

ZAMBEZI COOKING CLUBS

Recipe book





About this recipe book

The inspiration and recipes in this book stem from the handwritten recipe books of local cooking clubs in the Zambezi region of Namibia, as well as Soil, Food and Healthy Communities' Indigenous Recipe Book for Malawi (2023), the Farming for Resilience Cookbook (2023), the Soup Kitchen Training Manual (2019) and the Zambian Traditional Foods Recipe Book (2000).

This recipe book was developed under the Food Security and Habitat Protection in KAZA project, which aims to strengthen community resilience and protect ecosystems by promoting agroecological farming, improved nutrition, and sustainable livelihoods. As part of the project, cooking and nutrition clubs were set up across nine conservancies to promote healthier eating using local ingredients. More than 400 farmers have been trained in nutrition and food preparation, with a focus on practical, affordable meals based on what is available in agroecological fields and the surrounding environment. The recipes in this book reflect the knowledge shared in these clubs, bringing together traditional practices and simple tips to support better meals at home.

© Namibia Nature Foundation (NNF), 2025. All rights reserved.

If you'd like a more detailed version, you can use:

© 2025 Namibia Nature Foundation. All rights reserved. This publication can be copied, reproduced, adapted, translated, used to make derivatives and disseminated for not for-profit and/or educational purposes only. It cannot be used for commercial purposes in any way, shape or form.



Implemented by



Contents

ABOUT THIS RECIPE BOOK	i
ACRONYMS	ii
INTRODUCTION	1
WHY IS NUTRITION IMPORTANT?	1
• The six food groups	2
BASIC HYGIENE WHEN YOU PREPARE FOOD	3
COMMON MEASUREMENTS	3
COOKING AND PRESERVING FOOD	4
• Cooking methods	4
• Preserving green vegetables by drying	4
VEGETABLE RECIPES	5
• Bush Okra Leaves (Delele)	6
• Cassava Leaves with Groundnuts	6
• Cowpea Leaves	6
• Dried Rape	7
• Moringa Leaves	7
• Okra	7
• Pumpkin Porridge	8
• Sweet Potato Leaves	8
LEGUMES AND NUT RECIPES	9
• Bambara Nuts Sauce	10
• Marula Oil (Ondjove)	10
• Peanut butter	11
• Roasted Groundnuts	11
• Roasted Pumpkin Seeds	11
• Samp and Beans	12
• Soft Porridge with Marula Juice	12
• Traditional Marula Juice (Non-Fermented)	12
ROOTS AND TUBERS RECIPES	13
• Beetroot Salad	14
• Carrots and Potatoes Relish	14
• Carrots, Pepper & Tomato Relish	14
• Fried Eggplant	15
• Potato Salad	15
• Sweet Potato Peanut Stew	15
STAPLES OR GRAINS RECIPES	16
• Bread (Potbread)	17



- Maheu 17
- Maize Pap 17
- Millet Bread (Muñende) 18
- Millet (Mauza) Pap 18
- FISH RECIPES 19
- Dry Fish 20
- Kapenta (small fish) 20
- Zambezi Bream with Water Lilies (Inkuma) 20
- CHICKEN AND MEAT RECIPES 21
- Cattle Skin with Pumpkin Seeds 22
- Cattle Skin with Water Lilies 22
- Dried Meat 22
- Fried Kidneys 23
- Marathon Chicken (free-range chicken) 23
- Tripe beef (Zamwamba) 23
- TIPS AND TRICKS FOR COOKING WITH LOCAL FOODS 24

Acronyms

NNF Namibia Nature Foundation



Introduction

In the Zambezi Region, many families struggle with poor nutrition because their diets do not include enough different types of food or important nutrients. At the same time, the region has strong potential to grow many healthy, local foods by using agroecological farming methods that work with nature.

The Namibia Nature Foundation (NNF), as part of the KAZA Arise project, has been working with farmers in the Zambezi Region to help reduce malnutrition. This is done by growing more food, growing different types of food, and using local food in better ways, including food processing. This recipe book shares traditional recipes and is used by our cooking clubs to teach farmers and families about healthy eating. The recipes are shared in group cooking sessions, one-on-one talks or in everyday conversations.

Why is nutrition so important?

Our bodies need many things to stay healthy, such as carbohydrates, fats, fibre, minerals, oils, protein, vitamins and water. Eating well helps us stay strong and healthy. When a family chooses healthy food, they can care for one another better. This food should come from all six food groups in the ratios shown in the figure below.

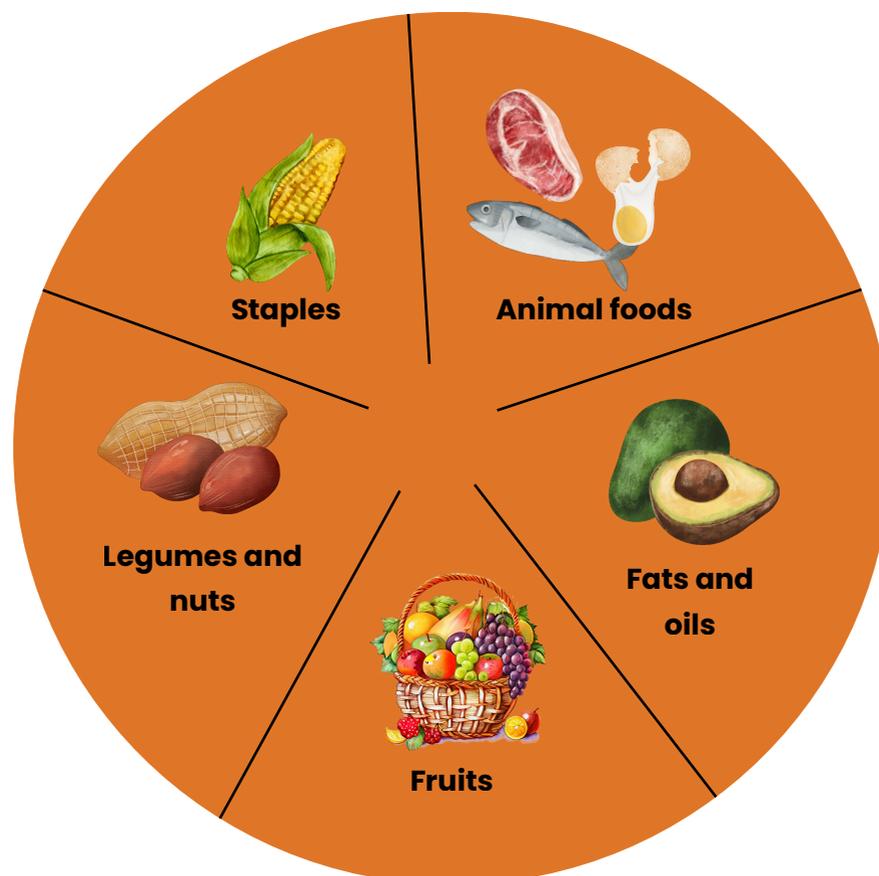
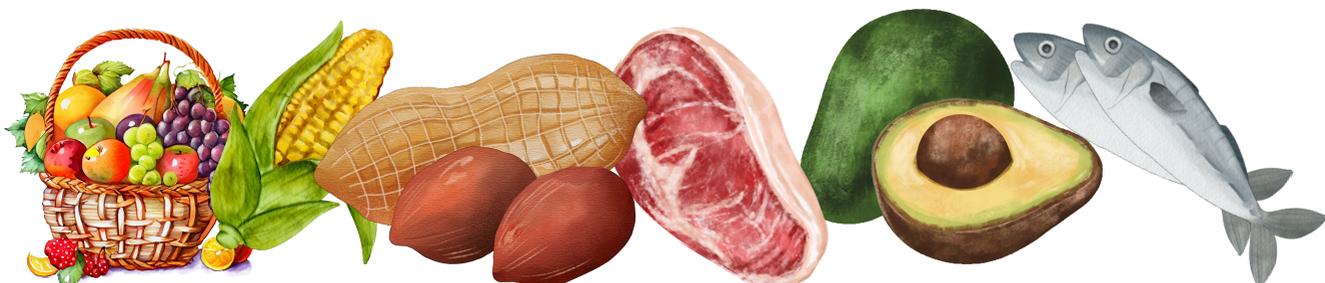


Figure 1: Proportion of staples, animal foods, legumes and nuts, fats and oils, and fruits needed for a healthy diet

The six food groups

Food group	Description
Animal foods	Give us protein, fats, minerals and vitamins. Animal foods include meat, eggs, milk and milk products, fish, grasshoppers, caterpillars and more.
Fruits	Give us Vitamin C (when eaten fresh), fibre, beta-carotene and other important vitamins and minerals. Fruits include apples, guavas, lemons, mangos, paw-paws, peaches, pineapple, ripe bananas, tangerines and watermelon.
Legumes and nuts	Give us protein and carbohydrates. This group includes groundnuts, soybeans, beans, cowpeas, peas, ground beans and pigeon peas. Soybean and nuts also give us healthy fats.
Staples (grains)	Provide us with carbohydrates. These include cereals like sorghum, millet, maize, rice, starchy roots like cassava and potato, and starchy fruits like plantain.
Fats and oils	Give us energy and help the body take in vitamins A, D, E and K. We get fats and oils from seeds like soybeans, groundnuts, sesame and pumpkin seeds. We also get them from avocado, cooking oil, meat, fish, milk and milk products like butter, margarine and yoghurt.
Vegetables	Give us vitamins, minerals and fibre, which helps us digest food well. This group includes green leafy vegetables, carrots, tomatoes, pumpkins and more.



Basic hygiene for preparing food

- Wash your hands with soap and water before working with food.
- Do not cough over your food. If you need to cough, do it into your arm, never in your hands.
- Do not sneeze or blow your nose over food.
- Do not prepare food if you have a runny tummy.
- Wash your hands after using the toilet, blowing your nose or coughing into your hands.
- Keep a clean cloth nearby to wipe your hands.
- Use clean tools, like a knife, spoon, pot and cutting boards.
- Wear a clean apron while preparing your food.
- Always use hot water and soap to wash your cooking tools.
- Cut meat first using a clean cutting board and clean knife.
- Wash the cutting board with warm water and soap before using it for vegetables.
- Throw a clean cloth over raw or prepared food to keep away flies.
- Do not leave cooked food in the sun for a long time. It can spoil and cause diarrhoea.
- After cooking, clean your pots with hot water and soap, and let them dry well.

Common measurements

Dry Ingredients			
Flour	120 grams	1 cup	Size of clenched fist
Oats	90 grams	1 cup	2 small handfuls
Rice (uncooked)	190 grams	1 cup	1 level handful
Wet Ingredients			
Water	250 millilitres (ml)	1 cup	Fills a cupped hand
Oil	220 millilitres (ml)	1 cup	Slightly less than 1 cupped hand
Vegetables & Fruit			
Chopped greens	30 grams	1 cup	1 cupped hand
Chopped onions	150 grams	1 cup	1 large handful
Small Ingredients			
Pinch	0.5 grams	1 cup	2 fingers pressed together
Teaspoon	5 millilitres (ml)	1 cup	Tip of index finger
Tablespoon	15 millilitres (ml)	1 cup	Tip of thumb from knuckle up



Cooking and preserving food

There are many ways to cook food and to preserve food so that it stays usable for long periods of time.

Cooking methods



Boiling: Put water into the pan/pot, but not too full or it will spill over when boiling. Place pan/pot on a stove or a fire. The water will heat up and bubbles will start forming. When the water has been bubbling for at least a minute, it is ready for cooking food.



Baking: This is cooking with dry heat inside something closed like an oven. The heat should be at least 150°C.



Frying: This means cooking food in hot oil or fat, usually in a pan on a stove or fire. Deep frying is when the food is completely covered by the oil.



Simmering: This is cooking food in hot water or liquid that is not fully boiling, to make it soft.



Roasting: This is cooking food in an oven or over a fire where heat touches all sides. The heat should be at least 150°C.



Fire cooking: This means cooking by boiling, frying, simmering or roasting food over or in a fire.



Sauté: This is cooking food in a little oil or fat in a pan with medium to high heat, while stirring. You can also use a little water or broth instead of oil to stop the food from sticking.



Purée: Cooked food that is smooth and thick, usually made by blending or crushing fruits or vegetables. Has a creamy or liquid texture and is made using a blender, food processor or sieve.

Preserving green vegetables by drying

Food drying is one of the oldest methods of preserving food. Drying removes moisture from food so that bacteria, yeasts and moulds cannot grow and spoil food. Traditional drying methods for greens, especially in African cultures, focus on preserving the harvest for later use, ensuring food security during the dry season, and minimising food waste. Green vegetables that are commonly dried include spinach, rape, Mutate, amaranth, Delele leaves, Moringa and pumpkin leaves.

A typical method for drying green vegetables is:

- Wash the greens thoroughly to remove dirt and pests.
- For larger leaves like spinach or amaranth, remove any tough stems.
- Bundle the greens with twine or string and hang them, or arrange them in a single layer on drying racks or a flat surface.
- If possible, cover the greens with a cheesecloth or mesh screen to stop insects or animals from eating them while they are drying.
- Leave the greens in a well-ventilated shady area for several days, turning them occasionally to ensure even drying. This helps preserve their color, flavor, and nutrients.
- When dried, place them in a container in a cupboard or storage room that is not exposed to sunlight, heat or humidity. It is important that the greens are thoroughly dried before sealing them, any remaining moisture can cause mold growth and spoil the batch



VEGETABLE RECIPES

Bush okra leaves (*Delele*)

Ingredients

- 1 handful or 1 cup of fresh Delele leaves or ½ cup dried Delele leaves
- ½ teaspoon of bicarbonate of soda or 1 tablespoon of ash
- 2 tablespoons cooking oil
- 1 medium tomato
- 1 cup of water
- 1 medium onion
- Salt (to taste)

Method

1. Sort fresh Delele leaves, removing all dirt and debris.
2. Boil water in a pot and add bicarbonate of soda or the ash mixture.
3. Add the Delele leaves to the boiling water and cook for a few minutes until softened.
4. Stir in chopped tomatoes, onions and salt.
5. Add a small amount of cooking oil.
6. Reduce the heat and let the mixture simmer gently for 5–7 minutes, stirring occasionally.

Note, that if using ash, mix 1 tablespoon of ash with ½ cup of water, stir, and let it sit for 5 minutes. Strain before using.

Serve as a relish alongside the main dish. Servings: 4-5 people

Cassava leaves with groundnuts

Ingredients

- 6–7 handfuls, fresh cassava leaves, roughly chopped
- Cooking oil
- Groundnuts
- Salt (to taste)
- 1 cup water

Method

1. Roast the groundnuts in a pan until lightly browned.
2. Pound the roasted groundnuts into a fine powder.
3. Wash the cassava leaves thoroughly to remove dirt, then pound them in a mortar until finely crushed.
4. Place the pounded cassava leaves in a pot and add ½ cup of water and boil for about 40 minutes stirring occasionally until tender and the water is reduced.
5. Add a pinch of salt and 2 tablespoons oil to the leaves.
6. Fry mixture for an extra 5 minutes to enhance the flavour.
7. Stir in the powdered groundnuts and let the dish simmer for 3 minutes to allow the flavours to combine.

Serve as a relish alongside a main dish or enjoy on its own. Servings: 4-5 people

Cowpea leaves

Ingredients

- 6–7 handfuls fresh cowpea leaves, roughly chopped
- 1 medium onion
- 1 medium tomato
- Salt (to taste)
- 2 tablespoons cooking oil
- Pepper (optional)
- Soup thickener (optional)

Method

1. Sort the cowpea leaves, removing dirt and unwanted sticks.
2. Wash the leaves thoroughly.
3. Drain excess water from the leaves.
4. Heat 2 tablespoons cooking oil in a pot.
5. Add the cowpea leaves to the hot oil and sauté briefly.
6. Stir in the chopped onion, diced tomato and pepper (if using).
7. Season with salt to taste.
8. Cook over medium heat until the vegetables are tender and well cooked.
9. If preferred, add a soup thickener.

Serve as a relish alongside a main dish or enjoy on its own. Servings: 4-5 people

Dried rape

Ingredients

- 3 cups dried rape
- 1 cup pounded groundnuts
- 1 cup water
- 1 medium tomato, chopped
- Salt (to taste)

Serve as a relish alongside a main dish. Servings: 4-5 people

Method

1. Remove any hard stems, stones or twigs from the dried rape and wash thoroughly.
2. Place the washed rape in a pot, add water, and boil for about 5 minutes.
3. Add the pounded groundnuts, salt (to taste) and chopped tomato to the pot.
4. Stir well and continue cooking for 10-16 minutes, ensuring the mixture is well cooked and flavours are combined.

Moringa leaves

Ingredients

- 6-7 handfuls fresh moringa leaves
- 1 medium tomato (optional)
- 1 medium onion
- 1 ½ cups of water
- Cooking oil or groundnut or peanut powder
- Salt (to taste)
- Soup thickener (optional)
- Pepper (optional)

Serve as a relish or on its own. Servings: 4-5 people

Method

1. Sort fresh, tender moringa leaves and remove any small branches.
2. Rinse the leaves thoroughly in clean water.
3. Cut or pound the leaves lightly to make them easier to cook.
4. Bring 1 cup of water to a boil in a pot then add the moringa leaves. Let them cook for 3-4 minutes to soften. Add water if necessary.
5. Stir in cooking oil or groundnut/peanut powder for added flavour and richness.
6. Add chopped tomatoes (optional), onions and salt, mixing well.
7. If desired, include pepper and/or soup powder for extra taste or consistency.
8. Reduce the heat and let the mixture simmer gently for 5-7 minutes until well-cooked.

Okra

Ingredients

- 10 fresh okra fingers
- 1 medium tomato
- 1 cup of water
- 2 tablespoons cooking oil
- Salt (to taste)

Serve as a relish alongside a main dish or enjoy on its own. Servings: 4-5 people

Method

1. Wash the okra thoroughly, then trim off the head and stalk ends.
2. Chop the okra into small pieces if desired.
3. Heat cooking oil in a pan and sauté the chopped onion until translucent.
4. Add the chopped tomato and cook until soft.
5. Stir in the okra and continue frying for 5-10 minutes on medium heat, stirring occasionally.
6. Add a splash of water if necessary to prevent the okra sticking to the pan and to keep the okra tender.
7. Season with salt to taste.

Pumpkin porridge

Ingredients

- ½ medium pumpkin
- 1 cup pounded groundnuts
- 2 cups water
- Salt (to taste)
- Sugar (optional)

Serve warm for breakfast option or as a snack. Servings: 4-5 people

Method

1. Wash the pumpkin thoroughly and peel off the skin.
2. Cut the pumpkin into small pieces for easier cooking.
3. Place the pumpkin pieces in a pot and add the 2 cups water.
4. Cook over medium heat until the pumpkin is soft and tender.
5. Mash the pumpkin if desired, then stir in the pounded groundnuts and salt.
6. Mix well and let the porridge simmer for 10–15 minutes, allowing the flavours to blend.
7. For a sweeter taste, add some sugar.

Sweet potato leaves

Ingredients

- 6-7 handfuls, fresh sweet potato leaves
- 1 medium tomato
- 1 medium onion
- 2 tablespoons cooking oil
- Salt (to taste)
- Green pepper (optional)
- Other herbs (optional), like spring onion, garlic or parsley

Method

1. Pick fresh sweet potato leaves and rinse thoroughly to remove dirt.
2. Chop the leaves for easier cooking.
3. Heat cooking oil in a pot or pan.
4. Add the sweet potato leaves to the hot oil, stirring to prevent sticking or burning.
5. Mix in chopped tomatoes, onions and salt.
6. If preferred, add green pepper or other herbs for extra flavour.
7. Continue stirring and cook until the leaves are tender and well-cooked.

Serve as a relish alongside a main dish or on its own. Servings: 4-5 people





LEGUMES & NUT RECIPES

Bambara nuts sauce

Ingredients

- 2 cups Bambara nuts
- 2 medium tomatoes
- 1 medium onion
- 2 tablespoons cooking oil
- 3 cups water
- Salt (pinch)

Method

1. Bring water to a boil in a pot.
2. Wash the Bambara nuts and add them to the pot.
3. Boil until the nuts are tender.
4. Add cooking oil, chopped onion, tomatoes and salt.
5. Cook for 5 minutes.

Serve with rice, pap or sweet potatoes (whole or mashed). Servings: 4-5 people

Cowpeas purée

Ingredients

- 2 cups cowpeas
- 2 tablespoons cooking oil
- 4 cups water
- 1 teaspoon salt

Method

1. Soak the cowpeas in water for 20-30 minutes, then rub them between your palms to remove the skins.
2. Drain and continue rubbing off the skins until all the beans are skin-free.
3. Put the peeled beans into a pot with water.
4. Cover and bring to a boil.
5. Skim the foam off the surface. Reduce the heat to medium-low and simmer for about 15 minutes, or until tender.
6. Mash the beans, add cooking oil, and season with salt. Stir well and cook for another 2 minutes.

Serve as a relish with pap or as a side with rice or vegetables. Servings: 4-5 people

Marula oil (Ondjove)

Ingredients and tools

- 10 kilograms dry marula pips (dried in sun for at least 7 days)
- 2 tablespoons lukewarm water
- Nutcracker, stones or axe and wood (for cracking the nuts)
- Mortar and pestle
- 5 litre bowl or container
- 1 clean and dry bottle or jar

Method

1. Use two stones, an axe and wood, or a nutcracker to crack open the hard outer shell of the marula pip.
2. Carefully remove the small white kernels inside and place them in a bowl.
3. Place the kernels into a mortar.
4. Pound steadily using the pestle.
5. Gradually add small quantity of lukewarm water (using a tablespoon).
6. As you pound, oil will begin to seep out and collect at the base of the mortar.
7. Tilt the mortar and pour the oil into a clean and dry bottle or jar.
8. Store the oil in a cool, dark place with the lid tightly closed.

Drizzle over cooked food or salads for extra flavour.

Peanut butter

Ingredients

- 2 cups shelled groundnuts
- ½ teaspoon salt

Serve as a snack. Servings:
4-5 people

Method

1. Remove stones and rotten groundnuts to make 2 cups of shelled groundnuts.
2. Roast the groundnuts in a pan and allow them to cool.
3. Put the cooled, roasted nuts in a mortar and pound.
4. After the groundnuts are completely broken down and begin to turn creamy (about 2-3 minutes), slow the pounding to a medium speed.
5. Continue pounding until peanut butter is completely smooth.
6. Add salt.

Roasted groundnuts

Ingredients

- 2 cups groundnuts
- 1 tablespoon water
- 2 tablespoons cooking oil
- ½ teaspoon salt

Serve as a snack. Servings: 4-5
people

Method

1. Sort and select good quality whole groundnuts (remove any damaged or discoloured ones).
2. Roast the groundnuts in a frying pan over low heat, turning them continuously.
3. Dissolve the salt in the tablespoon of water and pour it over the groundnuts in the frying pan.
4. Continue roasting until the groundnuts are dry.

Roasted pumpkin seeds

Ingredients

- 1 cup dried pumpkin seeds
- 2 tablespoons water
- Salt (to taste)

Serve as a snack or relish with a
main meal. Servings: 4-5
people

Method

1. Sort and select good clean, whole, healthy pumpkin seeds (remove any damaged or discoloured ones).
2. Roast the selected good pumpkin seeds in a frying pan until brown.
3. Dissolve salt in the water and add to the pumpkin seeds in the frying pan.
4. Continue to roast until dry.

Samp and beans

Ingredients

- 1 cup beans
- 1 cup samp
- 6 cups of water
- 2 tablespoons cooking oil
- Salt (to taste)

Method

1. Soak the beans in water overnight. This ensures even cooking and stops beans from splitting or separating from the skin.
2. Add enough water to just cover the samp and beans in the pot.
3. Simmer for about 2 hours, or until both the samp and beans are cooked but not too soft.
4. Do not stir; this can make the dish excessively starchy. Keep checking to make sure the mixture does not stick to the bottom of pot. If water begins to run low, add more, but always keep the level just above the samp and beans.
5. Once the samp and beans are cooked, add cooking oil and season with salt.

Serve as a main meal.

Servings: 4-5 people

Soft porridge with Marula juice

Ingredients

- 1 cup pearl millet flour
- 1-2 tablespoons marula oil/sunflower oil
- 2 to 3 cups of fresh marula juice (as a sweetener)
- Salt

Method

1. Mix the pear millet flour, salt and the fresh marula juice in a pot.
2. Put pot on stove/fire (medium heat).
3. The mixture will start foaming. Keep stirring to stop it sticking to bottom of pot.
4. After 10-15 minutes, the foam will disappear as the porridge starts to thicken. Add oil to the mixture and stir for 2-3 minutes.

Serve to children as an alternative to soft porridge. Servings: 4-5 people

Traditional Marula juice (non-fermented)

Ingredients and tools

- 8-10 kilograms ripe marula fruits (freshly fallen from the tree)
- 5 litres clean water
- 2 large bowls or buckets
- Knife or spoon (for opening the fruit)

Method

1. Gather ripe marula fruits from the ground.
2. Wash thoroughly with clean water to remove dirt or sand.
3. Cut each fruit around the middle using a knife or twist open by hand.
4. Squeeze the pulp, pip and juice into a large bowl or container. *The skins can be given to animals as feed or composted.*
5. Add 5 litres water to cover the mixture enough to soak and fully cover the pulp and pips. This helps to soften the pulp and dilute the juice. Let it soak for about 10-15 minutes to soften.
6. Mash the mixture thoroughly with your hands until the juice becomes thick and creamy.
7. Take a few pips at a time in your hand and squeeze them to release more juice. Discard the empty pips. Repeat until all pips have been removed from the mixture.
8. Pour mixture through a sieve into another container to remove fibres.
9. Drink within 1-2 days for best freshness.

Serve cold as a natural fruit juice. Servings: 10-12 people

A close-up photograph of a basket filled with various root and tuber vegetables. In the foreground, a large, light-colored parsnip is prominent. Behind it, several purple carrots and orange carrots are visible. To the right, there is a fennel bulb. The background is softly blurred, showing more of the basket and some green foliage. The overall lighting is bright and natural, highlighting the textures and colors of the vegetables.

ROOTS & TUBERS RECIPES

Beetroot salad

Ingredients

- 2–3 medium beetroots
- 1 small onion (optional)
- 1 tablespoon vinegar or lemon juice
- Sugar (optional)
- Salt (to taste)

Method

1. Boil the beetroot until soft. Let it cool, then peel and grate.
2. Add a pinch of salt, a little sugar and a spoon of vinegar.
3. You can add chopped onion if you like.
4. Mix well.

Serve as a cold salad with any meal. Servings: 4–5 people

Carrot and potatoe relish

Ingredients

- 2 medium carrots
- 2–3 medium potatoes
- 1 onion
- Cooking oil
- Salt
- 1 tomato or ½ teaspoon of soup powder (optional)

Method

1. Peel the carrots and potatoes. Cut them into small cubes.
2. Boil in salted water until soft, then drain the water.
3. In a separate pot, fry chopped onion in a little oil until golden.
4. Add chopped tomato or a pinch of powder soup and stir.
5. Add the boiled carrots and potatoes to the pot.
6. Stir everything gently while it fries so it does not mash together.
1. Let it fry for about 5 minutes on low heat to absorb flavour, stirring occasionally.
2. Add salt to taste.

Serve as a relish alongside your main dish. Servings: 4–5 people

Carrots, pepper & tomato relish

Ingredients

- 1–2 medium green or red peppers (diced)
- 2 medium tomatoes (chopped)
- 1 medium onion
- 3 medium carrots grated
- 2 tablespoons curry powder
- 2 tablespoons cooking oil
- 1 x 500g tin baked beans
- Salt

Method

1. Heat oil in a pot. Fry onions until golden.
2. Once onions are translucent, add curry powder and fry for 1 minute.
3. Add tomatoes, peppers and carrots.
4. Cover pot with lid and allow to simmer for 5 minutes.
5. Add 1 tin baked beans and season with salt to taste, stir well.
6. Cover pans with lid and allow to simmer for 10 minutes.

Serve with pap, vetkoek or bread. Servings: 4–5 people

Fried eggplant

Ingredients

- 1 large eggplant
- Oil for frying
- Salt

Method

1. Slice the eggplant into rounds.
2. Sprinkle with a little salt and leave for 10–15 minutes.
3. Heat a little oil in a pan.
4. Fry slices on both sides until soft and browned.

Serve as a side with pap or as a snack. Servings: 4-5 people

Potato salad

Ingredients

- 6 potatoes
- 1 medium onion
- 1 cup mayonnaise
- Salt (to taste)
- Pepper (optional)
- Parsley (optional)

Method

1. Cook the potatoes in boiling water.
2. Peel the potatoes and then cut them into blocks.
3. Chop onion into small pieces and add to potatoes.
4. Add the mayonnaise, salt and pepper (to taste) and stir well.

Serve as a side salad. Servings: 4-5 people

Sweet potato peanut stew

Ingredients and tools

- 1 medium onion
- 2-3 handfuls spinach, roughly chopped
- 2 medium sweet potatoes
- 2 medium tomatoes
- 3 tablespoons peanut butter
- 2 teaspoons of soup powder dissolved in 2 cups of boiling water
- 2 tablespoons cooking oil
- Salt

Method

1. Add oil and onion to the pot and sauté the onion on medium heat.
2. Add the sweet potato.
3. Add the tomatoes.
4. Add the dissolved soup powder and simmer for 10 minutes or until the sweet potato is tender.
5. Add the peanut butter.
6. Add the spinach and stir for 5 minutes.

Serve as a main dish. Servings: 4-5 people



STAPLES & GRAIN RECIPES

Bread (Potbread)

Ingredients

- 1 kilogram bread flour
- 1 packet of yeast
- 4 cups lukewarm water (test with finger!)
- 1 teaspoon salt
- 1 teaspoon sugar
- Oil/fat for greasing baking tray

Serve with any meal or use it to make sandwiches.

Method

1. Mix flour, yeast, salt and sugar in a bowl.
2. Add water a little bit at a time, mixing it into the mixture until it forms a smooth dough.
3. Cover with a towel and put in a warm place for 1 hour to allow the dough to rise.
4. Grease baking tray with oil or fat.
5. Work the dough again well with your hands and place into the baking form until half full.
6. Leave to rise until it fills the baking form.
7. Place in oven for 45–60 minutes until it is brown on top.
8. Remove from the oven and tilt the bread out the form so you can knock it with your finger/fist. If it sounds hollow, it is baked.
9. Store it by wrapping it in a cloth.



Maheu

Ingredients

- 3½ litres water
- 2½ cups maize meal
- 4 tablespoons sugar

Serve chilled as a refreshing drink, on its own or with bread, fat cakes or roasted maize.

Method

1. Bring 2 litres of water to a boil in a pot.
2. In a bowl, mix the maize meal with ½ cup water and stir to form a thick paste.
3. Pour maize meal mixture into the boiling water while whisking. Turn down the heat to low, cover the pot and simmer for about 15 minutes or until smooth and thick. Allow to cool completely.
4. Remove the hard top layer from the porridge, add sugar and the remaining water. Cover and leave in a warm place for 8 hours to ferment.



Maize pap

Ingredients

- 1 kilogram maize flour
- 4 cups water

Serve with relish of your choice.
Servings: 4–5 people

Method

1. Boil the water.
2. Make a paste with some maize flour (about ½ cup) in cold water.
3. Add to boiling water and stir till paste comes to the boil.
4. Boil for 10–15 minutes.
5. Add the remaining maize flour gradually to the boiling paste until it is thick and smooth.



Millet (Mauza) pap

Ingredients

- 1 kilogram millet flour
- 4 cups water

Serve with relish of your choice. Servings: 4-5 people

Method

1. Boil the water in a pot.
2. Make a paste with some millet flour (about ½ cup) in cold water.
3. Add to boiling water and stir until the paste comes to the boil.
4. Boil for 10-15 minutes.
5. Add the remaining millet flour gradually to the boiling paste until it is thick and smooth.

Millet bread (Munende)

Ingredients

- 4 cups pearl millet flour
- 4 tablespoons sugar
- 1 to 1¼ cups of water

Serve with tea, coffee, milk or sugar water solution. Servings: 5-6 pieces

Method

1. Mix the flour and sugar.
2. Add a little water at a time to the flour and sugar mixture until you can make a firm shape of the mixture.
3. Make smaller shapes (round or flat) with a hole in each centre.
4. Bring the water to a boil and then add the shaped pieces one by one.
5. Let them boil for 5 minutes and then turn each one.
6. Reduce heat and simmer gently for 20-25 minutes.



A close-up photograph of two fish, likely bream, resting on a large, vibrant green leaf. The fish are positioned diagonally, with their heads at the top. The scales are detailed and shimmering. A semi-transparent dark rectangle is overlaid in the center, containing the text 'FISH RECIPES' in white, bold, sans-serif font. The background shows more of the green leaf and some water droplets.

FISH RECIPES

Dry fish

Ingredients

- 2 medium dried fish
- 1 medium tomato
- 1 medium onion
- 2 tablespoons cooking oil
- 2 cups water
- Salt (to taste)

Method

1. Soak fish in cold water for 45 minutes.
2. Lightly wash the fish in the same soaking water.
3. Break fish into sizable pieces.
4. Add water, salt and fish to pot and cook for 2.5 hours.
5. Add chopped tomatoes and onions and the cooking oil.
6. Cook for 30 minutes

Serve as a relish. Servings: 4-5 people

Kapenta (small fish)

Ingredients

- 1 cup small, dried fish like kapenta
- 2 tablespoons groundnut flour cooking oil
- 1 cup water
- 1 medium onion
- 1 medium tomato
- ½ cup pumpkin leaves
- 1 teaspoon salt

Method

1. Wash kapenta/dried fish in warm water and discard the water.
2. Boil kapenta in 1 cup salted water for 20 minutes.
3. Chop the tomato and onions.
4. Add the chopped onion, tomato, pumpkin leaves and groundnut flour to the kapenta in the pot/pan.
5. Let the stew simmer gently for 10–15 minutes until the fish is tender and the flavours are well combined.

Serve as relish with pap or rice. Servings: 4-5 people

Zambezi Bream with water lilies (Inkuma)

Ingredients and tools

- 1 medium-sized whole Zambezi bream
- 2 full cups of water lilies (inkuma) peeled and thoroughly washed
- 4 tablespoons cooking oil
- 3 cups water
- 1 medium tomato
- 1 chopped onion
- Green pepper (optional)
- 1 teaspoon salt

Method

1. Place the water lilies in a pot with the 3 cups water on medium heat and cook for about 2 hours or until they soften. Add water as necessary.
2. Place the fish on top of the softened water lilies in the pot, and let the fish steam until cooked.
3. Remove the cooked fish from the pot, cool and debone it.
4. Place the fish back in the pot with the water lilies and mash them together.
5. Add the cooking oil and salt and mix everything together and cook for 5 minutes.

Serve warm or cold as a traditional snack. Servings: 4-5 people

A close-up photograph of a white cow's body and legs in a field of dry grass. The cow's legs are visible on the left side of the frame, and its body extends across the top and right. The background is a field of dry, yellowish-brown grass. A semi-transparent dark grey rectangular box is overlaid on the cow's body, containing the text "CHICKEN & MEAT RECIPES" in white, bold, sans-serif font. The text is arranged in three lines: "CHICKEN &" on the first line, "MEAT" on the second line, and "RECIPES" on the third line. The text has a slight drop shadow effect.

CHICKEN & MEAT RECIPES



Cattle skin with pumpkin seeds

Ingredients

- 1 kilogram cattle skin
- 3-4 litres of water
- Salt
- 2 tablespoons cooking oil
- 1 handful pumpkin seeds

Serve hot with pap or enjoy on its own.

Method

1. Put the cattle skin on the fire to burn the hair off.
2. Soak in warm water to wash off all ash and other dirt.
3. Cut into smaller bite-sized pieces.
4. Boil the cattle skin in water for 3 hours until it is soft.
5. Add a pinch of salt and cooking oil.
6. Pound the pumpkin seeds and sieve to make a powder.
7. Add 1 tablespoon of pounded seeds to 1 cup water and stir.
8. Add to the pot with the cooked cattle skin.
9. Reduce the heat and let it simmer for 15 minutes.

Cattle skin with water lilies

Ingredients

- 10-12 medium-sized water lily roots
- 1 kilogram cattle skin
- 3-4 litres of water
- Cooking oil
- Salt (to taste)

Serve with pap or eat it on its own. Servings: 4-5 people

Method

1. Clean the cattle skin by putting it on a braai stand over an open fire. Let the hair char and become brittle. As the hair burns, use a knife to scrape it off. Continue scraping until all the hair is completely removed and the skin is clean.
2. Wash the cattle skin with warm water and then cut it into smaller bite-sized pieces.
3. Bring water to boil in a pot, add peeled and chopped water lilies and boil for 3-4 hours until they are both soft.
4. Mash everything together until it is well mixed.

Dried meat

Ingredients

- 1 full cup of dried meat
- 1 medium chopped onion
- 1 medium chopped tomato
- 3 tablespoons cooking oil
- 5 cups water
- 1 tablespoon salt

Serve hot with pap or rice. Servings: 4-5 people

Method

1. Pour 3 of the 5 cups of water into a pot on medium heat, add the washed dried meat and salt, and cook for 1½-2 hours.
2. Keep adding water from the remaining 2 cups until the dried meat is soft.
3. Once the meat is soft, add the cooking oil to the pot.
4. Add chopped tomato and onion and stir together.
5. Cook for 5-10 minutes.

Fried kidneys

Ingredients and tools

- 6 to 8 kidneys
- 1½ tablespoon salt
- Pepper (pinch)
- 1 tablespoon fat or oil for frying

Method

1. Soak the kidneys in saltwater (1 tablespoon) for 10–15 minutes to reduce the strong smell and remove impurities.
2. Clean the kidneys by rinsing in clean water and sprinkle with salt and pepper (to taste).
3. Heat oil in pan and fry the kidneys until they are crispy and brown on both sides for about 3–4 minutes per side.

Serve with pap or eat it on its own. Servings: 4-5 people

Marathon chicken (free-range chicken)

Ingredients

- Marathon chicken
- Cooking oil
- 1 medium tomato
- 1 medium onion
- 2 tablespoons soup powder (optional)
- 2–3 cups water
- Salt (to taste)

Method

1. Wash chicken thoroughly and cut into smaller pieces.
2. Add the pieces of chicken to pot, add pinch of salt and cooking oil.
3. Add 1 to 1.5 cups of water and boil on medium heat for 1 to 1.5 hours, or until the chicken is tender.
4. Stir occasionally and top up with a little water if it starts to dry out.
5. Chop onion and tomato and add to the pot.
6. Fry everything together for about 5 minutes, stirring often.
7. Add 1 cup of water to make a light sauce.
8. Stir in 2 tablespoons of soup powder (optional), and simmer for 3–6 minutes, until the sauce thickens and everything is well combined.

Serve hot with pap or rice.
Servings: 4-5 people

Tripe beef (Zamwamba)

Ingredients

- 1 kilogram sheep/beef tripe
- 4–5 cups water
- 1 tablespoon salt
- 1 medium onion
- 1 medium tomato (optional)
- 2 tablespoons soup powder (optional)

Method

1. Clean the tripe in cold water to remove any dirt.
2. Cut into small pieces and put into pot.
3. Add enough water to cover the tripe (about 4–5 cups) and bring to a boil. Boil for about 1 hour or until tender. Add more water if needed during cooking.
4. Add salt (to taste).
5. When tripe is nearly cooked (it has softened, can be pierced easily with a fork, and is tender but still slightly chewy), add the chopped onion and tomato and let it simmer for 10–15 minutes.
6. If desired, add 2 tablespoons soup powder for thickness.

Serve hot with pap or rice or enjoy on its own. Servings: 4-5 people

Tips & tricks for cooking with local foods

Cooking with natural, locally grown ingredients is not only healthier but also strengthens your connection to the land and your community. Here are a few practical ideas to help you on your journey:

Home garden: Start small with easy-to-grow vegetables like cowpeas, tomatoes, spinach, sweet potatoes and moringa. These crops are nutritious, well suited to Namibian climates and can be harvested at different times of the year to ensure a steady supply of fresh ingredients.

Composting: Transform your kitchen waste – vegetable peels, fruit scraps and eggshells – into rich compost. Avoid adding cooked food, meat or oily items, which can attract pests. Compost helps improve soil fertility and water retention, making your garden more productive.

Reduce food waste: Keep leftovers covered and in a cool, shaded place to extend freshness. Reheat only what you'll eat. If some food can't be eaten, feed it to chickens or pigs, or compost it if it's plant based. Wasting less means saving money and respecting the effort that went into growing and preparing the food.

Seasonal eating: Enjoy fruits and vegetables when they are in season. Not only do they taste better, but they are also more affordable and fuller of nutrients. Dry or preserve seasonal produce like wild spinach or marula fruit to use during the dry season.

Preserving natural flavours: When cooking, avoid over-seasoning or overcooking. Natural foods have unique, subtle flavours. Use herbs, spices or fermented condiments sparingly to enhance rather than hide these tastes.

Cooking with fire or coals: Traditional cooking methods like using open fires or coals can give food a special flavour. When using firewood, choose sustainably collected or pruned wood to protect local trees and ecosystems.

Use the whole plant: Many indigenous plants have multiple edible parts – leaves, roots, seeds and even flowers. Learn from elders and local knowledge holders how best to use each part to avoid waste and increase your nutrition.

Community knowledge: Look around your community for those who are producing well. Ask them for advice on soil health, pest control, water-saving techniques and crop choices. Resilient farming systems that work without heavy dependence on money, chemicals or machinery are often the most sustainable in the long term.

We hope these recipes inspire you to cook wholesome, nutritious meals rooted in your own land and culture. By growing, preparing and sharing food in agroecological ways, you help nourish your body, your family and the Earth.

HAPPY COOKING, AND HAPPY GROWING!



Implemented by



