



African Heritage Through Food - Africa

From legumes like black-eyed peas and fava beans to grains like teff and sorghum, the rich diversity of Africa's crops paint a picture of the history the food tells of its people. Despite all the trade and impact of colonialism, food of Africa signifies its resilience to protect the peoples identity.

Ingredients Commonly Used in Cooking:

- Amaranth
- Black-eyed peas
- Cabbage
- Cassava
- Corn
- Fava beans
- Eggplant
- Hibiscus
- Jute leaves
- Lentils
- Long beans
- Maize
- Millet
- Mustard greens
- Okra
- Peanuts
- Pigeon peas
- Rice (varieties)
- Sorghum
- Teff
- Tomatoes
- Watermelon
- Yams

Spices Commonly Used in Cooking:

- Ajwain seed
- Allspice
- Bay leaves
- Bird's eye chili
- Cardamom
- Cayenne
- Cinnamon
- Cloves
- Coriander
- Cumin
- Curry powder
- Fenugreek
- Garlic
- Ginger
- Grains of Paradise
- Harissa
- Tamarind paste
- Turmeric

Spice Blend Examples:

- **Berberé** - paprika, cayenne, fenugreek, coriander, cumin, black pepper, cardamom, ginger, turmeric, salt
- **Peri Peri** - chili, garlic, onion, paprika, oregano, lemon zest, salt

Traditional Dishes:

North Africa:

- Ful medames
- Molokhiya
- Bazeen

Central Africa:

- Muamba de Galinha
- Pondu
- Kanda

East Africa:

- Kachumbari
- Injera
- Ugali

South Africa:

- Bobotie
- Bunny chow
- Dombolo

West Africa:

- Jollof rice
- Peanut maafe
- Egusi
- Fufu

