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Greens, lentils and sweet potato in coconut sauce

Take a big bunch of spinach or callaloo, 1 big sliced onion, garlic and put them in warm vegetal oil about 4 minutes.

Add enough coconut milk, chopped sweet potato and cho-cho, hot pepper, black pepper according to your taste. cook until done and the sauce thick.

Then, add cooked lentils. keep 5 minutes on the fire. it is ready.

Top

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Plantain and coconut sauce

In a friying pan with vegetal oil, put sliced carrots, sliced onions, green gourd slices, and garlic, sliced plantain, paprika, and grated coconut. Warm a little then add water, peppers, garam masala or curry. Warm until done and until the sauce is thick . You can add tofu in it. Serve with rice.

Top

anchor

Radish greens sauce

3 bunches coarsely chopped radish greens (or other if not available)

4 tbsp tomato puree (or other sub), or cider vinegar

2 tsp. thyme

1 cup water

2 tbsp. veg oil

1 tsp. smooth peanut butter

1/4 onion thinly diced

1 clove garlic, diced

1 tsp. black pepper

dash of crushed habanero

1/4 chopped/crushed red pepper with seeds

1/4 tsp. crushed cardamom

1/4 tsp. allspice

Mix all ingredient together and heat low until greens collapse. Add water if needed (but careful not too much!). Allow to cool after thoroughly heated w/greens readily collapsed, then bottle and refridgerate. Pour over rice, greens, or anything the I desire.

Top

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Ital Stew**Ingredients:**

2 C dried beans (any kind)

2 medium Idaho potatoes

1 C diced yellow yams
2 medium sweet potatoes
12 medium okra
2 C fresh corn (cut kernels off cob)
3 medium carrots
3 stalks of scallions
3 cloves fresh garlic
1 small green Scotch bonnet (habanero) pepper
3 C natural coconut milk
1 T soya margarine
7-12 pimento seeds (allspice)
7-12 pimento seeds (allspice)
3 pieces fresh thyme
2 C whole wheat flour
Fresh cilantro (garnish)

Directions:

Soak beans in distilled water overnight to remove the gas. Chop garlic and thyme and dice remaining vegetables. Put beans to boil with scallions, pimento seeds, thyme, garlic, and pepper. Add coconut milk to boil along with beans until fully cooked, then add vegetables to the pot. Knead flour with a little water to make small dumplings (spinners). Add spinners to pot and boil until cooked. When stew starts to thicken, add soya margarine and simmer to flavor. Garnish with cilantro. Serve with brown rice and a salad.

Top

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Irie salad

Prepare 3 corn cob (maize). Make 1 medium sweet potato boil until done and then cut it in cubes. Slice one big onion, 3 green onions. Chop 2 green apples in little cubes, about 1 cm.

Prepare a sauce with arachid oil, lime juice, pepper.

Blend all the ingredients and sauce into a dish. A little curry can also be added.

Top

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Ital soup

A substantial soup that will satisfy the largest of appetites; a true "Ital" feast which requires only fresh fruit juice to complete the meal.

Ingredients:

1 lb (450 g) yam: $\frac{1}{2}$ (225 g) sweet potato
1 lb (450 g) pumpkin: 1 lb (450 g) callaloo
 $\frac{1}{2}$ small cabbage: $\frac{1}{2}$ lb (225 g) carrots
1 cho cho: 1 green pepper
2 cloves garlic: 2 medium-sized tomatoes
3 spring onions: 2 pts (1100 ml) water

First prepare the vegetables. Peel the yam, sweet potato and pumpkin and cut into large die, removing the seeds from the pumpkin. Carefully wash the callaloo, trimming away any thick stems and chop. Coarsely chop the cabbage having carefully discarded the outer leaves, peel and slice the carrots. Peel the cho cho, cut it lengthways into quarters and remove the heart. Roughly dice the cho cho and green pepper, peel and chop the tomatoes and slice the spring onions. Place the pumpkin and root vegetables in a large saucepan with the water. Bring to a boil and simmer for ten minutes. Add to the pan the callaloo, cabbage, cho cho, pepper and finally the chopped tomatoes and spring onions. Season with plenty of freshly ground black pepper and simmer for twenty minutes more until cooked. Serves 4-6.

Top

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Courgette sauce

Peel a courgette, cut it in little cubes, about 1 cm, and warm in a frying pan with olive oil. Add smashed clove, thyme, basilic, pepper. When done, mix all and add black olives. Serve with rice or pastas.

Top

anchor

Almond honey crisp

1 cup of whole almonds

1/4 cup soya margarine

1/3 to 1/2 cup of honey

2 teaspoon unsweetened vanilla extract

Process the almonds in a blender for a few seconds to chop coarsely

In a bowl mix all the ingredience

Preheat oven to 375f

Put in a cake pan and bake till golden brown

Cut into squares while still warm

Top

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Ital maffé (1 person)

This sauce is inspired from a senegalese dish.

Cut 1 1/2 big onion and heat in vegetal oil until it become transparent and lightly brown, but not burned.

Add one squashed clove garlic, 3 teaspoon of peanut butter, 3 teaspoon of tomato purée and some water to diluate. add pepper, a very little paprika. Add done sweet potato, carrots, turnip, yam...

Serve with rice.

You can also add fried tofu in the sauce.

Top

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Ital curry (1 person)

Cut one half of a big carot in very little cube (about 5mm) Cut half of a turnip in cubes too.

Slice one big onion and put all in a frying pan with vegetal oil till vegetables are done.

Add one or two smashed clove garlic, curry, pepper, Sliced ginger, some raisins.

Add coconut milk (about 1 1/2 glass) and heat till the sauce become creamy.

Serve with rice and peanuts.

Top

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Chinese style tofu (1 person)

Cut half of a carot in small matches. Slice 1 big onion.

Slice 2 or 3 medium mushrooms (shitake ones). Slice some Bamboo.

Put in frying pan with some vegetal oil, till all begins to brown lightly, add tofu cubes, soya sauce, pepper.

When hot, serve with rice or chinese pastas.

Top

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Carrot salad. Libanese style (1 person)

Grate 1 or 1 1/2 big carrot.

Prepare a sauce with the juice of half an orange, pepper, a little cinammon, and a little lime juice.

Mix all.

Top

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Pepper and tomato sauce

Slice a red pepper and put it in a oven (grill position) until slightly brown. Remove the skin and cut in very little bits (or mix).

Then, warm in a pan with olive oil, hot pepper, sliced onion and tomato puree.

Use with pasta, rice or what you want.

Top