



Standard Bank

Mother's Day

**COOK
BOOK**

2023

INTRODUCTION

PHILLIP MADINGA
CHIEF EXECUTIVE

Mothers are dear and special to us all. They are the glue that keeps the family together as the popular saying goes “When mum is happy, everyone is happy”. Join us as we celebrate our mothers on 15th October 2023 with a home cooked meal for breakfast, lunch/dinner, and a yummy desert.

This recipe book was developed to be an easy reference for those who would like to take the kitchen by storm. The recipes are easy to replicate, and all ingredients can be sourced locally from supermarkets and the local market. Whether you are a son, daughter, husband, or niece/nephew – you have the skill set to bring these tasteful recipes to life.

Our recipe book is a special gift because the recipes are a contribution by our staff members and women-led small businesses in Malawi. It has a choice selection of 10 recipes featuring local and international dishes providing a wide range of culinary options that satisfy a variety of taste levels.

Here is our gift to you and to all mothers.

Happy Mother’s Day!





DRINKS



PINK ICED TEA

METHOD

1. Brew the tea in a pot with 1.5L of water for 5 minutes.
2. In another pot brew the hibiscus in 500ml of water for 10 minutes.
3. Once brewed, add your sugar and lemon juice or slices to the tea
4. Sieve the hibiscus tea to get rid of larger particles.
5. Mix the tea with the hibiscus till it looks pink or purple.
6. Refrigerate and allow to cool.
7. In a jug or dispenser, put ice and fruit of choice and add the sprite.

INGREDIENTS

- Hibiscus
- 4 black teabags – recommendation: Chombe Tea
- ½ cup sugar
- 500ml Sprite
- Lemon juice/ slices

DID YOU KNOW?

The health benefits of hibiscus tea include its ability to treat high blood pressure and high cholesterol, helps in the treatment of hypertension and anxiety, helps fight bacteria, disturbed digestive and immune system, inflammatory problems and liver diseases, as well as cancer. It can also speed up the metabolism and help in healthy, gradual weight loss.

STAFF CONTRIBUTOR

Dumase Chidzanja - *Consultant, Customer Service*

THOBWA DRINK RECIPE



METHOD

1. Start with making maize flour porridge. Put 20 litres of water in a big pot and place it on a fire.
2. Once the water is warm, add 3kgs of Maize flour to the water. Stir frequently until the mixture is thick and starts boiling. Take it off the fire just when it starts boiling.
3. Let the porridge cool to a warm consistency. Proceed to add 3 kgs of sorghum flour whilst stirring frequently.
4. Leave the mixture overnight (covered or not) and stir at 1-hour intervals.
5. The following day, place the mixture back on the fire and let it boil for 2 hours and 30 minutes.
6. The Thobwa has cooked completely when there are no more bubbles on top of the bubbling brew.
7. Take the mixture off the fire. Wait till the temperature comes down.

INGREDIENTS

- 20 litres water
- 3kgs maize Flour (Ufa Wa M'gaiwa)
- 3kgs sorghum Flour
- Sugar

DID YOU KNOW?

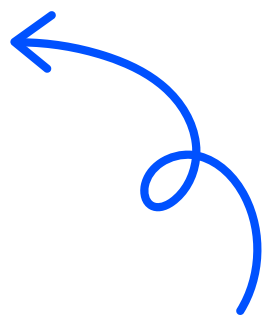
The name thobwa means "sweet beer", and although it is non-alcoholic it can be left for five days and it will turn to mowa or beer. A popular drink in Malawi prepared for weddings and various celebrations.

STAFF CONTRIBUTOR

Clara Phiri – *Cash Processing*



BREAKFAST /DESERT



CHIKONDAMOYO - BANANA CAKE

METHOD

1. Sieve together the dry ingredients (Mgaiwa, Flour, Salt, Soda) and set aside.
2. In a separate bowl, cream together butter and sugar till fluffy
3. Add egg to cream and butter mix and stir
4. Add banana to the same mixture
5. Add 1 Tablespoon lemon juice to the same mixture
6. Add the dry ingredients and then lemon rind, mix well
7. Add milk, stir well until all the ingredients are thoroughly mixed.
8. Prepare a baking tin, pour the mixture in it.
9. Bake at 180 degrees for 30-40 minutes or when a skewer comes out clean

INGREDIENTS

- 1 cup Mgaiwa
- ½ cup All-purpose flour
- ¼ teaspoon salt
- 1 teaspoon soda
- 125g butter
- 3 tablespoon sugar
- 1 egg (bitten)
- 1 cup fresh Milk
- 2 large bananas (mushed)
- 1 medium Lemon (squeezed + rind)

STAFF CONTRIBUTOR

Agather Nsasa – Customer Consultant, Blantyre Branch

PRO-TIP:

Add some chunks of banana to the bake to give it dimension and texture.



CARROT CAKE



1. Preheat the oven at 180 degrees celsius and grease the baking pan (place aside)
2. Grate the carrot and leave it aside
3. In a Bowl, mix the cooking oil and sugar
4. Add eggs to the mixture
5. In a Separate bowl, mix all dry ingredients together and add to the egg, oil and sugar mixture.
6. Add carrot and ground nuts to the mixture
7. Then pour the mixture into the baking tin and bake at the 180 degrees for 30 minutes
8. When done. Remove it and let it cool
9. In a separate bowl mix margarine, cheese cream and a tablespoon of lemon juice
10. Then add the lemon zest from the squeezed lemon
11. When the cake is cool, cut it into two halves, then spread the cream at the middle and on top.
12. Grate some carrot and spread it on top to make it look attractive.
13. Sit down and enjoy it.

INGREDIENTS

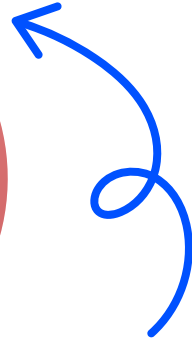
- 2 cups all-purpose flour
- 1 cup cooking oil
- 4 large eggs
- 1 cup brown sugar
- 2 ½ cups grated carrot
- 1 teaspoon cinnamon powder
- 1 ½ teaspoon baking soda
- 1 ½ teaspoon baking powder
- ½ cup Groundnuts (peeled broken)

STAFF CONTRIBUTOR

Tapiwa Chibaka
– Bureau De Change

PRO-TIP:

If you are allergic to groundnuts you can substitute with pecans or macadamia



LUNCH & DINNER



PILAU MASALA

METHOD

To make the Masala Powder:

1. First step is to prepare our pilau masala. Below is how to make it at home but you can buy the premixed option in Indian spice shops.
2. Place all the whole spices on an ungreased pan and toast them on low heat for about two minutes until fragrant. Set aside to cool for a couple of minutes then place them in a grinder and whiz until pulverized. Once done, store in a jar.

To make the Pilau

3. Add the onions to the pot and cook on low heat until brown. Make sure you are alert so that they do not burn. The darker the onions are, the darker your pilau will be. Pilau gets its color from the onions.
4. Add the diced potatoes and then the garlic (optional). They need to cook for a few minutes.
5. Next add a couple of tablespoons of the freshly made pilau masala and the pre-cooked beef. You can use chicken or mutton, but whichever meat you use, make sure it is pre-cooked.
6. Let this simmer for a few minutes and once the potatoes are halfway done, add the rice + water/ stock and let this cook until the rice is done and the potatoes soft. Ratio of your stock/water: rice is 2:1.

INGREDIENTS

- 2 tablespoons of whole clove
- 1 ½ tablespoons of black pepper seeds
- 3 tablespoons of whole cardamom
- 1 ½ cinnamon sticks
- ¾ cup of whole cumin

FOR THE PILAU

- 2 ½ cups of basmati rice
- 3 large red onion, diced
- 4 large potatoes, cubed
- 5 cloves of garlic, minced
- 2 cups of pre-cooked beef
- 3 tablespoons of our freshly made pilau masala

STAFF CONTRIBUTOR

Nyambura Chege

– Head Brand and Marketing



EASY-OVER CHICKEN CURRY



METHOD

1. In a bowl, put the Chicken, Yoghurt, Rajah powder, Paprika, Salt. Marinate and place in the fridge for at least an hour
2. Peel Potatoes, cut into four pieces and set aside
3. In a pot, pour in cooking oil, once heated fry the onions, ginger, and garlic till translucent then add the tomatoes. Fry until tomatoes are completely cooked. Add your green chilli (Optional) then add your marinated chicken. Stir in until well covered, cook on moderate heat. Towards the end, add your potatoes and cook till done and gravy is thick enough.
4. Serve with Rice and Enjoy

CONTRIBUTOR

Cheryl Karim
Owner: *Cool Bean Cafe*,
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INGREDIENTS

- 1 medium Chicken (800g) – washed and cut into desired pieces with bone
- 1 Cup diced red onion
- 1 Cups diced ripe tomatoes
- ½ Cup natural yoghurt/Chambiko
- 1 Tbsp crushed ginger
- 1 Tbsp crushed garlic
- 3 Tbsp Rajah powder (preferred flavour)
- 1 Tbsp Paprika
- 4 Medium Irish Potatoes
- 2 green Chillie sliced (Optional)
- Salt to Taste
- 80ml Cooking Oil

CHICKEN MUSHROOM CURRY

METHOD

1. Pour the cooking oil into a heated pot/ pan; add half of the chopped onions and still till golden brown; add the chicken to the pot and salt and continue to stir till all water is absorbed and the chicken is brown.
2. Add the remainder of the onions and garlic and stir for half a minute.
3. Add the paprika, masala, Rajah and turmeric and mix.
4. Add $\frac{1}{2}$ cup of water and stir.
5. On the side use $\frac{3}{4}$ cup of water and mix with the soup powders, then add to the pot. Stir for half a minute before adding the last ingredients: the sauces and the chutney.

INGREDIENTS

- 500g deboned thigh or fillet, cut in cubes
- 1 pack of white buttoned mushroom, sliced
- 1 large onion, chopped
- $\frac{1}{2}$ teaspoon of crushed garlic
- 4 tablespoons cooking oil
- $\frac{1}{4}$ teaspoon of salt
- $\frac{1}{2}$ teaspoon of mild masala Rajah
- $\frac{1}{2}$ teaspoon of mixed Malala or medium Rajah
- $\frac{1}{2}$ teaspoon of paprika
- $\frac{1}{2}$ teaspoon of turmeric
- $\frac{1}{2}$ teaspoon of brown onion soup
- $\frac{1}{2}$ teaspoon of mushroom soup
- 2 teaspoons of soy sauce
- 1 teaspoon of Worcestershire sauce
- $\frac{1}{4}$ teaspoon of chutney



STAFF CONTRIBUTOR

Brian Numero – Head, Treasury and Capital Management



SIMPLE GREEK MOUSSAKA

METHOD

1. Cut eggplant into 1cm-thick slices. Sprinkle with salt and stand for 30 minutes. Wash, drain and dry eggplant on paper towel. Brush with oil and place on a greased baking tray. Fry until softened.
2. Cut the potatoes into 1cm slices and boil till cooked but not mushy
3. Place oil and onion in a pan over medium heat for 2-3 minutes or until soft. Add garlic, spices, and cook for 1 minute. Add mince and cook until just browned. Add tomatoes, chillis sauce. Cook slowly for 40 minutes or until thick.

White sauce

4. Melt butter in a pan over low-medium heat. Stir in flour and cook for 2-3 minutes. Add milk gradually, stirring until it's all added, and sauce is smooth. Stir in cheese, black pepper, and salt to taste.
5. Preheat oven to 190 degrees. Place half the meat sauce into a dish, then half the eggplant, half potatoes and half the white sauce. Repeat layers, finishing with bechamel. Sprinkle with cheese and bake in oven for 30-40 minutes or until top is brown. Stand for 5-10 minutes, then serve.

INGREDIENTS

- 2 large eggplants
- 6 large potatoes
- 1 tbs oil,
- 1 onion, peeled, finely chopped
- 4 garlic cloves, crushed
- 2 tsp mixed herbs
- 2 tsp Barbeque spice
- 500g minced beef
- 5 grated tomatoes
- 1 tsp chilli sauce
- 2 tbs grated cheese (cheddar or Gouda)

WHITE SAUCE

- 30g Margarine
- 2 tbs plain flour
- 400ml milk
- 100g cheddar cheese, grated
- ½ Black pepper

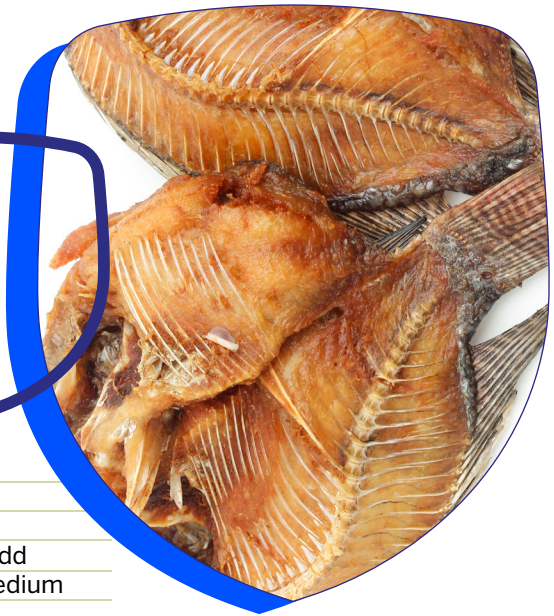
DID YOU KNOW: Greek Moussaka (mousaka) is without a doubt, Greece's most popular, traditional dish!

STAFF CONTRIBUTOR

Joana Kalonga
Officer, PB Evaluation
& CCA



DRY FISH/ MAKAKANA



METHOD

1. Clean the dry fish properly in warm water.
2. Using a good deep size pot, add water then the dry fish (10 medium size fish)
3. Slice / chop 1 medium size onion and add to the pot with dry fish. Onion is added to bring a good aroma which prevents fries and make sure the pot is covered throughout.
4. Cook at medium heat on open flame for about 2 hours, with simultaneously adding more water until the fish is tender, then add enough salt in proportion to the fish.
5. Have sliced onions, chopped tomatoes and added to the boiling fish, then drizzle with cooking oil
6. Bring it to boil for an extra 10 to 15 minutes until the gravy / soup is thick.

INGREDIENTS

- 10 medium sized dry fish/Makakana
- 3 big tomatoes
- 2 medium size onions
- 1 teaspoon salt
- 100 mls cooking oil

DID YOU KNOW:

Makakana from the shire river is another delicacy from the Warm heart of Africa.

STAFF CONTRIBUTOR

Faith Mwandidya – Branch Manager, Lilongwe

PRO TIP: You can enjoy the perfectly cooked fish with Nsima mostly. The dish can be served as lunch for 5.

LENTIL CURRY (V)



METHOD

1. Pre-boil the lentils in salted water (1 teaspoon of salt) for 15 minutes, drain them and keep the water used for boiling.
2. Pour the cooking oil into a heated pan; add the chopped onions; then add the garlic and ginger and stir; add the dry spices and then add the tomatoes and ½ teaspoon of salt.
3. Let them cook for 3-5 minutes then add the lentils. Let them cook for 1-2 minutes. Lastly add the soy sauce and stir well.
4. On the side, use ¾ cup of water and mix with the thickener and add to the pot. Stir well and simmer for a minute.

STAFF CONTRIBUTOR

Brian Numero

– Head, Treasury and Capital Management

INGREDIENTS

- 2 cups of lentils
- 1 onion, chopped
- 2 medium tomatoes, grated
- 1½ teaspoon salt
- 6 tablespoons of cooking oil
- ½ teaspoon of garlic
- ½ teaspoon of ginger
- ½ teaspoon of masala
- ½ teaspoon of paprika
- ½ teaspoon of mild masala Rajah
- 1 teaspoon of cumin
- 1 teaspoon of turmeric
- 3 teaspoons of soy sauce
- 1 teaspoon thickener

BONUS RECIPES

CHAPATTI



METHOD

1. Put the flour in a basin and add the salt and cooking oil.
2. Pour the water into the mix and kneed till the dough is soft.
3. Cut the dough into 8 equal parts and shape them into balls. Roll them one by one into circular shapes.
4. Smear the pan with oil and cook the chapatti one by one until both sides have brown spots.

INGREDIENTS

- 10 medium sized dry fish/Makakana
- 3 big tomatoes
- 2 medium size onions
- 1 teaspoon salt
- 100 mls cooking oil

SALAD



METHOD

1. Cut lettuce using hands and then add cucumber, tomatoes, carrot and the bell peppers.
2. On the side mix up the olive oil, apple cider vinegar, black pepper and syrup.
3. Then mix up with the salad.

INGREDIENTS

- 1 small lettuce
- 1 onion, cut
- 1 medium cucumber, sliced
- 2 medium tomatoes, sliced
- 1 medium carrot, grated
- ½ teaspoon syrup or honey
- 2 tablespoons of olive oil
- 1 tablespoons of apple cider vinegar
- ½ tablespoon of black pepper
- ½ of each bell pepper (red, yellow, and red)



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