



AFRICA AL'S



Inspired by the cuisine of West Africa, our award winning range of cooking pastes, sauces and chilli dips have something to suit everyone's taste.

Our range includes Mild & Tasty West African Curry Paste, Hot & Spicy West African Curry Paste, Red Stew Cooking Paste & Groundnut (Peanut) Stew Cooking Paste.

We have 5 Chilli Dips, from the mildest – Mango Dip to our hottest 'JuJu Fire' Dip which combines Scotch Bonnet, African Birds Eye and Trinidad Moruga Scorpion Chilli.

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AFRICA AL'S

AWARD WINNING

COOKING PASTES, MARINADES & CHILLI DIPS

Additive and Preservative Free



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AFRICA AL'S



Africa Al's – Creamy Chicken & Spinach Coconut Curry (M)



Ingredients:

- 1 Jar Africa Al's West African Curry Paste (Mild, Medium, or Hot)
- 4 Diced or Whole chicken breasts or thighs
- 1 400g tin of Coconut Milk
- 1 Chicken Stock cube (Optional)
- Baby leaf Spinach
- Oil for frying (Optional)
- Rice for serving

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AFRICA AL'S



Africa Al's - Creamy Chicken & Spinach Coconut Curry (M)

Method:

1. Add raw chicken: - add the chicken to the pan.
2. Incorporate Curry Paste : - Stir in 1 jar of Africa Al's West African Curry Paste, ensuring the chicken is well coated.
3. Pour Coconut Milk: - Add 2/3 of the coconut milk and (*the chicken stock cube to the pan if using*)
4. Simmer: - Stir the mixture well and allow it to simmer until the chicken is cooked through. This may take around 20-30 minutes.
5. Add Spinach: - Stir in the baby leaf spinach and continue cooking for another 5 minutes until the spinach is wilted and well incorporated.
6. Adjust Consistency: - For a saucier curry, stir in the remaining coconut milk.
7. Season to Taste: - Taste the stew and adjust the seasoning with salt and pepper if needed.
8. Serve: - Serve the Chicken Coconut Curry with Spinach over rice.

Option - If preferred, fry the chicken in a little oil first.



AFRICA AL'S



Africa Al's - Coconut fish curry (M)



Ingredients:

- 1 Jar Africa Al's West African Curry Paste (Mild, Medium, or Hot)
- 500 - 700g Cod, Haddock or any firm white fish
- 1 400g tin of Coconut Milk
- Rice for serving

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Africa Al's – Coconut fish curry (M) (M)

Method:

1. Place the curry paste and coconut milk in a shallow pan or casserole dish. Mix well and bring to a simmer.
2. Add the fish and poach until cooked (approx 15-20 minutes)
3. Season to Taste: - Taste the stew and adjust the seasoning with salt and pepper if needed.
4. Serve: Garnish with sliced spring onion and sliced red chillies serve over with white rice or with new potatoes and green beans



AFRICA AL'S



Africa Al's - Creamy Chicken, Tomato & Spinach Coconut (M)



Ingredients:

- 1 Jar Africa Al's West African Curry Paste (Mild, Medium, or Hot)
- 4 Diced chicken breasts or thighs
- 1 400g tin of Coconut Milk
- 2 teaspoons tomato paste
- 1 Chicken Stock cube (Optional)
- Baby leaf Spinach
- Oil for frying
- Rice for serving

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Africa Al's - Creamy Chicken, Tomato & Spinach Coconut Curry (M)

Method:

1. Add raw chicken: - add the chicken to the pan.
2. Incorporate Curry Paste & tomato paste: - Stir in 1 jar of Africa Al's West African Curry Paste and the tomato paste ensuring the chicken is well coated.
3. Pour Coconut Milk: - Add 2/3 of the coconut milk and (the chicken stock cube to the pan if using)
4. Simmer: - Stir the mixture well and allow it to simmer until the chicken is cooked through. This may take around 20-30 minutes.
5. Add Spinach: - Stir in the baby leaf spinach and continue cooking for another 5 minutes until the spinach is wilted and well incorporated.
6. Adjust Consistency: - For a saucier curry, stir in the remaining coconut milk.
7. Season to Taste: - Taste the stew and adjust the seasoning with salt and pepper if needed.
8. Serve: - Serve the Chicken Coconut Curry with Spinach over rice.

Option - If preferred, fry the chicken in a little oil first.



AFRICA AL'S



Sweet potato, chickpea & spinach coconut curry (V)



Ingredients:

- 1 Jar Africa Al's Mild, Medium, or Hot Curry Paste
- 300g Sweet potato, peeled & diced (Fresh or Frozen)
- 1 400g tin of coconut milk
- Handful of baby leaf spinach
- 1 tin chickpeas (strain water off)
- 1 Stock cube (Optional)
- White rice and crusty bread for serving

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Sweet potato, chickpea & spinach coconut curry (V)

Method:

1. Prepare Ingredients:

- Peel and dice the sweet potatoes.
- Strain water off the chickpeas.

2. Combine Ingredients in Pot:

- In a pot, add the sweet potatoes, chickpeas, baby leaf spinach, and the entire jar of Africa Al's Mild, Medium, or Hot Curry Paste.

3. Add Coconut Milk:

- Pour in the coconut milk to the pot.

4. Optional Stock Cube:

- Crumble in a stock cube for added flavour if desired.

5. Stir and Bring to Boil:

- Stir all the ingredients together, bring the mixture to a boil.

6. Simmer:

- Once boiling, reduce the heat to a simmer and cook for about 20 minutes or until the sweet potatoes are tender.

7. Adjust Consistency:

- If you prefer a thicker curry, let it simmer a bit longer. If you want a thinner consistency, you can add more coconut milk or water.

8. Serve:

- Serve the Sweet Potato, Chickpea & Spinach Coconut Curry over white rice and accompanied by crusty bread.

Enjoy this delicious and hearty Sweet Potato, Chickpea & Spinach Coconut Curry with the rich flavours of Africa Al's Curry Paste!



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Africa Al's – baked salmon in mango salsa (M)



Ingredients:

- 3 teaspoons Africa Al's Mango Chilli
- 500 - 700g Salmon fillets
- knob of butter

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Baked Salmon in Mango Salsa (M)

Method

1. Preheat Oven:

- Preheat your oven to 180°C (350°F).

2. Prepare Salmon Parcels:

- Place each salmon fillet on a piece of non-stick foil, ensuring there is enough foil to create a parcel around each fillet.
- Spread 1-2 teaspoons of Africa Al's Mango Chilli over each salmon fillet.
- Add a small knob of butter on top of the mango chilli on each fillet.

3. Wrap and Bake:

- Wrap each salmon fillet tightly in the foil to create parcels.
- Place the parcels on a baking tray and transfer them to the preheated oven.
- Bake for 30-40 minutes, or until the salmon is cooked through and flakes easily with a fork.

4. Char the Salmon:

- Open up the foil parcels carefully and leave the salmon exposed.
- Return the baking tray to the oven and bake for an additional 10 minutes, or until a slight char forms on top of the salmon.

5. Serve:

- Remove the salmon from the oven and carefully transfer each fillet to a serving plate.
- Serve the baked salmon with new potatoes and green beans on the side.

Enjoy this delicious and flavourful Baked Salmon in Mango Chilli Salsa, a perfect dish for a special dinner or any occasion!



AFRICA AL'S



Africa Al's – Chicken & Prawn Groundnut Stew (M)

Originating in Ghana, Groundnut Stew is a firm favourite in West Africa, like Satay but without the sweetness



Ingredients:

- 1 jar Africa Al's Groundnut Paste
- 4 Chicken Breasts or 4 Chicken Thighs
- 100g peeled prawns
- 1 chicken stock cube (Optional)
- Water (1 jar full)
- Salt and pepper to taste

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Africa Al's – Chicken & Prawn Groundnut Stew (M)

Method:

1. Prepare the Chicken:

- Cut the chicken breasts or thighs into bite-sized pieces.

2. Cooking Base:

- In a large pan, place the chicken pieces.
- Add the entire jar of Africa Al's Groundnut Paste to the chicken.

3. Add Liquid:

- Fill the empty groundnut paste jar with water and pour it into the pan.
- Optionally, crumble in a chicken stock cube for added flavour.

4. Stir and Simmer:

- Stir the ingredients well, ensuring the chicken is coated with the groundnut paste.
- Cook the mixture on low heat, allowing it to simmer until the chicken is cooked through. This may take around 20-30 minutes.

5. Add Prawns:

Once the chicken is cooked, add the peeled prawns to the pan.

6. Finish Cooking:

- Continue to cook for an additional 5-10 minutes until the prawns are cooked through and the flavours are well combined.

7. Season to Taste:

- Taste the stew and adjust the seasoning with salt and pepper if needed.

8. Serve:

- Serve the Chicken & Prawn Groundnut Stew over white rice.

Enjoy your delicious and flavourful West African-inspired Chicken & Prawn Groundnut Stew, made easy with Africa Al's Groundnut Paste!



AFRICA AL'S



Africa Al's – Ox Cheeks in Red Stew Red Wine (M)



Ingredients

- 1 Jar Red Stew Paste
- 500g Ox Cheeks (cut each cheek in half)
- 100g diced smoked bacon.
- 1 medium, diced Onion (Optional)
- 200ml Red Wine
- Seasoned flour (Flour, salt & black pepper)
- Olive oil (About 2 tablespoons)
- 500ml Stock (use a Stock Cube and hot water)

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Africa Al's – Ox Cheeks in Red Stew & Red Wine (M)

Method

1. Preheat Oven:

- Preheat the oven to 180°C.

2. Prepare Bacon and Onions:

- In a casserole dish, fry the smoked bacon until it starts to go crispy.
- Add the diced onions and fry for another 5 minutes, stirring occasionally. Remove from the pan.

3. Dust Ox Cheeks:

- Lightly dust the ox cheeks with the seasoned flour.

4. Brown the Ox Cheeks:

- In the same pan, add olive oil and fry the ox cheeks on medium heat until they start to brown on each side.

5. Combine Ingredients:

- Return the bacon and onions to the pan.
- Stir in the Red Stew Paste until everything is well coated.

6. Add Liquids:

- Fill the empty jar with the stock, shake well, and add to the pan.
- Pour in the red wine and give it a good stir.

7. Cook in the Oven:

- Place the casserole dish in the preheated oven and cook for approximately 3 hours or until the cheeks are tender.
- Check every hour to ensure the casserole hasn't dried out, topping up with stock if needed.
- Serve the Ox Cheeks in Red Stew with mashed potatoes, green vegetables, or rice.
- Enjoy with a bit of crusty bread to mop up the delicious sauce.

This slow-cooked masterpiece is worth the wait and promises rich, flavourful results.



AFRICA AL'S



Al's Corned Beef Stew (M)

One of my favourites, simple & yummy



Ingredients

- 1 tin corned beef
- 1 medium onion diced
- Smoked bacon lardons or diced pancetta
- 1 teaspoon of tomato paste
- 2 Eggs
- Africa Al's Vimto Pickled onions (Garnish)

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Al's Corned Beef Stew

Method:

1. Prepare Ingredients:

- In a pot or large skillet, fry the bacon or pancetta in a little olive oil over medium heat until it starts to crisp up.
- Add the diced onion to the pot and continue frying for about 10 minutes until the onions are soft and translucent.
- Meanwhile, slice the corned beef into 4 or 5 thick slices.

2. Combine Ingredients in Pot:

- Once the onions are soft, add the Africa Al's Red Stew Paste and tomato paste to the pot.
- Break apart the slices of corned beef and add them to the pot as well.
- Stir well until all the ingredients are thoroughly mixed and the corned beef has broken apart and softened.

3. Add Water:

- Pour in about ½ jar of water to the pot to create a sauce for the ingredients.
- Stir everything together to ensure the sauce is well incorporated.

4. Cover and Cook:

- Cover the pot with a lid and reduce the heat to low.
- Allow the mixture to simmer gently for about 20 minutes, allowing the flavors to meld together and the corned beef to fully soften.
- Crack the eggs into the pan and cover, allow them to cook for a further 10 minutes.

Alternatively use boiled eggs

5. Serve:

- Get a sourdough bread and hollow out the middle then spoon the corned beef into it. If using an unsliced loaf, cut in half and hollow out the middle. Use the excess bread to dip in the stew.
- This can also just be served over white rice



AFRICA AL'S



Africa Al's – Jollof Rice (V) (M)

Jollof Rice is a beloved dish in West Africa, and here's a simple stove-top method to create this flavourful dish using Africa Al's Red Stew Paste



Ingredients:

- 1 Jar of Africa Al's Red Stew Paste
- 1 tablespoon of oil
- 100g Smoked Bacon Lardons (Optional)
- 100g Cooked King Prawns (Optional)
- 1 Teaspoon of Tomato Paste
- 250g American Long Grain Easy Cook Rice
- 1 chicken/Vegetable Stock Cube

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Africa Al's – Jollof Rice (V) (M)

Method:

1. Prepare Rice:

- Wash the rice and put it in a pan of boiling water with a little salt and the stock cube. Boil for about 10 minutes on a rolling boil until the rice is partially cooked.

2. Prepare Flavour Base:

- While the rice is cooking, heat the oil in a separate pan. Fry the bacon lardons until slightly crispy.

3. Add Red Stew Paste:

- Add the jar of Africa Al's Red Stew Paste and the tomato paste to the pan with the bacon. Fry, stirring regularly, over medium heat for about 10 minutes until the flavours meld together.

Add ½ jar of water, stir and leave to simmer

4. Combine Rice and Flavour Base:

- Once the rice is partially cooked, add it to the pan with the red stew paste mixture. Gently stir until the rice is thoroughly coated with the sauce. If using prawns, add them at this stage.

5. Finish Cooking:

- Turn off the heat and cover the pan tightly with a lid. If available, placing a tea cloth over the lid helps to seal in the flavours.

- Let the rice sit for about 5 – 10 minutes off the heat. During this time, the rice will absorb the flavours of the stew paste and soften further.

6. Serve:

- Once the rice has rested, fluff it with a fork and serve hot.

Enjoy this classic African dish, rich in flavour and tradition, made with Africa Al's Red Stew Paste!



AFRICA AL'S



Africa Al's – Black eye beans in Red Stew (V)



Ingredients:

- 1 jar Africa Al's Red Stew Paste
- 2 tins black eye beans (rinsed)
- 1 vegetable stock cube (Optional)
- Water (2 jars full)
- Diced onion (optional)
- Salt and pepper to taste

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Africa Al's – Black eye beans in Red Stew (V)

Method:

1. Fry the onions until soft in a pan

2. Cooking Base:

- Add the red stew paste, stir and fry gently until heated through

3. Add the beans, stock cube and water, stir and simmer for about 30 mins (lid partially off)

4. Season to Taste:

- Taste the stew and adjust the seasoning with salt and pepper if needed.

5. Serve:

- Serve with white rice and fried plantain on the side.



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Chicken Wings in Monkey Gland Sauce (M)



Ingredients:

- 1 Monkey Gland Sauce (Mild or Medium)
- 500g chicken wings, thighs or legs
- Salt & pepper

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Method:

1. Marinate the Chicken:

- Place the chicken pieces in a bowl or resealable plastic bag.
- Pour the Monkey Gland Sauce over the chicken, ensuring it is well coated.
- Marinate the chicken in the sauce for about 2 hours in the refrigerator, allowing the flavors to penetrate.

2. Preheat the Oven:

- Preheat your oven to 180 degrees Celsius (350 degrees Fahrenheit).

3. Wrap and Bake:

- Wrap the marinated chicken pieces individually in non-stick foil, ensuring they are well-sealed.
- Place the foil-wrapped chicken on a baking tray and transfer it to the preheated oven.
- Bake the chicken for 30-40 minutes until it is cooked through.

4. Char the Chicken:

- After baking for 30-40 minutes, carefully open the foil wraps to expose the chicken.
- Return the chicken to the oven and bake for an additional 10 minutes, allowing the edges to develop a slight char. Alternatively, you can finish cooking the chicken on a preheated barbecue grill for added smokiness.

5. Serve:

- Once the chicken is cooked to perfection, remove it from the oven or grill.
- Serve the chicken wings with a dollop of Monkey Gland Sauce on the side for dipping and some Vimto Pickled Onions

Enjoy your delicious Chicken Wings in Monkey Gland Sauce, packed with sweet, tangy, and savoury flavours!



AFRICA AL'S



Prawns & Chorizo in Red Stew Paste (M)



Ingredients:

- 1 Small Jar (180g) of Africa Al's Red Stew Paste**
- 1 Small jar of water**
- 1 Diced Chorizo Sausage**
- 500g Prawns**
- ½ Stock Cube (Chicken or Veg)**



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Method:

Gently fry chorizo until oil is released (*approx.5 mins*)

Add prawns, red stew paste, stock cube and water

Simmer until prawns are cooked (*10-15mins*)

Serve with white rice & crusty bread

Notes:

This is also nice with some fresh green peppers roughly chopped and tossed in 5 mins before the dish is cooked, it gives a nice crunchiness.



AFRICA AL'S



Monk fish & Smoked Bacon in Red Stew Paste (M)



Ingredients:

Approx. 500g Monk Fish cut into chunks

Approx. 200g Smoked Bacon Lardons or Pancetta

1 Small Jar of Africa Al's Red Stew Paste

Grated Parmesan Cheese

Fresh Parsley

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Method:

- 1.Fry the bacon/pancetta in a spoon of oil until it starts to go crispy**
- 2.Empty the Red Stew Paste into the pan and add 1 jar of water, stir and bring to a simmer.**
- 3.Add the monk fish and gently stir it in making sure it is well covered in the sauce. Cook for approx. 20mins taking the cover off for the last 5 mins**
- 4.Garnish with the parmesan cheese & Parsley**

Serve with New Potatos and Green Beans