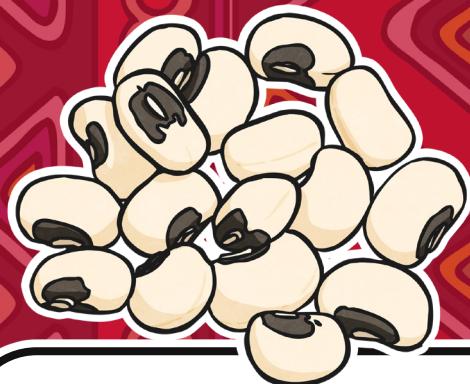


Homework Help



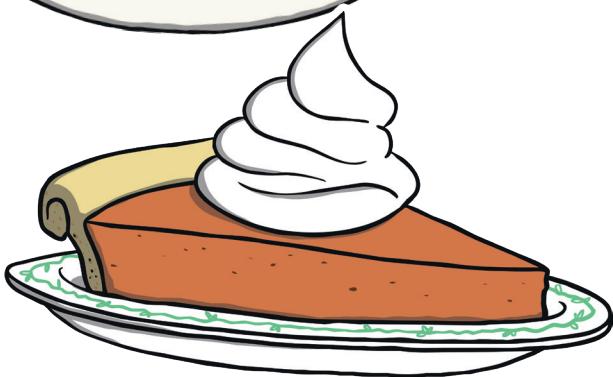
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Parents Hub



# A Recipe a Day

## Seven Kwanzaa Recipes



# Day 1: Jollof Rice

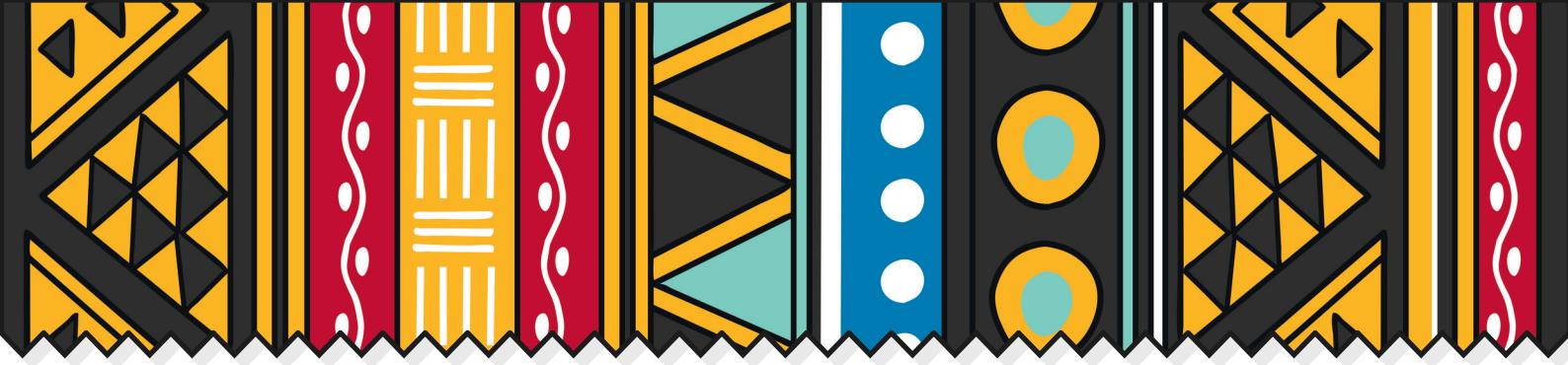


## Ingredients

- 350g long-grain parboiled rice
- 55g vegetable oil
- 1 onion, finely chopped
- 1 red bell pepper, finely chopped
- 1 green bell pepper, finely chopped
- 3 cloves garlic, minced
- 1 teaspoon ginger, minced
- 1 tin chopped tomatoes
- 1 tsp paprika
- 1 tsp thyme
- 1 tsp curry powder
- 1 tsp cayenne pepper (adjust to taste for spiciness)
- 2 bay leaves
- 500ml chicken or vegetable broth
- salt and pepper to taste

## Method

1. Wash the rice in cold water until the water runs clear. Drain and set aside.
2. In a large, heavy-bottomed pot, heat the vegetable oil over medium heat. Add the chopped onions and saute until they become translucent.
3. Stir in the red and green bell peppers, minced garlic and minced ginger. Cook for a few minutes until the peppers soften.
4. Add the crushed tomatoes to the pot. Cook for about 10-15 minutes, stirring occasionally, until the tomato mixture thickens and the oil starts to separate from it.
5. Add the paprika, thyme, curry powder, cayenne pepper, bay leaves, salt and pepper. Stir well to combine.
6. Add the washed rice to the tomato mixture and stir to coat the rice with the sauce. Then, pour in the chicken or vegetable broth.



7. Reduce the heat to low, cover the pot with a tight-fitting lid and simmer for about 25-30 minutes. Check the rice occasionally and add more broth or water if needed to prevent sticking or burning.
8. Once the rice is tender and has absorbed the flavours, remove it from heat. Discard the bay leaves. Use a fork to fluff the rice, mixing it gently to distribute the sauce evenly.
9. Serve your delicious Jollof Rice hot, garnished with fresh herbs or with your choice of protein (chicken, shrimp, tofu) on the side.



# Day 2: Collard Greens (Spring Greens)

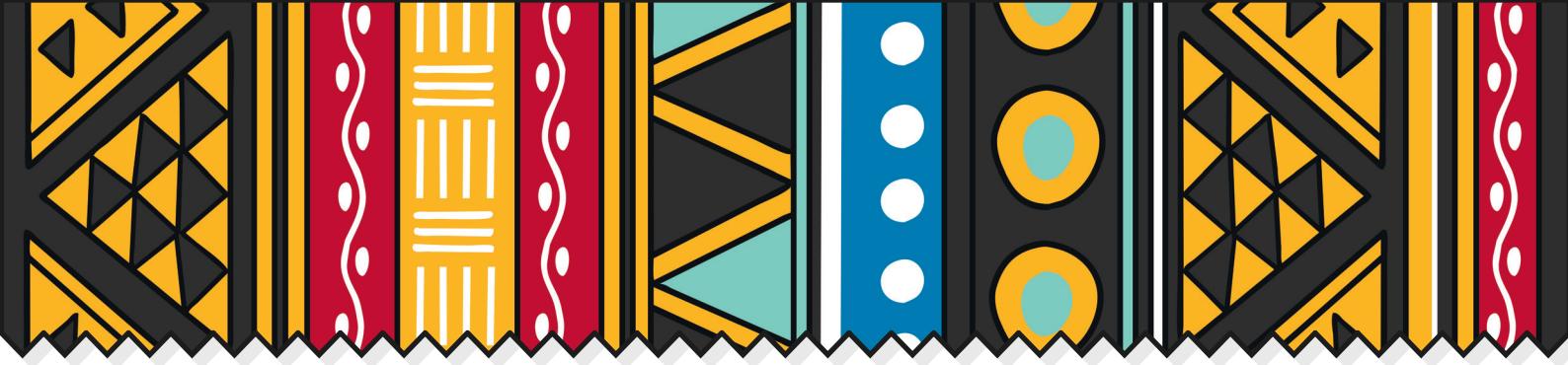


## Ingredients

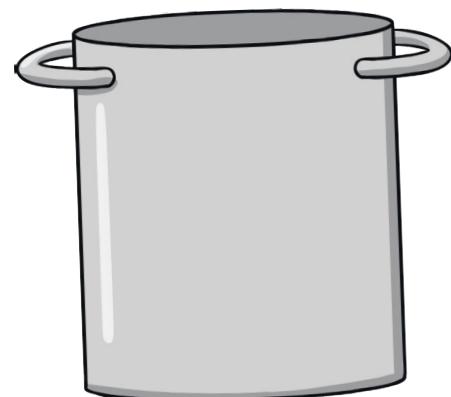
- 2 bunches of fresh spring or collard greens (about 2 pounds)
- up to 1.5l chicken or vegetable broth (enough to cover the greens)
- 1 smoked turkey leg or ham hock (for flavour)
- 1 onion, chopped
- 2-3 cloves garlic, minced
- 2 tbsp vegetable oil
- 1 tsp crushed red pepper flakes (adjust to taste)
- salt and black pepper to taste
- apple cider vinegar (optional, for serving)

## Method

1. Start by washing the greens thoroughly under cold running water. Remove the tough stems by folding each leaf in half and cutting along the stem. Then, stack the leaves, roll them up, and slice them into thin strips. Set aside.
2. In a large, heavy-bottomed pot, heat the vegetable oil over medium heat. Add the chopped onions and minced garlic. Sauté until the onions become translucent and fragrant, about 3-4 minutes.
3. Add the smoked turkey leg or ham hock to the pot for added flavour. Sear it briefly with the onions and garlic, allowing it to release its smoky goodness.
4. Begin adding the greens in batches. Stir them into the pot, allowing them to wilt slightly before adding more. Continue this process until all the greens are in the pot.



5. Season the greens with crushed red pepper flakes, salt and black pepper to taste. Pour in enough chicken or vegetable broth to cover the greens. Stir everything together.
6. Reduce the heat to low, cover the pot and simmer for about 1.5 to 2 hours, or until the greens are tender and flavourful. Be sure to stir occasionally and add more broth if the greens start to dry out.
7. Once the greens are cooked to your desired tenderness, remove the smoked turkey leg or ham hock from the pot. Allow it to cool slightly, then remove the meat from the bone and chop it into small pieces. Add the chopped meat back into the collard greens.
8. Serve the collard greens hot, drizzled with a bit of apple cider vinegar if desired. They make a delicious and nutritious side dish for your Kwanzaa celebration.



# Day 3: Black Eyed Peas



## Ingredients

- 550g dried black-eyed peas
- 1.5l water
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 bay leaf
- salt and pepper to taste

## Method

1. Start by rinsing the dried black-eyed peas under cold running water. Place them in a large bowl and cover them with about 1.5l of water. Let them soak overnight or for at least 6 hours. Drain and rinse again.
2. In a large pot, combine the soaked black-eyed peas, chopped onion, minced garlic, and bay leaf. Add enough water to cover the peas by about an inch.
3. Place the pot over medium-high heat and bring the water to a boil. Reduce the heat to low and let the peas simmer gently.
4. Allow the black-eyed peas to simmer for about 45 minutes to 1 hour, or until they are tender. Stir occasionally and check the water level. If the water level gets low, add more water to keep the peas covered.
5. Once the peas are tender, remove the bay leaf. Season the black-eyed peas with salt and pepper to taste. Stir well to distribute the seasoning.
6. Your black-eyed peas are ready to be served. They can be enjoyed as a side dish during your Kwanzaa celebration.

# Day 4: Fried Plantains



## Ingredients

- 2 ripe plantains (yellow with black spots)
- vegetable oil for frying
- salt (optional)

## Method

1. Ask an adult to help you carefully cut off both ends of the plantains. Then, make a shallow cut along the length of the plantains, just through the peel and peel the skin away. Slice the peeled plantains into rounds, about  $\frac{1}{2}$ -inch thick.
2. Place a skillet or frying pan on the stove and add enough vegetable oil to cover the bottom by about  $\frac{1}{4}$  inch. Heat the oil over medium heat until it's hot but not smoking. You can test the oil by dropping a small piece of plantain in - it should sizzle.
3. Carefully place the plantain slices into the hot oil. Make sure not to overcrowd the pan - you may need to do this in batches. Let them fry for about 2-3 minutes on each side or until they turn golden brown.
4. Using a slotted spoon or tongs, carefully remove the fried plantains from the hot oil and place them on a plate lined with paper towels to drain any excess oil. If you like, you can sprinkle a pinch of salt over the fried plantains while they're still hot.
5. Your fried plantains are now ready to be served. They make a tasty and sweet side dish or snack for your Kwanzaa celebration.

# Day 5: Akara (Bean Cakes)



## Ingredients

- 1 tin black-eyed peas
- 1 small onion, chopped
- 1-2 cloves garlic, minced (optional)
- salt and pepper to taste
- vegetable oil for frying

## Method

1. Drain and rinse the peas.
2. Place the black-eyed peas, chopped onion, minced garlic (if using), salt and pepper in a blender or food processor. Blend until you get a thick, smooth batter.
3. Heat vegetable oil in a deep pan or skillet over medium-high heat. To test if the oil is hot enough, drop a small amount of the batter into the oil; it should sizzle.
4. Using a spoon, carefully drop spoonfuls of the batter into the hot oil. Fry until they turn golden brown and crispy, about 3-5 minutes per side.
5. Remove the Akara from the oil and drain on paper towels. Serve them warm as a delicious snack.

# Day 6: Sweet Potato Pie



## Ingredients

- 500g mashed sweet potatoes (cooked and cooled)
- 100g sugar
- 120ml milk
- 2 eggs
- 1 tsp vanilla extract
- $\frac{1}{2}$  tsp ground cinnamon
- $\frac{1}{4}$  tsp ground nutmeg
- 1 pie crust (store-bought or homemade)

## Method

1. Preheat the oven to 175°C.
2. In a large bowl, combine the mashed sweet potatoes, sugar, milk, eggs, vanilla extract, cinnamon and nutmeg. Mix until well combined.
3. Pour the sweet potato mixture into the pie crust, spreading it evenly.
4. Bake in the preheated oven for 45-50 minutes, or until the pie is set and a toothpick inserted into the centre comes out clean.
5. Allow the pie to cool before serving. You can refrigerate it for a few hours for a firmer texture.

# Day 7: Suya (Grilled Skewered Meat)



## Ingredients

- approximately 500g boneless chicken, beef or tofu (cut into cubes)
- wooden skewers (soak them in water for 30 minutes to prevent burning)
- suya spice mix (you can buy this or make your own with ground peanuts, paprika, cayenne pepper, garlic powder and ginger)
- vegetable oil for brushing
- salt to taste

## Method

1. Preheat a grill or grill pan to medium-high heat.
2. Thread the meat or tofu cubes onto the soaked wooden skewers.
3. Brush the skewers with vegetable oil and sprinkle them generously with the Suya Spice Mix and a pinch of salt.
4. Place the skewers on the hot grill and cook for about 10-15 minutes, turning occasionally, until the meat is cooked through and has grill marks.
5. Serve the Suya skewers as a tasty and spicy snack or with rice.

We hope you find the information on our website and resources useful. As far as possible, the contents of this resource are reflective of current professional research. However, please be aware that every child is different and information can quickly become out of date. The information given here is intended for general guidance purposes only and may not apply to your specific situation.

These recipes may involve the use of knives, hot water and kitchen appliances. It is your responsibility to assess risks and ensure the activity is safe for those participating. We will not be held responsible for the health and safety of those participating and cannot accept any liability. It is your responsibility to ensure you are fully aware of the allergies and health conditions of anyone making or consuming these products. Children should be carefully supervised by a responsible adult at all times, especially when using any sharp items such as knives or graters or when near a heat source. It is the responsibility of supervising adults to ensure the safety of children in their care.