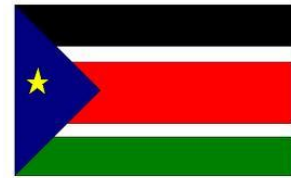




ACHOLI COMMUNITY: PEOPLE & CUISINE



South Sudan Flag

The information presented here has been drawn from a combination of primary sources (interviews with Acholi people in Toowoomba and Acacia Ridge) and from secondary sources. It has been reviewed for consistency by members of the Queensland Acholi community to ensure that information presented is accurate.

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1. Background

Acholi is the name these people call themselves and by which their neighboring nationalities know them.

1.1 Demography and Geography

The Acholi in South Sudan number about 30,000 - 50,000 people inhabiting what is now Magwe County, originally part of Torit District, east bank Equatoria. The nationality has been fragmented by the international border with Uganda with part of the Acholi people now found in northern Uganda.

1.2 Mythology and Ancestry

Different accounts attest that the Acholi group was formed from different people who inhabited the area as the result of Luo migration and therefore claim that the Acholi are a product of intermarriages between the Luo and the Madi. The Acholi are Luo in language and custom and therefore closely related in history to the Alur of West Nile, the Jopadhola of eastern Uganda, the Joluo of Kenya, the Shilluk, Anyuak and other Luo groups in the Sudan.

A legend asserts that Luo was the first man. He had no human parents and is said to have sprung from the ground. It is believed that his father was Jok (God) and that his mother was Earth. The legend adds that Luo's son, Jipiti, whose mother is unknown, had a daughter called Kilak. Kilak is believed to have conceived a son, Lubongo, whose father was said to be the devil, Lubanga. Lubongo was the first in the line of Rwot – the chiefs of Payera, the dominant Acholi clan.

1.3 Ethnicity

Acholi people are comprised of seven sub-clans: Magwi, Pajok, Panyikwara, Palwa, Omeo, Agoro and Obbo.

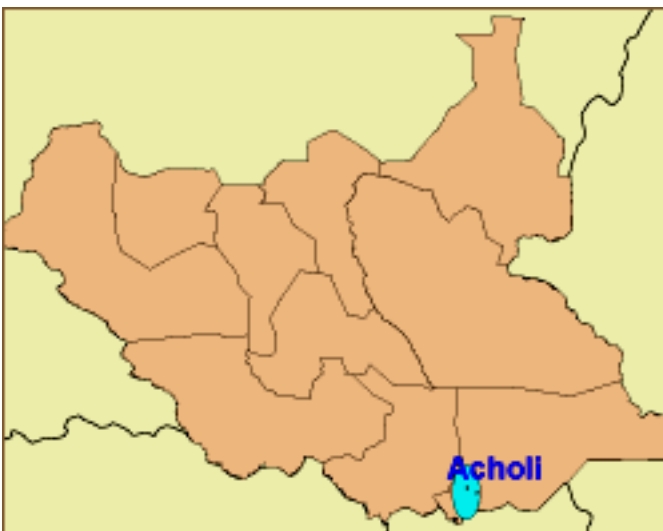


Figure 1: Map of the Acholi Region in East Africa^[1]

1.4 History

The lands of the Acholi have been the location of devastating civil wars in northern Uganda and Southern Sudan (Sudan is currently known as the Republic of Sudan), drought and famine in the past few decades^[2]. Sudan was administered by a joint administration between Britain and Egypt from 1898 until 1956. In 1956 Sudan became an independent state. However, during the period of colonial rule, development was concentrated in the northern part of Sudan. The people of northern Sudan are largely Islamic whilst those in the south are predominantly Christian. These tensions have contributed to the civil unrest that Sudan has experienced.

The people of Southern Sudan began to rebel against the administration in Khartoum (the capital located in the north) in 1955, just prior to Sudan gaining its independence. This civil war lasted until an agreement was reached in 1972, the Addis Ababa agreement (also known as Addis Ababa Accord), that afforded the South a degree of autonomy in the form of self-government^[2]. In 1983, unrest again arose when the president abolished the Addis Ababa agreement and declared all of Sudan an Islamic state that was subject to the Islamic Sharia law^[2,3]. In January 2005, a Comprehensive Peace Agreement was signed by both sides of the civil war, granting the south autonomy for six years^[2]. This agreement enabled the Acholi community and other residents of Southern Sudan to rebuild their lives and communities.

The long-lasting conflict, insecurity and marginalization in Northern Uganda have created a situation where human development indicators are far poorer than national averages^[6]. Today, although a small amount of progress has been made towards stability, the Acholi people continue to be affected. For example, more than 90% of children in the Acholi subregion are 'considered conflict-affected, having experienced displacement, abduction and/or violence during the conflict'^[6]. Almost half of all primary schools in the region were displaced in 2007, and whilst most have returned to their traditional lands, there are serious deficits in infrastructure and staffing^[6].

1.5 Religion

Acholi people follow a range of religions including Roman Catholicism, Protestant and Muslim^[5]. God, the supreme being, is worshipped by the Acholi people^[1]. A shrine is constructed and this is where sacrifices are performed^[1]. Acholi people also worship their departed ancestors and offerings of foodstuffs are made so as to protect the living from ill health and to ensure hunting is successful^[1]. Death is a carefully handled process by Acholi people. Many Acholi believe that after death the spirits go to live in the hand of the Creator Spirit.

1.6 Language

The language spoken by Acholi people is leb Acholi, a Nilotic language.

1.7 Culture

Acholi society is organized in chiefdoms that are sedentary, agrarian communities or varying sizes. The rules of the chiefdom is a hereditary ruler known as a 'Rwot' who retains a range of powers over his people including judicial, executive and legislative^[1]. The Rwot is seen as the link or mediator between the living and the dead,

and carries out the duty of offering sacrifices to ancestors on behalf of his people. Marriage requires that the woman accept a man after a courting period; the suitor then makes a partial payment of the dowry to the woman's father. Substantial time may elapse before the final dowry payment^[1].

Songs, music and dance form an important part of Acholi culture, resulting in the creation of special instruments and music and dance artifacts^[1]. The Acholi sing about everyday events as well as some well known past events. It is usual for people to dance and sing together, rather than by themselves.

1.8 Population

In 2002 there were 1.2 million Acholi people in Uganda and 45,000 in Southern Sudan^[5].

1.9 Human development index

The human development index combines indicators related to life expectancy, educational attainment and income to provide a useful comparison between countries. Uganda – 0.446 and Sudan - 0.408 vs. Australia 0.929^[7].

1.10 Health indicators:

There is limited access to healthcare in Sudan and in camps in surrounding regions^[2].

1.11 Common diseases

Malaria, yellow fever, dengue fever, filariasis, leishmaniasis, river blindness and African sleeping sickness are prevalent. Communicable diseases such as typhoid, cholera, hepatitis, tuberculosis, polio, HIV/AIDS, meningococcal disease, viral hemorrhagic fevers, Rift Valley fever and rabies are also prevalent^[8]. Life expectancy for Sudanese females is 61.4 years and for males is 58.3 years^[9]. Life expectancy for Ugandan females is 56.4 years and for males is 54.6 years^[10]. Infant mortality in Sudan is 61.9 per 1000 live births^[9] and in Uganda is 66.9 per 1000 live births^[10].

1.12 Agriculture

Acholi people traditionally subsistence farm cattle, goats, sheep and poultry, along with growing sorghum, millet, simsim (sesame), beans, tobacco and sweet potatoes^[1]. This farming was also supplemented with hunting. Prior to the war, Irish potatoes, tea, tobacco and rice had also begun to be farmed^[1]. The Acholi people are different from other African tribes described as cattle-keepers such as the Dinka and Nuer.

1.13 Population in Australia

The Sudanese community is one of the fastest growing communities in Australia, driven mainly by entrants arriving under the Humanitarian Programme^[11]. Since 1996-97 more than 20,000 Sudanese have settled in

Australia however it is difficult to determine exact numbers accurately as entrants born to Sudanese parents in settlement camps in surrounding countries have also emigrated to Australia^[11]. In relation to Acholi people specifically, again exact numbers are elusive. Data shows that 2% of entrants from Sudan, between 2001-2006, reported Acholi as their preferred language. However, this may be an underestimate due to issues with classification of African languages^[11] and does not capture entrants from Uganda that identify as Acholi. Seventy-nine percent of Sudanese arrivals to Australia between 2001-2006 reported poor or nil English language capabilities^[11].

Health & barriers to health service utilisation in Australia: It has been suggested that barriers for Sudanese people exist to accessing healthcare in Australia relating to lack of familiarity with the Australian healthcare system and the style of medicine that is practiced, as well as not being comfortable receiving treatment from a medical professional who is of the opposite gender^[11].

1.14 Death

On a person's death, all the friends and relatives gather together for the death dance. Sheep are killed and sorghum beer is brewed and the person is mourned from 2 - 5 days according to their age and importance. The person is buried by the entrance of their hut, and trees are sometimes planted on the grave and a sheep sacrificed. Chiefs are buried in special chief's burying grounds, wrapped in clothes and placed on a bed. The grave is kept open and watched by a young man and girl until decomposition sets in when it is thought safe to throw sand on the body and fill up the grave. The grave is then planted with trees and a fence built round it. It is thought to be a great misfortune for a man to die a natural death and not be buried in his house. A man who is killed in the bush during hunting or fighting, however, is thought to be lucky, even though he is not buried at all and his body is eaten by vultures. If this occurs, a special ceremony is performed under the direction of the ajwaka to call the spirit back to the village^[12].

2 Traditional foods and cooking (in Acholi lands)

Please refer to Appendix A for a list of common Acholi foods.

2.1 Common foods

The Acholi diet is largely based around vegetables and in particular, green leafy vegetables. Meat is used as a flavouring. Cassava and sweet potato are also staples. Unlike many other groups from Africa, the Acholi do NOT consume sweet potato leaves. The most common flavouring is sesame seed paste either roasted (tahini) or raw.

The Acholi people have a very distinctive way of preparing food. Kwon (a staple dough made from maize, millet or sorghum) is different, as many other tribes have it quite liquid whereas the Acholi have it very firm. Recipes are also different. For example, an example would be the preparation of eggplant – cooked together with okra and dried fish not with peanut butter as in some other areas.

2.2 Sources of food

As noted above, it is common for Acholi people to undertake mixed subsistence farming practices, including rearing cattle, goats, sheep and poultry, along with growing sorghum, millet, simsim (sesame), beans, tobacco and sweet potatoes. Hunting was also commonly undertaken to supplement what was farmed.

2.3 Cooking methods

Frying is a common technique, but rather than frying in oil, oil is mixed with water, meat, tomatoes and onions and at times, potatoes are added, and the mixture is stewed. Ground nuts or peanuts, or sesame (simsim) are often made into pastes and added to sauces as a thickening agent.

2.4 Access to clean water

Access to clean water is poor in Acholilands.

2.5 Access to modern appliances

Charcoal stoves are common as there is no gas available to support gas cooking appliances.

2.6 Eating style

Food is commonly eaten with the hands using flatbread (kisra) instead of cutlery. Bowls of food may be shared communally rather than everyone having their own individual plates.

2.7 Meal location

Meals are traditionally eaten around a large communal tray.

2.8 Meals/day

This is dependent on individual variation but it is traditional to have two main meals per day. Traditionally, men and women who were going to work in the fields, would have an initial drink of porridge and then have “breakfast” at about 10am in the morning once they had arrived at their destination. This would be a meal of cassava or sweet potato. The main meal of the day would be in the evening upon return from work.

2.9 Main meal

The evening meal would be served centrally for everybody to help themselves. Children and adults eat separately and men and women eat separately. Men and women receive an equal share of the food.

2.10 Cooking for special events

There are no specific dishes prepared for special occasions; instead the meals are larger with more meat.

2.11 Shopping/meal preparation responsibilities:

Women do the majority of meal preparation and if the men or children are not satisfied the women will bring more.

2.12 Food/Herbs as medicine:

- Ochuga is used for upset stomachs and boils.
- Rosella leaves looks like malakwong – buy in Indian shop dissolve in hot water, add a little sugar and believed to be good for the blood.
- Oil extracted from sesame paste is used as a moisturiser - this is why their skin is so smooth.

3 Food habits of Acholi people in Australia

A small Acholi community resides in Australia. In Queensland, Acholi people are concentrated in Brisbane (southern areas) and Toowoomba. In Australia, traditional Acholi foods are not always available.

3.1 Breakfast:

Tea is served with the following options:

- A millet or maize flour porridge mixed with tamarind or orange juice
- A millet or maize flour porridge mixed with milk, sugar and peanut butter
- Chapatti
- Sweet potato (not kumara the purple or white one), cassava or ordinary potatoes (Irish)
- Boiled bananas (plantains)
- Tea can be served black, and sometimes flavoured with cloves. It could also be served with milk but the milk needs to be heated and added hot.

3.2 Main meal

Kwon, with vegetables (especially green leafy vegetables/eggplant/okra), plus at least one of sweet potato, rice, cassava or pumpkin and meat/fish. The same sort of thing is repeated for lunch and the evening meal. In Australia for lunch many of the Acholese community have adopted sandwiches. As the children grow older, more Australian type meals are being consumed.

There are two essential flavourings: sesame and peanuts. There are two types of sesame, one based on tahini is roasted (odii nyim), and the other based on raw sesame (simsim). In Australia there are two types of peanuts added as flavouring, ground raw peanuts or ground roasted peanuts (commercially available as peanut butter, odii pul). Chilli is also used but is added at the table according to personal preference.

3.3 Snacks

Snacks or morning and afternoon tea are not traditionally consumed, again however, Australian style snack foods are becoming more common.

3.4 Alternative foods (staple substitutions)

In Australia, use of vegetable oil instead of the oil extracted from sesame paste. Many of the green leafy vegetables are substituted with available Asian greens.

3.5 Common drinks

In Australia children are consuming larger quantities of soft drink and juice. While the Acholi are not keepers of cattle, they do drink milk from cows and goats.

3.6 Alcohol & other stimulants

Traditionally the Acholi produce a spirit called Kwett - this is a little like wine but thicker.

3.7 Shopping for traditional foods in Queensland

In Brisbane, some traditional foods are available at the Woodridge Train Station Markets (held Sunday mornings) and also at stores located in Logan Central Markets, also on Sunday mornings. Stores are located in Moorooka, Logan Central and in Goodna.

4 Food and care in older age

4.1 Food in older age

Whilst food intake does not tend to change significantly with older age, there are some foods that are preferred. For example, for many older Acholi it is essential to have Kwon and porridge available frequently. If dentition is an issue, older people will tend to eat more porridge as it is softer. Older people will also eat soup, and in fact, soup is considered very important. Soup commonly comprises watery rice or mashed potato, prepared in a soup. In older age, the flavouring will tend to be sesame rather than peanut butter. Many Acholi elders will feel like they have not eaten anything if they go for two days without Kwon. Acholi elderly may also prefer molokhia and okra as vegetables because they are slippery and easy to eat. In the past, older women would not eat chicken or eggs, however this has changed now and modern women do consume these items.

4.2 Usage of aged care services

Consultation with Acholi community members living in Queensland indicates that the preference would be for Acholi elderly to receive in-home aged care services as opposed to residential care services. It is also preferred that care is provided by a member of the same gender. It is important to note that older people will not want anybody to shower them – they will want to do it for themselves if they still have the strength.

4.3 Non-residential food service for aged care

If providing a food service to an Acholi person living in Australia, it is important to consider their cultural food preferences, and attempt to offer foods that they are familiar with and desire to eat.

4.4 Residential food service for aged care

It is important to offer Acholi people living in residential care foods that they are culturally familiar with. Important foods identified include Kwon, porridge, okra and molokhia.

5 Health and nutrition education

5.1 What is health?

It is perceived as very important to be healthy. Health is mainly derived from physical labour, for example traditionally this was associated with getting water and working in the fields. In Australia these activity levels are very difficult to maintain. Many of the Acholi have identified obesity, high blood pressure, diabetes and heart problems as growing health issues within their community.

5.2 What is healthy eating?

Acholi people perceive healthy eating as eating good food. Good food is perceived as food that is organic, and therefore many Acholi grow their own food. It is common to eat mainly vegetables with only a little bit of meat included.

6 Acholi (African) Community Organisations in Queensland ^[13, 14]

<p>African Association of Queensland Inc 49 Moreton St, Boronia Heights QLD 4124 Contact: Mr Abdi Ali P: 0423 831 678 E: haa.44@hotmail.com</p>	<p>Hakuna Matata - The African Association of Townsville PO Box 1485 AITKENVALE QLD 4814 Contact: Mr Jospeh Kemei P: (07) 4753 8566/0409 538 501 E: joseph@csiro.au</p>
<p>African Seniors Club - Australia Inc PO Box 5501 WEST END QLD 4101 25 Cordelia Street WEST END QLD 4101 Website: www.africanseniors.org.au Contact: Dr Kaitila Sababu P: (07) 3846 3310/0413 353 282 E: asca@africanseniors.org.au</p>	<p>Queensland African Communities Council GPO Box 2154 BRISBANE QLD 4001 28 Dibley St WOOLLOONGABBA QLD 4102 Website: www.qacc.com.au Contact: Mr Akua Ahenkorah P: (07) 3306 6706/0409 894 266 E: qacc@qacc.com.au</p>
<p>African-Australian Network Group PO Box 694 WOODRIDGE QLD 4114 12 Daffodil Street LOGAN CENTRAL QLD 4114 Contact: Mr Emmanuel Kahasha P: 0402 650 590 E: emmayva@yahoo.fr</p>	<p>Sudanese Christian Fellowship of Queensland Contact: Reverend Paul Kagi E: scfqueensland@hotmail.com</p>
<p>Council of South Sudanese Communities in Queensland (CSSCQ) 3/107 Chester Rd. Annerley, Qld 4103 Contact: Daniel Lee Mob: 0422 092 413 or 0426 755 188 Email: info.csscq@gmail.com Email: dan.jlee@yahoo.com.au</p>	<p>Sudanese Community Association in Darling Downs- Australia Contact: David Deng Amol E: W0022125@mail.connect.usq.edu.au</p>

7 Recipes

Kwon (posho)

Ingredients

- 5 cups water
- 2 cups flour (can be maize (corn), millet, sorghum, semolina etc)

Preparation

- Boil water in a saucepan
- Pour flour into the boiling water
- Use the stick (*Ogwec kwon*) and stir until the dough is soft and tender
- Using a plate (*akwaya kwon*) scoop kwon onto a big plate ready to serve
- This process takes approximately 10 minutes, depending on the quantity prepared.

Porridge

Ingredients

- 5 cups of water
- 1 cup flour (mostly millet is used, but can also be maize, sorghum and semolina)
- 50 ml tamarind juice
- 4 tbsp sugar
- 3 tbsp simsim (i.e. tahini)/groundnut paste

Preparation

- Pour flour into cold/warm water and stir until it starts boiling.
- After 8 minutes of boiling, add simsim/groundnut paste, sugar, and tamarind juice
- The all process takes about 15-20 minutes depending on the quantity of porridge prepared.

Rosella leaves

Ingredients

- Rosella leaves
- Salt
- 1 tsp Sodium bicarbonate
- Sesame paste (simsim) or peanut butter (1 cup depending on the amount you want to make)

Preparation

- Boil the rosella leaves in boiling water until soft and tender
- Add salt to taste and 1 tsp sodium bicarbonate
- Add simsim or peanut butter, adjusting amount according to the amount you want to make

Oyado

Note: Cannot be mixed with any greens. Requires a somewhat complicated preparation process.

Ingredients

- Oyado or ocuga leaves, picked
- Water
- 3 spoons salt
- Simsim (sesame) paste or peanut butter (enough to cover cooked leaves with the paste)

Preparation

- Collect the leaves
- Boil pot of water
- Add 2 spoons salt
- Add leaves to boiling water
- Cook leaves for 120 minutes or until turned brown
- Remove from stove and drain off water, squeezing leaves dry.
- Spread leaves and place in sun for 30 minutes.
- In a separate pot, over the stove boil a small amount of water and add add simsim (sesame paste) or peanut butter, bicarbonate soda and 1 spoon salt and cook, stirring, for 15-20 minutes or until it is soft and there is a bit of oil visible in the mixture.
- Add the cooked leaves and stir to cover leaves with the paste.
- Remove from the stove and serve with corn posho

Ocuga

Note: Ocuga can be mixed with pumpkin leaves or Ochobo leaf if there is not enough Ocuga available

Preparation

- Boil in water for 1 hour
- OR
- Fry in oil with onion, tomato, garlic, salt/Vegeta and add roasted sesame paste and smooth paste peanut butter

Beef and molokhia or Sukuma (adapted from 'Good Food For New Arrivals: The Friendship Kitchen Cooking From South Sudan'^[15])

Serves: approximately 8

Ingredients:

- 2 onions, finely chopped
- 700 g diced beef
- 1 tbsp oil
- 7 cups water (approximately)
- 2 tsp salt
- 2 tbsp tomato paste
- 3 large garlic cloves
- 800 g molokhia (frozen and thawed or fresh) or sukuma
- 1 tbsp beef stock powder

Preparation:

- Wash meat under hot water
- Cook chopped onions in oil until golden
- Add beef, salt and water
- Boil until water has decreased by three-quarters
- Add tomato paste
- Add crushed garlic
- Add molokhia or sukuma and mix well
- Add beef stock and bring to the boil

Beef and mixed vegetables (adapted from 'Good Food For New Arrivals: The Friendship Kitchen Cooking From South Sudan'[15])

Serves: approximately 8

Ingredients:

- 3 onions, finely sliced
- 700 g beef, small dice and washed in hot water
- 2 tbsp oil + enough oil for deep frying
- 5 small tomatoes, finely chopped
- 5 carrots, small dice
- 2.5 kg potatoes, peeled and cut into small dice
- 500 g peas
- 2 tsp salt


Preparation:





- Mix potatoes with 1 tsp salt and deep fry, set aside
- Cook carrots, set aside
- In a pan, cook sliced onions in 2 tbsp oil until golden brown
- Add meat and salt to pan
- Add tomatoes and cook until they break down
- Add carrots, peas and potatoes
- Mix well to combine and serve



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9 Appendix A: Common Acholi Foods

<i>Starches/Carbohydrates</i>	<i>Cooking methods/Notes</i>
Kwon (Acholi) Asida (Arabic)	<p>A soft dough. Can be made with maize (<i>anyoki</i>) or millet (<i>Kal</i>) or sorghum (<i>kabi</i>). Traditionally most often made with sorghum but preference is for millet but not always available. More recently maize. In Australia a type of cornflour, white cornmeal or semolina is used.</p> <p>Kwon is eaten at every main meal. If it is not consumed the Acholi do not feel they have eaten a meal.</p> <p>The Kwon is made with a special stirring stick called an <i>ogwec</i> (phonetic <i>ogwese</i>). You are not to hit anyone with this stick. If you do you need to undergo ritual cleansing.</p>
Porridge (Nyuka – phonetic Neeoka)	<p>Can be made from maize, millet or sorghum. Add milk and a little sugar. Also flavoured with tamarind/peanut butter/tahini.</p> <p>This is another staple. The Acholi also have this in very liquid form to drink in preference to tea or coffee.</p>
Kissera	<p>A fermented flat bread similar to the Ethiopian Injera but lighter. Made from maize flour or semolina. Kissera is the Arabic word. Not as common as chapatti. Note: Some Acholi may not eat kissera.</p>
Chapatti	<p>Flat bread made from wheat flour would be used to eat a beef and vegetable stew. Eaten with baked beans. It is usual to buy tinned baked beans and fry with a little bit of onion and eat with chapatti.</p>
Rice	<p>Eaten for a change but does not replace Kwon. Eaten more often by those who have been in Australia for some time.</p>
Mashed corn posho	<p>See recipe above.</p>
Sweet potato (liyata)	<p>The most common one is the sweet potato that is brown on the outside and purple on the inside. This stays firm when it is boiled.</p>
Cassava (<i>gwana</i>)  <p><i>Image source:</i> http://en.wikipedia.org/wiki/File:Ipomoea_batatas_0</p>	<p>Can be grown in Brisbane. The variety eaten by the Acholi is not bitter and does not require special preparation to remove the cyanide, although this variety is prepared and fermented to make a slightly alcoholic drink. Cassava leaves are eaten as well.</p>

<p>Plantain (banana)</p>  <p><i>Image source:</i> http://en.wikipedia.org/wiki/File:Plantains.jpg</p>	<p>This is a firm, “green” banana, eaten boiled or fried and flavoured with sesame seed paste.</p>
Vegetables	Cooking methods/Notes
<p>Gwinyiri</p>  <p><i>Image source:</i> Danielle Gallegos</p>	<p>Green leafy vegetable with a sour taste.</p>
<p>Pumpkin leaves (<i>kicwija</i> phonetic: kitchwija)</p>	<p>Outer “skin” or rough bits are removed. The pumpkin flower will be consumed as well.</p>
<p>Cowpea leaves (<i>la pena</i>)</p>  <p><i>Image source:</i> http://en.wikipedia.org/wiki/File:African_gram_or_Three-lobe-leaf_cowpea-Vigna_trilobata_in_Hyderabad_W_IMG_8078.jpg</p>	<p>Green leafy vegetable. This is the one that is most sought after. Grown in many gardens. Will eat the leaves and pods.</p>
<p>Malakwal (Malakwong)</p>	<p>Leafy vegetable. Red on the outside and green in the middle.</p>
<p>Ochuga</p>  <p><i>Image source:</i> Danielle Gallegos</p>	<p>Green leafy vegetable.</p>
<p>Ochobo</p>	<p>Green leafy vegetable that is similar to amaranth.</p>

<i>Vegetables</i>	<i>Cooking methods/Notes</i>
Ochuba	Green leafy vegetable.
Oyado  <i>Image source: Danielle Gallegos</i>	Green leafy vegetable.
Otego Arabic name is molokhia	Small leaf that is mucilaginous when cooked
Sukuma  <i>Image source: Danielle Gallegos</i>	Grows easily will be replaced with choy sum if not available.
Okra	
Onion (<i>tungulu</i>)	
Tomatoes	
Carrot	
<i>Animal Protein</i>	<i>Cooking methods/Notes</i>
Chicken	Often cooked in stew/casserole dishes.
Goat	Often cooked in stew/casserole dishes.
Sheep (mutton)	Often cooked in stew/casserole dishes.
Beef	Often cooked in stew/casserole dishes.
Fish	Dried and fresh are consumed.
<i>Vegetable Protein</i>	<i>Cooking methods/Notes</i>
Simsim (Sesame)	Often ground into paste from raw or roasted seeds and used as a flavouring.
Peanuts	Often ground into paste from raw or roasted peanuts and used as a flavouring.

<i>Vegetable Protein</i>	<i>Cooking methods/Notes</i>
Legumes	For example, cow peas which are also known as black eyed peas.
<i>Flavouring/Seasoning</i>	<i>Cooking methods/Notes</i>
Simsim (Sesame)	Often ground into paste from raw or roasted seeds and used as a flavouring. Roasted sesame paste is known as <i>odii nyim</i> .
Peanuts	Often ground into paste (<i>odii pul</i>) from raw or roasted peanuts and used as a flavouring. Raw peanut paste is made by blending raw peanuts. Roasted peanut paste will often be purchased.
Tamarind (chua)	Souring agent.
Chilli	Used as a condiment rather than as an ingredient.
<i>Oil</i>	<i>Cooking methods/Notes</i>
Sesame oil	Squeezed from the sesame seed paste.
<i>Cooking Aids</i>	<i>Cooking methods/Notes</i>
Bicarbonate of soda	Used to soften certain foods such as peanut butter and some vegetables.
<i>Snacks</i>	<i>Notes</i>
Somoza/Mandaz	Dumplings filled with meat and/or vegetables.
Chapattis	Flatbread/pancake – see above.
Rolex	A filled chapatti – fillings may include avocado and/or other vegetables.
<i>Beverages</i>	<i>Notes</i>
Coffee	<i>Gulwah</i> coffee is made by frying the beans and grinding them with cloves and other spices before passing hot water through the grounds and serving in a <i>jebena</i> .
Tea	May be flavoured with spices such as cloves, cinnamon, and mint. If consumed with milk, the milk is first boiled and added to the tea hot.