

Cooking Skills

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How to cut onion



1 Get a cutting board and a sharp knife.



2 Cut the pointy end off the onion. Leave the root/hairy end.



3 Cut onion in half.



4 Peel off skin.



5 Put flat sides of onion halves on cutting board.



6 Put one hand on onion. Press down to hold.



7 Use your fingers to guide knife and hold onion in place. Cut down on onion from root to tip. Do not cut root.



8 Cut onion all the way across. Keep the root at the centre of each cut.



9 Hold cut pieces together with fingers. Cut across onion, from tip to root.



10 Cut 2-3 more times.



11 Hold onion together on sides with fingers. Cut pieces from the tip to the root.



12 Move your fingers closer to the root. Press down to stop onion from moving. Cut the rest of onion small.

How to cut carrot



1 Get a cutting board, vegetable peeler and a sharp knife.



2 Peel carrot.



3 Cut off carrot top and bottom.



4 Cut carrot in half.



5 Cut a small edge off one side. Turn carrot over so cut edge is on board to stop carrot moving.



6 Cut through carrot to make thin flat slices.



7 Stack sliced carrot, lining them up. Hold fingers on top of the pile. Cut along the carrot into long thin sticks.



8 Bring sticks together. Use fingers to hold together tight. Cut into small pieces.



9 Use the same method to cut carrot into small thin sticks (like matchsticks).



10 Use the same method to make carrot sticks. Cut the pieces thicker.



11 Use the same method to dice carrot. Use carrot stick size and cut in opposite direction.



12 Use the same method to slice carrot into flat pieces. Good for serving with dips (e.g. hummus).

How to cook pasta



1 Read the pasta cooking instructions on packet. Check how long to cook pasta for.



2 Fill a big pot with water.



3 Heat pot on stove with high heat.



4 Add 1 teaspoon of salt.



5 Heat water until boiling with big bubbles.



6 Add pasta. Stir well. You do not have to add oil to the water.



7 Set timer.



8 Stir every few minutes so the pasta does not stick.



9 Take some of the pasta water out of the pot with a cup. Save the cup of water.



10 When timer goes, taste pasta. It should be firm in centre but not hard (al dente). Drain the pasta. Do not rinse.



11 Mix sauce and a little bit of pasta water from the cup with the pasta.



12 Keep cooked pasta covered in the fridge for 3 days. You can freeze and reheat cooked pasta.

Ugali/Fufu

African Staple Similar to Italian Polenta



SERVES
6 people



PREP TIME
10 minutes



COOK TIME
10 minutes



INGREDIENTS

4 cups (1 litre) water
2 cups fine white semolina flour or
maize meal/corn meal/polenta
Small amount of oil

METHOD

1. Put water in big pot. Bring to boil with high heat.
2. Turn heat to medium. Add semolina flour gradually so no lumps form. Stir constantly with a whisk until almost all semolina flour has been added.
3. Turn heat to low. Change from a whisk to a wooden spoon. Keep stirring, pushing the semolina up against the side of the pot. Knead/mix for 3–5 minutes. Add more semolina flour in small amounts. If it is too hard or dry, add a small amount of water.
4. Keep stirring until the semolina is all combined and soft/fluffy. It's a good arm workout! Remove from heat.
5. **Optional step for neat presentation:** : Put a little bit of oil in a small round bowl. Spoon a portion of ugali/fufu, about the size of your fist, into the small round bowl. Toss back and forth to form a neat round ball. Repeat with remaining balls.
6. Serve ugali/fufu with African stews – meat-, fish- or vegetable-based.

NOTES

- There are regional variations of ugali/fufu throughout West and East Africa. Different kinds of ground flours/roots are used (e.g. dried ground cassava root is traditionally used to make fufu).
- Fine white semolina flour produces a lighter/fluffier texture than the traditional cassava flour version. Making ugali with semolina flour isn't traditional but it is faster to make and easier to source in Australia.
- The ingredients are never measured when ugali/fufu is prepared by African cooks. The amount of semolina and water is based on how many people they are feeding