



## **Savory South African Sweet Potato Stew + Eba Dumplings + Chilled Sobia Egyptian Rice Milk**

By Dylan Sabuco

**Prep Time 25 / Cook Time 55 / Serves 4 - 6**

### **Shopping List**

Fresh:

1 sweet potato

1 tomato

1 red, yellow or orange bell pepper

1 yellow onion

Pantry:

1 can coconut milk **\*\***(for COCONUT ALLERGY sub 1 C whole milk or for COCONUT/DAIRY ALLERGY sub 1 C dairy-free/nut-free milk)**\*\***

1 tsp cornstarch

3 C vegetable stock

1 3/4 tsp salt

1/2 tsp black pepper

1 tsp paprika

1 tsp cumin

1 tsp curry powder

1 T vegetable oil

1 C cassava flour (if unavailable, use 1/2 C tapioca flour + 1/2 C all-purpose flour (or 1/2 C gluten-free flour for GLUTEN ALLERGY))

- 1/2 C white sugar
- 1/2 tsp vanilla extract
- 1/4 C rice flour (if unavailable, sub 1/4 C instant white rice)

## Fun-Da-Mentals Kitchen Skills

**dice:** to cut foods into small pieces of equal size so that the food is cooked evenly or looks uniform and pleasant when used in the recipe.

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

**sauté:** to cook or brown food in a pan containing a small quantity of butter, oil, or other fat.

**season:** to add flavor to food with spices, herbs, and salt.

**simmer:** to cook a food gently, usually in a liquid, until softened.

**blend:** to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

**knife skills:** Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

**boil:** to cook a food in liquid heated to the point of gas bubbles and steam forming (boiling point is 212 F at sea level).

**roll:** to use a rolling pin to flatten dough; use your hands to form a roll or ball shape; or move a round food, like a grape or a meatball, through another food, like sugar or breadcrumbs, to coat it.

**shape:** to form food into a specific shape by hand or with a cutting tool—examples are cutting cookie dough into shapes with cookie cutters, forming bread dough into a roll or crescent shape, and rolling ground meat into a meatball.

**stir:** to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

## Equipment

- Large pot
- Wooden spoon
- Measuring spoons
- Liquid measuring cup

- Cutting board + kid-safe knife
- Blender (or pitcher + immersion blender)
- Can opener
- Ladle
- Large bowls
- Small bowls

## Ingredients

### Savory South African Sweet Potato Stew with Eba Dipping Dumplings

- Dumplings:
  - 2 C water
  - 1/8 tsp salt
  - 1 C cassava flour (if unavailable, use 1/2 C tapioca flour + 1/2 C all-purpose flour (or 1/2 C gluten-free flour for GLUTEN ALLERGY))
  - 1/2 tsp paprika or curry powder for color (optional)
- Stew:
  - 1/2 yellow onion
  - 1 sweet potato
  - 1 red, yellow, or orange bell pepper
  - 1 tomato
  - 1 T vegetable oil
  - 3 C vegetable stock
  - 1 can coconut milk **\*\***(for COCONUT ALLERGY sub 1 C whole milk/for COCONUT/DAIRY ALLERGY sub 1 C dairy-free/nut-free milk)**\*\***
  - 1 1/2 tsp salt
  - 1/2 tsp black pepper
  - 1 tsp paprika
  - 1 tsp cumin
  - 1 tsp curry powder

1 tsp cornstarch

## Chilled Sobia Egyptian Rice Milk

4 C water

1/2 C white sugar

1/2 tsp vanilla extract

1/4 C rice flour (if unavailable, sub 1/4 C instant white rice)

2 C ice (optional)

## Food Allergen Substitutions

### Savory South African Sweet Potato Stew with Eba Dipping Dumplings

**Gluten/Wheat:** If substituting 1 C cassava flour in the Eba Dumplings, use 1/2 C tapioca flour + 1/2 C gluten-free flour.

**Coconut:** Substitute 1 C whole milk for 1 can of coconut milk in Stew.

**Coconut/Dairy:** Substitute 1 C dairy-free/nut-free milk for 1 can of coconut milk in Stew.

### Chilled Sobia Egyptian Rice Milk

## Instructions

### Savory South African Sweet Potato Stew with Eba Dipping Dumplings

#### boil + measure + mix

Bring 2 cups of water to a boil with 1/8 teaspoon salt in a large pot. Measure 1 cup of cassava flour into a small bowl. For colorful dumplings, add 1/2 teaspoon paprika for red or 1/2 teaspoon curry powder for yellow to the small bowl of cassava flour. When the water is at a rolling boil, dump all the flour and optional spices into the water and stir with a wooden spoon.

#### stir continuously + cool

While stirring, the flour and water will combine and form a thick ball of dough. Stir continuously for 5 minutes on medium-low heat for 5 minutes. Remove the dough from the pot and place in a large bowl. Cool until the dough is comfortable to touch. This will take about 5 to 8 minutes.

#### shape + dip

Divide the dough into as many balls as you can make, roughly 12 small or 4 large dumplings. Roll the ball of dough around in between your hands until it is smooth and round. Set aside until the stew is finished.

### dice + sauté

Dice **1/2 onion**, **1 sweet potato**, **1 bell pepper**, and **1 tomato**. Then, measure and pour **1 tablespoon of vegetable oil** into a large pot. Heat the oil over medium heat. Place a single piece of diced sweet potato in the pot and, once it starts to sizzle, pour the rest of the sweet potato in the pot and sauté for 5 minutes. Stir the sweet potato frequently. After 5 minutes, add the rest of the diced vegetables and sauté for another 5 minutes.

### measure + season + stir

Measure the **3 cups of vegetable stock** and combine with **1 can coconut milk** in a large bowl and set to the side. Measure the **1 1/2 teaspoons salt**, **1/2 teaspoon black pepper**, **1 teaspoon paprika**, **1 teaspoon cumin**, and **1 teaspoon curry powder** in a small bowl and mix thoroughly. Add the mixture of spices to the large pot of vegetables and stir for 2 minutes. Reduce the heat to medium-low and add the mixture of vegetable stock and coconut milk to the large pot.

### simmer + reduce

Measure **1 teaspoon cornstarch** and **3 teaspoons water** in a small bowl and mix thoroughly. Add this mixture to the large pot. Simmer on medium-low heat for 20 minutes or until the stew is reduced by one cup of liquid. Before serving, taste the stew for seasoning and adjust the flavor. For more flavor add a pinch of salt and, for less spiciness, add **1/4 cup of water**. Stir to incorporate.

### simmer + serve

Place the dough into the stew leaving a little space between each one. Cover with a lid and simmer for 5 more minutes (or more!) until ready to serve!

## Chilled Sobia Egyptian Rice Milk

### measure + blend

Measure **4 cups water**, **1/2 cup sugar**, **1/2 teaspoon vanilla extract**, and **1/4 cup rice flour** and add to a blender (or pitcher + immersion blender). Leave the rice flour to soak for 10 minutes before blending thoroughly.

### add + serve

After blending the rice, sugar, water, and vanilla extract as much as possible, add **2 cups of ice** (optional) and serve!

## Featured Ingredient: Sweet Potato!

Hi! I'm Sweet Potato!

"Sweet potatoes are root vegetables, like beets and carrots! We're very popular in the Fall, especially for holiday dinners, where you might find us baked whole or sliced and diced as part of a side dish. We also

pair well with fruit and other vegetables in salads and casseroles."

## History

The sweet potato originated in Central or South America, and people began cultivating them in Central America at least 5,000 years ago.

Sweet potatoes have been grown in Peru for almost 3,000 years and remain one of the major crops for people in Peru.

When Columbus arrived in the New World, Native Americans were already growing and utilizing sweet potatoes. Columbus brought sweet potatoes back to Europe, and other explorers brought them from the New World to Asia.

Sweet potatoes were cultivated widely in Colonial America and were a significant form of sustenance for farmers and soldiers during the Revolutionary War.

As far as records show, orange sweet potatoes originally came from Puerto Rico and were named "yams" by Louisiana farmers to differentiate them from the white-fleshed variety grown in other parts of the country. Indeed, the sweet potato is officially the state vegetable of Louisiana! It's also North Carolina's official state vegetable.

George Washington grew sweet potatoes on his estate at Mount Vernon, Virginia.

North American supermarkets import much of their sweet potatoes from the Caribbean.

February is National Sweet Potato month!

## Anatomy & Etymology

Sweet potatoes are edible roots, not tubers like potatoes. Actually, sweet potatoes aren't related to potatoes but are part of the Morning Glory family. Plants from this family produce beautiful flowers whose seeds were revered for their laxative properties by the Chinese.

The flesh of sweet potatoes can be white, yellow, orange, or even purple!

Enslaved African-Americans called the sweet potato "nyami" because it reminded them of the starchy, edible tuber from their homeland. "Nyami" is a Senegalese word that was eventually shortened to "yam."

Sweet potatoes are often confused with yams, and this is why!

## How to Pick, Buy, & Eat

Sweet potatoes are eaten by people worldwide as they are a hearty crop that packs a lot of nutrition.

It's best to store sweet potatoes in cool, dark, and dry places. They won't last as long in the fridge.

Small, firm sweet potatoes tend to be sweeter and creamier. Large sweet potatoes contain more starch, as they've had more time to grow and develop the starches. Look for smooth, firm, even skin.

Sweet potatoes should be cooked, not eaten raw. You can use them in many savory and sweet recipes.

Sweet potatoes make an excellent side dish—you can bake, mash, or boil them—and their nutritional benefits are increased when combined with healthy fats, like avocado, butter, or olive oil!

If they had their say, sweet potatoes might like to be known as everyday veggies rather than just for special occasions. For example, we in the United States eat more sweet potatoes around Thanksgiving than at any other time. But sweet potatoes are available year-round and should be enjoyed more often because of their benefits!

## Nutrition

Sweet potatoes are very nutritious! Their color can tell us which nutrients they contain (like many vegetables and fruits!).

If a sweet potato is orange, it contains beta-carotene (other orange foods that contain this nutrient include carrots, shrimp, and oranges). Can you hear the name of a familiar vegetable in the word "beta-carotene?" Carrot! We know that beta-carotene is good for our eyes and skin. Have you ever been asked to eat your carrots because they are good for your eyes? Beta-carotene is why!

Sweet potatoes also have vitamin K, which helps our blood clot. When we get a cut, our blood clots to stop the bleeding, and vitamin K helps with this!

We often talk about fiber when we reveal our Surprise Ingredients because vegetables and fruits contain a lot of fiber. Sweet potatoes are no exception. So what does fiber help with? Digestion! And which body parts are responsible for digestion? Many, but namely our stomach and intestines.