**A taste of Tanzania**

**Chickpeas with coconut**

2 cups dried chickpeas, pre soaked (or tinned chickpeas drained)

11/2 cups coconut milk

1 tomato, chopped

4 whole cloves

1tsp turmeric

1 clove garlic, minced

salt and pepper to taste

If you enjoy spicy food perhaps add a pinch of cayenne, or a few dried chilli flakes to taste.

* Cook dried chickpeas until soft.
* Add all other ingredients.
* Cook slowly until all the flavours have fully permeated the chickpeas.
* Serve with rice, perhaps adding a few cardamon pods.

**Peanut Sauce**

Vegetable oil

1 med onion, peeled and chopped

2 med tomatoes, chopped

1 sm aubergine, with or without peel, chopped

90g peanut butter (best with no added sugar)

60ml water

* Fry onions in oil till transparent
* Add tomatoes and cook for .5 mins.
* Add aubergine and cook for further 5 mins.
* In a bowl mix peanut butter and water.
* Add peanut mixture to pan and stir well.
* Reduce heat to medium and simmer for 10 mins or until aubergine soft.
* Serve with rice, potatoes, sweet potatoes or grilled chicken.

**Mandazi - sweet East African doughnuts**

3 cups SR flour

1 egg

1 tsp dried yeast (or 2 tsp baking powder)

½ cup milk (or coconut milk or yogurt)

½ cup sugar

½ cup warm water

1 tbsp oil

Oil for deep frying

Makes about 36 mandazi

* Dissolve yeast in warm water and set aside.
* Beat the egg in a bowl; add milk, sugar and oil. Mix well and set aside.
* Take two cups of the flour, adding cinnamon or cardamon if you wish. Add the yeast mixture and mix well using your hands.
* Gradually add egg mixture and also remaining cup of flour while mixing continuously until you get dough that is not too sticky. Add more flour if necessary.
* Transfer the dough to a flat area and knead for 10 to 15 minutes until it is soft, smooth and elastic. Put in a bowl and cover with napkin or clingfilm.
* Leave the dough to rise somewhere warm for 45 mins to an hour.
* Divide the dough into 9 equal small balls and roll into flat round shapes about 1 centimetre thick. Then use a sharp knife to divide it up into triangles (2-3 centimetres a side).
* Heat the vegetable oil on medium high heat and deep fry the mandazi in batches of 5 or 6 for just a few seconds until golden brown. Remove and place on paper towel to remove the excess oil.

Sprinkle with a little more sugar and serve warm. Enjoy!