

Alphonsine's Recipes

Treat your family to some authentic Congolese cuisine by following the recipe and "cooking along" with Alphonsine! Feel free to share questions and your results on our Facebook post when we share her tutorial of each dish on Thursday. Try one dish or all three for a delicious 3-course meal!

Alphonsine sourced most of her ingredients from African Market and Yasmin International Market.

Course 1: Fried Goat

You will need:

- Cubed goat meat with skin
- 1 green pepper, chopped
- A few stalks of chopped celery
- 3-4 bay leaves
- Ground Ginger
- Salt and black pepper, to taste
- Royco brand Mchuzi mix
- Vegetable oil

Instructions:

1. Turn on stovetop and add goat to a medium pot. Add enough water to cover the meat and stir in all ingredients.
2. Cover and bring to a boil. Uncover and allow all the water to boil off.
3. In a medium pan, heat oil to cover bottom and fry the goat meat until browned.
4. Remove with a slotted spoon and allow to cool. Bon appétit!

Course 2:

Sombe

You will need:

- 1 pack of "Safi" ground cassava leaves
- Carotino "Ola-Ola" palm oil
- 1 courgette (aka zucchini), cubed
- A few stalks of chopped celery
- 1 green pepper, cubed
- A few stalks of green onion, chopped
- 2 small chili peppers
- Heaping spoonful of diced garlic
- 1 Onga Seasoning Cube
- Salt to taste
- 2 cups ground peanut

Instructions:

1. Put cassava powder in large pot and liquefy with enough hot water that the consistency is smooth.
2. Add cut celery, green pepper, and green onion to pot. Turn on heat and bring to a boil.
3. While simmering, add courgette. After a couple minutes, stir in chilis, garlic, Onga cube, and a hearty amount of salt. Lastly, add in a few good gulps of oil and stir.
4. Allow sombe to thicken while it simmers, adding the ground peanut to help it along! Simmer until the stew takes on a thick, paste-like consistency.
5. Once sufficiently thickened, pull from stove. Serve by spooning over rice or with potatoes!

Dessert:

Mandazi

You will need:

- All-purpose flour
- 1 pack of white cake mix
- 6 eggs
- Splash of milk
- Vegetable oil

Instructions:

1. In medium mixing bowl, combine two handfuls of flour with most of the pack of cake mix.
2. Add yolks of eggs and mix.
3. On stove top, heat up a small amount of oil on low for 2-3 minutes, just enough to have a layer at the bottom.
4. Pull oil from stove and add to cake mixture. Mix in carefully- this will be hot!
5. Once the ingredients are well-mixed, gradually add enough milk to create a doughy consistency- add more flour if necessary. Break apart into small triangles.
6. Back on stove, add an inch and a half of oil in a deep skillet and heat on medium-high for three minutes.
7. Add triangles of dough to oil and allow to fry until golden brown. They should float to the top!
8. Remove with a slotted spoon and allow to cool on a paper towel. Enjoy plain, or sprinkled with sugar or nutmeg!