

# East African Banana Jam

## Ingredients

350g sugar (preferably jam sugar)  
1 tablespoon lemon zest  
120ml fresh lemon juice  
6-7 ripe bananas

## Equipment

One large jar or two smaller ones (enough for around 500ml of jam)  
Thermometer



## Instructions

- Put the sugar, lemon juice and lemon zest into a large bowl and stir until the sugar has almost dissolved.
- Peel and slice the bananas, and add them to the lemon mixture making sure that they are well coated.
- Cover bowl and leave to marinate.
- After one hour, pour the mixture into a large pan – preferably a jam pan, but any large pan with a thick bottom will do.
- Place the pan on a low heat, and bring the mixture to the boil. You will need to stir occasionally to stop it sticking.
- Boil until the mixture reaches 110°C.
- Whilst you are waiting for the jam to boil, in a separate pan sterilize your jar (or jars) by carefully placing in boiling water for around one minute, then leaving to drain and dry by itself.
- Carefully pour the jam (ideally using a funnel) into each jar, filling it right to the top, cover and store in the fridge for up to one month.

## Safety tip:

Be very careful when boiling and transferring the jam as it gets extremely hot. This isn't really suitable for getting the children involved – try one of our other yummy recipes for that!



END HUNGER >>> GROW FARMING  
**FARM AFRICA**

## Yemarina Yewotet Dabo– Ethiopian Honey Bread

### Ingredients

60ml lukewarm water  
1½ teaspoons salt  
250ml lukewarm milk  
10g dried yeast  
90g melted butter  
600g bread flour  
125ml clear honey  
1 egg  
1 tablespoon ground coriander  
A pinch of ground cloves  
½ teaspoon ground cinnamon



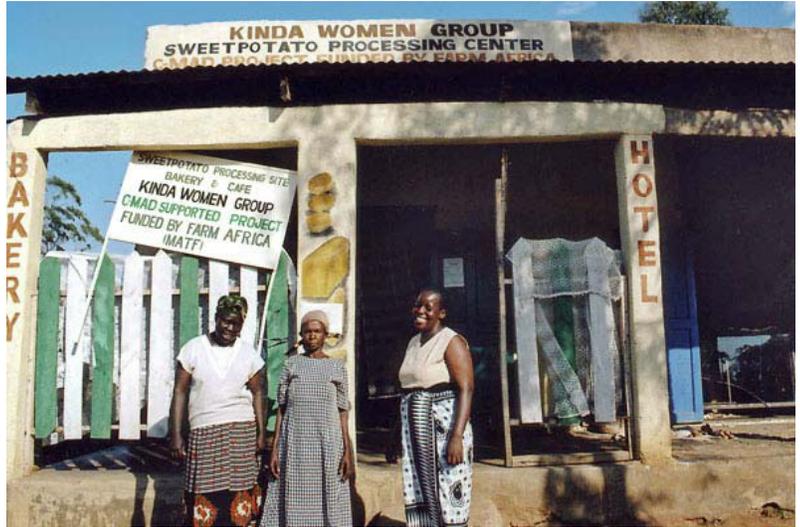
### Instructions

- Dissolve yeast in 60ml of lukewarm water.
- Mix the egg, honey, coriander, cinnamon, cloves and salt in a separate bowl.
- Add the yeast mixture, milk and 60g of the melted butter.
- Beat until the ingredients are well blended. Gradually add and stir in flour (about 75g at a time).
- Knead the dough until it is smooth and elastic. Shape into a ball and place in a large, lightly buttered bowl. Let it rise for 1 hour or until the dough doubles in size.
- Spread the remaining melted butter evenly over the bottom and sides of a 1kg loaf tin.
- Punch the dough down with a single blow of your fist, and then knead it again for 1-2 minutes. Make it roughly the same shape as the dish and press into the corners so that it covers the bottom completely.
- Let it rise for a further 1 hour.
- Bake it in oven at 150°C/Gas mark 2 for 50-60 minutes.

# Mbatata (Sweet Potato) Cookies

## Ingredients

200g sweet potato, cooked  
110ml milk  
1 egg slightly beaten  
4 tablespoons melted butter  
130g sifted plain flour  
2 teaspoons baking powder  
110g sugar  
½ teaspoon salt  
1 teaspoon cinnamon  
75g raisins



## Instructions

- Squeeze as much moisture as possible out of your cooked sweet potatoes.
- Mix your mashed sweet potatoes, milk and butter and beat well.
- Stir in the remaining ingredients and mix thoroughly.
- Grease a baking tray and drop teaspoons of mixture onto it (leave a little room for them to spread).
- Bake in a preheated oven (190°C/Gas mark 5) for 15 minutes.
- Sprinkle a little cinnamon and sugar mixture on top to taste.