



Cookbook & African Pavilion Directory

a journey to savor...



For more information on Taste of Africa, visit:

www.tasteafricanow.com

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**CARANA is contracted by USAID to manage and implement the West and Southern Africa Trade Hub projects*





From fiery peppers to sweet honeys, wholesome teas to rich chocolates, perfect wine to tangy fruits, *Africa tastes just right.*

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CONVERSION GUIDE

Weight

¼ oz	7 g
½ oz	14 g
1 oz	28 g
2 oz	57 g
3 oz	85 g
4 oz	113 g
8 oz	227 g
12 oz	340 g
1 lb	454 g
2 lb	907 g
5 lb	2270 g

Temperature

°C	°F
110	225
120	250
140	275
150	300
160	325
180	350
190	375
200	400
220	425
230	450
240	475
270	525

Volume

1 teaspoon		5 ml
1 tablespoon	½ fluid oz	15 ml
¼ pint	5 fluid oz	145 ml
1/5 pint	8 fluid oz	225 ml
½ pint	10 fluid oz	285 ml
¾ pint	15 fluid oz	430 ml
1 pint	20 fluid oz	570 ml
1 ¾ pint	35 fluid oz	1000 ml



~ ZENA'S BANANA BREAD WITH BANANA JAM FILLING ~

Ingredients

- 3 ¼ cups all-purpose flour
- 2 teaspoons baking soda
- ½ teaspoon cinnamon
- ½ teaspoon salt
- 4 large eggs at room temperature for 30 minutes
- 2 ⅓ cups sugar
- 1 cup vegetable oil
- 3 cups coarsely mashed very ripe bananas (6 large)
- ¼ cup crème fraîche
- 2 teaspoons vanilla
- 1 ⅓ cups cashews (4 ounces), toasted and chopped
- 1 jar of Zena Exotic Fruits Chunky Banana Jam

Preparation

1. Preheat oven to 350°F. Butter 2 (9- by 5- by 3-inch) metal loaf pans, then dust with flour, knocking out excess.
2. Sift together 3 ¼ cups flour, baking soda, cinnamon, and salt into a bowl.
3. Beat together eggs and sugar with electric mixer at medium-high speed until mixture forms a ribbon when beater is lifted, ~10 minutes. Reduce speed to low and add oil in a slow stream, mixing, then mix in bananas, crème fraîche, and vanilla. Remove bowl from mixer and fold in flour mixture and walnuts gently but thoroughly.
4. Divide batter between loaf pans, spreading evenly, and bake in middle of oven until golden brown and a wooden pick or skewer comes out clean, 1 to 1 ¼ hours.
5. Cool loaves in pans on a rack 10 minutes, then turn out onto rack. Turn loaves right side up and cool completely.
6. After loaves are cool, slice each in half lengthwise. Generously spread the jam on the bottom half of the loaves; then rejoin the halves.

BOOTH 4210



Zena Exotic Fruits Sarl

Randa Filfil

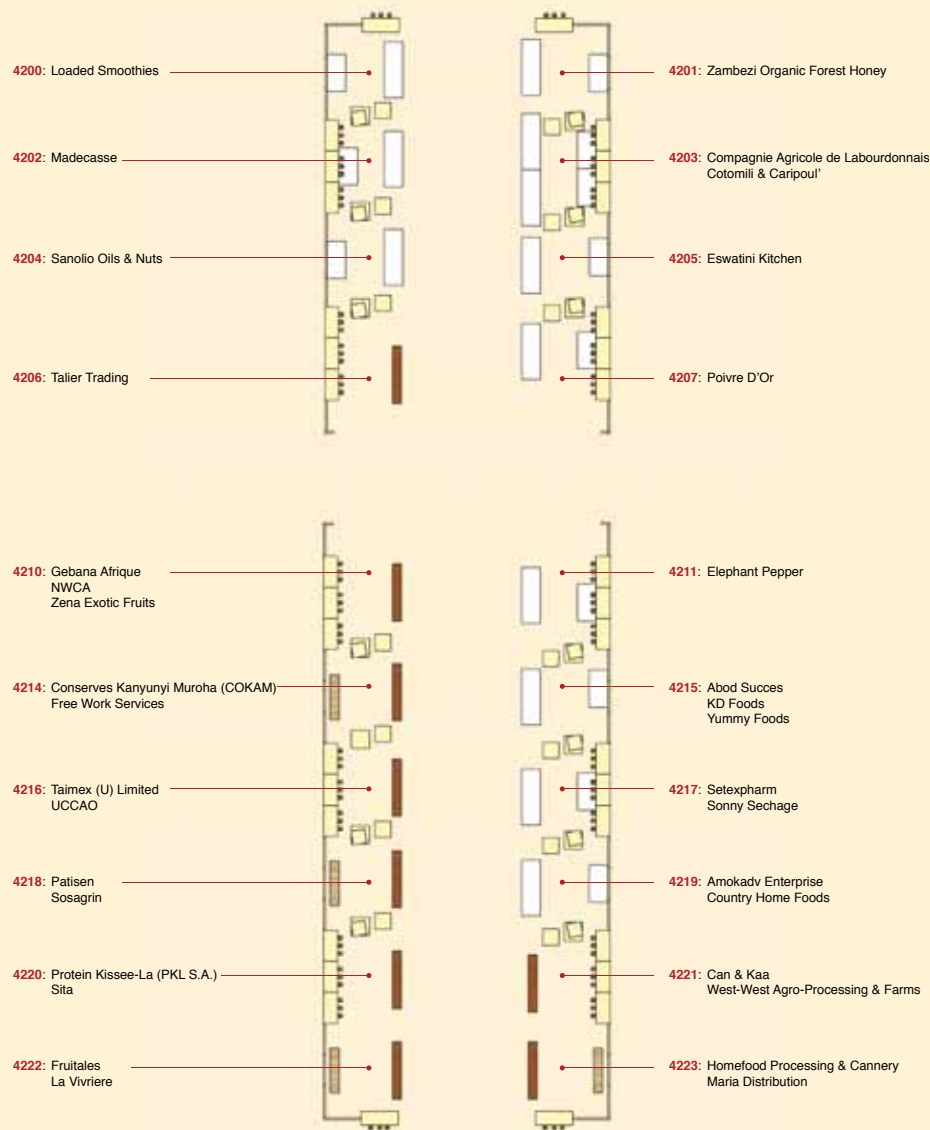
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*Zena Exotic Fruit jams, Jellies,
Butters and Marmalade*

BOOTH GUIDE

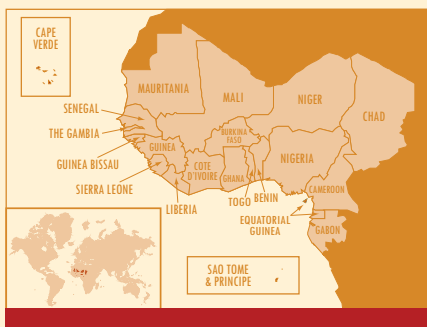


- Elsewhere**
- 4101: Global Fine Foods
 - 4103: I Like That
 - 4104: Rozendal Farm
 - 4109: Cape Foods
 - 4111: Distell
 - 4112: ASNAPP
 - 4276: Made in Ethiopia
 - 4278: Hasset Export

LINKING BUYERS WITH AFRICAN BUSINESS

USAID's West Africa Trade Hub and Southern Africa Global Competitiveness Hub are projects sponsored by the United States Agency for International Development to help African countries take advantage of the US African Growth and Opportunity Act (AGOA).

Without commercial self-interest, the two hubs operate from a neutral standpoint, as honest brokers. Buyers can benefit from their in-depth local expertise and regional presence.



West Africa Trade Hub

Making Trade Happen

The USAID West Africa Trade Hub identifies export-ready companies in 21 West African countries, which have the capacity and reliability to export. We work only with those that have shown they are able to meet international standards.

With offices in Ghana and Senegal, the Trade Hub acts as a bridge between buyers and producers and can offer hands-on help to buyers at any stage of the production process.



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Southern Africa Global Competitiveness Hub

Making Trade Happen

The USAID Southern Africa Trade Hub works to support companies in the specialty food sector in 12 countries throughout Southern Africa. In addition to the Hub's work to link Southern African companies to producers in the United States, the Hub works to assist these companies with regional African inputs for these fine food products.

The USAID Southern Africa Trade Hub is located in Gaborone, Botswana.



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~ ZAMBEZI ORGANIC FOREST HONEY'S GINGERBREAD ~

Ingredients

- ¾ cup Zambezi 100% Organic Forest Honey
- ¼ lb organic butter, room temperature
- 1½ Tablespoons freshly minced ginger
- 2 free-range organic eggs
- 2½ cups unbleached organic flour
- 2 teaspoons baking soda
- ½ teaspoon salt
- ½ cup organic sugar
- ¾ cup boiling water



Preparation

1. Preheat oven to 350 °F. While the oven is heating, lightly butter and flour a 9-inch square pan.
2. Beat the butter with the sugar until fluffy and light. Add the eggs and beat well. Add Zambezi 100% Organic Forest Honey and ¾ cup boiling water. Blend well. Mix in the fresh ginger.
3. Separately combine the flour, baking soda, and salt. Add to the honey mixture and blend well. Pour into prepared pan.
4. Bake for 35 to 45 minutes, until a toothpick inserted in the center comes out almost clean. Let cool in pan for 10 minutes, then cool completely on a rack.
5. While the Honey Gingerbread is cooling, make the glaze. Slowly add hot water, a few drops at a time, to powdered sugar until a thin glaze is formed. When the Honey Gingerbread is cool, pour the glaze over the top, then sprinkle with candied ginger. Let dry.
6. Serve & enjoy!

BOOTH 4201



Zambezi Organic Forest Honey

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Zambezi Organic Forest Honey



Photo credit: dixiedining.files.wordpress.com

~ YUMMY ENTERPRISE'S CHOCOLATE CASHEW PIE ~



~ ABOD SUCCESS' SPICY CASHEW & GINGER GREEN BEANS ~

Ingredients

FOR CRUST:

- 1 ¼ cups all-purpose flour
- ¼ teaspoon kosher salt
- 10 tablespoons unsalted butter, chilled and cut into ½-inch cubes
- 3 to 5 tablespoons ice water

FOR FILLING:

- 1 ¼ cups pure honey
- 6 tablespoons unsalted butter, melted
- 1 cup (packed) dark brown sugar
- ¼ teaspoon kosher salt
- 3 large eggs
- 2 tablespoons takai
- 3 ounces bittersweet (at least 60% cacao) chocolate, chopped
- 1 ¼ cups unsalted roasted cashews

Preparation

1. Combine flour and salt in food processor. Add butter and pulse until mixture resembles coarse meal with small butter lumps. Add ice water until dough holds together.
2. Flatten dough into disk on lightly floured work surface. Wrap in plastic wrap and chill until firm, ~1 hour.
3. Roll out dough to 12-inch round, then transfer to pie pan. Trim edge, leaving ½-inch overhang, then fold under and crimp. Prick shell with fork, then chill for 30 minutes.
4. While shell chills, preheat oven to 425°F.
5. Line shell with foil and fill with pie weights. Bake until pastry is set and pale golden on rim. Remove foil and weights and bake until pale golden all over. Cool on rack.
6. In a saucepan over moderate heat, simmer honey until reduced to ¼ cup. Whisk in butter, then sugar and salt. Remove from heat and cool to room temperature.
7. In medium bowl, whisk together eggs and brandy. Whisk egg mixture into cooled honey mixture.
8. Preheat oven to 325°F. Spread chocolate in layer over bottom of crust. Sprinkle nuts in second layer, then pour filling over nuts. Bake until filling is puffed and center is just set, 45 to 60 minutes. Cool in pan on rack.

BOOTH 4215



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Yummy Cashew Nuts

Ingredients

- 1 ½ pounds green beans, trimmed and cut into 1-inch pieces (about 5 cups)
- 4 tablespoons (½ stick) unsalted butter
- 3 tablespoons fresh ginger, peeled and finely chopped (from 2 ½-inch knob)
- ½ cup homemade turkey stock or canned turkey stock or canned low-sodium chicken broth
- 1 cup salted roasted cashews, coarsely chopped
- ½ teaspoon salt
- ¼ teaspoon freshly ground black pepper



Preparation

1. In large pot of boiling, salted water cook beans until crisp-tender, about 4 minutes.
2. Drain and rinse well under cold running water.
3. Drain well and pat dry with paper towels.
4. In a heavy skillet over moderate heat, heat butter until hot but not smoking.
5. Add ginger and sauté until softened and fragrant, about 30 seconds.
6. Stir in green beans and stock and cook, stirring often, until liquid is almost completely evaporated, about 3 to 6 minutes.
7. Add cashews and sauté 1 minute.
8. Stir in salt and pepper.
9. Transfer to serving dish and serve immediately.

BOOTH 4215



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Cashew nuts



~ AMOKADV'S RED RED WITH GARI ~



~ WEST-WEST'S MOUKO SHIW ~

Ingredients

- 2-3 cups dried black-eyed peas or similar
- 1 cup red palm oil (or vegetable oil)
- 1-2 onions, thinly sliced
- 2-3 ripe tomatoes, quartered
- Small piece of smoked or dried fish or fried meat if preferred
- Cayenne pepper or red pepper
- Salt to taste
- Several ripe or near-ripe plantains (but not overly ripe)
- Gari as garnish

Preparation

1. Clean the black-eyed peas in water in a large pot. Soak in water for at least an hour or overnight. After soaking, rub between hands to remove skin. Rinse to wash away the skins and any other debris. Drain in a colander. If using smoked or dried fish: remove bones and skin, rinse and soak in water, then dry. If using meat: clean, spice and fry in vegetable oil.
2. Place the black-eyed peas in a large pot, fill with water to just cover the peas. Bring to slow boil, reduce heat, cover, and simmer until peas are tender for thirty minutes to an hour. When cooked, peas should be moist, but not in water.
3. While peas are cooking: Heat oil in a skillet. Fry the onions until slightly browned, then add tomatoes, and fish and dried shrimp (if desired). Mash and stir the mixture to form a sauce.
4. Stir the onion-tomato mixture into the black-eyed peas. Add bouillon or Maggi cubes (if not using fish or shrimp). Simmer for ten minutes. Add salt, black pepper, and cayenne or red pepper to taste.
5. While peas and sauce is simmering: prepare fried plantains. Peel plantains. Cut into 1-2 inch pieces and fry in hot oil until golden.
6. Mix peas and plantains in a bowl and garnish with gari to taste.

BOOTH 4219



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Gari and Palm oil

Ingredients

- 200g jar of West-West Hot Green Mashed Chili Pepper
- Olive or coconut oil
- 5 bulbs of fresh whole shallots
- Iodated salt to taste
- Chicken, turkey or duck breast
- Slice of brown bread
- Unpeeled potatoes
- Rosemary leaves



Preparation

1. Scoop the West-West Hot Green Mashed Chili Pepper into a glass bowl.
2. Put about 10 tablespoon full of Olive or Coconut Oil into a frying pan and heat.
3. Add some chopped Shallots into the Hot Olive or Coconut Oil to burn and deodorize the oil.
4. Pour the West-West Hot Green Mashed Chili Pepper and stir till it fried.
5. Steam the Chicken/Turkey/Duck Breast with Rosemary Leaves with salt to taste.
6. Boil the Unpeeled Potatoes with a pinch of salt and Rosemary Leaves.
7. Add the Chopped Chicken/Turkey/Duck Breast and the Boiled Chopped Potatoes with its peel into Hot Frying West-West Hot Green Mashed Chili Pepper which is still being fried.
8. Add about half glass of water.
9. Allow it to simmer on the fire or hot plate for about 15 minutes.
10. Serve whilst hot with Slice of Bread and Chilled Red Wine or Beer.

BOOTH 4221



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*Red Hot Chili Pepper Paste,
Mashed Red Chili Pepper, Green
Hot Chili Pepper Paste, Green Hot
Mashed Chili Pepper*



~ UCCAO'S COFFEE CAKE ~

Ingredients

- 1/2 cup packed brown sugar
- 1/4 cup chopped walnuts
- 2 teaspoons ground cinnamon
- 1 cup granulated sugar
- 1/4 cup butter, softened
- 2 large egg whites
- 1 cup reduced-fat sour cream
- 1 teaspoon vanilla extract
- 1 3/4 cups all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- Cooking spray



Preparation

1. Preheat oven to 350 °F.
2. Combine first 3 ingredients; set aside. Place granulated sugar and butter in a large bowl; beat with a mixer at medium speed until well-blended, about 5 minutes. Add egg whites, 1 at a time, beating well after each addition. Beat in sour cream and vanilla. Lightly spoon flour into dry measuring cups; level with a knife. Combine flour, baking powder, baking soda, and salt, stirring well with a whisk. Gradually add flour mixture to sugar mixture; beat well. Spread half of batter into two loaf pans coated with butter. Sprinkle half of walnut streusel over batter. Spread remaining batter over streusel. Top with remaining streusel.
3. Bake for 45 minutes or until a wooden pick inserted in center comes out clean. Cool the cake on a wire rack.
4. Slice and enjoy with freshly brewed UCCAO coffee.



Photo credit: about.cocktails.com

~ ASNAPP'S MPUNTU AFRICAN ROOIBOS MARTINI ~

Ingredients

- MPUNTU ROOIBUS TEA SYRUP**
- 2 teabags of Mpuntu Rooibus Tea
 - 2 tablespoons sugar
 - 1 cup water
- FOR EACH MARTINI**
- 2 ounces vodka
 - 2 ounce Mpuntu Rooibus Tea Syrup
 - 1 glacé cherry
 - 1 lemon twist

Preparation

1. For the syrup, mix sugar, water and teabags in small saucepan. Bring to boil. Reduce heat to low; simmer 10 minutes or until sugar is completely dissolved. Refrigerate for 2 hours. Strain. Cover and refrigerate until ready to use. (This makes enough syrup for 8 martinis.)
2. For each Martini, fill cocktail shaker half full with cracked ice. Add vodka, and syrup; shake until well mixed and chilled. Strain into martini glass. Rub lemon twist around rim of glass, then drop into martini with glacé cherry.



BOOTH 4216



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Ground and roasted coffee (100% Arabica) and Ground and roasted mixed coffee (70% Arabica -30% Robusta)

BOOTH 4112



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Herbal Tea



~ CAN & KAA'S GROUNDNUT SOUP ~

~ TALIER TRADING'S NANDO HOT PERI-PERI DIP ~

Ingredients

- A bowl of groundnut paste (peanut butter)
- 6 medium – sized smoked fish
- 3 tomatoes
- 6 okros
- 3 garden eggs (optional)
- Ground pepper and Salt
- Onion (optional)
- ½ lb meat (optional)
- 4 pint cold water
- 2 large crabs (optional)



Preparation

1. Wash and prepare fish and meat in a pan.
2. Wash tomatoes, crabs, add chopped onions, salt and water.
3. Cook gently until the onions are soft. Remove tomatoes.
4. Mix groundnut paste with a little stock, add to soup, and add ground pepper.
5. Grind tomatoes and add to soup together with cleaned garden eggs and okros.
6. Cook slowly, simmering for about 45 minutes.
7. Serve hot with boiled fufu, rice, banku or kenkey.

BOOTH 4221



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Canned vegetables, Palm fruit concentrate, Smoked fish

Ingredients

- 1 cup of cream cheese
- ½ cup of sour cream
- ¼ cup of Nando's Hot Peri-Peri Marinade
- Few spring onions, sliced
- Pinch of Black pepper
- Pinch of Salt

Preparation

1. Mix all the ingredients together.
2. Place into a serving dish and garnish with spring onion and sprinkle with black pepper.



BOOTH 4206



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Chaloner preserves, Dari couscous, DeNova oils, Elephant Pepper sauces and grinders, Gatto Estates coffee, Honey Care Africa honey, Intaba teas, Kirana olive oils, Kisii teas, Kula African spices, Les Comptoir Reunis products, Mama Africa sauces, Mrs. Ball's chutney, Nando's peri peri sauce, Omni Peace chocolates, and more



~ TAIMEX'S OWN VANILLA EXTRACT ~

Ingredients

- 3 Taimex Ltd vanilla beans
- 1 cup vodka
- Glass jar with tight fitting lid



Preparation

1. Use a kitchen scissors or a sharp knife to cut lengthwise down each vanilla bean, splitting them in half, leaving an inch at the end connected.
2. Put vanilla beans in a glass jar or bottle with a tight fitting lid. Cover completely with the vodka.
3. Give the bottle a good shake every once in a while. Store in a dark, cool place for 2 months or longer. It will last for years. You can keep topping it off with vodka once in a while as you use it, just remember to give it a good shake!

BOOTH 4216



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Cured aromatic vanilla beans



~ CAPE FOOD'S CHICKEN PASTA ~

Ingredients

- 500g chicken strips
- Olive oil
- Shake Me Chicken seasoning
- 1 kg cooked pasta of your choice
- 1 red and 1 green sweet pepper
- 100g cherry tomatoes
- 50g of feta cheese
- Lemon pepper seasoning
- Shake Me Sundried Tomato & Garlic seasoning
- Black pepper

Preparation

1. Season chicken strips with Shake Me chicken seasoning.
2. Mix chicken strips with olive oil and fry until brown.
3. Cut red and green sweet peppers into rings and add to fried chicken strips.
4. Sauté for 5 minutes until chicken is cooked.
5. Add lemon pepper and sundried tomato & garlic seasoning to the pasta (to taste).
6. Cut cherry tomatoes in quarters and add to the pasta.
7. Add chicken strips to pasta and mix everything together.
8. Sprinkle feta cheese on dish. Add freshly ground black pepper to taste.



BOOTH 4109



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*Spices, Baking aids, Popcorn
sprinkles*



~ LABOURDONNAIS' GREEN PAPAYA JAM ~



~ SOSAGRIN'S CHICKEN YASSA ~

Ingredients

- 3 cups sugar
- 3 cups water
- 3 cups green papayas, grated
- 1 vanilla pod sliced into two
- Juice of 1 lemon (4 tbsp)

Preparation

1. Add sugar to water.
2. Heat sugar and water for about 5 minutes until a syrup is formed.
3. Add grated green papayas and cook slowly over low heat.
4. When mixture thickens, add the vanilla pod, remove from heat.
5. Add lemon juice.
6. Mix well, pour into jars and seal or enjoy on pancakes, wafers, ice-cream, muffins or toast.



BOOTH 4203



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*Jams and Fruit Paste, Instant
curry powder, Vanilla and star
aniseed fleur de sel*

Ingredients

- 1 chicken
- 1kg of onions
- 1 teaspoon salt
- Dry chilli pepper
- Black pepper
- ¼ liter of oil
- 1 clove of garlic
- 2 tablespoons of "Reine" mustard
- Vinegar

Preparation

1. Clean the chicken.
2. Grind the chilli, pepper and garlic.
3. Marinade and stuff the chicken with ground chilies, pepper and garlic.
4. Dice the onions.
5. Marinade in the vinegar and Reine mustard.
6. Cook the chicken over a low heat in a cooking pot with a small amount of water for 15 minutes.
7. Remove the marinated chicken and grill.
8. Put the oil in another cooking pot. Heat and add the diced onions.
9. After grilling the chicken for 15 minutes, put it back in the pot and let simmer for 10 minutes.
10. Serve with white rice.



BOOTH 4218



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*Reine Dijon mustard, Hunters
Dijon mustard, Hunters Vintage
mustard*



Photo credit: food.sidkhullar.com

~ SONNY SECHAGE'S MANGO CHICKEN CURRY ~

Ingredients

- 2 tablespoons vegetable oil
- 1/2 cup chopped shallots
- 1 tablespoon Thai red curry paste
- 1 tablespoon minced peeled fresh ginger
- 1 pound chicken tenders
- 2 14-ounce cans unsweetened coconut milk
- 1/2 cup dried mangos, sliced
- 2 tablespoons purchased mango chutney
- 3/4 cup chopped fresh cilantro
- Freshly steamed white rice



Preparation

1. Heat vegetable oil in heavy large skillet over medium heat. Add chopped shallots and sauté until golden brown, about 5 minutes. Mix in red curry paste and fresh ginger and cook 1 minute. Add chicken tenders and sauté until cooked through, about 6 minutes. Using tongs, transfer chicken to bowl.
2. Add unsweetened coconut milk and dried mangos to skillet and boil until mixture is reduced to 2 1/4 cups, about 10 minutes. Mix in mango chutney and 1/2 cup cilantro. Return cooked chicken to skillet. Season to taste with salt and pepper. Stir to heat through. Sprinkle with remaining 1/4 cup cilantro. Serve over rice.



Photo credit: spicymango.com

~ COKAM'S PALM NUT CHICKEN ~

Ingredients

- 1 jar of COKAM's Myembwé sauce (for 1-2 person use 300g jar, for 4-6 persons use 600g jar)
- 150-300ml water
- 1 1/2 lb chicken (you can also use meat, or fresh or smoked fish)
- Vegetables (cassava leaves, carrots, potatoes etc.)
- Seasoning, salt, pepper, spices

Preparation

1. Pour the contents of the jar of COKAM's Myembwé sauce in a pot.
2. Dilute with the water according to your liking and then simmer for a few minutes.
3. Add chicken (or meat or fish) with the vegetables.
4. Season to taste.
5. Simmer for 30 to 40 minutes.
6. Serve hot with white rice.



BOOTH 4217



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Dried mango

BOOTH 4214



**Conserves
Kanyunyi Muroha
(COKAM)**

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*Hot sauce, Palm nut sauce,
Cassava leaf sauce, Peanut
spread, Palm nut pulp sauce,
Razor clams*



~ COTOMILI & CARIPOUL'S JUMBO TIGER PRAWN FLAMBÉ ~

Ingredients

- 3 or 4 whole tiger prawns per person
- Sea salt to taste; A pinch of sugar
- 4-5 tablespoons olive oil
- 1 small cup cognac
- 1 finely chopped onion
- 2 cloves garlic, take out the green, let soak 15 mins, then chop
- Murraya (Curry Leaves): available in Asian Markets
- 1 cup to 150ml dry white wine
- 100ml coconut milk
- 2 firm tomatoes
- 1 freshly squeezed orange
- 3-4 teaspoons Mazavarou 26 Spices
- A few sprigs fresh cilantro leaves
- 1 teaspoon dry roasted yellow and black mustard seeds mixed

Preparation

1. Shell the prawns, rinse, dry, salt and place aside.
2. Seed the tomatoes, cut them in two and strain.
3. In a wok, sauté onions until translucent. Add garlic and stir for less than 1 minute. Remove from flame and place aside.
4. In the wok sauté prawns with oil on high heat (2-3 mins), cook both sides until white and red. Add heated cognac and ignite.
5. Once the flame is out, remove the prawns and place aside.
6. Scrape off any remaining prawns from the wok using the wine. Lower stove to medium heat, and add the onion, garlic and curry leaves, orange juice and sugar. Reduce for 2 minutes.
7. Add the tomatoes, coconut milk, and the Mazavarou 26 Spices.
8. Stir for 5 seconds on high heat, then lower the flame to minimum, cover and simmer for 3 mins.
9. Add the Tiger Prawns and continue to simmer on very low flame for 2 mins. Add more salt to taste if needed.
10. Serve with cilantro and dry roasted mustard seeds.

BOOTH 4203

cotomili & caripoul'
Créateur de saveurs

The art of Culinary Essential Oils and Spices!

Cotomili & Caripoul'

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Mazavarou 26 spices, Peanut Chutney with 26 spices, Alliances Aromatiques, Harmoniques Essentielles, Aromatic Fleur de Sel



Photo credit: blog.foodnetwork.com

~ SITA'S VANILLA CAKE WITH CASHEW CRUST ~

Ingredients

- 2 cups (500 ml) sugar
- 4 eggs
- 2-½ cups (625 ml) all-purpose flour
- 1 cup (250 ml) milk
- ¾ cup (175 ml) vegetable oil
- 2-¼ teaspoons (11 ml) baking powder
- 1 teaspoon (5 ml) vanilla sugar
- 125g of crushed cashew nuts



Preparation

1. Preheat oven to 350 °F. Line two 9-inch round cake pans or one 9x13-inch rectangular baking pan with parchment paper. Grease the paper and the sides of the pan well.
2. Beat sugar and eggs together until slightly thickened, ~1 minute. Add flour, milk, oil, baking powder, and vanilla and beat for another minute, just until the batter is smooth and creamy. Don't overbeat. Pour batter into the prepared baking pan(s).
3. Sprinkle the crushed cashew nuts on top of the batter.
4. Bake in preheated oven for 30-40 minutes or until the tops are golden and a toothpick poked into the center of the layer comes out clean. Loosen the sides of the cake from the pan with a thin knife, then turn out onto a rack and peel off the paper. Let cool completely before covering with frosting, if desired.

BOOTH 4220



SITA S.A.

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Salted and grilled cashews, 125g of crushed Sita's cashew nuts, raw cashew nuts (all grades)

~ SETEXPHARM'S TIEBOU DIEUNE ~

Ingredients

- 40g of Setexpharms Penda Tiebou Dieune spice mix
- 10 kg of rice
- ¼ liters of oil
- 1.5 liters of water
- 500g of fresh fish
- 250g of sardines
- 50g of Yeet (dried snails) or conch
- 500g of dried fish
- 500g of vegetables (carrots, cabbage, cassava)
- 150g of concentrated tomato
- 50g of fresh tomato
- 10g of fresh hibiscus leaves
- 1 strong chili pepper
- 100g of onion
- 5g of salt; 5g of ground pepper; 10g of garlic; 10g of parsley

Preparation

1. Wash the fish well and dry for 15 minutes.
2. Crush and mix the following ingredients in order to make a stuffing: 1 garlic, 10g of Penda mix, 5g of pepper, 50g of onion, 10g parsley, ½ a sweet pepper.
3. Fill the fish with the stuffing.
4. Heat ¼ liters of oil in a cooking pot.
5. Cook the following ingredients for 10 minutes in hot oil: 50g of dried snails or conch; 50g of chopped onion; 150g of tomato concentrate; 50g of fresh, crushed tomatoes, 1 sweet pepper, and 5g of salt.
6. After 10-15 minutes of cooking, add 1.5 liters of water, 30g of Penda mix, and bring to a boil.
7. Add the stuffed fish, the vegetables, 5g dried fish, 20g of Penda spice, 10g of onion, 3 cloves of garlic, and 1 crushed chili pepper. Reduce to a medium heat and let simmer until the fish and vegetables are well cooked.
8. Take out the fish and vegetables let the broth simmer .
9. Cook the rice in boiling water for 15 minutes
10. Put the rice in the simmer broth until the rice absorbs all the broth. Stir up the rice 1 or 2 times.
11. Serve the rice with fish and vegetables.

BOOTH 4217**Setexpharm**

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*Hibiscus herbal tea Sabdarifa,
Fish-based seasoning "Penda",
Vegetable-based seasoning
"Penda-netetou", Sugar-coated
peanuts and cashews*

~ COUNTRY HOME FOOD'S SHITTO CHICKEN ~

Ingredients

- 1 ½ lbs cubed chicken breast
- 2 yellow onions, sliced
- 2 red peppers, sliced; 2 green peppers, sliced
- 2 tomatoes, sliced
- One 3.6 ounce can of Country Home Foods Shitto Sauce
- 1 cup water
- 2 tablespoons oil

Preparation

1. In a skillet, heat the oil and sauté the chicken until fully cooked.
2. Transfer the chicken to a bowl and set aside.
3. Saute the onions until tender; add the chicken, shitto sauce, water, red peppers, tomatoes and simmer until the sauce has thickened.
4. Serve alone, with rice or with gari.



Photo credit: www.proteinpower.com

BOOTH 4219**COUNTRY-HOME®****Country Home Foods**

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Palava sauce, Shitto Sauce



~ DISTELL'S AMARULA & WHITE CHOCOLATE CHEESE CAKE ~

Ingredients

- 200g ginger biscuits
- 80g butter, melted
- 690g creamed cheese
- 250ml castor sugar
- 80ml Amarula Cream
- 160g white chocolate, grated

Preparation

1. Mix with butter and press the crumbs onto a spring form tin (20cm) and allow to rest for 20 minutes in refrigerator.
2. Combine the creamed cheese, castor sugar, Amarula Cream and 80g white chocolate.
3. Pour into the spring form tin and refrigerate overnight.
4. Decorate with the rest of the white chocolate, garnish with fresh berries and serve.



BOOTH 4111



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Amarula Cream



~ SANOLIO OILS AND NUTS' MACADAMIA PESTO ~

Ingredients

- 1 cup basil/ cilantro leaves tightly packed
- ½ cup Sanolio Macadamia Nut Oil
- 2 tbsp. Sanolio Dry Roasted Macadamia Nuts
- 2 garlic cloves crushed
- Pinch of salt
- ¼ cup grated Parmesan



Preparation

1. Blend basil, oil, nuts, garlic, salt until smooth.
2. Once evenly blended, scrape into bowl and stir in Parmesan.
3. Store refrigerated and covered with a film of macadamia oil.
4. Use liberally over pastas, sea food and meat basting, cheese and crackers etc.

BOOTH 4204



Sanolio Oils and Nuts

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Roasted and salted Macademia and Cashew nuts, Cold pressed oils, Macademia nut butter, and Roasted and flavored macademia and cashew nuts



~ ROZENDAL FARM'S LAVENDER VINEGAR GLAZED OSTRICH KEBABS ~

Ingredients

- 250 ml (8 fl oz) palm oil
- ½ lb ostrich fillet or steak
- 18 x 8 inch long, fresh rosemary sprigs
- 1 punnet Portobello Mushrooms
- 2 onions
- Salt, paprika and pepper for seasoning
- Oil for frying, preferably olive oil
- 1 cup Rozendal Lavender Vinegar



Preparation

1. Pour the Lavender Vinegar into a small saucepan and place on very low heat to gently reduce for about an hour or until thick and syrupy. Do not let it boil as it will spoil the flavour.
2. Cut the onions into wedges. Place them on a baking tray with the mushrooms, season and grill in the oven until tender.
3. Cut the ostrich into one inch cubes, pierce a hole through each cube and season with salt, pepper and paprika.
4. Heat some oil in a thick based pan and fry the ostrich in batches to your preference. Bear in mind that ostrich has a low fat content and dries out easily, so no more than medium is probably best.
5. Skewer the ostrich, onions and mushrooms on the rosemary sprigs.
6. Baste with the still-warm Rozendal Lavender Vinegar reduction and devour!



~ ELEPHANT PEPPER'S CHICKEN GROUNDNUT STEW ~

Ingredients

- 1 medium onion, peeled and chopped
- 2-3 tablespoons palm oil (or sunflower if not available)
- 2 clove garlic, chopped
- 1 small nugget ginger, chopped
- 1 small mild green chilli, chopped (optional)
- 1 teaspoon tamarind paste (if available)
- 4 chicken breasts, cubed
- 2 cups chicken stock
- 1 can chopped tomatoes
- 1 large tablespoon tomato paste
- 1 cup peanut butter
- 3 tablespoons Elephant Pepper Baobab Gold chilli sauce
- Elephant Pepper Baobab Gold grinder
- Salt and pepper



Preparation

1. Chop and fry the onion in oil on a medium heat. Add the garlic, chilli, ginger and tamarind.
2. Add the chicken and fry quickly to seal it, stirring all the time. Stir in the chicken stock, tin of tomatoes, tomato paste, peanut butter, Baobab Gold chilli sauce and season with salt, pepper and a generous grind of Baobab gold grinder spice.
3. Reduce heat, cover and cook for 40 minutes, stirring occasionally. Serve with plantain chips and cassava leaves.

BOOTH 4104



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*Mixed, Fynbos and Lavender
vinegar*

BOOTH 4211



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*Baobab Gold sauce, Zambezi Red
sauce, Spices*



Photo credit: virtualfrolic.blogspot.com

~ ESWATINI KITCHEN'S SWAZI FIRED MEATLOAF ~



~ PROTEIN KISSEE-LA'S SALAD ~

Ingredients

- 1 ½ pounds ground beef
- ½ pound ground pork
- 1 cup bread crumbs
- 1 onion, diced
- 3 cloves garlic, minced
- 1 egg, lightly beaten
- 1 ½ teaspoons salt
- 16 oz. unseasoned tomato sauce
- 2 tbsp Swazi Fire Sauce
- 1 tbsp parsley flakes
- 1 tbsp dry basil leaves

Preparation

1. Preheat oven to 350 °F.
2. Mix ground beef, ground pork, bread crumbs, onion, garlic, and egg in a large bowl.
3. In a separate bowl, combine salt, tomato sauce, Swazi Fire Sauce parsley flakes, and basil. Reserve ¼ cup of this mixture, pouring the rest in with the meat mixture and mixing uniformly.
4. Form the meat mixture into a loaf and place in a loaf pan or other oven-safe pan. Pour the remaining ¼ cup of sauce mixture over the loaf. Bake for 1 hour.



Note: Be very careful handling the Swazi Fire Sauce, as it can burn your eyes. Wash your hands thoroughly after contact.

BOOTH 4205



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*Jams, Marmalade, Atchar,
Chutney, Sauce, Honey*

Ingredients

- 600g of Attieke Vrai Vrai
- 4 tomatoes
- 1 bouquet of chives
- 1 bouquet of parsley
- 1 bouquet of green mint
- 2 fillets of fish
- 1 lemon
- 3 tablespoons of vegetable oil
- 1 tablespoon of vinegar
- Salt and pepper

Preparation

1. Chop up the parsley, chives and mint.
2. Slice up the tomatoes.
3. Fry the fish and cut them up into small pieces.
4. Mix the fish with the tomatoes, parsley, chives and mint.
5. Add the attieke.
6. Prepare a vinaigrette (lemon juice, oil, vinegar, and a pinch of salt and pepper).



BOOTH 4220



Protein Kissee-La (PKL SA)

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*Children's cereal, Adult cereals,
Cassava semolina*



~ POIVRE D'OR'S VANILLA VINAIGRETTE ~

~ FREE WORK SERVICE'S MILLET PIZZA ~

Ingredients

- 4 olive oil spoon
- 1 Bourbon Vanilla stick
- 1 lime
- Fleur de sel



Preparation

1. Cut the vanilla stick in 2. Remove all the seeds from the vanilla stick, add it to the olive oil, and mix.
2. Add the fresh lime juice.
3. You can now prepare some fresh raw fish (tuna, salmon etc.) or simply cook fresh scallop shell and add this vinaigrette.
4. Finally, sprinkle some fleur de sel on top and serve.

BOOTH 4207



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*Preserves, Honeys, Spices,
Crystals, Teas, Chutney, Achards,
and Chilli pastes, Candles, and
Gift boxes*

Ingredients

- 150g of Kumba's millet flour
- 50g of wheat flour
- A pinch of salt
- 100g of butter or margarine
- 2 table spoons of water
- 100g of swiss cheese
- 250g of fresh tomatoes
- 2 table spoons of oil
- Salt and thyme

Preparation

1. Sift the flour onto a plate.
2. Make a hole in the dough, and add the salt and butter (cut in pieces).
3. Slowly work the flour and butter back and forth to incorporate the flour and butter.
4. Wet, gather the dough, knead it quickly into a ball, and make a ball. Do not overwork it.
5. Pound the ball two to three times with the palm of the hand. Let it rest for 20 minutes. Make two pies of 15 to 20 centimeters in diameter. Use a fork to prick the dough.
6. Add the topping on the stretched dough: the cut cheese, the chopped tomatoes, the thyme and a drizzle of oil.
7. Cook in the oven for 25 to 30 minutes
8. Serve hot and enjoy.



BOOTH 4214



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*Raw and dried millet balls,
Red hibiscus, Baobab powder,
Sprayed and dried millet balls,
Millet couscous, Niebe*



~ FRUITALES' FISH WITH HIBISCUS LEAVES SAUCE ~

Ingredients

- 4 small tilapias, groupers or snappers (1 per person)
- 1 jar of Fruitales Hibiscus Leaves sauce
- 2 tomatoes
- 1 big onion
- Bunch of parsley
- Garlic, salt, pepper
- 2 tablespoons of oil

Preparation

1. Line the bottom of an oven dish with thin slices of onion.
2. Add the fish that has been cleaned and seasoned with salt, pepper and chopped garlic.
3. Add finely cut parsley, diced tomatoes, and sprinkle with oil.
4. Place in oven. Towards the end of the cooking, add the Fruitales Hibiscus Leaves sauce. Cook for a further couple of minutes.
5. Enjoy with a little bit of Fruitales hot pepper purée.
6. Serve with ice cubes and a sprig of mint.



~ PATISEN'S CHOCOLATE COFFEE HAZELNUT LAYER CAKE ~

Ingredients

- 3 ounces semisweet chocolate
- 1 ½ cups hot brewed coffee
- 3 cups sugar
- 2 ½ cups all-purpose flour
- 1 ½ cups unsweetened cocoa powder (not Dutch process)
- 2 teaspoons baking soda
- ¾ teaspoon baking powder
- 1 ¼ teaspoons salt
- 3 large eggs



- ¾ cup vegetable oil
- 1 ½ cups well-shaken buttermilk
- ¾ teaspoon vanilla
- Patisen's Chocotion chocolate hazelnut spread

Preparation

1. Preheat oven to 300°F. and grease pans. Line bottoms with rounds of wax paper and grease paper.
2. Finely chop chocolate and in a bowl combine with hot coffee. Let mixture stand, stirring occasionally, until chocolate is melted and mixture is smooth.
3. Sift together sugar, flour, cocoa powder, baking soda, baking powder, and salt. In another large bowl beat eggs until thickened slightly and lemon colored (about 3-5 minutes). Slowly add oil, buttermilk, vanilla, and melted chocolate mixture to eggs, beating until combined well. Add sugar mixture and beat on medium speed until just combined well. Bake in middle of oven until a tester inserted in center comes out clean, 1 hour to 70 minutes.
4. Cool layers completely in pans on racks. Run a thin knife around edges of pans and invert layers onto racks. Carefully remove wax paper and cool layers completely.
5. Spread Chocotion between cake layers and over top and sides. Cake keeps, covered and chilled, 3 days. Bring cake to room temperature before serving.

BOOTH 4222



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Hot pepper, Hibiscus leaves sauce, Preserved lime, Exotic jams, Ginger jelly, Hibiscus flower, Kinkeliba leaves

BOOTH 4218



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Adja/Mami tomato and spice powdered mix, Adja white and colored vinegar, Dakaroise peanut spread/butter, Chocolate spread, Hazelnut spread, Chocolate drink



~ NWCA'S KOLA COFFEE MOCHA ~



Photo credit: housedirt.blogspot.com

~ GEBANA AFRIQUE'S MANGO TART ~

Ingredients

- 32 oz. brewed NWCA Kola Coffee
- 8 oz. cream
- 4 oz. Takai, or other chocolate or coffee liqueur
- Sugar to taste

Preparation

1. Mix together coffee, Takai and sugar.
2. Pour the coffee into 4 glasses.
3. Froth the cream, either with a steamer or with a small electric mixer.
4. Pour the cream into glasses and serve.



BOOTH 4210



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Kola coffee

Ingredients

- ½ cup sweetened flaked coconut (1 ¼ ounce)
- ¾ cup all-purpose flour
- 7 tablespoons cold unsalted butter, cut into bits
- ⅓ cup confectioners sugar
- ¼ teaspoon salt
- ¼ cup sugar
- ½ cup sour cream
- ⅓ cup whipped cream cheese
- 1 teaspoon finely grated fresh lime zest
- 200 grams dried mango
- Mango syrup



Preparation

TOAST COCONUT FOR CRUST:

1. Preheat oven to 350°F.
2. Spread coconut in an even layer in a pie plate and toast in middle of oven, stirring occasionally, until golden, 10 to 12 minutes. (Leave oven on for baking crust.) Cool coconut to room temperature, about 10 minutes.

MAKE CRUST:

3. Pulse together flour, coconut, butter, confectioners sugar, and salt in a food processor until dough just begins to form a ball. Press dough onto bottom and up side of tart pan with floured fingers, then freeze until firm, about 10 minutes. Bake in pan on a baking sheet in middle of oven until golden, about 25 minutes, then cool completely in pan on a rack.

FOR FILLING:

4. Whisk together sour cream, cream cheese, remaining 3 tablespoons sugar, and zest.
5. Spread cream cheese filling inside the tart crust and top with the dried mangoes. Drizzle mango syrup over the tart and sprinkle with lime zest.

BOOTH 4210



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Nuts, Dried fruits and tea



~ GLOBAL FINE FOOD'S NOUGAT BUTTER BISCUITS ~

Ingredients

- 1 x 110g bar of Wedgewood Nougat (flavour of your choice)
- 120g butter
- 120g castor sugar
- 1 egg yolk
- 180g cake flour
- ½ tsp baking powder

Preparation

1. Freeze Nougat overnight. Chip into small pieces with a sturdy knife.
2. Cream butter and sugar, beat in yolk add sifted dry ingredients.
3. Mix in frozen nougat chunks into mixture.
4. Roll onto log and place in fridge to firm up for 1-2 hrs.
5. Cut into rounds about 1cm thick and place on greased biscuit tray and bake in preheated oven at 140°C for approximately 30 minutes. Don't burn!



Photo credit: www.lekanary.com

~ MARIA'S BAOBAB FRUIT JUICE ~

Ingredients

- 125g of baobab fruit powder
- 250-300g of sugar
- 2 liters of water

Preparation

1. Put 2 liters of water in the powder.
2. Mix and then filter through a sieve to get consistent texture.
3. Add sugar.
4. Serve fresh or on ice.



BOOTH 4101



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Nougat

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*Fruit syrups, Jams, Jellies,
Conserved fruit and Baobab jelly*



~ MADÉCASSE'S VANILLA BEAN SUGAR COOKIES ~

Ingredients

- 6 tablespoons unsalted butter, softened
- 2 tablespoons cold vegetable shortening
- 1 cup sugar
- 2 Madécasse vanilla beans
- 1 large egg
- 1 teaspoon vanilla extract
- 1 ¼ cups all-purpose flour
- 1 teaspoon baking powder
- ½ teaspoon salt



Preparation

1. Use an electric mixer to beat together butter, shortening, and ¾ cup sugar until light and fluffy. With a knife halve vanilla beans lengthwise. Scrape seeds into butter mixture and beat in egg and vanilla extract until combined well. Sift flour, baking powder, and salt into mixture and beat until just combined.
2. On a large sheet of wax paper form dough into a 10- by 2-inch log and roll up in wax paper. Chill dough until firm, at least 4 hours. Dough keeps up to 3 days wrapped in wax paper and foil.
3. Preheat oven to 375°F.
4. Put remaining ¼ cup sugar on a platter. Remove wax paper and roll log in sugar (not all sugar will adhere). Cut log crosswise into ¼-inch-thick slices and dip cut sides of slices in sugar on platter. Arrange cookies ½ inch apart on ungreased baking sheets and bake in batches in middle of oven 10-12 minutes, or until edges are pale golden. Transfer cookies to a rack to cool.



~ HASSET EXPORT'S MEAT STEW ~

Ingredients

- One medium onion, chopped
- One big size tomato, chopped
- Two table spoon, Hasset Berbere (if you like it mild you can reduce the quantity)
- 2 table spoons oil
- ½ teaspoon Cardamom (optional)
- Salt
- Rosemary (optional)

Preparation

1. Mix all ingredients in a small or medium pan, cook it and stir it in a medium heat for 10 to 15 minutes, or until it is smooth and well-mixed. Now your stew is ready to be eaten.
2. To make a meat stew, you can add one hand full of fresh meat cubes and cook for another 8 to 10 minutes. The stew can be eaten using Ethiopian Enjerera or pita bread and serves 2 to 3 people.



BOOTH 4202



Madécasse

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*Dark chocolate, Vanilla extract,
Vanilla cane sugar, Vanilla
powder, Bourbon vanilla beans,
Black peppercorn*

BOOTH 4278



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Ethiopian hot sauce



~ HOMEFOOD'S PALAVA SAUCE ~

Ingredients

- 250 ml (8 fl oz) palm oil
- 3 medium onions, finely chopped / chunkily chopped
- 3 large tomatoes, blanched, peeled and mashed
- Salt and pepper to taste (2 red/green chillies, ground)
- 250g (½ lb) diced cooked meat or 250g (½ lb) fish (e.g. snapper, tuna or salmon)
- 3 bunches of spinach (silver beet) or 750g (1-½ lb) frozen spinach (silver beet), washed and chopped
- 100g (3-½ oz) egushi (ground shelled pumpkin seeds or pepitas)



Preparation

1. Pour palm oil in a saucepan add onions when oil is fairly hot. Fry the onions until golden.
2. Add the tomatoes, pepper to taste.
3. Add salt to taste with your choice of diced, cooked meat and fish. Allow to simmer on very low heat, stirring regularly to prevent burning.
4. Add the spinach (silver beet) to the meat mixture. Cover and simmer on low heat for 10-15 minutes or until the spinach (silver beet) is soft and cooked. Stir regularly, taking care not to break too much of the fish.
5. Add the egushi (pumpkin seeds) and stir them into the sauce. Cook for a further 10-15 minutes on low heat.
6. Serve hot with boiled rice, yams, or plantains.

BOOTH 4223



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Palm oil, "Tropisoup" palm cream soup, Homefoods 100% honey



~ MADE IN ETHIOPIA'S HOTTEA ~

Ingredients

- 2 ½ cups Water (filtered preferred)
- Ethiopian Tea Bag (per cup)
- 4 whole cloves
- 4 whole cardamom
- 2 cinnamon sticks
- Sweetener (honey or any other sweetener)



Preparation

1. Combine water, cloves, cardamom and cinnamon sticks and bring to a boil. Simmer for 2 minutes on low heat.
2. Place the tea bag into your favorite teacup. Pour the hot water with spices into your cup. The more time the tea bag stays in the water, the stronger the tea becomes. We recommend dipping the tea bag in and out of the cup 4 to 5 times for best results.
3. For added flavor, use Ethiopian honey as an alternative sweetener.

BOOTH 4276



Made in Ethiopia

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Monofloral and polyfloral honey in light and dark colors, Spices, Black tea, Hibiscus tea, Ginger teas



~ LOADED SMOOTHIES' DESSERT ~

Ingredients

- 1 x Loaded Power up Passion Fruit
- 2 x Cups of Vanilla Sorbet
- ¼ Cup of Vanilla Yoghurt
- 1 x Teaspoon Honey
- Crushed Ice

Preparation

1. Blend Loaded Passion Fruit, Vanilla Sorbet and Vanilla Yoghurt with some crushed Ice.
2. Pour over into Martini glasses and top with a good teaspoon of Natural Honey.
3. Garnish with pineapple and serve.



~ I LIKE THAT PRAWN COCKTAIL ~

Ingredients

- 1 medium onion, chopped
- 20 cooked shelled prawn tails
- 20 thin Paw Paw slices
- 30 ml Cape Malay Sauce
- 50 ml Mayonnaise
- 20 ml cream or milk



Preparation

1. Arrange 5 Paw Paw slices on each of 4 small plates in a fan shape.
2. Place 5 prawns in the centre.
3. Mix the Cape Malay Sauce, mayonnaise and cream and pour over the prawns.



BOOTH 4200



Loaded Smoothies CC

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*Go Go Mango, Kick Start Kiwi,
Bounce Back Berry, Power-up
Passion Fruit*

BOOTH 4103



I Like That – The Art of Food

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*Gourmet salad dressings,
Marinades, Pasta sauces,
Condiments, Spicy sauces, Oils,
Olive oils, Vinegar reductions,
Olive products, Spiced rice, Cous
cous and Curries*



Photo credit: doughworks.biz



Photo credit: anissat

~ KD FOODS' CASHEW COOKIES ~

~ LA VIVRIERE'S MILLET COUSCOUS WITH MUSHROOMS ~

Ingredients

- ½ cup (1 stick) unsalted butter, softened to room temperature, plus more for greasing
- ¼ cup creamy cashew butter
- ½ cup sugar
- ½ cup brown sugar
- 2 large eggs
- 1 teaspoon vanilla extract
- 2 cups all-purpose flour
- ½ teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- 2 cups (12-ounce package) semisweet chocolate chips
- ½ cup KD Foods roasted cashews

Preparation

1. Place an oven rack in the middle position and preheat the oven to 350°F. Lightly rub two cookies sheets with butter, or use nonstick baking sheets. Set aside.
2. Put the butter, cashew butter and the sugars in a large bowl. Beat with an electric mixer or a wooden spoon until smooth and creamy. Add the eggs and vanilla and beat again. Add the flour, baking powder, baking soda and salt, and beat on low speed until well blended. Add the chocolate chips and cashews and mix thoroughly.
3. Using a teaspoon as a guide, scoop a portion of the dough and, with your hands, roll each portion into a ball. Place the balls on each cookie sheet, 3 cookies per row in 5 rows. Flatten the balls with the heel of your hand or the tines of a fork so that they spread to about 1 1/2 inches in diameter. Bake each batch on one cookie sheet for ~10 minutes. The cookies will be firm to the touch and just beginning to brown.
4. Remove from the oven and cool on the sheet for about 3 minutes. Then transfer them with a spatula to a cooling rack. Let the cookie sheet cool for 1 or 2 minutes more before reusing so the dough doesn't melt. Store in an airtight container.

BOOTH 4215



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Roasted cashews



Ingredients

- 4 cups « La Vivriere Thiackry-Degué »
- 4 cups Water
- ¼ kg cleaned and sliced mushrooms
- 1 medium onion, thinly sliced
- 4 tablespoons fresh cream or cream of soy
- Coriander seeds
- ½ lemon
- Olive oil
- Salt and Pepper to taste

Preparation

1. Cook the millet according to the package directions. During this time, sauté the onion in the oil, add the fresh mushrooms, a small spoonful of coriander, salt and pepper.
2. When the water from the mushrooms has evaporated, add the juice of half a lemon and the cream.
3. Toss with the cooked couscous.
4. Garnish with parsley and serve.



BOOTH 4222



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Rolled millet flour, Millet couscous, Millet semolina, Millet flour