

# Pigeon peas

## Recipe Book





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# Introduction

This Recipe Book has been developed by Nandolo Farmers Association of Malawi (NFAM) is a pigeon pea farmer-based organization, with a vision of being a powerful voice for improving pigeon pea farmers' livelihood. Its mission is to promote and protect pigeon pea farmers' interest.

With funding from Christian Aid and Aquaid, the Association is implementing Malonda Project in Machinga, Balaka and Mwanza. The Project Over-all goal is to improve Pigeon Pea Farmers 'Lives' through production and marketing of pigeon peas.

One of the key Component under the Project is Promotion of Nutritious Pigeon Pea Recipes for increased local consumption hence creation of a domestic profitable reliable Market.

The book was developed in consultation of different stakeholders within the pigeon pea value chain.

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## Biscuits

### INGREDIENTS

- Mix
- 1 cup of crashed pigeon peas
- 1 cup of baking flour
- 200g butter/margarine,
- 2 teaspoon baking powder,
- 1 teaspoon salt
- 2 teaspoon sugar *to mix*

# Biscuits

## INSTRUCTIONS

1. Cook dried pigeon peas
2. Crush it using a mortar
3. Mix 1 cup of crushed pigeon peas with 1 cup of baking flour
4. Add 200g butter/margarine, 2 teaspoon baking powder, 1 teaspoon salt, 2 teaspoon sugar to mix
5. Mix the ingredients well
6. Cut the dough into shapes according to your preference
7. Grease the pot and put your shapes
8. Bake with moderate fire for 15 minutes

*Ready to serve!*

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## Dhal / Chipere

### INGREDIENTS

- 1 kg of dried pigeon peas
- 1 teaspoon soda

# Dhal / Chipere

## INSTRUCTIONS

1. Take 1 kg of pigeon peas, boil water, soda a bit (1t sp) to help soften the skin faster
2. Add Nandolo, boil for some time (10-15minutes)
3. Then remove the water and put the Nandolo into a small
4. Then use mortar and pestle (mtondondimusi) to remove huskies and splitting the pigeon peas into halves, Separate huskies from split pigeon peas
5. Then cook the split pigeon peas for 25-30+ minutes
6. Use mpukuso/mpekeso (cooking stick with thorns like structures) to break the soup into smooth dhal

### **Options:**

*You can fry pigeon peas (instead of boiling). Then use mill to separate huskies and split pigeon peas, Separate huskies from pigeon peas. Then cook the split pigeon peas for 25-30+ minutes the cooking stick with thorns like structures. to break the splits into smooth dhal*

*In all above you can have an option to add soup of cooking oil, tomato and onions, and mix according to taste.*

*Ready to serve!*



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# Chipere/Dhal

(using fresh pigeon peas)

## INGREDIENTS

- 1 kg of fresh pigeon peas
- ½ soda teaspoon

# Chipere Dhal

## INSTRUCTIONS

1. Take 1 kg of pigeon peas and Boil water
2. Add soda a bit (1/2 teaspoon) to help soften the skin faster
3. Add pp boil for some time until you see that the pigeon peas is ready
4. Then use Cooking stick with thorn-like structures to break the splits into smooth dhal

### ***Options:***

1. Take 1 kg of pigeon peas, boil the pigeon peas in water for 10+- minutes
3. Shake the pigeon peas in small amounts/potions to remove the skins (husks) until you finish all the pigeon peas splits for some time until they look ready to break.
4. Then use cooking stick with thorns like structures to make paste

*You can have an option to add soup,  
(cooking oil, tomato and onions) and mix according to your taste.*

*Ready to serve!*

4



## Meat Ball / Kadyaubwerere

### INGREDIENTS

- ½ kg pigeon peas
- 3 onion
- 1/2 teaspoon salt
- 2 eggs
- oil

# Meat Ball / Kadyaubwerere

## INSTRUCTIONS

1. Soak the pp
2. Remove the skin
3. And then pound it in a mortar
4. Add onion and salt
5. Remove from the mortar and add eggs e.g. 1kg add 2 eggs and mix thoroughly.
6. Make meat balls and fry them until brown

Can be eaten as a snack or as a relish (in soup)

*you can have an option to add sauce  
(fried tomato and onions), mix according to your taste.*

*Ready to serve!*

5



## Dried Pigeon Peas as Relish

### INGREDIENTS

- 1 kg of pigeon peas
- 2 teaspoon salt

# Dried Pigeon Peas as Relish

## INSTRUCTIONS

1. Take 1 kg of pigeon peas
2. Grade the Pigeon peas
3. Boil the pigeon peas in water for 50-60+/- minutes. You need to continuously be checking and adding some water
4. Add salt to taste

*you can have an option to add soup (fried tomato and onion) mix according to your taste.*

*Ready to serve!*

6



# Makata

(fresh Pigeon Peas in the shell)

## INGREDIENTS

- fresh pigeon peas
- 5 cups of water
- 3 teaspoon salt

# Makata

(fresh Pigeon Peas in the shell)



## INSTRUCTIONS

1. Pluck fresh pigeon peas enough for people who are to be served
2. Put in a pot and add water
3. Boil for 30 minutes – ensure the pot is covered to avoid losing steam and do not put too much water
4. You have an option to add salt or not

*Ready to serve!*



7



## Dry Pigeon Peas mix for Porridge

### INGREDIENTS

- 6 cups of Maize Flour
- 2 cups of Pigeon peas

# Dry Pigeon Peas mix for Porridge

## INSTRUCTIONS

1. Take 6 cups of Maize and 2 cups of Pigeon peas
2. Fry pigeon peas first
3. Mix then and take them to the Maize mill to produce a mixed flour
4. Put water in a pot and place on fire
5. Let the water be warmer
6. Pour some mixed flour bit by bit until you see that the water is thicker with flour
7. Let it boil for 20-30 minutes depending on size of heat controlling

### *Options:*

*You can add fried 4 cups of soya  
And Pondered groundnuts flour.*

*Ready to serve!*

8



## fresh Pigeon peas

### INGREDIENTS

- 2 cups pigeon fresh peas
- 1 cooking oil
- 3 onion
- 2 tomato
- 1 teaspoon salt

# fresh Pigeon peas

## INSTRUCTIONS

1. Collect pigeon peas
2. Remove them from their shells
3. Boil for 20-30 minutes
4. Prepare separate a soup of cooking oil, tomato and onions
5. Add them to boiled fresh pigeon peas
6. Add salt to taste

(2 cups = 1kg) 5-6 people

*Option:*

*Instead of adding soup of cooking oil, tomato and onion, you can add G/nuts powder (250grams) and it will be ready to be served*

*Ready to serve!*

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## Nandolo wa Makaka / Cooked dried pigeon peas with dried cassava

### INGREDIENTS

- 1 kg makaka (dried cassava)
- 500 grams pigeon peas
- 1 teaspoon salt

# NandolowaMakaka / Cooked dried pigeon peas with dried cassava

## INSTRUCTIONS

1. 1 kg makaka (dried cassava)
2. 500 grams pigeon peas
3. Boil makaka first for some time and add dried pigeon peas and then boil for +/-1 hour
4. Add salt to taste
5. You have an option to add sauce fried, tomato and onion

*Ready to serve!*

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## Mpotompoto/Chigomwa

(Dried Pigeon Peas mixed with fresh cassava)

### INGREDIENTS

- 1 kg of pigeon peas
- 2 kgs cassava
- 3 teaspoon salt

# Mpotompoto/Chigomwa

## (Dried Pigeon Peas mixed with fresh cassava)

### INSTRUCTIONS

1. 1 kg of pigeon peas
2. Boil pigeon peas for +/- 1 hour
3. Cut cassava into smaller pieces must be equivalent to 2 kgs and cook separately +/- 20 minutes
4. Mix cooked pigeon peas and cassava until they have fused into each other
5. Add salt to taste

can be served as main meal

*You can have an option to mix with souce made from fried tomato and onion*

*Ready to serve!*



1  
1




## Phala lamagulu 6 (Porridge flour with 6 groups of foods) Mixed with Pigeon peas

### INGREDIENTS

- Maize Flour
- Pigeon peas
- Ground nuts
- Vegetable
- Fruit
- Dried fish

Phala lamagulu 6  
(Porridge flour with 6 groups of foods)  
Mixed with Pigeon peas



## INSTRUCTIONS

1. Maize, pigeon peas, ground nuts, vegetable, fruit and dried fish
2. All into flour
3. Put water in a pot, allow to simmer. Add flour and stir when cooking

*You have an option to add an egg during porridge preparation*

*Ready to serve!*

1  
2



# Cheula

## INGREDIENTS

- dried pigeon peas
- maize flour
- salt
- raja
- curry
- paprika
- other spices

# Cheula

## INSTRUCTIONS

1. Take dried pigeon peas
2. Fry them
3. Pound in a mortar or take it to the maize meal to make flour
4. Mix with a bit of maize meal (according to your liking)
5. Mix the flour with warm water and some salt to taste, make a dough for easy making of strings
6. Make cheula strings
7. Fry the strings in cooking oil
8. Let them cool and they are ready to be served

*Options:*

*You can add either onions or raja curry or periperi according to taste*

*Ready to serve!*

1  
3



## Local cake (chigumu)

### INGREDIENTS

- 2 cups pigeon peas
- 2 cups maize flour
- 1 teaspoon salt
- 1 teaspoon soda
- 1 tablespoon sugar

# Local cake (chigumu)

## INSTRUCTIONS

1. Get maize and pigeon peas (2 cups each)
2. Pound or take to the maize mill to make into flour
3. Mix with water – ensure they are of good mixture and a bit harder
4. While mixing add some salt, sugar and soda
5. Put in a pot or baking pan
6. Put in the oven (+/-30 to +/-50 minutes)

*Options:*

*You can add other items if available such as Milk, Eggs, Margarine or onions to make them tastier*

*Ready to serve!*

1  
4



## Mixed Meal (Main meal)

### INGREDIENTS

- sorghum
- vegetable
- pigeon peas
- beef
- tomato
- eggs

# Mixed Meal (Main meal)

## INSTRUCTIONS

1. Get some pigeon peas and boil them a bit to remove husks
2. Cook beef separately
3. Prepare vegetable and cut into nice pieces ready to cook
4. Prepare and cut tomatoes into pieces
5. Cook pigeon peas by boiling up to almost 90%
6. Then get 2 cups of water and 1 cup of sorghum
7. Boil water first
8. Get a separate clean pot
9. Start putting all the foods in a clean pot layer by layer starting with beef as follows:
  - o Beef*
  - o Pigeon peas*
  - o Sorghum*
  - o repeat the same until the pot is almost full*
10. Add 2 cups of hot water little by little so not to disturb the layers
11. Cook with controlled heat until the sorghum is ready
12. Add Tomatoes and vegetables and cover the pot for 15 minutes (Option to also add eggs as a top layer)

*Note that the vegetables and tomatoes are a top layer only*

### *Options*

*Rice or Millet or Maize (either fresh or dried) can be used as a substitute of sorghum and follow the same process*

*Ready to serve!*



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## Pigeon pea Sausage

### INGREDIENTS

- pigeon peas
- onion
- garlic
- green pepper
- raja

# Pigeon pea Sausage

## INSTRUCTIONS

1. Cook dried pigeon peas for 60 min
2. Crush cooked pigeon peas together with spices (green paper, onion, garlic and Raja)
3. Add salt and mix well
4. Make sausage and frie

*Ready to serve!*

1  
6



## Pigeon Pea Cake

### INGREDIENTS

- pigeon peas
- 1 ¼ cup pigeon peas flour
- 125g baking powder
- 250 ml milk
- 2 eggs
- 1 bay leaf
- 1 teaspoon salt

# Pigeon Pea Cake

## INSTRUCTIONS

1. Soak Nandolo remove the husks to make dhal
2. Dry the dhal
3. Mill the dhal to make pigeon pea flour
4. Mix 1 ¼ cup pigeon pea flour, 125g baking powder, 250 ml milk, pinch of salt and 2 eggs
5. Pour the mix in pot
6. Bake for 30 min.

*Ready to serve!*

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## NandolowaNthochi (Mixture with Banana).

### INGREDIENTS

- bananas
- fresh pigeonpeas
- salt

# NandolowaNthochi (Mixture with Banana).

## INSTRUCTIONS

1. Pill green bananas
2. Cook the pilled green banana with green pigeon peas for 30 minutes
3. Make soup separately (oil, onions, tomatoes and spices)
4. Mix the soup with the cooked green pp and banana package
5. Add salt
6. Allow the mixture to simmer thoroughly.

*Ready to serve!*

## **DISCLAIMER**

Please note that the Malawi Bureau of Standards (MBS) and Lilongwe University of Agriculture and Natural Resources (LUANAR) have NOT yet certified, tested and approved the recipes written in this book.





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WITH FUNDING

