

Groundnut Stew (Peanut Butter Gravy)

about 2 pounds chicken (1 whole chicken or 4 chicken breasts or a mix of pieces)

salt

black pepper

vegetable oil

1 onion, diced

1 green pepper, diced

1 can (14.5 ounce) tomatoes (stewed or diced)

1 1/2 teaspoons cayenne pepper (optional)

3 cups water

1 1/2 cups peanut butter

1. In a large pot, sauté chicken in oil with salt and pepper to taste.
2. Add 1 teaspoon salt, onion, green pepper, tomatoes, ground red pepper, and water. Simmer until vegetables and chicken are cooked.
3. Dip out about 1 cup of the broth and mix with peanut butter. Add peanut butter mixture to pot, and simmer until hot.
4. Serve over rice, grits/polenta, mashed yam, potatoes, or plantains.

All Together Now: Family Dinner Book Club Around the World

June: Nigeria



Read one of our suggested books, or any other book by a Nigerian author. Then discuss the book while enjoying these delicious recipes! These foods are common all around West Africa, and there are as many variations as there are families—everyone thinks their grandma’s version is the best!

Discussion Questions:

- What do you know about Nigeria?

Anna Hibiscus by Atinuke

in print: JF E Atinuke; audio book on Hoopla

- Anna, her parents and her brothers try to go on vacation, but by the end her whole extended family has joined them. Do you like to have lots of people around to play with and help, or do you want time to yourself?
- Describe Anna's house. How is it different from yours?
- Some of Anna's family lives in Africa, and some in Canada. Where does your family live?

Too Small Tola by Atinuke

in print: JF E Atinuke; audio book on Hoopla; ebook on Libby

- Tola is small, but she is strong. Can *you* carry things on your head?
- Tola is able to help Mr. Abdul by taking measurements and delivering clothes. When was a time you were able to help a grownup?

Chicken in the Kitchen by Nnedi Okorafor

in print: JP Okorafor; ebook on Hoopla

- Anyaugo's family is preparing for the New Yam Festival. What are some of your special holiday foods?
- Have you ever had an animal in your house that didn't belong?

Zobo Drink (Spiced Hibiscus Tea)

2 hibiscus tea bags

1/2 pineapple, peeled and cut into chunks

—or— 1 can (20 ounce) pineapple with juice

1 orange, cut into wedges

2 fingers fresh ginger, peeled and sliced

—or— 2 tablespoons fresh ginger paste

2 quarts water

sugar to taste

1. Combine all ingredients in a large pot. Bring to a boil, then simmer for about 15 minutes.
2. Strain out all the liquid, add sugar if desired, let it cool, then serve over ice. Garnish with an orange or cucumber slice for an extra-fancy drink.