

Chapter Four

Tanza

145 Ndizi Kaanga

FRIED PLANTAINS

146 Ma Shara's Ajemi
Bread with Carrots
and Green Pepper

148 Zanzibar Pilau

RICE PILAF

150 Ma Vicky's Matoke
with Steamed Spinach
STEWED PLANTAINS WITH PINK
BEANS, BEEF, AND COCONUT MILK

152 Ma Shara's Quick
Stewed Eggplant
with Coconut

153 Ma Shara's Spiced
Fried Fish

155 Harees with Chicken
STEWED CRACKED WHEAT AND
CHICKEN

156 Ma Vicky's
Famous Lasagna

158 Date Bread

161 Fresh Mango Juice

162 Ma Shara's Kaimati
CRISPY COCONUT DUMPLINGS
IN CARDAMOM SYRUP







Ndizi Kaanga

(FRIED PLANTAINS)

As Ma Vicky taught us, plantains are a huge part of Tanzanian cooking, and there are tons of varietals and different ways of preparing each. These simple fried plantains are best made with bright yellow plantains that are somewhere in between the firm, starchy, underripe green plantains and the super-soft, super-sweet, almost-black overripe plantains. Fried in a little butter or ghee and finished with a splash of fresh lemon juice and a sprinkle of both salt and nutmeg, these plantains ride the line between sweet and savory. Serve on their own for a snack or alongside Zanzibar Pilau (Rice Pilaf, page 148), cooked vegetables, and grilled meat or fish for a complete meal. You could even sprinkle them with a bit of brown sugar as they cook, finish them with a splash of rum, and serve with vanilla ice cream for a Tanzanian version of bananas Foster.

SERVES 4

3 tablespoons unsalted butter or ghee
2 large yellow plantains, peeled and cut into 1-inch-thick pieces on the diagonal
2 tablespoons freshly squeezed lemon juice, plus additional for squeezing over
½ teaspoon kosher salt
Pinch of freshly grated nutmeg

Place the butter in a large nonstick skillet set over medium-high heat. Once the butter has melted, add the plantain pieces and cook until dark brown on the undersides, about 2 minutes. Carefully turn each piece of plantain and cook just until the second sides are lightly browned, about another minute. Transfer the plantains, cut-sides up, to a serving platter. Drizzle with the lemon juice and sprinkle with the salt and nutmeg. Serve immediately with the extra lemon for squeezing over. Leftovers can be stored in a container in the refrigerator for up to a few days and rewarmed in a skillet before serving.

Ajemi Bread with Carrots and Green Pepper

This bread, peppered with colorful and crunchy vegetables, likely became popular in Tanzania because of Arabic settlers from Yemen. Like other flatbreads in the book, such as Sabaayad (Somali Flatbreads, page 76), these are simple and satisfying to make. Serve with vegetables like Quick Stewed Eggplant with Coconut (page 152) for a vegetarian meal or along with meat, chicken, or fish. Also feel free to double the batch and freeze any extra breads (wrap them individually in plastic wrap and then store them in an airtight plastic bag), so you can pop a frozen one into the toaster any time you want a homemade flatbread.

MAKES FOUR 6-INCH ROUND BREADS

- $\frac{1}{2}$ cup whole milk
- 1 teaspoon active dry yeast
- $\frac{1}{4}$ cup plain yogurt
- 3 tablespoons canola oil, plus more for cooking
- 1 large carrot, coarsely grated
- 1 green bell pepper, stemmed, seeded, and finely chopped
- 2 cups all-purpose flour, plus more as needed
- $\frac{1}{2}$ teaspoon baking powder
- 1 teaspoon kosher salt
- 1 teaspoon granulated sugar

Place the milk in a small saucepan set over low heat and warm just until it reaches body temperature, about 1 minute (or microwave it in 10-second bursts). Pour the milk into a large bowl and stir in the yeast. Let the mixture sit until the yeast has dissolved, about 5 minutes. Stir in the yogurt, 2 tablespoons of the oil, the carrot, and bell pepper. In a separate bowl, whisk together the flour, baking powder, salt, and sugar and then stir the dry ingredients into the wet ingredients.

Transfer the dough to a lightly floured work surface and knead until the dough is soft and elastic, about 5 minutes, adding more flour as needed if the dough is too sticky to knead.

Rub the remaining 1 tablespoon oil over the interior surface of a large clean bowl and transfer the dough to it. Cover the bowl with a clean kitchen towel or plastic wrap and let it sit in a warm spot in your kitchen (the inside of a microwave or the oven—neither of which should be turned on—is a good bet) until the dough is a bit puffy and soft, about 45 minutes.



Punch down the dough in the bowl, transfer it to a flour-sprinkled work surface, then cut it into four equal pieces. Working with one piece of dough at a time, use a floured rolling pin to roll the dough into a $\frac{1}{4}$ -inch-thick oval measuring about 6 inches in diameter. You can also just pat the dough into circles with floured hands.

Line a serving basket or dish with a napkin, then set aside. Set a large cast-iron skillet or other heavy skillet over medium heat and let it warm up for 2 minutes. Working with one piece of rolled-out dough at a time, place the dough in the skillet and cook until bubbles start to form on the surface and the underside is brown, about 2 minutes. Flip the bread and spoon about 2 teaspoons of the oil around the edges of the bread, using a fork or tongs to spin the bread around to coat the edges with oil (you are using the bread almost as a brush to spread the oil evenly over the skillet's surface). Cook the bread until it is browned on the underside, about 2 minutes. Transfer the ajemi to the prepared basket or dish, cover with another napkin, and repeat the process with the remaining pieces of dough, adding a little bit of oil to the skillet as you cook. Serve the ajemi warm. Leftover breads can be stored in a plastic bag at room temperature for a day and rewarmed in a skillet set over low heat before serving (or see the headnote for information about freezing them).

Zanzibar Pilau

(RICE PILAF)

This rice dish is emblematic of all the recipes in this book—the story of the spice trade along the Indian Ocean, the story of Arab settlers in East Africa, and the story of inexpensive ingredients turned into something with so much flavor. Zanzibar, an archipelago off the coast of mainland Tanzania, is home to about a million people. It sits at the heart of the trade routes between East Africa, Europe, and the Middle East, and the cooking in Zanzibar reflects this incredible mix of cultures. The name pilau, just like the term pilaf, derives from the Persian term polow, which is rice mixed with things like spices, nuts, and meat. This dish is also very similar to Bariis (Basmati Rice Pilaf with Raisins, page 87), but is made with coconut milk and without tomato or raisins. If you are vegan, feel free to substitute coconut oil or olive oil for the butter.

SERVES 4

- 1 cup long-grain white rice (preferably basmati)
- 2 tablespoons unsalted butter or ghee
- 1 small yellow onion, finely diced
- 5 green cardamom pods
- One 2-inch piece cinnamon stick
- $\frac{1}{2}$ teaspoon ground cloves
- $\frac{1}{2}$ cup full-fat unsweetened coconut milk
- 1 cup boiling water
- 1 teaspoon kosher salt

Place the rice in a fine-mesh sieve and rinse with cold tap water, stirring the rice gently with your hands, until the water runs clear, about 1 minute. Place the rinsed rice in a bowl, cover with cold water, and let it soak for at least 10 minutes and up to 30 minutes.

Meanwhile, place the butter in a medium saucepan set over medium-high heat. Once the butter has melted, add the onion and cook, stirring occasionally, until it begins to soften, about 5 minutes. Add the cardamom, cinnamon, and cloves and cook, stirring, until the mixture smells very fragrant, about 1 minute. Stir in the coconut milk, boiling water, and salt. Drain the rice and add it to the pot. Reduce the heat to low, cover, and cook until the rice has absorbed the liquid and is tender, about 15 minutes. Turn off the heat and let the rice sit, covered, for at least 10 minutes before fluffing with a spoon or a fork. Remove and discard the cinnamon and cardamom (if you can find them, they tend to hide—if you can't find them, just warn your guests). Serve the rice immediately, while it's hot. Leftovers can be stored in an airtight container in the refrigerator and rewarmed in a 300°F oven or in a skillet set over low heat.



Matoke with Steamed Spinach

(STEWED PLANTAINS WITH PINK BEANS, BEEF, AND COCONUT MILK)

Matoke, a hearty and quick stew centered on green plantains, is a beautiful one-pot meal that stretches a small amount of meat into something that can feed an entire family. Ma Vicki tells us that "in the United States, we don't have as many types of bananas as we have at home, but we make do. That's why I add some beef and beans and coconut milk to make it more flavorful." She also tells us that in Bukoba, where she comes from, girls learn to peel bananas at a young age (because they're the ones helping out with the food preparation in the kitchen) and know how to do it *fast*. She thinks she has lost her touch, but we disagree. One of the coolest parts of Ma Vicki's matoke is the way she wraps baby spinach in aluminum foil with a little adobo seasoning and butter and steams it directly on top of the stew as it finishes cooking. It gives you an instant side dish with no extra cleanup, and it's wonderfully clever. "In Tanzania, we would wrap greens in banana leaves and steam them on top of whatever we were stewing. We would unwrap the banana leaves and eat the vegetables directly off of them. The flavor is so nice," Ma Vicki says. While the aluminum foil might not be the same, the technique is. If you can't find canned pink beans, feel free to use pinto or kidney beans instead. You could also leave out the steak (and use olive oil on the spinach instead of butter) if you'd prefer a vegan version.

SERVES 4

6 green plantains

3 tablespoons canola oil

1 large red onion, finely diced

2 medium vine-ripened tomatoes, coarsely chopped

$\frac{3}{4}$ pound bone-in shell steak, excess fat trimmed off and discarded, bone cut out and reserved, and meat cut into bite-sized pieces

1 cup full-fat unsweetened coconut milk, plus more as needed

One 15.5-ounce can pink beans, drained and rinsed

Prepare the plantains by first putting on a pair of disposable gloves to keep your hands from getting too sticky while you peel them, then peel, using a paring knife to help you trim the ends and skin. Cut the plantains in half lengthwise and then cut each into quarters crosswise (you'll end up with eight pieces per plantain). Rinse the plantains in cold water to remove excess starch and then drain. Set them aside.

Warm the oil in a large pot set over medium-high heat and add the onion. Cook until just softened, about 5 minutes. Stir in the tomatoes and cook until some of their juice has evaporated, another 2 minutes or so. Add the beef pieces and the reserved bone and cook until the meat is just barely browned on all sides, 5 minutes. Add the plantains and enough fresh, cold water to nearly cover them. Increase the heat to high and bring to a boil, then immediately lower the heat and partially cover the pot; simmer the mixture until the plantains begin to soften, about 10 minutes.

2 teaspoons adobo seasoning
 (use your favorite brand or a
 mix of salt and garlic powder;
 Ma Vicky uses Goya brand)
 Kosher salt
 Two 5-ounce packages baby
 spinach
 2 tablespoons unsalted butter,
 cut into small pieces



Add the coconut milk and beans and cook, partially covered, until the plantains change from opaque white to slightly translucent yellow, about 15 minutes. Sprinkle the mixture with 1 teaspoon of the adobo, stir well to combine, and then season to taste with salt.

While the matoke is simmering, place half the spinach on a very large piece of aluminum foil, dot it with the butter, and sprinkle with the remaining 1 teaspoon adobo. Top with the remaining spinach and then wrap everything tightly in the foil to form a large bundle.

Place the spinach bundle directly on top of the matoke and cover the pot tightly. Cook until the spinach is tender (it will shrink significantly) and the matoke is neither too soupy nor too dry, about 7 more minutes. If the matoke is very soupy, just let it boil, uncovered, for an extra couple of minutes; if it's too dry, add a splash more coconut milk or water. Basically, you want each serving to have a little liquid, but you don't want the plantain mixture to be swimming in liquid. Think stew, not soup. How do you know when it's ready? According to Ma Vicky, "You make a decision that it's enough." (A good message to remember for life in general, too.) Leftovers can be stored in an airtight container in the refrigerator for up to a few days and rewarmed in a heavy pot set over low heat (stir while you heat).

Quick Stewed Eggplant with Coconut

This recipe is so quick, easy, affordable, and healthy—the things we all seem to look for these days. It's also very forgiving. Don't have green bell pepper? Throw in a red one. Forgot to check the pot on the stove while you started doing something else? Not the end of the world—the eggplant will just get silkier if it cooks a little longer. Feel free to also throw in some extra vegetables like thinly sliced carrots, chopped okra, or diced sweet potatoes. This is one of those dishes you can throw together after work and just eat with rice or flatbread, or make as part of a more elaborate meal with other vegan dishes (try it with Kunde [Black-Eyed Peas and Tomatoes in Peanut Sauce, page 127]) or meat, chicken, or fish.

SERVES 4

- 2 pounds eggplant (about 2 large), cut into 2-inch pieces
- 1 large red onion, finely chopped
- 1 green bell pepper, stemmed, seeded, and thinly sliced
- 4 garlic cloves, minced
- 2 jalapeños, stemmed and thinly sliced (use less or leave out if you don't want things too spicy)
- $\frac{1}{4}$ teaspoon ground turmeric
- 1 teaspoon kosher salt
- $\frac{1}{2}$ cup full-fat unsweetened coconut milk

Place the eggplant, onion, bell pepper, garlic, jalapeños, turmeric, salt, and coconut milk in a large pot and stir well to combine. Set over high heat and bring to a boil, then reduce the heat to low, cover, and simmer until the eggplant is tender, about 10 minutes. Season the eggplant to taste with salt and serve immediately. Leftovers can be stored in an airtight container in the refrigerator for up to a few days and rewarmed in a heavy pot set over low heat (stir while you heat).

MA SHARA'S

Spiced Fried Fish

Ma Shara's assertive garlic and spice mixture takes fried fish from good-but-plain to unforgettable flavorful. Frying fish might seem intimidating, but working with steaks or fillets instead of whole fish makes it quite easy to handle. Use a heavy pot with tall sides (at least 4 inches tall) to keep yourself protected from any splatters. Serve with lemon or lime wedges for squeezing over, a big pot of Zanzibar Pilau (Rice Pilaf, page 148), and a fresh salad for a wonderful dinner. This fried fish also makes an excellent fish sandwich piled on a bun or flatbread like Ajemi Bread with Carrots and Green Pepper (page 146), topped with shredded cabbage or lettuce.

SERVES 4

5 garlic cloves, minced

1 teaspoon freshly ground black pepper

1 teaspoon ground ginger

1 teaspoon ground cumin

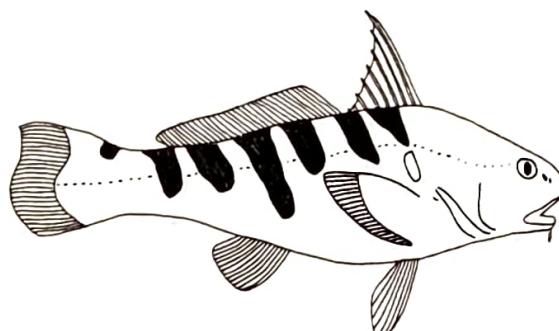
1 tablespoon kosher salt

Four 6-ounce steaks or fillets (firm, oily fish such as kingfish, mackerel, bluefish, tuna, or swordfish)

Canola oil, for frying

Place the garlic, pepper, ginger, cumin, and salt together in a mortar and crush with a pestle until coarsely ground (or just mix together in a bowl—the flavor won't be as intense, but it will still be great). Using your hands, evenly spread the garlic mixture over the fish and let the fish sit at room temperature for 10 minutes while you prepare your oil for frying (or cover the fish and refrigerate for up to 24 hours; take it out of the refrigerator 10 minutes before frying).

Line a plate or tray with paper towels and set aside. Heat 1 inch of oil in a Dutch oven or other heavy pot set over medium-high heat until it reaches 375°F on an instant-read thermometer or until bubbles form around the handle of a wooden spoon (just stick the end of the spoon in the pot to test the temperature). Carefully add the fish to the hot oil, working in batches if necessary, depending on the size of your pot, and cook, turning occasionally, until browned on all sides, about 5 minutes. Transfer the fried fish to the prepared plate or tray to drain. Serve hot.





Harees with Chicken

(STEWED CRACKED WHEAT AND CHICKEN)

A savory porridge made of cracked wheat with meat (we use chicken thighs), harees is a popular Arab dish that was introduced to East Africans by Arab settlers when they first arrived generations ago. It's also commonly known as 'bokoboko' and is regularly enjoyed during Ramadan. It's simple and comforting and can be served as is or topped with fried onions, if you'd like to add some extra flavor and texture.

SERVES 4

- 1 pound bone-in, skin-on chicken thighs
- 1 small yellow onion, halved
- One 1-inch piece cinnamon stick
- 3 green cardamom pods
- 1 tablespoon kosher salt, plus more as needed
- 6 cups water
- $\frac{3}{4}$ cup cracked wheat (sometimes labeled coarse bulgur wheat)
- 3 tablespoons ghee or unsalted butter, melted

Place the chicken thighs, onion, cinnamon, cardamom, salt, and water in a large Dutch oven or other heavy pot set over high heat. Bring the water to a boil, reduce the heat to low, and simmer until the broth is fragrant and the chicken is tender, about 30 minutes.

Use tongs to transfer the chicken thighs to a plate and let them rest until they're cool enough to handle. Continue to simmer the broth while the chicken thighs cool. Once they're cool, shred the meat and discard the skin and bones. Use a handheld sieve to remove the onion halves, cinnamon, and cardamom from the broth (or strain the broth into a bowl, discard the solids, and then return the broth to the pot). Return the shredded chicken to the broth, add the cracked wheat, and simmer, stirring occasionally, until the wheat is tender and the porridge is thick and creamy, about 45 minutes. Season the porridge to taste with salt and stir in the ghee just before serving. Serve immediately, while hot. Leftovers can be stored in an airtight container for up to a few days and rewarmed in a heavy pot set over low heat before serving (stir while you heat); the mixture will thicken as it cools, so feel free to loosen it with a little extra water or stock when reheating.

Ma Vicky's Famous Lasagna

"When I started making it, my family liked it, so we made it our favorite," Ma Vicky told us about her famous lasagna. Her signature dish includes a couple key elements. One is a highly seasoned spinach mixture that makes up two layers of the lasagna, and the other is a thick layer of tomato sauce she puts on top of the lasagna. While we were curious if Ma Vicky would have Tanzanian-inspired spices in her sauce or in the lasagna layers, we found that it's really a classic Italian American lasagna, the kind of lasagna any grandmother in America might make on a Sunday afternoon. Which is exactly who Ma Vicky is: a woman living in America who cooks regularly for her family. She's also East African, which means her cooking is influenced by a long history of Italian colonization throughout the region, making dishes like lasagna just as familiar as dishes with plantains. Ma Vicky's lasagna is so beloved in her large family that she makes two at a time; this recipe reflects that, but feel free to cut the amounts in half and make just one. But honestly, if you're going to expend the energy, it's best to go ahead and make two. You can always freeze one for later (either freeze it unbaked and bake it directly from the freezer, adding an extra 45 minutes to the baking time, or freeze it baked, defrost in the refrigerator, and then just warm it up in the oven).

SERVES 12

- Kosher salt
- One 1-pound box uncooked lasagna noodles
- 4 tablespoons extra-virgin olive oil
- 3 yellow onions, finely diced
- 5 garlic cloves, minced
- Three 10-ounce packages frozen chopped spinach, thawed
- 2 chicken or vegetable bouillon cubes
- $\frac{1}{2}$ cup heavy cream
- 1 teaspoon adobo seasoning (use your favorite brand or a mix of salt and garlic powder; Ma Vicky uses Goya brand)
- 8 cups tomato sauce (use your favorite recipe or brand; Ma Vicky's is meat-flavored Prego)

Preheat the oven to 375°F.

Bring a large pot of water to a boil and salt it generously. Add the lasagna noodles and cook, stirring occasionally to keep them separated, until they're just al dente, about 9 minutes. Drain the noodles in a colander, toss them with 1 tablespoon of the oil to keep them from sticking to each other, and set them aside.

Meanwhile, warm the remaining 3 tablespoons oil in a large heavy pot set over medium heat. Add the onion and garlic and cook, stirring occasionally, until softened, about 10 minutes.

Stir in the spinach (with whatever liquid is in the packages), bouillon, cream, and adobo. Bring the mixture to a boil, decrease the heat to maintain a simmer, and cook for just a minute to really imbue the spinach with all the seasoning. Season the spinach to taste with salt. When you taste it to season it, Ma Vicky insists that you transfer a little bit of the mixture from your mixing spoon to your hand rather than taste directly from the spoon ("Only in America!" she says). Set aside the spinach mixture.

- 1 cup finely grated Parmesan cheese
- One 32-ounce container full-fat ricotta cheese
- 3 cups shredded mozzarella cheese (preferably preshredded, not fresh mozzarella, which contains too much water for lasagna—plus, preshredded is much easier!)



Place two 9 by 13-inch pans on your work surface. Place 1½ cups of the tomato sauce in each pan and spread the sauce with a spoon to cover the bottoms. Place a single, even layer of noodles over the sauce in each pan (each should take about one-sixth of the noodles—you will be making a total of three layers of noodles per pan).

Sprinkle the noodles in each pan evenly with a light layer of the Parmesan cheese (about 2 to 3 tablespoons on each lasagna). Place a quarter of the spinach mixture in each pan (you will have two layers of spinach in each lasagna) and, using a spoon, spread to cover. Place a quarter of the ricotta in each pan (you will have two layers of ricotta in each lasagna) and, using a spoon, spread to cover. Add another layer of noodles over the ricotta and sprinkle them with another light layer of Parmesan cheese (about 2 to 3 tablespoons on each lasagna). Sprinkle each lasagna evenly with ½ cup of the mozzarella, then divide the remaining spinach mixture between the pans and spread to cover. Dollop the remaining ricotta over the spinach layer and sprinkle with a light layer of Parmesan cheese. Top each lasagna with a final layer of noodles and divide the remaining tomato sauce between the lasagnas (it will be a thick layer).

Cover each pan tightly with aluminum foil and bake for 25 minutes. Uncover the lasagnas and evenly sprinkle the tops with the remaining Parmesan and mozzarella cheeses. Return the lasagnas to the oven and bake, uncovered, until the sauce is bubbling and the cheese has melted, another 25 minutes or so. Turn your oven from bake to broil and broil the top of the lasagnas, until the cheese is browned, about 1 minute. Watch carefully to make sure it does not burn.

Let the lasagnas rest at room temperature for 15 minutes, then slice and serve. This lets all the layers set a bit so you don't end up with too-messy slices. Serve immediately. Leftovers can be stored in an airtight container in the refrigerator for up to a few days and rewarmed uncovered in a 350°F oven for about 20 minutes.

Date Bread

This simple quick bread includes tons of juicy Medjool dates, making it an option for breaking the daily sunrise-to-sunset fast during the holy month of Ramadan, a tradition that Muslims observe in Tanzania and across the world. The tradition is rooted in the teachings of the prophet Muhammad, who is said to have called for observers to break their fasts with dates. Many Muslims include dates on their iftar tables (iftar is the evening meal eaten at sunset during Ramadan). This bread can, of course, be enjoyed by any and all, year-round. It's wonderful on its own with hot cups of coffee like Buna (Eritrean Coffee, page 54) or tea like Shaah Cadays (Somali Spiced Tea with Milk, page 94) or topped with a soft cheese like goat cheese, ricotta, or cream cheese. It's also wonderful served in slices on a cheese board. If you can't find Medjool dates, use whichever are the plumpest, least-dry dates you can find or substitute your favorite dried fruit such as dried apricots or dried cherries (you need about 1 cup of your favorite dried fruit).

MAKES ONE 9 BY 5-INCH LOAF

- 12 Medjool dates, pitted and coarsely chopped
- ½ teaspoon kosher salt
- 1 teaspoon baking soda
- ½ cup boiling water
- ¼ cup granulated sugar
- 4 tablespoons unsalted butter, at room temperature
- 1 large egg
- 2 teaspoons pure vanilla extract (preferably from Madagascar or Comoros)
- 2 cups all-purpose flour

Preheat the oven to 350°F. Spray a 9 by 5-inch loaf pan with nonstick spray.

Place the dates in a small bowl and sprinkle with the salt and baking soda. Pour the boiling water over the mixture and allow it to sit until it cools.

Meanwhile, in the bowl of a mixer fitted with the whisk attachment or in a large bowl using a handheld mixer (or a whisk and a lot of elbow grease), beat the sugar and butter until creamy. Add the egg and vanilla and beat until well combined, about 1 minute. Using a rubber spatula, stir in the date mixture (water and all) and then fold in the flour. The batter will be very stiff.

Transfer the batter to the prepared loaf pan and, using a rubber spatula, smooth out the top so the loaf is even. Bake until the loaf is dark golden brown, a toothpick tests clean when inserted into the center of the loaf, and the bread is firm to the touch, about 40 minutes. Let the bread cool completely on a wire rack before turning it out of the pan and slicing it. Leftovers can be stored in a plastic bag at room temperature for up to 3 days (if the slices get a bit dry, you can revive them in a toaster oven or regular oven set at 300°F for a few minutes before serving).





Fresh Mango Juice

Fresh mango juice is served all over the African continent and is a wonderful accompaniment to just about any meal—from breakfast to evening cocktails (just spike it with some rum). Most commercial mango juice is heavily sweetened and more like mango-flavored sugar water. We like ours fresh and bright and flavored with just mango, lime juice, and a tiny bit of salt to bring out the natural flavors. If you prefer yours a bit sweeter, just add a little sugar or honey to the blender. Store any extra juice in the refrigerator for up to 3 days (stir before serving).

SERVES 4

2 mangoes, pitted, peeled,
and diced

½ cup freshly squeezed lime juice

2 cups water

½ teaspoon kosher salt

Ice, for serving

Place the mango, lime juice, water, and salt in the jar of a blender and puree until smooth. Fill four glasses with ice and divide the drink among them. Serve immediately.

Kaimati

(CRISPY COCONUT DUMPLINGS IN CARDAMOM SYRUP)

These fried dumplings originated and are popular along what's known as the Swahili coast, which includes the coastal parts not only of Tanzania but also of Zanzibar, Kenya, and northern Mozambique. Kaimati, which are sometimes called dabo or dahir, are commonly flavored with cardamom and coconut but can be made plain without any spices or sugar. Once you start frying, gather your friends and family around to eat them immediately—they're best when fresh and hot.

MAKES ABOUT
24 DOUGHNUTS

1½ cups full-fat unsweetened coconut milk
½ teaspoon active dry yeast
1 cup all-purpose flour
1 cup water
1 cup granulated sugar
2 teaspoons green cardamom pods, gently crushed
1 teaspoon freshly squeezed lemon or lime juice
Canola oil, for frying

Place the coconut milk in a large bowl and stir in the yeast. Let the mixture sit until the yeast has completely dissolved, about 5 minutes. Stir in the flour and, using a wooden spoon or your hand, mix well for about 5 minutes to help develop the gluten in the mixture (the mixture will be a loose dough and mixing it will be more like slapping it against itself rather than kneading). The dough will be thick and sticky. Cover the bowl with a clean kitchen towel or plastic wrap and let the dough sit at room temperature until it's slightly risen, at least 30 minutes and up to 1 hour.

Meanwhile, place the water in a large pot, add the sugar and crushed cardamom, set the pot over high heat, and bring to a boil. Reduce the heat to low and allow the mixture to simmer until it's slightly thickened, about 20 minutes. Turn off the heat, stir in the lemon juice, and allow the mixture to cool to room temperature in the pot.

Heat 1 inch of oil in a Dutch oven or other heavy pot set over medium-high heat until it reaches 375°F on an instant-read thermometer or until a pinch of dough sizzles on contact. Dip your fingers into a bowl of cold water, then



pinch off a tablespoon of dough and shape it as well as you can into a small ball (wetting your fingers will prevent the dough from sticking to them but be careful not to wet your hands so much that water drips into the hot oil). Carefully place the dough ball into the hot oil and repeat the process until you have enough balls to fill the pot, allowing some space between each (probably about six at a time, depending on the size of your pot). Use a slotted spoon to continuously turn and stir the dough balls so they brown evenly; fry until golden brown all over, about 4 minutes. Use the slotted spoon to lift and drain the fried dumplings and carefully transfer them to the syrup. Stir to coat the dumplings in the syrup, then transfer them to a serving dish and repeat the process with the rest of the dough. Serve immediately while they're at their crunchiest.