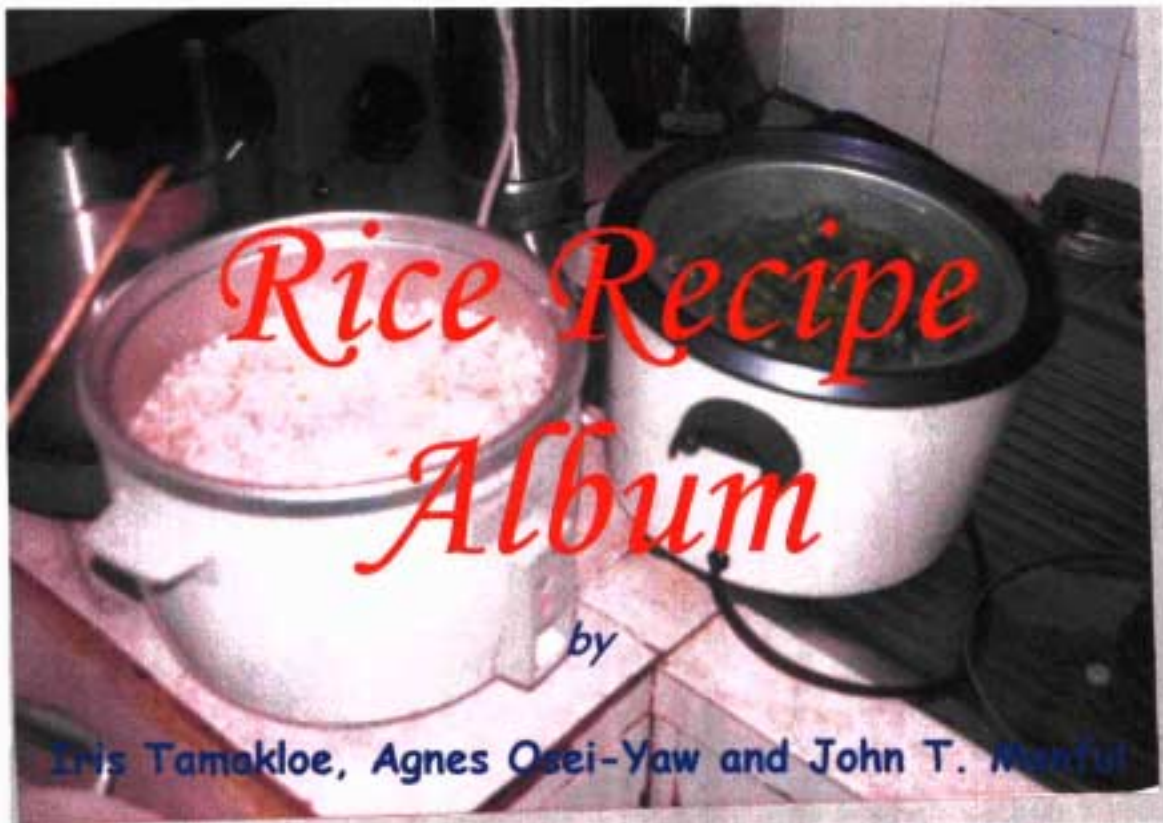


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## INTRODUCTION

Rice is one of the staple foods Ghanaians rely on for sustenance. Traditionally, it is boiled with salt and water for approximately 25 – 30 minutes and served with different types of sauces mostly depending on deep rooted ethnic preferences. It is the fourth most widely produced cereal in Ghana after maize, sorghum and millet and contributes a significant percentage of total cereal production. The need to make local rice more competitive is recognised. Most research work in the past concentrated on the pre-harvest factors such as plant-water relations, yield and disease resistance. With rice production now increasing each year there is an urgent need to know the adequacy of current processing techniques. Information is also required on the reasons for poor quality; opportunities for upgrading equipment; barriers to entry; location of mills; installed capacities and capacity utilisation.

The Food Research Institute of the Council for Scientific and Industrial Research (CSIR) in collaboration with other organizations in a coalition partnership embarked on a programme to find solutions to the above problems. Under the DFID/CPHP/FRI project on *"Dissemination of improved rice post-production and marketing technologies, through a new coalition arrangement, to enhance rural livelihoods in Northern Ghana"* a lot has been achieved. The aim was to promote improved rice post-production and marketing systems to enhance rural livelihoods in Northern Ghana. This project is addressing Rural Livelihood Constraints and helping to reduce rice imports through the development of the Rice Industry for improved quality product.

Due to the high breakage and unattractive appearance of Ghanaian traditionally parboiled rice, several homes and hospitality institutions shy away from local parboiled rice and rather depend on imported rice no matter the price.

The main aim of this recipe book is to share the success story with restaurants, hospitals, hotels and households who have in the past not patronised Ghanaian parboiled rice. The housewives who have been eager to widen the scope of varieties of menu should also find this recipe book welcoming.

## RICE SWEET PANCAKES

### INGREDIENT

<u>INGREDIENT</u>		<u>QUANTITY</u>
1. Rice Flour	-	200gm
2. Granulated Sugar	-	80gm
3. Grated Nutmeg	-	1 Teaspoon
4. Egg	-	2 Standard
5. Milk & Water	-	300mls
6. Essence	-	1 Teaspoon



### METHOD

1. Sift rice flour into a bowl, add sugar, nutmeg
2. Make a hole in the centre of the flour, add the beaten eggs, milk and essence.
3. With a whisk, beat the mixture gently for about 5 minute.
4. Leave to rest for about 20 minute
5. Pan-fry pancakes on both sides.
6. Serve with soft cheese as a side dish or with fruits as an after meal dish.

## RICE FLOUR AND BANANA FRITTERS

### INGREDIENT

<u>INGREDIENT</u>		<u>QUANTITY</u>
1. Rice Flour	-	100gm
2. Well Riped Bananas without peel	-	300gm
3. Smooth Salt	-	1 Teaspoon
4. Oil for deep frying	-	1 litre



### METHOD

1. Mash bananas well in a bowl.
2. Add salt and flour
3. Mix very well and fry in spoonfuls till brown.
4. Serve hot with bambara beans, cowpea stew or as a cocktail dish.

## RICE FLOUR SHORT BREAD BISCUITS

### INGREDIENT

1. Rice Flour
2. Granulated Sugar
3. Butter or Margarine
4. Smooth Salt

### QUANTITY

- 600g  
- 400  
- 400  
- ½ Teaspoon



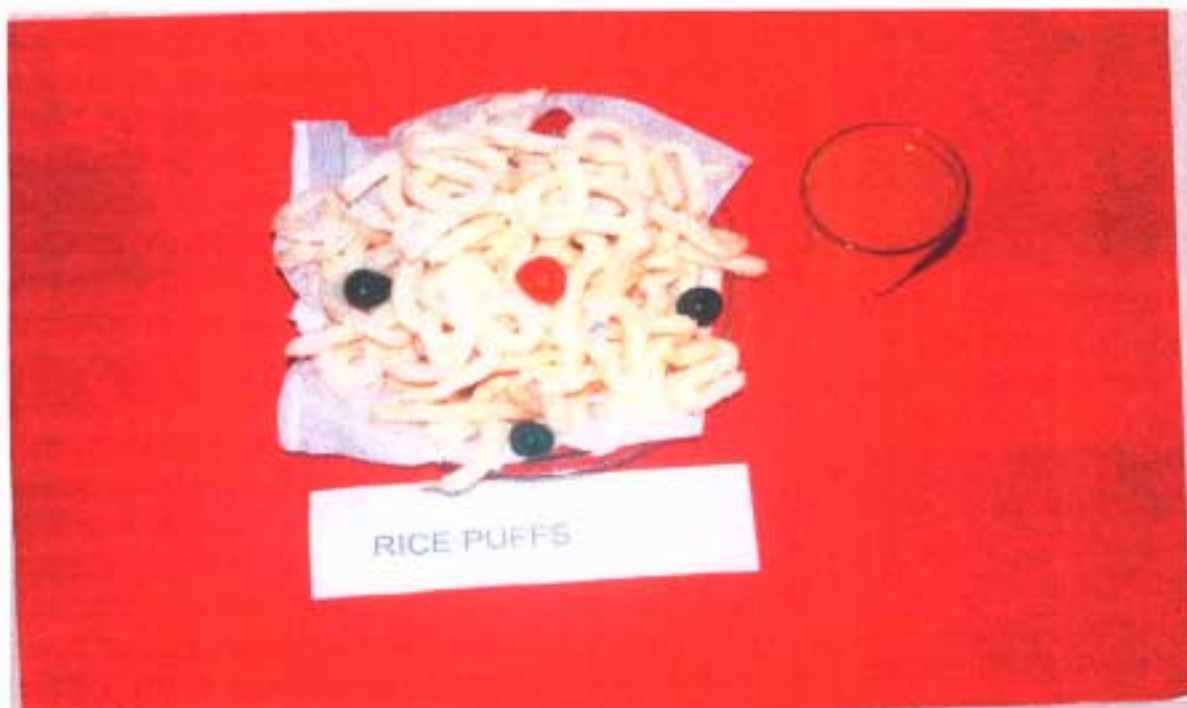
### METHOD

1. Cream sugar and margarine together till white and fluffy.
2. Add salt to rice flour and fold into creamed mixture, till a good bind leaving the sides of the bowl.
3. Roll on a clean floured board to ½ in thickness and cut with a medium sized cutter.
4. Arranged on a greased, floured baking sheet.
5. Bake in a moderately preheated oven till golden brown
6. Cool and pack in a air tight container.
7. Serve as snacks with drinks or beverages.

## RICE PUFFS

### INGREDIENTS

		<u>QUANTITY</u>
1. Rice Flour	-	200gm
2. Margarine or butter	-	50gm
3. Eggs	-	4 (standard)
4. Water	-	400mls
5. Smooth Salt	-	½ Teaspoon
6. Oil for deep frying	-	1 litre



### METHOD

1. Put water in a saucepan, add Margarine and salt, bring to boil.
2. Quickly stir in rice flour and stir vigorously to avoid lumps.
3. After 3-4 minutes put it off fire and pour in a mixing bowl to cool for 30 minutes
4. Beat eggs separately in a bowl. Gradually beat into the flour mixture all the beaten egg until a smooth dropping paste is formed.
5. Feed an extruder or an icing bag, extrude mixture into a moderately hot oil and fry for 3 minutes
6. Remove from oil and drain.
7. Dust with icing sugar for sweets or serve with a Savoury dip. E.g. tomato to sauce, hot black sauce, caper sauce etc.

## RICE FLOUR QUEEN CAKES

<u>INGREDIENT</u>		<u>QUANTITY</u>
1. Granulated Sugar	-	250gm
2. Butter or Margarine	-	250gm
3. Eggs	-	5
4. Baking powder	-	2 teaspoon
5. Grated Nutmeg	-	1 Teaspoon
6. Rice Flour	-	100gm
7. Soft wheat Flour	-	150gm
8. Vanilla Essence	-	1 Teaspoon



### METHOD

1. Cream sugar and margarine/butter together till filthy.
2. Gradually add eggs and cream as you go along.
3. Put together, rice flour, wheat flour, grated nutmeg, baking powder and mix well.
4. Fold into the creamed mixture very well adding essence.
5.  $\frac{3}{4}$  fill cake cups or greased patty tins and bake cakes in a preheated oven for 25 minutes or till brown.
6. Cool and serve with drinks.



## RICE AND WHEAT BREAD

### INGREDIENT

<u>INGREDIENT</u>		<u>QUANTITY</u>
1. Rice Flour	-	300gm
2. Strong wheat flour	-	300gm
3. Margarine	-	150gm
4. Instant Yeast	-	2 Teaspoon
5. Granulated sugar	-	50gm
6. Milk & Tepid water	-	250mls
7. Egg	-	2 (standard)
8. Smooth Salt	-	1 Teaspoon
9. Grated Nutmeg	-	1 Teaspoon
10. Essence	-	1 Teaspoon



### METHOD

1. Mix the flours together and sift into a bowl.
2. Add the dry ingredients to the flour and mix.
3. Rub the margarine into the flour mixture.
4. Beat the eggs and add to the tepid milk, water and essence.
5. Make a hole in the centre of the flours and gradually incorporate the milk and egg mixture.
6. Mix till the mixture leaves the sides of the mixing bowl.
7. Move onto a clean working surface and knead until very smooth.
8. Weigh or cut desired sizes, mould and put in greased loaf pan and proof till more than double its size.
9. Bake in a moderately preheated oven for 25 – 30 minutes.

## RICE TATHO

<u>INGREDIENT</u>		<u>QUANTITY</u>
1. Rice flour	-	150gm
2. Soy Flour	-	50gm
3. Smooth Salt	-	2 Teaspoon
4. Pepper Powder	-	10gm
5. Ground Onions	-	20gm
6. Ground Garlic	-	10GM
7. Ground Ginger	-	10gm
8. Ground shrimps or fish powder	-	50gm
9. Water	-	800mls



### METHOD

1. Beat soy flour and rice flour together with water on high speed mixer for 5 minutes or gradually with a wooden spoon. Add ground ingredients and salt. Mix very well and either wrap spoonfuls in washed plantain leaves or greased loaf pan and covered with kitchen foil.
2. Steam for 1½ hours.
3. Unwrap onto a plate and serve with sauce as a main meal or a side dish to others.

## RICE AGIDI OR KAFA

### INGREDIENT

1. Smooth Rice Flour
2. Smooth Salt
3. Water

-  
-  
-

### QUANTITY

100gm  
½ Teaspoon  
400mls



### METHOD

1. Blend rice flour with 300gm water.
2. Put 100mls on fire to boil.
3. Stir in rice flour blend and cook for 10 minutes, stirring constantly to avoid lumps.
4. Spoon hot on to washed plantain leaves or well washed moulds. Wrap plantain leaves well and leave agidi to set for 1 hour.
5. Serve with light soup. Make very good invalid or convalescent meal.

## RICE PEEWA

### INGREDIENTS

1. Coarsely Milled Rice	-	<u>QUANTITY</u> 500gm
2. Cooking Oil	-	50ml
3. Onions (Grated or Chopped)	-	100gm
4. Salt	-	½ Teaspoon
5. Water/Stock	-	1½ L + 3 stock cubes



### METHOD

1. Sweat the onions
2. Wash the rice
3. Add to the onions, add salt and stir for about 5 minutes.
4. Add stock or water, stir well, cook on radiant heat or in the oven till grains are soft.
5. Removed and serve domed shaped
6. Serve with palm nut soup with broad beans or broad beans stew.

## RICE KAKRO

### INGREDIENT

<u>INGREDIENT</u>		<u>QUANTITY</u>
1. Rice Flour	-	100gm
2. Over-ripe plantain	-	4 fingers
3. Ground Onions	-	20gm
4. Ground Ginger	-	10gm
5. Ground Pepper	-	10gm
6. Salt	-	2 Teaspoon
7. Cooking Oil	-	1 litre



### METHOD

1. Wash, peel and mash plantain until very smooth.
2. Weigh and sieve flour
3. Mix all ingredients except cooking oil.
4. Mix smoothly with a wooden spoon.
5. Deep fry in tablespoon full until golden brown.
6. Serve on a dish paper with any of these; cowpea stew, boiled bambara beans seasoned with sugar and pepper.
7. This dish is suitable for lunch.

## TIGER NUT MOULD

<u>INGREDIENT</u>		<u>QUANTITY</u>
1. Tiger Nut	-	300gm
2. Rice Flour	-	150gm
3. Sugar	-	100gm
4. Milk	-	½ litre
5. Water	-	1/8 litre



### METHOD

1. Soak tiger nut over night.
2. Wash and mill tiger nut.
3. Blend the rice flour and the milled tiger nut with the water.
4. Strain it carefully with a fine sieve or muslin, making sure some of the chaff do not fill into the strained mixture.
5. Put the stained mixture on fire and stir vigorously in one direction till it thickens enough to coat the back of wooden.
6. Add sugar and milk to sweeten it.
7. Pour into cocktail glasses or dessert moulds and chill a refrigerator.
8. Serve as a dessert.

## RICE FRUIT SCONES

### INGREDIENT

<u>INGREDIENT</u>		<u>QUANTITY</u>
1. Rice Flour	-	100gm
2. Wheat Flour	-	100gm
3. Milk	-	¼ litre
4. Margarine	-	50gm
5. Sugar	-	50gm
6. Dried fruits (raisings, Sultanas, currants, or mixed fruits)	-	100gm
7. Baking powder	-	4 Spoon
8. Vanilla essence	-	3 drops



### METHOD

1. Sieve all the flour together with the baking powder into a mixing bowl.
2. Add the dried fruits to the flour and mix together.
3. Rub-in the margarine into the flour and mix together.
4. Add the essence to the milk and mix with the flour to form a stiff dough
5. Sprinkle flour on a working table.
6. Roll dough lightly to about one inch thick.
7. Prick the top with a fork.
8. Egg wash and bake in a moderately hot oven for 20 minutes gas mark 5
9. Serve with whipped cream or jam together with tea for breakfast
10. It can also be served as a snack together with any refreshing chilled drink.

## RICE BANKU

### INGREDIENT

<u>INGREDIENT</u>		<u>QUANTITY</u>
1. Rice Dough (fermented)	-	300gm
2. Cassava dough (fermented)	-	150gm
3. Salt	-	1 Teaspoon
4. Water	-	350ml



### METHOD

1. To ferment the rice flour, add 50ml of water to 200gm rice to form stiff dough and leave it to ferment for 48 hours. Leave it in a refrigerator and use as and when required.
2. Add the rice and cassava dough together.
3. Dilute with 350ml of water and stir well to get a smooth paste.
4. Put on fire and cook it using a wooden spatula to stir very well to prevent it from becoming lumpy. Cook for 20 minutes
5. Mould into required shapes. Can be served with Okro soup, Okro stew, Groundnut soup or Palm nut Soup, suitable for lunch or supper.



## RICE QUICHE

### INGREDIENTS

		<u>QUANTITY</u>	
1.	Rice Flour	-	200g
2.	Wheat Flour	-	200g
3.	Margarine	-	200g
4.	Eggs	-	4
5.	Milk	-	150ml
6.	Tinned Fish	-	1tin
7.	Stock Cubes	-	2
8.	Water	-	100ml
9.	Spring Onions	-	150g
10.	Tomatoes	-	100g
11.	Salt	-	1 Teaspoon
12.	White Pepper	-	1 Teaspoon



### METHOD

1. Sieve flours into a bowl; add salt.
2. Rub margarine into flour till very fine.
3. Add water to form dough. Allow to rest.
4. Cut and chop vegetables separately.
5. Break eggs and add to the milk and stir with a whisk. Add salt, stock cubes and white pepper. Strain into a jug.
6. Roll out pastry to 1/8 inch thick. Cut with a medium size cutter.
7. Put each cut pastry in a greased patty tin. Bake blind for 7 minutes for pastry to set. Remove from the oven.
8. Fill each patty tin with a teaspoon full of mashed or flaked tinned fish, spring onions and tomatoes.
9. Pour the egg and milk mixture (custard) onto the flaked fish and vegetables in the patty tin.
10. Bake in a moderately hot oven. Insert a clean skewer into the mixture; if it comes out clean, then it is cooked.
11. Serve as snack.

## CURRIED VEGETABLE RICE

### INGREDIENTS

		<u>QUANTITY</u>
1. Rice	-	400g
2. Cooking Oil	-	50ml
3. Stock Cubes	-	3
4. Curry Powder	-	2 teaspoon
5. Salt	-	2 teaspoon
6. Water	-	1½ litres
7. Onions	-	100g
8. Carrots	-	100g
9. Green Pepper	-	100g
10. Cabbage	-	100g



### METHOD

1. Pick and wash rice, place in a colander.
2. Prepare vegetables; scrape and cut carrots into cubes, chop onions, cut and cube green pepper shred cabbage.
3. Sauté onions in oil and add rice stirring for 5 minutes. Add curry powder, stock cubes and water. Allow to cook for 25 minutes on a moderately low heat.
4. Add the carrots 5 minutes before it finishes cooking.
5. Add the rest of the vegetables when ready to serve.
6. Serve with chicken, fish or beef sauce for lunch or supper.

## JOLLOF RICE

### INGREDIENTS

		<u>QUANTITY</u>
1. Rice	-	400g
2. Tomato Purce	-	200g
3. Pepper	-	50g
4. Cooking Oil	-	150g
5. Salt	-	2 teaspoon
6. Stock Cubes	-	3
7. Water	-	1½ litres
8. White Pepper	-	1 teaspoon
9. Curry Powder	-	1teaspoon
10. Corned Beef	-	200g
11. Fresh tomatoes	-	300g
12. Onions	-	250



### METHOD

1. Prepare gravy with the cooking oil, pepper onions, tomatoes (fresh and purce).
2. Add the white pepper and curry powder and allow simmering to 5 minutes.
3. Pick and wash rice. Place in a colander.
4. Add water to the gravy and allow to boil.
5. Add the rice to the boiling gravy and reduce the heat.
6. Allow to cook for 40 minutes under the low heat.
7. Serve as lunch or supper with grilled chicken or beef sauce.

## **CONCLUSION**

Effective dissemination of newly developed recipes will lead to an improvement in both household food and nutrition security, diversify the use of the locally produced rice and make it more competitive.