1. Lorraine Ferguson has shared a YouTube link including step by step on how to prepare Jamaican Authentic Brown Stew Chicken With Rice & Peas Recipe.

<https://www.youtube.com/watch?v=jJqQAuLBPnc>

1. Aurora Antonio: Please find below one of Angola’s typical dish.

Name:  Mufete and it is mostly eaten on weekends.

**Ingredients:**

Fish ( Tilapia or  seabass) , garlic, lemon salt.

Beans (any raw), palm oil.

Plantain, sweet potatoes and cassava.

For salad Fresh tomatoes, onion green peppers and olive oil and fresh chilli.

Garri Gari flour (optional)

**How to make this lovely recipe**

Seasoning the fish with garlic salt and lemon. Then grill.

Leave the raw beans overnight in the water to facilitate the cooking process.

Cook the beans just with water for about 20min. Once cooked in another saucepan chop 1 garlic and a small onion  then add 8 spoons of palm oil and let it cook for 2min.

Then add the beans with his own water add salt as you like and let it boil for 15min. Try to smash some beans to create a ticker sauce.

Boil the sweet potatoes , plantain and cassava individually between 10 to 15min.

**Salad**

Chop into very small pieces onions , fresh tomatoes and green peppers then add seasoning  salt, chilli (optional ) lemon or vinegar and olive oil and stir. All done.

**Serving should look like this. Glass of red or cold white wine! Please.**

1. Ajoke Adetunji -Nigerian Meat pies.



**Ingredients**

**The Dough**

* 500 g all-purpose flour
* 200 g cold (not hard) butter (cubed)
* 1 Tbsp sugar (optional ) I didn't use it
* ½ tsp baking powder
* ¼ cup cold water
* 2 Large eggs ( 1 will be mixed with the dough, the other would be used for egg wash)

**The Roux**

* 2 Tbsp butter
* 2 Tbsp flour

**The Filling**

* 350 g beef mince
* 1 small onion (finely chopped)
* 1 large potato (diced in small cubes)
* 2 medium carrots (diced in small cubes)
* 1 habanero pepper (finely chopped)
* ½ of a medium green bell pepper (finely chopped)
* ½ tsp curry powder
* ½ tsp thyme
* 1 Tbsp cooking oil
* ½ tsp ginger powder
* 1 tsp garlic powder
* Salt /bouillon powder to taste
* 1 cup water

**Instructions**

**The Roux**

* Heat up butter in a small saucepan, as soon as it melts and starts bubbling, add the flour and mix in.

Stir continuously until its lightly brown.. not burnt.

Turn off heat and set Roux aside to cool. You can get more Acquinted with the use of Roux [here](https://wp.me/p8KYAY-36)

**The Filling**

* In a clean sauce pan heat up 1 Tbsp of oil and sautee onions on medium low till it is soft and translucent then stir in the habanero pepper.
* Add in the beef mince breaking up into smaller bits as you cook and season to taste, cook for about 5 mins or till it's cooked through and all the pink is gone.
* Add in the cubed potatoes, carrots and chopped green bell pepper. Stir in to incorporate.
* Pour in the 1 cup of water, Cover pot and allow to simmer on high for about 2 mins then to reduce the liquid.
* Stir in the[Roux,](https://wp.me/p8KYAY-36) this thickens the sauce, adds a unique flavor and gives the filling that signature moist yumminess meat pie is known for... YUM!!! Turn off heat and Set aside to cool.

**The Dough**

* In a mixing bowl, measure out the flour and baking powder. If you are using sugar, this is the time to add it.
* Add the cool butter cubes and blend in using your fingers or a pastry blender till it forms a mixture that looks like bread crumbs. Make a well in the middle of your mixture.
* Beat one egg, pour it into the well and mix in. Do not over mix.
* Add ¼ cup of cold water and mix in then sprinkle in a handful of flour to seal in the water. ( it is always better to end mixing processes with flour)
* Form a ball with the Dough, wrap in cling film and allow to rest in the fridge for 20 - 30 mins

**Assembling The Pie**

* Preheat the oven to 350°F / 180°C
* Line your baking sheet with parchment paper
* Bring out dough from refrigerator. With a bench scraper or sharp knife, divide the dough into 2 or 4 equal parts to make it easier to handle.
* With a rolling pin or a clean bottle roll out one part to ⅛ inch thick then cut out a round shape with your meat pie former or a round bowl.

Dab the edges lightly with water.

* Add about 2 Tbsp of filling at the center then fold over the filling to form a semi-circle then seal. ( if you are using the meat pie former it will help with the fold and seal and add a beautiful design at the edges. If you don't have the former, not to worry, use your fingers to seal it after folding over the filling. Then use  a fork to design the edges ) Place on the baking sheet.
* Repeat above process until all the dough is used up.
* Poke the pies with a fork to create a steam outlet while baking.

Beat the second egg, add a teaspoon of water to it,, then with a pastry brush, apply the egg wash on all the meat pies.

* Bake in the middle rack of your oven for about 25 - 30 mins

Yas!! The meat pie is ready. After cooling down of course . Enjoy!!!