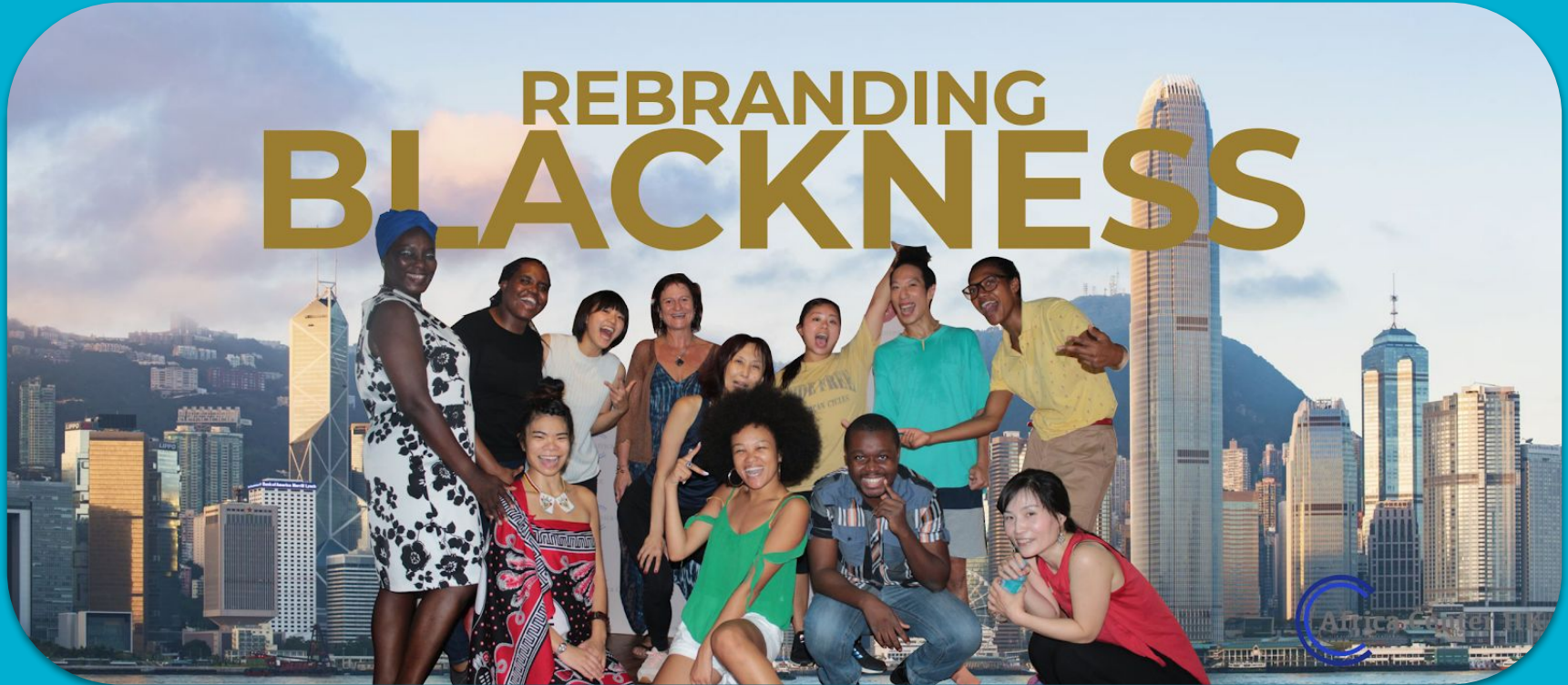




Africa Center HK

African Baking Workshop (Zimbabwe)

Our Mission



Our Mission



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African Baking Workshop



A fulfilling and relaxed exercise for team building, connecting with new people and appreciating African culture and perspective

Zimbabwean Baking Workshop



Let's Start Baking!

1. Chimodho
2. Mbatata Cookies
3. Rooibos Tea

Traditional Zimbabwean Cornmeal Bread

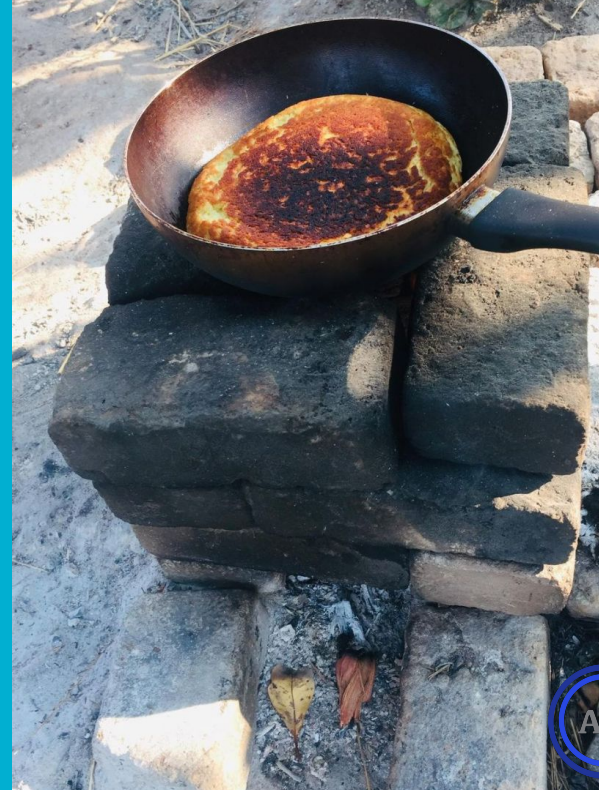
Chimodho

Ingredients for 1 chimodho:

- 1 $\frac{1}{4}$ cup corn flour/ cornmeal
- 1 $\frac{1}{2}$ cup flour
- 1 cup buttermilk
- $\frac{1}{2}$ cup sugar
- $\frac{1}{3}$ cup vegetable oil
- $\frac{1}{2}$ teaspoon salt
- 1 egg
- 1 teaspoon baking powder
- $\frac{1}{2}$ teaspoon baking soda



Chimodho in Zimbabwe



1. Mix all the wet ingredients together

- butter milk
- egg
- oil



2. Sift cornmeal, flour, baking powder, baking soda and salt



3. Add sugar and stir



4. Pour the wet ingredients into dry ingredients. Mix well



4. Pour the batter in a tin & bake for 30 min
(180°C)



DONE!





Mbatata Cookies

Ingredients (20 cookies):

120g butter

$\frac{1}{4}$ cup sugar

1 table spoon lemon zest

1 teaspoon ground nutmeg

$\frac{1}{4}$ cup honey

1 egg

1 cup raw sweet potato

2 $\frac{1}{2}$ cups flour

1 $\frac{1}{2}$ teaspoon baking powder

$\frac{1}{2}$ teaspoon baking soda

$\frac{1}{2}$ tea spoon salt

1. Peel & grate sweet potatoes



2. Cream together butter and sugar in bowl



3. Blend in lemon zest, nutmeg, honey & egg



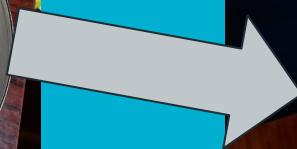
4. Fold in sweet potato



5. In separate bowl. sift flour, baking powder, baking soda & salt



6. Add the dry ingredients to the wet ingredients in several times & mix well



7. Arrange cookie dough on cookie sheet



8. Bake at 200°C for 10 min



9. Mix all the ingredients for lemon glaze



$\frac{2}{3}$ cup of powdered sugar

1 tea spoon butter

1 $\frac{1}{2}$ teaspoon lemon juice

1 tablespoon water

10. Drop & spread glaze on cooled cookies



DONE!





Rooibos Tea

Ingredients:

Rooibos tea leaves

Water

Milk (optional)

Sugar (optional)

Rooibos



1. Boil water
2. Put Rooibos tea into a pot
3. Cover the pot and steep
4. Strain rooibos solids and pour hot tea into a teacup



Time to eat!

