

Democratic Republic of Congo

Culture Study 2017

Thursday, March 9th

Feast Menu

- Peri Peri Chicken (The school will provide)
- Rice and Beans (Loso Na Madesu)
- Mashed Sweet Potatoes (Fu Fu)
- Pineapple Fool (custard and Pineapple)
- Beignets (The school will provide)
- Hibiscus Tea Punch (Jus de Bissap)

Servings and Class Item

- 288 servings total of each item
- Each recipe serves 12 (24 recipes total)
- JK: Hibiscus Tea
- Kindergarten: Pineapple and Custard (Fool)
- First: Pineapple and Custard (Fool)
- Second: Pineapple and Custard (Fool)
- Third: Mashed Sweet Potatoes
- Fourth: Mashed Sweet Potatoes
- Fifth: Mashed Sweet Potatoes
- Sixth: Rice and Beans
- Seventh: Rice and Beans
- Eighth: Rice and Beans

Sixth, Seventh and Eighth will make 8 recipes per class

Loso Na Madesu (Congolese Beans and Rice)

12 servings

****use only black peppercorns – pink peppercorns (found in most whole peppercorn blends, can trigger a nut allergy reaction)**

2 cups jasmine rice cooked according to the package directions

1 red bell pepper, cleaned and diced

1 cup chopped onion

¼ cup olive oil

2 15-ounce cans red beans, drained and rinsed

2 8-ounce cans tomato sauce

1 cup water

½ teaspoon ground nutmeg

2 bay leaves

1 teaspoon salt

1 teaspoon freshly ground **black pepper

- Cook the rice according to the package directions and set aside
- Heat large stock pot to medium heat and add the olive oil, onion, and red pepper and stir until tender and lightly brown about 10 minutes
- Add the beans, tomato sauce, water, nutmeg, bay leaves, salt and pepper and simmer on low, stirring occasionally, about 10-12 minutes or until the water is absorbed
- Remove from the heat and cool to room temperature
- Mix the beans and the rice and store in a disposable container (or Ziploc bags) and refrigerate overnight
- Bring to the Peard kitchen on Thursday March 9th at drop off

Third, Fourth and Fifth will make 8 recipes per class

Fu-Fu (Mashed Sweet Potato)

Serves 12

4 pounds sweet potatoes, scrubbed and holes poked in the skin

4 tablespoons unsalted butter, room temperature

1 teaspoon salt

1 teaspoon freshly ground **black pepper

****use only black peppercorns – pink peppercorns (found in most whole peppercorn blends, can trigger a nut allergy reaction)**

- Preheat the oven to 350 degrees
- On a foil lined baking sheet place the sweet potatoes and bake until they are very soft, about 45-60 minutes depending on their size
- When they are cool enough to handle, peel the sweet potatoes and combine them with the salt, pepper and butter
- Mash until they are smooth and well combined
- Place in a disposable container or Ziploc bag and refrigerate overnight
- Bring to the Peard Lunch Room Thursday, March 9th at drop off

Kindergarten, First and Second will make 8 recipes per class

Pineapple Fool (Pineapple and Custard)

Serves 12

3 boxes organic custard mix – you will need to purchase whole milk and eggs to complete the recipe (custard mix available at the front office by Friday March 3rd)

1 fresh pineapple, peeled, cored and cut into chunks

- Prepare the custard according package directions (you will need milk and eggs)
- Let the custard cool and put in a disposable container
- Cut the pineapple and put in a disposable container or Ziploc bag
- Bring to the Peard Lunch Room on Thursday, March 9th at drop off

Junior Kindergarten

Jus de Bissap (Hibiscus tea punch)

Makes 15 gallons

This should be made Wednesday, March 8th in the Peard Kitchen, any time between drop off and 12:00

160 hibiscus tea bags (The school will provide)

10 gallons water

12 cups sugar

5 gallons pineapple juice

1 1/2 cups vanilla extract

- Boil 3 gallons of water and add all the hibiscus tea bags and steep for 15 minutes
- In the 3 5-gallon drink coolers divide the hibiscus concentrate 1 gallon each
- Add 4 cups sugar each cooler
- Add ½ cup vanilla each cooler
- Add 1 gallon and 5 cups pineapple juice each cooler
- Top off each cooler with the remaining water
- Stir before serving

*The 5 gallon drink coolers and the hibiscus tea will be in the Peard kitchen