



Gaakiri (Couscous Pudding)

Traditional Congolese Dessert

Shopping List:

- 1 cup uncooked Couscous “Moroccan”
- ½ cup evaporated milk
- ½ cup vanilla Greek yogurt
- ¼ cup sour cream
- 2 tbsp granulated sugar
- ½ tsp vanilla
- ¼ tsp nutmeg
- ½ cup pineapple canned or fresh

Directions:

Prepare the couscous on the stovetop according to package instructions.

While the couscous is cooking, combine evaporated milk, yogurt, sour cream, sugar, vanilla, and nutmeg in a small mixing bowl. Whisk together.

Pour mixture into the couscous and use a wooden spoon to combine.

Spoon into serving bowls top with crushed pineapple. Enjoy!



Maharagwe (Sweet Stew)

Traditional Congolese Dish

Shopping List:

- 1 lb dry red beans or kidney beans, soaked in water overnight
- 1-2 cups of coconut milk
- 2-4 tbsp sugar to taste
- ¼ tsp ground cardamom (or a small piece of stick cinnamon)
- 1 tsp salt

Directions:

Rinse and drain soaked beans. Place beans in a large cooking pot and add fresh water to cover. Bring to a fast boil and cook for ten minutes. Reduce heat and simmer until beans are nearly tender. Add all remaining ingredients. Cover and cook until beans are tender, stirring occasionally. Enjoy after lunch or dinner!



Ndizi Wa Nazi (Banana with Coconut)

Traditional Congolese Snack

Shopping List:

- 4 ripe plantains
- 1 1/2 cup light coconut milk
- 1 tsp curry powder
- 1/2 tsp ground cinnamon
- 1/2 tsp cardamom
- 1/8 tsp ground cloves
- 1/2 tsp Kosher Salt

Directions:

Peel and cut the ripe plantains into 1" coins. Add plantains and all other ingredients into a large saucepan over medium-low heat. Stir well and bring mixture to a low simmer. Cook for about 15 minutes until most of the liquid is absorbed and the plantains are tender. Stir throughout to ensure it doesn't burn to the bottom of the pan. Enjoy!