

KANDA (Meatballs)

FROM THE KITCHEN OF *Dedjingabe*



INGREDIENTS

1 lb ground beef
1 cup Kiwano Melon seeds
(substitute cucumber seeds)
½ tsp black pepper
1 diced small onion
4 garlic cloves
1/4 cup chopped fresh parsley

3 tsp salt
2 tsp hot sauce
1/4 cup vegetable oil
1/4 cup tomato paste
1 1/2 cup water

INSTRUCTIONS

Scoop out seeds from kiwano melon and place in a pan over medium heat for about 5 minutes to dry the seeds out

Place the onions, garlic, parsley and dried kiwano seeds in a mortar and use a pestle to grind everything down

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Then add the mix with ground beef, 2 tsp of the salt of the salt and pepper

Roll into balls and set aside

Heat cooking oil in pan over medium heat and add onions and saute for about 5 minutes until onions have a translucent look and are soft

Add the tomatoes and remaining salt and let simmer for 5 mins

Add the tomato paste, then the water

Add the meatballs, then cover and let simmer for 30 minutes

Remove the cover and let simmer for just a few more minutes until the sauce has thickened

Serve over steamed rice



Dedjingabe

Dedjingabe enjoys cooking for her family and has taught her two oldest daughters how to cook as well. Dedjingabe enjoys the food from her native country and wants her daughters to learn so they won't forget the traditional meals they ate when they lived in Chad.



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