

AFROLEMS MEN COOK EDITION
VALENTINES DAY
DINNER FOR TWO

Afrolems



RECIPES TO MAKE



Finger Licking

Honey Oxtail & Plantain
Coconut Cream Pasta
Double Chocolate pancakes
Watermelon Mocktail

Healthy Love

Avocado Egg Salad
Lemon Fish & Sweet potatoes
Banana Oat Cookie
Watermelon Lime Iced Tea

Bold Flavored

Peppered Gizzard
Tomato Chicken Curry & Rice
Banana Milo Pudding
Mango Tiger nut drink



FINGER LICKING

HONEY OXTAIL & PLANTAIN



*To love and be loved is to feel
the sun from both sides. -
David Viscott*

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Honey Oxtail & Plantain

Ingredients

8 Pieces of Oxtail
1 medium bulb of Onion
3 cloves of Garlic
2 Scotch bonnet peppers
1/4 teaspoon of grated ginger
1 seasoning cube
a pinch of salt
2 tablespoons of Honey
1 tablespoon of butter
1 teaspoon of vegetable oil
1/4 of a whole plantain (cubed and fried)
A handful of pepper and green vegetable to garnish

Method

Wash and season oxtail with onion, pepper, ginger, seasoning cube and salt and bring to boil till oxtail is very soft.

In a pan, heat up your butter and vegetable oil, stir fry your garlic on medium heat.

Toss in oxtail and stir fry for about a minute.

Add honey and stir fry till oxtails are coated and caramelized. Add the left over stock and allow to simmer till mixture is thick.

Serve with the already fried plantain, pepper and green vegetable.

COCONUT CREAM PASTA



*Love is when the other
person's happiness is more
important than your own.-
H. Jackson Brown, Jr.*



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Coconut Cream Pasta

Ingredients

1 handful of Spaghetti
1/2 cup of Coconut cream
1.5 cups of Chopped Vegetables(carrots,
green, red and yellow pepper, spring onions)
1 medium bulb of Onion
1 cup of chopped Chicken breast
1 scotch bonnet pepper
3 tablespoon melted butter
3 tablespoons of Vegetable oil
Seasoning cubes
1/2 teaspoon of ginger powder or grated
ginger
3 cloves of garlic
1 tablespoon of all purpose flour
1/4 teaspoon of black pepper (optional)

Method

Season your chicken breast with seasoning cubes and ginger.

Heat up 1.5 tablespoons of butter and 1 spoon of vegetable oil on medium heat and stir fry your chicken breast till brown. reduce the heat to the lowest so the chicken cooks for the next 10-15 minutes.

Boil your spaghetti with the 1 spoon of vegetable oil for 3-5 minutes till semi-soft and strain and rinse and set aside.

Heat up the rest of the butter and the vegetable oil, stir fry the garlic and onion for one minute. Add the chopped vegetables, pepper and the chicken and stir fry.

Season with seasoning cubes and black pepper and pour in the coconut cream.

Stir in the flour and finally the spaghetti till all the cream is absorbed. Leave to simmer for 1-2 minutes and serve hot.

DOUBLE CHOCOLATE PANCAKES



*Stolen kisses are always
sweetest.
Leigh Hunt*



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Double Chocolate Pancakes

Ingredients

1/2 cup of flour
1/4 cup of liquid milk
2 tablespoons of Sugar
1 egg
1.5 tablespoons of melted butter
1/4 teaspoon of baking powder
1.5 tablespoons of Milo Powder
A pinch of Salt
A handful of peanuts
1 cooking spoon of Vegetable Oil

Chocolate syrup

2 tablespoons of Milo Powder
1 tablespoon of Sugar
1/2 cup of Water

Method

Mix your dry ingredients and wet ingredients except the peanuts till smooth.

In a pan, add 1 tablespoon of vegetable oil and with a small spoon, scoop the mixture and form little circles in the pan.

Fry on low- medium heat till brown on both sides.

When pancakes are fried and ready set aside.

In a small pan, mix the milo, sugar and water and bring to boil on medium heat till a thick sauce is formed.

Pour into a bowl and allow to cool.

Crush your peanuts and set aside.

With a tiny scoop of the chocolate syrup, smear it over the pancakes and sprinkle some peanuts over it.

When they are all ready, dust it over with a bit more milo and serve.

WATERMELON MOCKTAIL



*Life without love is like a tree
without blossoms or fruit.
Khalil Gibran*



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Watermelon Mocktail

Ingredients

6 Medium chunks of watermelon
120 ml of water (1/2 cup)
2 lemon slices
2 black currant juice
2 teaspoons Angostura bitters (or alomo bitters)
1/2 teaspoon of sugar for syrup
Sprinkles or sugar for garnishing the glass
Ice cubes

Method

With 1/4 cup (60 ml) of water, blend the watermelon chunks and sieve for the juice. You can also use a juicer and avoid using extra water.

In a separate cup, mix the rest of the water and the 1/2 teaspoon of sugar to form a syrup. You could use warm water so the sugar dissolves better.

Pour the sugar mix into the watermelon juice, add the angostura bitters and black currant juice.

Use one of the lemon slices to rub around the tip of the glass and rub the glass in the sprinkles or sugar for garnishing.

Pour some ice cubes in your glass and pour in the watermelon juice and serve cold. Garnish with more lemon slices or any other fruit of your choice



HEALTHY LOVE

AVOCADO EGG SALAD



*Your words are my food, your
breath my wine. You are
everything to me.
Sarah Bernhardt*



Avocado Egg Salad

Ingredients

1 Avocado Pear
2 Eggs
1 Scotch bonnet pepper
1/4 teaspoons of Black pepper
1/2 seasoning cube
1/4 lemon slice
2 slices of whole wheat bread

Method

Boil your eggs and immerse in water to cool.

Peel your avocado and mash in a bowl.

Squirt your lemon over the avocado.

Peel the eggs, chop and mix with the avocado.

Mix the black pepper, seasoning and scotch bonnet pepper and set aside.

Toast your bread and roll out with a rolling pin, cut the edges off and serve the avocado egg salad on the bread.

LEMON FISH & SWEET POTATOES



*Love is a friendship set to
music.
Joseph Campbell*



Lemon Fish & Sweet Potatoes

Ingredients

2 Croaker Fish Fillet
1 tablespoon of pepper soup spice
1/4 lemon slice
1/2 bulb of Red Onion
1 Chili pepper
1 seasoning cube
1 large Sweet Potato
1 tablespoon of melted butter
1 teaspoon of vegetable Oil

Coconut Sauce

1/2 cup of Coconut milk
1 garlic clove
Sprinkle of Parsley
Half of a seasoning cube

Method

Wash and place your potatoes in a pot and bring to boil till soft. Peel, slice and set aside.

Season your fish with pepper soup spice and set aside.

Preheat your butter and vegetable oil and fry your onions and pepper on medium heat for one minute.

Add your fish and squeeze your lemon over the fish and sprinkle the seasoning cube and allow to cook on low heat. When brown, flip over so it can brown on the other side.

For your sauce, heat up your coconut milk, garlic, seasoning cube and parsley and allow to thicken a bit.

Serve the fish and potato with the sauce drizzled over it and garnish with extra chili.

BANANA OAT COOKIE



*Choose your love, Love your
choice.*

Thomas S. Monson



Banana Oat Cookie

Ingredients

1 1/3 cups of Oat (Quaker oats would work)

1 mashed ripe banana

1 egg

1/2 teaspoon vanilla

Handful of raisins

1 tablespoon of sugar

1/2 teaspoon baking powder



For variety

Handful of M&M's

Handful of Coconut flakes

Method

Whisk your egg and add your vanilla. Mix them with the banana and raisins.

Add the dry ingredients and mix all together.

Heat up your oven to 350 F and either grease a pan or use parchment paper on foil paper so it does not stick.

Scoop your mixture onto the foil. If you are mixing the cookies with M&M's or coconut flakes, this would be the time to roll the mixture in them. Feel free to make your cookies flatter. I made mine chunky because I love chewy chunky cookies.

Bake for 10 minutes on one side, turn them over and bake for 10 more minutes. Serve warm with tea.

WATERMELON LIME ICED TEA



*Any time not spent on love is
wasted.
Torquato Tasso*



Watermelon Lime Iced tea

Ingredients

1 cup of chopped watermelon
1 cup of brewed tea
1/2 of a piece of lime
Ice

Method

Blend the watermelon with the already brewed tea.
Squirt the lime into the watermelon mix, add the ice and stir in.
Serve cold.



BOLD FLAVORED

PEPPERED GIZZARD



*Love is the poetry of the
senses.
Honore de Balzac*



Peppered Gizzard

Ingredients

3 cups of chopped gizzard
10 scotch bonnet peppers (blended)
4 cloves of garlic
1/2 green bell pepper
Handful of chopped red onions
Handful of chopped red pepper
Handful of chopped spring onions
Handful of chopped green bell pepper
1 tablespoon of oil
Seasoning Cubes
1 tablespoon of Suya Spice
1 teaspoon of Salt

Method

Wash and season your gizzard and bring to boil.

Blend your scotch bonnet peppers and half the green bell pepper and set aside.

Once the gizzard is soft, take it off the heat and save the stock for another cooking occasion.

Heat up your oil on medium heat and stir fry the chopped onions, peppers and garlic.

Pour in the blended peppers and season with the suya spice and more seasoning cubes as needed.

Allow to fry for a minute and toss in the gizzard and stir fry for a minute as well.

TOMATO CHICKEN CURRY & RICE



*Love is our true destiny. We do
not find the meaning of life by
ourselves alone - we find it
with another.
Thomas Merton*



Tomato Chicken Curry & Rice

Ingredients

1 cup chopped chicken breast
1 cup of coconut milk
1 cup of water
10 tablespoons of blended tomato (boiled)
2 tablespoons of curry powder
Seasoning cubes
1 tablespoon of pepper
1/2 teaspoon of ginger
1 teaspoon of garlic
2 tablespoons of blended onions
1 cooking spoon of vegetable oil

Method

Season your chicken breast with seasoning cubes, the blended onions, pepper, ginger and garlic and stir fry on low heat till cooked.

In a pot on low heat, pour in your coconut milk, water, blended tomato, curry powder and bring to boil.

Pour in the chicken into the pot and leave on low heat to continue to stew till the sauce is thick.

Taste to make sure it has enough seasoning and serve with Rice.

BANANA MILO PUDDING



*All you need is love. But a little
chocolate now and then
doesn't hurt.*

Charles M. Schulz



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Banana Milo Pudding

Ingredients

2 Bananas

1 cup of Banana Yoghurt

2.5 tablespoons of Milo

2 wafers

Method

Blend bananas and set aside

Blend your yoghurt with the milo and set aside.

With a spoon, scoop the blended banana into the glass you want to serve it in.

Next scoop the blended yoghurt and layer it.

Put in the fridge to cool for about 2-3 hours

Serve with the wafer

MANGO TIGER NUT DRINK



*True love stories never have
endings.
Richard Bach*



Mango Tiger Nut Drink

Ingredients

1 cup of cubed mango or mango slices
1/4 cup of tiger nut milk
1 tablespoon of Tiger nut milk
1/4 teaspoon of grated ginger

Method

In a blender, blend the tiger nut milk, mango and ginger till smooth.

Pour in a glass and allow to settle.

From the tablespoon of tiger nut milk left, gently pour over the mango mix and use a toothpick to get creative with your design. I am not much of an artist hence the lack thereof :)

Enjoy



HAPPY VALENTINES DAY

More Recipes at www.afrolems.com

John 3:16