



— *Botswana Indigenous Food* —

RECIPES

and Nutritional Analysis

#PushaBW



Ministry Of Local Government
& Traditional Affairs



BOTSWANA TRADITIONAL FOOD RECIPES AND NUTRITIONAL ANALYSIS BOOK 3

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Ministry of Local Government and Traditional Affairs
Department of Social Development
Home Economics Unit

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Foreword / Introduction/ Acknowledgement

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We also appreciate the work done by those who compiled the recipe books

Book 1 compiled by: Milane Selwe and Rebaone Phakedi

Book 2 compiled by: D.G Sehunwe and L. C Matsheng

Book 3 compiled by: Boatametse Moseki, Thuso Palai and Mompoloki Moatlhodi

Our special thanks to the officers that were involved in recipes standardization and testing.

Contributors

- | | |
|-------------------------|-----------------------|
| 1. Moikgatho Nyatseng | 8. Modise Sekgwake |
| 2. Gasenna Abofilwe | 9. Mavis Moribame |
| 3. Letang Mbaakannyi | 10. Nametso Dithuri |
| 4. Kebalepile Horatious | 11. Leagile Senwamadi |
| 5. Emeldah Matlhogojane | 12. Lesego Rapoo |
| 6. Alphius Ketlhaotswe | 13. L. Katisi |
| 7. Pontsho Pontsho | |

BOTSWANA TRADITIONAL FOOD RECIPES AND NUTRITIONAL ANALYSIS 3RD EDITION

COMPILED BY

Boatametse Moseki, Thuso Palai and Mompoloki Moatlhodi
Department of Social Services, Ministry of Local Government and Botswana Investment and Trade Centre (BITC)

RECIPES STANDARDIZED BY

Home Economics Division

NUTRITIONAL ANALYSIS BY

National Agricultural Research and Development Institute (NARDI)
District Council Home Economics officers who standardized recipes:

CONTRIBUTORS

- | | |
|--------------------------|-----------------------|
| 1. Moses Noga | 11. Dineo Samuel |
| 2. Natash Maphane | 12. Malebogo Molapong |
| 3. Kgoreletso Bikitshane | 13. Richard Maruza |
| 4. Chidzani Keoratile | 14. Tebogo Motlogelwa |
| 5. Beauty Isaac | 15. Lorato Kgamanyane |
| 6. Itumeleng Lebani | 16. Keamogetse Mooki |
| 7. Maitumelo Makaba | 17. Onalenna Shaudi |
| 8. Pabalelo Mahupunyane | 18. Fancy Matlhodi |
| 9. Kabelo Tuwane | 19. Manga Mating |
| 10. Lenaneo Dikai | 20. Kamogelo Kowa |

LAYOUT TASKFORCE

- | | |
|---|---|
| 1. F.M Mthombeni - University of Botswana | 6. M.Molapong - Kgatleng District Council |
| 2. K.J Kowa - Gantsi District Council | 7. L.Kgamanyane - Mabutsane Sub District Council |
| 3. M.O Moribame - Lobatse Town Council | 8. L.Rapoo - Chobe District Council |
| 4. L.Katsi - Kgalagadi District Council | 9. K.Horatious - Chobe District Council |
| 5. P.Pontsho - Francistown City Council | 10. T.Tlhong - National Food Technology Research Center |

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OTHER CONTRIBUTORS:

Protea hotel
University of Botswana
Botswana Investment and Trade Centre

Photography: Department of Social Services and CYC JOUCY

Research Centre: Department of Social Services

Edited By: National Agricultural Research and Development Institute and
Ministry of Local Government and Traditional Affairs,
Department of Social Development (Home Economics Unit)

INTRODUCTION

The Ministry of Local Government and Traditional Affairs - Department of Home Economics, whose mandate is to provide nutrition education to families and individuals, has continued with the task of nutritional analysis on traditional foods collected from all districts of Botswana as a measure of recording their nutritional value. A key part of this compilation is producing recipe books that carry key information of Botswana foods and dishes.

The Botswana Indigenous Food Recipes and Nutritional Analysis 3rd Edition is a compilation of Book 1 and Book 2 and is produced by the Home Economics Division within the Department of Social Services and Botswana Investment and Trade Centre (BITC). It seeks to sensitize the reader on the use and preparation of Botswana indigenous foods in everyday lives and consumption. It also aims to encourage people to appreciate Botswana indigenous foods through the recipes showcased, which enhances appearance and taste.

Indigenous foods are nutritionally superior as they are high in vitamins, minerals, as well as other essential nutrients. One good thing to remember about these types of foods is that they have not been modified through bio-technology. Therefore, one has the comfort of knowing that they are eating natural foods with no preservatives. In this edition, various foods and dishes were analyzed and further research on other foods not covered will be carried out in the future.

Through this publication, the aim is to promote the use of Botswana cuisine for everyday use and encourage development efforts to enhance their taste and appearance. Botswana has an abundance of highly nutritious foods and the 3rd edition is a testimony of such.

We trust the reader will find this book informative as well as satisfying.

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GLOSSARY



CHAPTER 1: MAIN DISHES

Main dishes are those that supply the main protein foods in a meal. They are served with carbohydrates such as porridge.

Legodu la Dinanwa

ABOUT THE DISH

Commonly found in the southern part of the country. Melon soup made from cooked beans and melon juice.



Prep. Time
5-10mins



Cooking Time
1 hr



Serves
2

INGREDIENTS

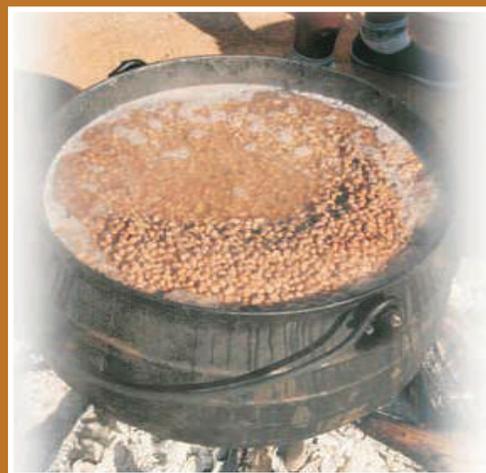
- ½ cup of beans
- 2 cups of sliced melon
- ½ cup of milk

Composition Per 100g

Moisture	78.3
Protein	6.0
Fat	0.8
Ash	1.0
Undetermined	13.9

METHOD

- Cook beans for 5 minutes
- Slice the melon, taking out the outer covers and seeds
- Add the melon to the beans and leave to cook over low heat
- When cooked, whisk the mixture
- Serve hot



Dobi (using morogo wa dinawa)

ABOUT THE DISH

Relish (vegetable dish) prepared using bean leaves and peanut butter powder. Common in the northern part of the country.



Prep. Time
10mins



Cooking Time
2 ½ hrs



Serves
3-4

INGREDIENTS

- ½ cup of morogo wa dinawa
- 1 cup of peanut powder
- 3 cups of water
- ¼ teaspoon salt

Composition Per 100g

Moisture	71.8
Protein	7.7
Fat	11.5
Ash	1.7
Undetermined	7.3

METHOD

- Boil morogo till cooked
- Add peanut powder and continue to cook for 10 minutes
- Add salt to taste
- Serve hot



DINAWA

ABOUT THE DISH

This dish is eaten and known countrywide in Botswana. There are a variety of beans known as brack eye (Ramonnana), Kotlamasiela etc. Dinawa is a very good dish in cold weather to warm up. Beans are in abundance in Botswana after harvest.



Prep. Time
5-10mins



Cooking Time
1 hr



Serves
2



INGREDIENTS

- 1 Cup beans
- 4 Cups water
- 1 Medium onion
- ½ Medium green pepper
- 2 Tbsp cooking oil
- 1 Medium tomato
- 1 Carrot

Pinch of salt (1 cube vegetable stock optional)



METHOD

- Remove impurities
- Wash beans
- Soak beans overnight
- Boil water in a saucepan
- Add beans to boiling water
- Boil beans for approximately 1 hr
- Dice onion, green pepper and carrot, grate tomato
- Add vegetables, vegetable stock and oil
- Simmer for 15mins and serve whilst still warm
- Serve with potatoes/rice/lehata/phaletshe/mabele

Composition Per 100g

Moisture	68.3
Protein	8.2
Fat	3.2
Crude Fibre	3.0
Ash	1.4
Carbohydrate	15.9
Energy	528.1
Calcium	29.9
Magnesium	48.6
Iron	27
Phosphorus	30.9
Potassium	252.6
Sodium	212.1



DITLOO

ABOUT THE DISH

Jugo beans are eaten and known countrywide in Botswana. They are eaten as a main meal or as a snack.



Prep. Time
10mins



Cooking Time
2 ½ hrs



Serves
3-4



INGREDIENTS

- 2 Cups Jugo beans
- 4 Cups water
- 1/4 Tsp Salt (pepper optional)



METHOD

- Remove Impurities
- Wash beans
- Soak beans over night
- Boil water in a saucepan
- Boil for 2 ½ hours
- Season with salt & pepper
- Serve with vegetables



SESWAA SA KUNWA

ABOUT THE DISH

This is a Sekgatla dish (Kgatleng area). It is dried meat usually common during drought. The meat is preserved from cattle which died of drought.



Prep. Time
5mins



Cooking Time
1 hr 40mins



Serves
6

INGREDIENTS

- 2 Cups Kunwa
- 12 Cups water
- 2 Tbsp Oil
- Salt (Optional)

Composition Per 100g

Moisture	62.1
Protein	21.7
Fat	5.8
Ash	3.1
Carbohydrates	5.8
Energy	676

METHOD

- Boil water
- Add kunwa, salt and oil
- Cover and boil for 1 hr 30 mins or until tenders
- Pound the meat
- Serve with phaletshe/bogobe jwa mabele/ zengwe and vegetable



CHIMONI/TJIMONI

ABOUT THE DISH

This is a Kalanga dish, a mixture of samp, beans, groundnuts and dicheru



Prep. Time
10mins



Cooking Time
2 ½ hrs



Serves
6

INGREDIENTS

- 4 Cups of Samp
- 2 Cups Jugo beans
- 2 Cups pounded groundnuts
- 2 Cups dicheru

Composition Per 100g

Moisture	48.3
Protein	13.9
Fat	9.0
Crude Fibre	4.6
Ash	2.0
Carbohydrate	22.2
Energy	946.7
Phosphorus	65.7

METHOD

- Put samp and jugo beans in a bowl
- Boil Jugo beans and samp together until tender
- Wash beans and remove impurities
- Add pounded groundnuts and cook on low heat until groundnuts are cooked
- Add dicheru and salt to taste
- Serve hot



TSWII

ABOUT THE DISH

This is a potato like vegetable mainly found in the North West and Chobe area that grows where there are deep rivers. It is cooked on a base of reeds to avoid sticking to the pot. It can be eaten raw or cooked with meat or fish. Tswii has flowers that have seeds. The seeds can be pounded and prepared as meal for porridge



Prep. Time
20mins



Cooking Time
1 hr



Serves
6

INGREDIENTS

- 1 Cup dry tswii
- 20 Cups boned meat
- 2 Tbsp cooking oil
- 1 Tsp salt
- 20 Cups water

METHOD

- Wash meat and tswii
- Put meat in the saucepan to cover the base then add tswii
- Pour water and bring to the boil
- Add oil and salt
- Avoid turning before cooking is complete
- Cook for 5 hrs
- When fully cooked remove bones and pound until tswii is fully mashed.
- Serve with sorghum/ maize meal/ millet/ rice/ potatoes/ dumplings.

Composition Per 100g

Moisture	9.3
Protein	8.7
Fat	11.8
Crude Fibre	6.6
Ash	3.7
Carbohydrate	59.9
Energy	1603
Calcium	438.4
Magnesium	94.1
Iron	5.6
Phosphorus	127.3
Potassium	695.3
Sodium	254.5



IKENDENGE

ABOUT THE DISH

This is a special Kalanga dish of beans and peanuts common in the Tutume area.



Prep. Time
15mins



Cooking Time
2 hrs



Serves
0

INGREDIENTS

- 1 Cup dinawa tse di khibidu
- 1 Cup manoko
- Pinch of salt
- 2 L water

METHOD

- Wash beans to remove impurities
- Boil the beans for about 1hr 30 mins until the beans are tender
- Add salt
- Pound the groundnuts and add the groundnuts powder to the beans whilst still cooking
- Simmer on low heat for about 5min
- Serve as a protein dish

Composition Per 100g

Moisture	63.6
Protein	11.8
Fat	1.5
Crude Fibre	2.9
Ash	2.1
Carbohydrate	18.1
Energy	563.8
Calcium	33.7
Magnesium	81.0
Iron	0.0
Phosphorus	78.6
Potassium	358.7
Sodium	405.1





CHAPTER 2: CEREALS

Cereals are basically grain products such as maize and sorghum. They are staple foods in Botswana that are used in many types of dishes. Cereals can be taken as breakfast or accompaniment to main dish or even enjoyed as a snack.

LESASAOKA

ABOUT THE DISH

Lesasaoka /Lohata is a dish that is eaten countrywide in Botswana but very common in the southern part of the country. It is available throughout the year. It is eaten as a main meal or as a snack.



Prep. Time
5mins



Cooking Time
3 ½ hrs



Serves
5-6

INGREDIENTS

- 2 Cups mabele grains
- 8 Cups water
- Pinch of salt to taste (optional)

METHOD

- Wash mabele to remove impurities
- Boil water in a saucepan
- Add mabele grains into boiling water
- Boil for 3 hr 30 mins
- Serve plain, with milk or meat

Composition Per 100g

Moisture	68.8
Protein	4.9
Fat	1.1
Crude Fibre	1.6
Ash	0.5
Carbohydrate	23.1
Energy	516.7
Calcium	11.6
Magnesium	59.5
Iron	0.0
Phosphorus	85.1
Potassium	78.7
Sodium	0.0



BOGOBE JWA LEROTSE

ABOUT THE DISH

This is a dish known and eaten all over Botswana. It is cooked mostly in ceremonies like weddings. In Kalanga it is called Topi and it is their special dish or delicacy.

INGREDIENTS

- 6 Cups kgodu ya lerotse
- 2 ½ Cups bopi jwa mabele
- Madila (optional)
- Sugar (optional)

METHOD

- Bring kgodu to boil in a saucepan
- Add bopi jwa mabele gradually and keep stirring until desired consistency.
- Cook for 10-15 mins



Prep. Time
5mins



Cooking Time
10-15mins



Serves
0

Composition Per 100g

Moisture	68.5
Protein	9.2
Fat	2.5
Crude Fibre	4.8
Ash	1.5
Carbohydrate	13.5
Energy	478.4
Calcium	15.3
Magnesium	79.7
Iron	7.8
Phosphorus	93.9
Potassium	312.8
Sodium	0.0



OTHOPA

ABOUT THE DISH

This is a special Herero dish usually fermented in a gourd and used as an energizer.



Prep. Time
5mins



Cooking Time
20-25 mins



Serves
4

Composition Per 100g

Moisture	90.5
Protein	1.0
Fat	0.4
Crude Fibre	0.5
Ash	0.2
Carbohydrate	7.4
Energy	156.8
Calcium	31.5
Magnesium	7.5
Iron	15
Phosphorus	0.9
Potassium	37.3
Sodium	9.4

INGREDIENTS

- 2 Cups mealie-meal/sorghum
- 2 Cups sour milk
- 8 Cups water

METHOD

- Boil the water in a saucepan
- Mix the mealie-meal with 1 ½ Cups water to make a paste
- Add the paste into the boiling water and stir continuously to avoid lumps
- Cook on low heat for 30 mins
- Remove from the heat and leave to cool
- While still warm, cover the rest with cold water and leave for 5 - 10 mins to cool
- Stir in water to mix
- Add sour milk and stir
- Serve cold, add sugar if desired
- Store in an air tight container and consume within 2-3 days



BOGOBE JWA LEBELEBELE & SESOSWANE

ABOUT THE DISH

Porridge enriched with sesoswane seed powder (mostly used in the Tswapong area).



Prep. Time
5mins



Cooking Time
20mins



Serves
0

INGREDIENTS

- 2 Cups water
- ½ Cup lebelebele meal
- 3Tbsp Sesoswane seed powder

METHOD

- Boil water
- Gradually add lebelebele meal while whisking
- Simmer for 10 mins
- Add sesoswane me
- Simmer another 3 mins
- Serve hot with milk
- Use any seed of your choice to enrich eg. Ground morula nuts, melon seeds etc.



BOGOBE JWA LEBELEBELE LE SESOSWANE

ABOUT THE DISH

Porridge enriched with sesoswane seed powder (mostly used in the Tswapong area).



Prep. Time
5mins



Cooking Time
3 ½ hrs



Serves
5-6

INGREDIENTS

- 2 Cups water
- ½ Cup lebelebele meal
- 3Tbsp Sesoswane seed powder

METHOD

- Boil water
- Gradually add lebelebele meal while whisking
- Simmer for 10 mins
- Add sesoswane meal
- Simmer another 3 mins
- Serve hot with milk
- Use any seed of your choice to enrich eg. Ground morula nuts, melon seeds etc.



LOGALA / NTHIANE

ABOUT THE DISH

Soft sorghum porridge cooked in boiling milk. Dish eaten and known country wide in Botswana.



Prep. Time
5mins



Cooking Time
3 ½ hrs



Serves
5-6

INGREDIENTS

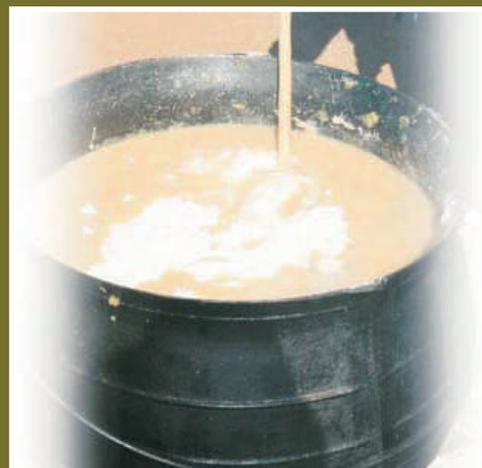
- 1 cup of sorghum flour
- 2 cups of milk

METHOD

- Boil milk in a pot
- Add flour to boiling milk, while stirring till thick
- Leave to cook on low heat, stirring occasionally

Composition Per 100g

Moisture	71.0
Protein	4.4
Fat	0.6
Ash	0.8
Undetermined	23.2



SEBUBE

ABOUT THE DISH

Sorghum porridge cooked in boiling water with added sour milk. Common in the Kgatleng area.



Prep. Time
5mins



Cooking Time
3 ½ hrs



Serves
5-6

INGREDIENTS

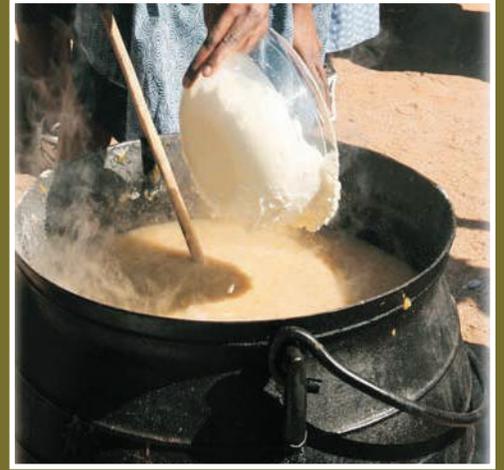
- 1 cup of sorghum flour
- 1 cup of sour milk
- 3 cups of water (for lunch version use 2 cups of water)

METHOD

- Add flour to boiling water and whisk to avoid lumps
- Add sour milk and stir
- Leave to cook on low heat for 15 minutes
- Serve hot

Composition Per 100g

Moisture	76.4
Protein	3.1
Fat	0.6
Ash	0.4
Undetermined	19.5



BOGOBE JWA TING

ABOUT THE DISH

Sour sorghum porridge prepared using fermented sorghum flour dough. A common dish in Botswana.



Prep. Time
5mins



Cooking Time
3 ½ hrs



Serves
5-6

Ting preparation: mix sorghum flour with luke – warm water and leave the dough to ferment overnight.

INGREDIENTS

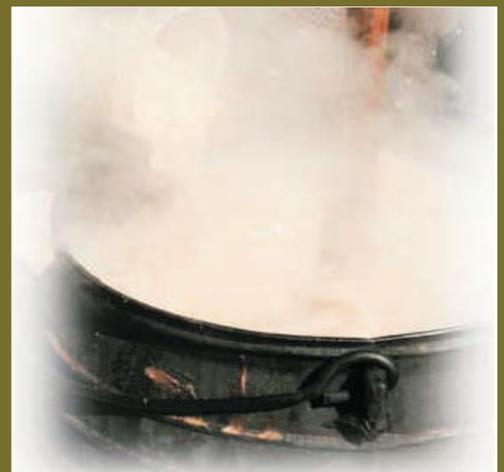
- 1 cup of ting
- 2 cups of water

METHOD

- Add half of the ting, and whisk to avoid lumps
- Leave to simmer
- Add remaining ting while stirring thoroughly to avoid lumps
- Cook on low heat, stirring occasionally for 10 minutes
- Serve with meat / milk / bean leaves

Composition Per 100g

Moisture	80.6
Protein	2.0
Fat	0.2
Ash	0.3
Undetermined	16.9



BOGOBE JWA LENGANGALE

ABOUT THE DISH

Sorghum porridge cooked using boiled dried melon juice. Common countrywide.



Prep. Time
5mins



Cooking Time
3 ½ hrs



Serves
5-6



INGREDIENTS

- 2 cups of cooked lengangale juice
- ½ cups of sorghum flour



METHOD

- Boil the lengangane juice
- Add the flour and stir to avoid lumps
- Leave to cook on low heat
- Serve with meat / sour milk or morogo

Composition Per 100g

Moisture	72.2
Protein	2.7
Fat	0.2
Ash	0.8
Undetermined	24.1



NLTLATLAWANE

ABOUT THE DISH

Sorghum whole grain flour powder. It has a lot of fiber because of the abundance of bran. This dish is common country wide.



Prep. Time
5mins



Cooking Time
3 ½ hrs



Serves
5-6



INGREDIENTS

- 1 ¼ cups of sorghum meal
- 3 cups of water or milk

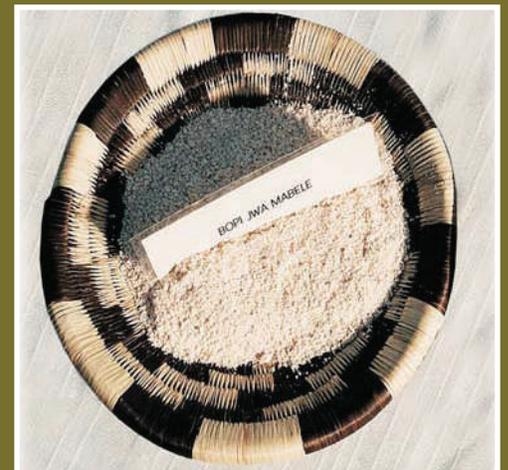


METHOD

- Boil water or milk
- Add sorghum meal and cook for 15 minutes on low heat
- Serve hot

Composition Per 100g

Moisture	75.8
Protein	4.3
Fat	0.5
Ash	0.5
Undetermined	18.9





CHAPTER 3: BREADS

Traditional bread is the most common type and there are varieties such as diphaphatha and borotheo ba motsentsela

BOROTHO JWA MOTSENTSELA

ABOUT THE DISH

Motsentsela bread is usually found in the North West part of Botswana. To make bread, you pound motsentsela fruits and mix with bread flour. The bread keeps longer. It can be cooked without a raising agent.



Prep. Time
45mins



Cooking Time
30mins



Serves
6

INGREDIENTS

- 2 Cups of dried motsentsela
- 2 Tsp sugar
- 5 Cups white bread flour
- 1 Tsp salt
- 1 Tsp dry yeast
- 4 Cups cold water

METHOD

- Wash and soak dried motsentsela in cold water over night
- Pound the soaked motsentsela and gradually add the water that was used to soak to make a pulp.
- Sieve to remove the seeds
- Pour 3 Cups of the pulp into the dry ingredients and mix to make a dough
- Prove for 30 mins
- Mould into small pieces
- Bake at 180 °C for 30 mins
- Serve with stew/beverage

Composition Per 100g

Moisture	37.8
Protein	12.1
Fat	0.3
Crude Fibre	1.5
Ash	1.3
Carbohydrate	47.0
Energy	1009.8
Calcium	34.4
Magnesium	35.2
Iron	3.5
Phosphorus	48.9
Potassium	134.8
Sodium	122.7



DIPHAPHATHA

ABOUT THE DISH

This is bread baked on a hot griddle or cast-iron pot lid. Common throughout the country.



Prep. Time
45mins



Cooking Time
30mins



Serves
6

INGREDIENTS

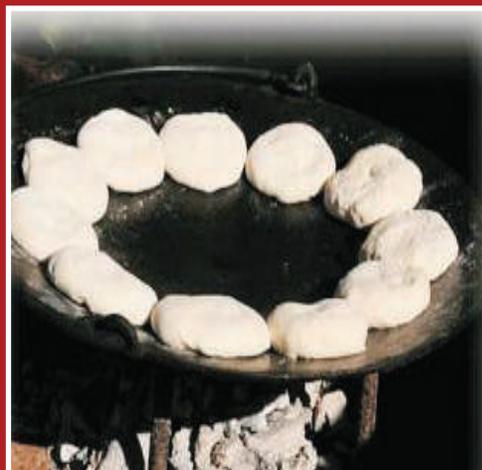
- 2 cups of bread flour
- 1 ½ teaspoons of raising agent
- Pinch of salt
- Teaspoon of sugar
- ½ cup lukewarm water

METHOD

- Mix flour, raising agent, salt, sugar and lukewarm water
- Knead the mixture
- Leave to raise
- Cook by roasting on the lid of the three-legged pot or pan
- Serve with tea or cold drink

Composition Per 100g

Moisture	80.6
Protein	2.0
Fat	0.3
Ash	0.2
Undetermined	16.9





CHAPTER 4: VEGETABLES

Vegetables are an essential ingredient in every meal, and some of our common traditional vegetables are dehydrated and dried there.

DELELE

ABOUT THE DISH

This is a very unique vegetable dish in the Northern Part of the country, delele grows during rainy season. It is cooked with baking soda or ash to give it an appetizing and glossy colour as well as a slimy effect.



Prep. Time
5mins



Cooking Time
15-20 mins



Serves
3-5

INGREDIENTS

- 2 Cups delele leaves
- 4 Cups water
- 1 medium tomato (cubed)
- ½ Tsp salt
- Pinch aromat (optional)
- Pinch soda/motswere ash

METHOD

- Boil water in a saucepan
- Add pinch soda to boiling water
- Crush the delele leaves and add to boiling water
- Beat to avoid spilling and keep removing the scum
- Add tomato then salt or aromat (optional)
- Simmer for 15-20 mins
- Serve with bogobe, lebelebele, phaletshe

Composition Per 100g

Moisture	89.4
Protein	2.3
Fat	0.3
Crude Fibre	1.6
Ash	2.3
Carbohydrate	4.1
Energy	116



MOROGO WA ROTHWE

ABOUT THE DISH

Tasty indigenous cooked green vegetable available during the rainy season. Rothwe botanical name is cleome gynandra.



Prep. Time
5mins



Cooking Time
15-20 mins



Serves
3-5

INGREDIENTS

- 2 cups of rothwe
- 2 tablespoon cooking oil
- Pinch of salt
- 3 ½ cups water

METHOD

- Wash rothwe in cold salty water
- Bring water to boil
- Put rothwe in the boiling water and cover
- Leave rothwe to cook for 20 minutes Add salt, cooking oil and then leave it to cook for 10 minutes

Composition Per 100g

Moisture	82.0
Protein	3.6
Fat	0.9
Crude Fibre	1.8
Ash	3.5
Carbohydrate	8.2
Energy	22.6



MOROGO WA DINAWA

ABOUT THE DISH

It is a common dish throughout Botswana and abundant after harvest.



Prep. Time
10-15mins



Cooking Time
20 mins



Serves
4

INGREDIENTS

- ½ Cup dried morogo wa dinawa
- 2 Tbsp oil
- ½ Medium onion
- ½ Tsp salt
- 1 Small carrot
- ¾ Cup water
- 1 Small tomato

METHOD

- Crush the morogo and soak in half a cup of water for 10 mins
- Chop onions, dice carrots and tomatoes
- Heat oil, saute onions and carrots
- Add tomatoes and fry
- Add morogo to the vegetable and stir
- Add the remaining water and simmer for 10mins
- Serve with phaletshe/zengwe/bogobe jwa mabele



DRIED THEPE

ABOUT THE DISH

This is also a common vegetable throughout Botswana. Thepe is always available after rains and grows in kraals and fertile soils.



Prep. Time
5mins



Cooking Time
20 mins



Serves
0

INGREDIENTS

- 1 Cup thepe (dried)
- 1 small tomato
- ½ onion (medium)
- ¼ Tsp salt
- 1 Tbsp oil
- ¾ Cup water

METHOD

- Soak thepe for 5 mins in ½ a cup of water
- Chop onions and tomatoes
- Heat oil, add onion and fry until tender
- Add tomatoes
- Add thepe and stir
- Add water and let it simmer for 5-10 mins



MOROGO WA DITHOTSE / MANOKO

ABOUT THE DISH

Common vegetable (bean leaves) with added powdered seeds or peanuts.



Prep. Time
10-15mins



Cooking Time
20 mins



Serves
4

INGREDIENTS

- ½ cup dried morogo
- ¼ cups of seed powder
- 3 cups of water
- Salt to taste

METHOD

- Pound the morogo
- Add morogo to hot water
- Cook until well done
- Leave to cool
- Add seed powder and whisk
- Add salt and cook again on low heat
- Serve with bogobe

Composition Per 100g

Moisture	71.8
Protein	7.7
Fat	11.5
Under formula	7.3
Ash	1.7



MOROGO WA THEPE (O MOSHA / O METSI)

ABOUT THE DISH

This is a common vegetable dish throughout Botswana and is always available after the rainy season.



Prep. Time
5mins



Cooking Time
20 mins



Serves
0

INGREDIENTS

- 5 cups of thepe
- 2 tablespoons of cooking oil
- 1 small onion (chopped)
- A pinch of salt
- 1 small tamato (chopped)

METHOD

- Wash thepe in cold water
- Put thepe in a cooking pot (do not add water) cook for 5 minutes
- Saute the onion and tomato in another pot
- Add the saute onion and tomato mix to the thepe
- Add a pinch of salt
- Cook for 3 minutes and serve

Composition Per 100g

Moisture	72.9
Protein	6.4
Fat	4.7
Crude Fibre	2.1
Ash	3.9
Carbohydrate	10.0
Energy	44.2



MOSATA STEW

ABOUT THE DISH

A vegetable dish known and eaten in some areas in Tswapong and Lerala.



Prep. Time
5mins



Cooking Time
20 mins



Serves
0

INGREDIENTS

- Curry powder or spices of your choice
- 1 stock cube (optional)
- 1 clove of crushed garlic (optional)
- 1 tablespoon of cooking oil
- 1 cup mosata
- 1 large diced tomato
- 1 small chopped onion

METHOD

- Wash mosata in cold water, transfer to clean water and soak for 20 minutes
- Heat oil, add onion, spices and fry until tender
- Add tomatoes and stock and simmer for 10 minutes
- If sauce is dry, add water, tomato puree or tomato sauce if required
- Add soaked mosata to the sauce and stir until well mixed. Simmer for 20 – 30 minutes until mosata is tender
- The sauce will thicken while cooking, add more water or stock if necessary
- Add a teaspoon of peanut butter 5 minutes before end of cooking, if desired



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CHAPTER 5: FRUITS

The wild fruits in Botswana serve as a source of nutrition and are found in many parts of the country

MMUPUDU

ABOUT THE FRUIT

It is a wild fruit found throughout Botswana.



Serve as a snack

INGREDIENTS

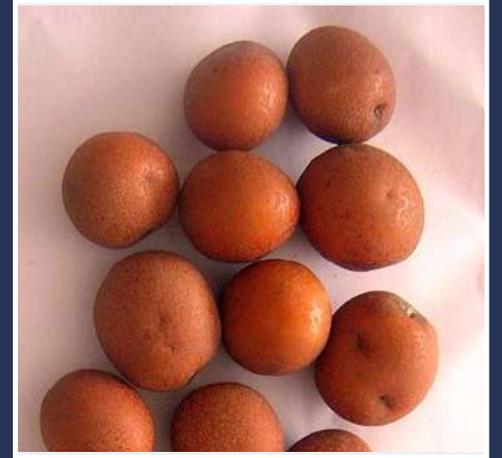
- Mmupudu

PREPARATION

- Harvest ripe mmupudu
- Wash and eat the fruit

Composition Per 100g

Moisture	54.2
Protein	1.4
Fat	1.7
Crude Fibre	5.3
Ash	1.0
Carbohydrate	36.4
Energy	705.5
Calcium	76.3
Magnesium	49.5
Iron	0.0
Phosphorus	5.9
Potassium	290.7
Sodium	25.4



MOTSOTSOJANE

ABOUT THE FRUIT

It is a wild fruit common throughout Botswana. It can be eaten fresh or dry as a snack and found after heavy rains.



Serve as a snack

INGREDIENTS

- Motsotsojane

PREPARATION

- Harvest ripe fruit
- Wash and eat fruit

Composition Per 100g

Moisture	13.0
Protein	7.9
Fat	0.6
Crude Fibre	37.1
Ash	3.0
Carbohydrate	36.4
Energy	803.3
Calcium	449.4
Magnesium	809.3
Iron	4.9
Phosphorus	19.6
Potassium	635
Sodium	155.4



MOGWANA

ABOUT THE FRUIT

It is a wild fruit common throughout Botswana. It can be eaten fresh or dry as a snack and found after heavy rains.



Serve as a snack

INGREDIENTS

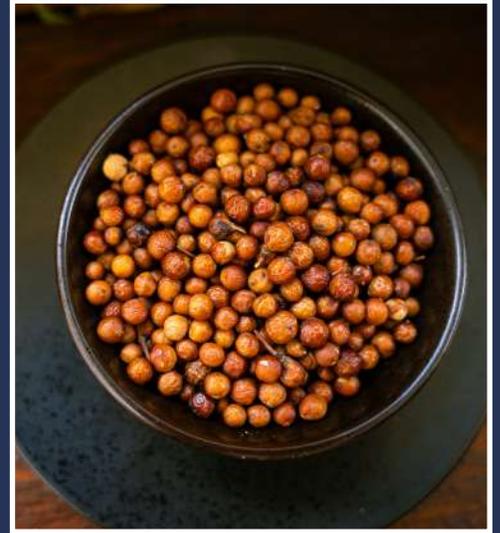
- Mogwana

PREPARATION

- Harvest ripe fruit

Composition Per 100g

Moisture	13.0
Protein	7.9
Fat	0.6
Crude Fibre	37.1
Ash	3.0
Carbohydrate	36.4
Energy	803.3
Calcium	449.4
Magnesium	809.3
Iron	4.9
Phosphorus	19.6
Potassium	635
Sodium	155.4



MOKOLWANE

ABOUT THE FRUIT

This is a wild fruit found in the North West area. It can be eaten fresh or dry, as a snack.



Serve as a snack

INGREDIENTS

- Dry Mokolwane

PREPARATION

- Wash mokolwane, remove the outer layer.

Composition Per 100g

Moisture	9.3
Protein	4.6
Fat	0.9
Crude Fibre	11.5
Ash	6.6
Carbohydrate	67.1
Energy	1252.2
Calcium	304.7
Magnesium	67.8
Iron	2.0
Phosphorus	99.9
Potassium	5548.2
Sodium	152.9



MOTSENTSELA

ABOUT THE FRUIT

This is a wild fruit found in the North West area. It can be eaten fresh or dry, as a snack. The fruit is preserved by drying it in the sun.



Serve as a snack

INGREDIENTS

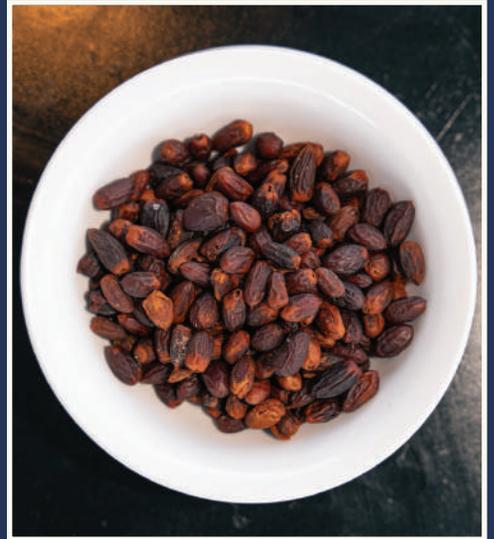
- Fresh Motsentsela fruit

PREPARATION

- Wash motsentsela fruit and serve as a snack
- Eat fresh/dry

Composition Per 100g

Moisture	0.3
Protein	12.2
Fat	6.0
Crude Fibre	3.2
Ash	3.2
Carbohydrate	74.5
Energy	437.2
Calcium	0.0
Magnesium	69.8
Iron	4.4
Phosphorus	0.0
Potassium	1591.5
Sodium	120.8



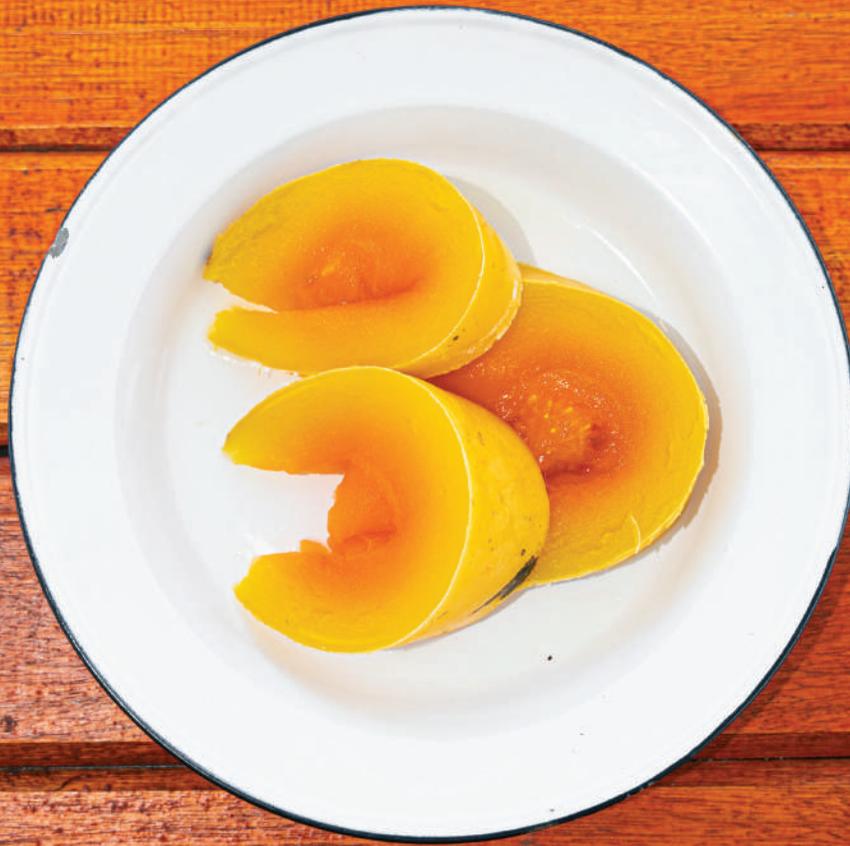
EACH BITE TELLS A STORY OF CULTURE AND COMMUNITY.

Embrace the goodness of eating local traditional food. Support local farmers, eateries and food producers. Enjoy the flavours of our land.

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CHAPTER 6: DESSERTS

These are sweet dishes eaten after main meal and usually served cold

MOWANA SMOOTHIE

ABOUT THE DISH

Mowana fruit is prominent in the Chobe area, found during rainy season and drought resistant. It is harvested from the Mowana Tree (Baobab tree). Fruits have to be broken to open, inside there is cream powder- like ingredient. There are also seeds inside the fruit from which oil can be extracted.



Prep. Time
15mins



Chilling Time
10 mins



Serve chilled

INGREDIENTS

- 1 small mowana fruit
- 1 Cup milk



- Break open mowana fruit
- Put mowana pulp in milk and soak overnight in a mixing bowl
- Remove the seeds with a spoon

Composition Per 100g

Moisture	84.3
Protein	3.7
Fat	0.9
Crude Fibre	2.7
Ash	0.9
Carbohydrate	7.5
Energy	223.7
Calcium	113.4
Magnesium	20.4
Iron	1.4
Phosphorus	41.4
Potassium	165.8
Sodium	40.2



DIKGANKANA

ABOUT THE DISH

These are baby melons found throughout Botswana.



Prep. Time
10mins



Cooking Time
1 hr



Serves
2

INGREDIENTS

- ¼ lerotse
- ½ Cup water

METHOD

- Wash lerotse
- Cut into wedges
- Pour water into a saucepan and cook wedges over moderate heat for 1 ½ hrs
- Serve plain or with milk

Composition Per 100g

Moisture	93.4
Protein	0.6
Fat	0.0
Crude Fibre	0.4
Ash	1.3
Carbohydrate	4.3
Energy	83.3
Calcium	7.8
Magnesium	8.8
Iron	0.3
Potassium	143.1



MOGOROGORWANE SMOOTHIE

ABOUT THE DISH

This is a wild fruit found in the North West part of the country.



Prep. Time
25mins



Chilling Time
10 mins



Serves
2

Composition Per 100g

Moisture	79.0
Protein	0.9
Fat	0.0
Crude Fibre	1.1
Ash	0.6
Carbohydrate	18.4
Energy	328.1
Calcium	5.1
Magnesium	25.9
Iron	0.0
Phosphorus	0.0
Potassium	193.9
Sodium	0.0



INGREDIENTS

- 1 Cup mogorogorwane (blended)
- 1 Cup milk
- 2 Tsp sugar



METHOD

- Break open mowana fruit
- Put mowana pulp in milk and soak overnight in a mixing bowl
- Remove the seeds with a spoon



MOGOROGORWANE AND YORGHURT BLEND

ABOUT THE DISH

This is a wild fruit found in the North West part of the country.



Prep. Time
25mins



Chilling Time
10 mins



Serves
2



INGREDIENTS

- 11 Cups mogorogorwane (blended)
- ¾ Cup Plain yorghurt /sour cream/milk
- 1 Tsp sugar



METHOD

- Blend mogorogorwane
- Sieve the mixture to separate seeds from the juice
- Add plain yorghurt, sugar and blend
- Serve chilled



MOROBOLO

ABOUT THE DISH

Boiled dried melon cooked with melon seed powder.



Prep. Time
25mins



Chilling Time
10 mins



Serves
2

INGREDIENTS

- 3 cups of cooled lengangane
- 1 ½ cups of boiled water
- 1 cup bopi jwa dithotse

METHOD

- Whisk cooked lengangane
- Mix water with melon seed powder (bopi jwa dithotse)
- Add lengangane and simmer for 10 minutes
- Serve as desert

Composition Per 100g

Moisture	80.9
Protein	3.1
Fat	0.6
Crude Fibre	3.5
Ash	1.0
Carbohydrate	10.9
Energy	249



KGOJWA YA MORETLWA

ABOUT THE DISH

Grewia flava smoothie. A blend of powdered moretlwa and milk.



Prep. Time
25mins



Chilling Time
10 mins



Serves
2

INGREDIENTS

- 2 cups moretlwa
- 1 cup milk

METHOD

- Pound moretlwa, then add milk and serve

Composition Per 100g

Moisture	53.1
Protein	3.0
Fat	0.4
Crude Fibre	10.6
Ash	1.6
Carbohydrate	30.7
Energy	556





CHAPTER 7: BEVERAGES

These are different types of drinks. These can be stimulating, refreshing and nourishing, and can be taken hot or cold.

MOSUKUJANE HERBAL TEA

ABOUT THE DISH

This is a mint herb which is found countrywide in Botswana. It can be taken fresh or dry. Used to flavour beverages or can be taken as a herbal tea.
NB: Traditionally in Setswana it is believed to relieve colds and flu'



Prep. Time
5mins



Cooking Time
10mins



Serve
Hot/Chilled

Composition Per 100g

Moisture	65.5
Protein	16.5
Fat	0.0
Crude Fibre	5.3
Ash	4.2
Carbohydrate	8.5
Energy	425
Calcium	595.6
Magnesium	167.9
Iron	0.0
Phosphorus	63.4
Potassium	914.2
Sodium	22

INGREDIENTS

- 2 Cups water
- 8 fresh leaves mosukujane

PREPARATION

- Rinse leaves
- Bring water to the boil
- Add mosukujane leaves into boiling water for 5 mins
- Sweeten with sugar (Optional)
- Serve hot/chilled
- Serve plain or with milk



KGOMODIMETSING

ABOUT THE DISH

It is variety of mint found where there are still waters.



Prep. Time
5mins



Cooking Time
10mins



Serve
Hot/Chilled

INGREDIENTS

- 2 Cups water
- 8 Fresh leaves kgomodimetsing

PREPARATION

- Rinse leaves
- Bring water to the boil
- Add kgomodimetsing leaves into boiling water for 5 mins
- Sweeten with sugar (Optional)
- Serve hot/chilled
- Serve plain or with milk



KGODU YA LEROTSE

ABOUT THE DISH

This is melon juice.



Prep. Time
30mins



Cooking Time
15mins



Serve
Chilled/Warm

INGREDIENTS

- Whole lerotse / Melon
- 1/3 Cups water

METHOD

- Slice and Peel lerotse
- Remove seeds and cut into cubes
- Cook under low heat for 45 mins or until tender in a covered saucepan
- Whisk and remove unwanted strings

Composition Per 100g

Moisture	93.4
Protein	0.6
Fat	0.0
Crude Fibre	0.4
Ash	1.3
Carbohydrate	4.3
Energy	83.3
Calcium	7.8
Magnesium	8.8
Iron	0.3
Phosphorus	0.0
Potassium	143.1
Sodium	0.0



GALA LA TSHWENE

ABOUT THE DISH

This is a traditional herb found in the central part of the country. It grows in hilly areas and smells like lavender. Dried leaves and branches are crushed to produce a powder which is taken as tea or used to flavour other beverages. Traditionally it is believed to have cleansing effects in the body.



Prep. Time
5mins



Cooking Time
10mins



Serve
Chilled/Warm

INGREDIENTS

- 1 Tsp gala la tshwene leaves
- 1 Cup water

METHOD

- Boil water in a kettle
- Add gala la tshwene leaves to boiling water and let it infuse

Composition Per 100g

Moisture	7.8
Protein	8.3
Fat	3.1
Crude Fibre	17.4
Ash	5.1
Carbohydrate	58.3
Energy	1274
Calcium	607.6
Magnesium	84.4
Iron	21.1
Phosphorus	87.2
Potassium	79.7
Sodium	161.3



KOFI YA MOTLOPI

ABOUT THE DISH

This is a produced from pounding dried and roasted motlopi tree roots. It is commonly produced in Kgalagadi area, Tswapong , Southern and Kgatleng areas.



Prep. Time
15mins



Cooking Time
20mins



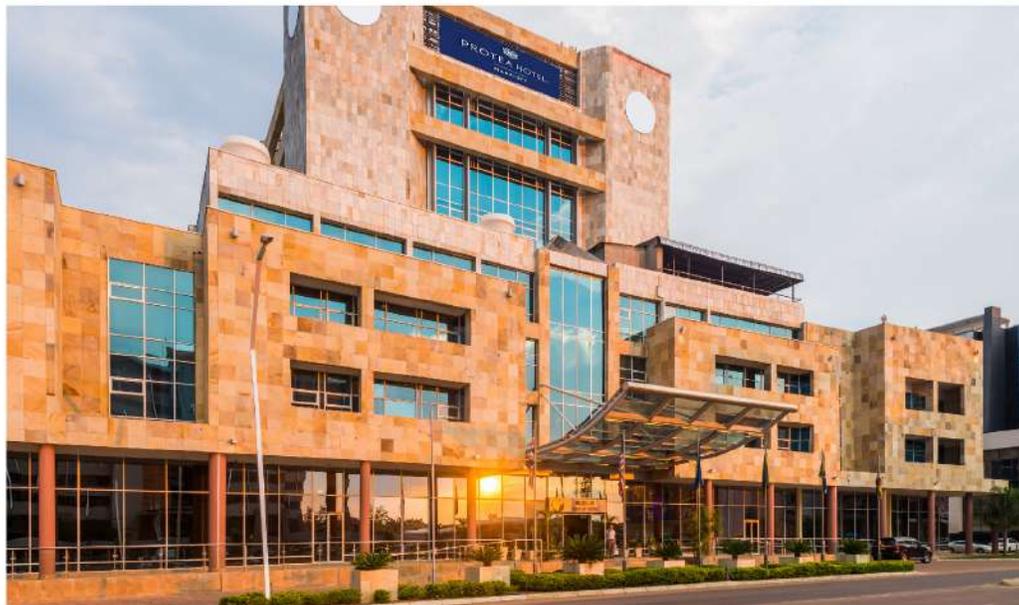
Serve
Hot

INGREDIENTS

- 2-3 medium sized mokolwane fruit
- 2 Cups water
- ¼ Cup milk
- Sugar (optional)

METHOD

- Wash the fruit and remove the outer layer
- Scrape the edible part with a knife and add 1 Cup mokolwane granules
- Boil in the granules in water for 15 mins until dissolved
- Add milk and boil for 5 mins.



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CHAPTER 8: SNACKS

These are nutritious light meals that can be eaten in between small meals

DICHERU/DIKGERU

ABOUT THE DISH

These are nuts /seeds. The nuts is cream white in colour. Crushed nut can be sprinkled on ice cream as garnish. It can be used to enrich other foods like morogo and dinawa. In Ikalanga they are called dicheru while in Southern part of the country is dikgeru.



Prep. Time
48 hrs



Cooking Time
30mins



Serves
0

INGREDIENTS

- 10 Cups Morula stones
- 2 Cups water
- ½ tsp salt

Composition Per 100g

Moisture	6.1
Protein	52.0
Fat	31.8
Crude Fibre	2.1
Ash	6.2
Carbohydrate	1.8
Energy	2091
Calcium	364.9
Magnesium	371.8
Iron	9.1
Phosphorus	1008
Potassium	932.1
Sodium	119.7

METHOD

- Boil the Morula stones for 30 mins
- Remove from water and dry in an open space for a day
- Break the stone and remove morula kernel (cheru)
- Put the cheru in a dish



MANOKO

ABOUT THE DISH

Manoko are found all over Botswana but mainly eaten and respected in the Northern part of the country



Prep. Time
5mins



Cooking Time
30mins



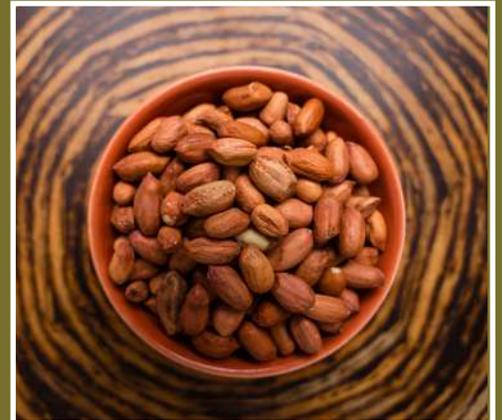
Serves
4

INGREDIENTS

- 2 Cups peanuts
- 1/4 Cup water
- 2 Tsp salt

METHOD

- Dissolve salt in water and add to peanuts
- Roast for 30 mins under low heat and stir continuously
- Serve as a snack



KABU

ABOUT THE DISH

It is known and eaten countrywide in Botswana. It is eaten as an energizer and snack and always in abundance after harvest.



Prep. Time
10mins



Cooking Time
2 ½ hrs



Serves
4

(can be reduced by soaking overnight)



INGREDIENTS

- 2 Cups maize grains
- 12 Cups water
- Pinch of salt (optional)



METHOD

- Remove impurities then maize grains
- Boil water in a saucepan
- Add maize grains to water
- Boil for 2 ½ hrs until soft
- Serve plain, with milk or melon juice

Composition Per 100g

Moisture	56.7
Protein	8.2
Fat	1.3
Crude Fibre	1.5
Ash	0.5
Carbohydrate	31.8
Energy	728.1
Calcium	16.5
Magnesium	66.4
Iron	0.0
Phosphorus	41.7
Potassium	103.3
Sodium	0.0



TSAUDI

ABOUT THE DISH

It is a wild fruit found in the North West and Chobe area. It is seasonal.



Prep. Time
2mins



Cooking Time
5mins



Serves
0



INGREDIENTS

- 1 Cup tsaudi
- 1 Cup water
- Salt (optional)



METHOD

- Put water and tsaudi into a pot, heat until it is about to boil
- Remove from heat and leave to cool
- Serve as a snack

Composition Per 100g

Moisture	51.5
Protein	5.1
Fat	21.3
Crude Fibre	3.4
Ash	0.5
Carbohydrate	18.2
Energy	1184.2
Calcium	31.0
Magnesium	53.4
Iron	0.0
Phosphorus	8.0
Potassium	108.1
Sodium	0.0

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LENGANGALE

ABOUT THE DISH

This is dried melon. It is common throughout Botswana



Prep. Time
5mins



Cooking Time
15-20mins



Serves
0



INGREDIENTS

- 150g lengangale
- 3 Cups water



METHOD

- Add lengangale to water then boil for 15-20 mins until tender
- Serve cold as a snack

Composition Per 100g

Moisture	76.2
Protein	3.0
Fat	0.1
Crude Fibre	3.9
Ash	1.6
Carbohydrate	15.2
Energy	313.1
Calcium	58.3
Magnesium	37.9
Iron	2.1
Phosphorus	146.8
Potassium	437.8
Sodium	3.1



LETSHOTLHO

ABOUT THE DISH

It is common throughout Botswana. It is preserved maize after harvest. In the northern part of the country it is called Mpfshwapfswa.



Prep. Time
5mins



Cooking Time
2hrs 20mins



Serves
2



INGREDIENTS

- 1 Cup letshotlho
- 12 Cups water
- Salt to taste



METHOD

- Remove impurities and wash
- Bring water to boil in a saucepan
- Add letshotlho and boil for 2hrs 20min or until cooked
- Add salt to taste

Composition Per 100g

Moisture	58.5
Protein	6.9
Fat	2.4
Crude Fibre	2.8
Ash	1.0
Carbohydrate	28.4
Energy	688.9
Calcium	29.0
Magnesium	64.9
Iron	0.0
Phosphorus	40.3
Potassium	93.7
Sodium	293.4



LOHATA

ABOUT THE DISH

Boiled whole sorghum grains.



Prep. Time
5mins



Cooking Time
15-20mins



Serves
0

Composition Per 100g

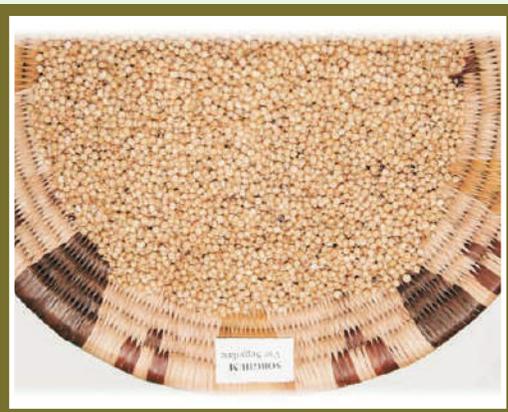
Moisture	64.0
Protein	5.7
Fat	1.2
Ash	1.4
Undetermined	27.0

INGREDIENTS

- ½ cup of sorghum grain
- Salt to taste
- 4 cups of water

METHOD

- Boil the sorghum grains for one hour 20 minutes
- Add salt to taste



DRY MORETLWA

ABOUT THE DISH

Wild fruit *Grewia flava*. Harvested and dried.



Prep. Time
5mins



Cooking Time
2hrs 20mins



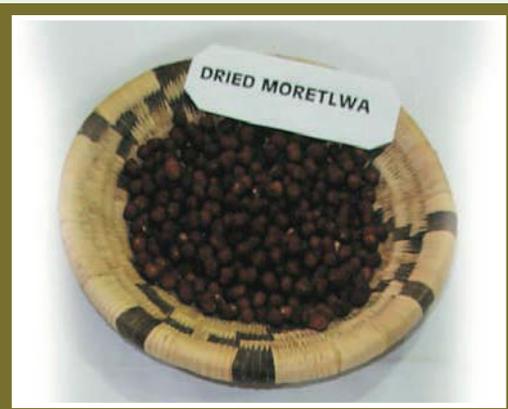
Serves
2

Composition Per 100g

Moisture	23.2
Protein	13.8
Fat	1.4
Crude Fibre	29.8
Ash	2.5
Carbohydrate	29.4
Energy	756

INGREDIENTS

- Moretlwa





CHAPTER 9: FATS AND OILS

Traditional fats and oils are an important part of nutrition and are derived from various sources

ONGONDIVI BUTTER

ABOUT THE DISH

It is a wild fruit found in the North West and Chobe area. It is seasonal.



Prep. Time
20mins



Cooking Time
1hr



Serves
0

INGREDIENTS

- 8 Cups fresh milk

METHOD

- Whisk madila
- Scoop the oil and cook to kill the milky smell
- Cool the oil and keep it in containers

NB: 5L of ongondivi makes about 2L of fat.
Accumulating 5L of ongondivi is achieved ovr.

Composition Per 100g

Moisture	51.5
Protein	5.1
Fat	21.3
Crude Fibre	3.4
Ash	0.5
Carbohydrate	18.2
Energy	1184.2
Calcium	31.0
Magnesium	53.4
Iron	0.0
Phosphorus	8.0
Potassium	108.1
Sodium	0.0



TASTE OF BOTSWANA

Enjoy the essence of Setswana food. Let us embrace eating our local cuisine.

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CHAPTER 10: CONDIMENTS

Traditional condiments are made from vegetables and are both nutritious and very tasty

BOPI JWA DITHOTSE

ABOUT THE DISH

This is a condiment made out of powdered melon seeds. Melons are found countrywide. Melon seed powder is used to enrich foods, thickening agent and spice. Different seeds used for making this powder are; pumpkin seeds, Sesoswane seeds, Melon seeds, Dicheru and peanuts.



Prep. Time
20mins

INGREDIENTS

- Melon Seeds

METHOD

- Remove seeds from melon and dry under the sun
- Pound the dried seeds till soft
- Sieve and throw away the outer hard covers
- Package powder

Composition Per 100g

Moisture	5.0
Protein	26.1
Fat	48.5
Crude Fibre	12.0
Ash	3.5
Carbohydrate	4.9
Energy	2322
Calcium	321.1
Magnesium	150.8
Iron	13.7
Phosphorus	170.1
Potassium	491.1
Sodium	159.9

#PushaBW

BOPI JWA MONGONGO

ABOUT THE DISH

This is a Powder from a wild nut which is found in the North West region



Prep. Time
20mins

INGREDIENTS

- ¼ Cup mongongo
- Pinch salt (optional)

METHOD

- Break the outer part and remove the powder
- Break the inner shell and remove the nut inside
- Pound the nut

Composition Per 100g

Moisture	6.3
Protein	9.7
Fat	1.9
Crude Fibre	3.7
Ash	7.0
Carbohydrate	71.4
Energy	1449
Calcium	335.6
Magnesium	109.9
Iron	1.9
Phosphorus	90.8
Potassium	3416.8
Sodium	117.4





CHAPTER 11: RELISH

Traditional relish that is paired or taken with main dishes and or vegetables.

SESWAA (POUNDED MEAT)

ABOUT THE DISH

A traditional meat (cow or goat) dish popular in Botswana.



Prep. Time
10-15mins



Cooking Time
1-2 hours



Serves
4

INGREDIENTS

- Meat (goat / beef)
- 2 tablespoon salt
- Water, enough to cook the meat and make it tender

METHOD

- Cut the meat into suitable pieces for cooking in a casserole or cast-iron pot
- Add salt and water
- Cook all the ingredients at the same time until the meat is tender and done
- Serve with stiff sorghum or porridge



SEROBE

ABOUT THE DISH

It is a combination of intestines of either goat, cow or sheep cut up in small pieces. They should be cooked until soft.



Prep. Time
10-15mins



Cooking Time
2-3 hours



Serves
5

INGREDIENTS

- Goat / cow / sheep lungs
- Salt
- Goat / cow / sheep intestines
- 5 cups of water
- Goat / cow / sheep tripe

Composition Per 100g

Moisture	57.6
Protein	24.5
Fat	13.9
Crude Fibre	2.1
Ash	3.9
Undetermined	<1

METHOD

- Wash all the ingredients with lots of water
- Measure a cupful of the mixture
- Cook all the ingredients in the same time and when almost done, cut them into very small pieces
- Cook again on low heat and add salt to taste
- Serve with stiff maize or sorghum porridge



DOBI JWA NAMA (BILTONG)

ABOUT THE DISH

Meat dish found mostly in the northern part of the country. A cooked mixture of biltong (dried meat) and peanut powder.



Prep. Time
10-15mins



Cooking Time
20 mins



Serves
4

INGREDIENTS

- 1/3 cup of thinly sliced biltong
- ½ cup of very fine peanut powder
- 1 ½ cup of water
- Pepper to taste

Composition Per 100g

Moisture	71.4
Protein	14.0
Fat	10.6
Ash	1.8
Undetermined	2.2

METHOD

- Boil biltong till cooked
- Pound the cooked biltong
- Add peanut powder biltong stock (water in which biltong was cooked) and cook for 5 minutes
- Return pounded biltong to the stock / peanut powder mixture and cook together for another 5 minutes
- Serve hot



BOILED PHANE

ABOUT THE DISH

Phane is harvested from mopane trees around March and April and also in December each year. It is harvested in the northern, central and eastern parts of Botswana.



Prep. Time
5mins



Cooking Time
20 mins



Serves
0

INGREDIENTS

- 1 cup of phane
- 2 cups warm water
- 1 tablespoon cooking oil
- 1 cup of water (for cooking)
- Salt to taste

Composition Per 100g

Moisture	50.6
Protein	28.3
Fat	11.5
Crude Fibre	5.2
Ash	2.7
Undetermined	<1

METHOD

- Soak a cup of phane in 2 cups of warm water for 10 minutes
- Bring one cup of water to boil
- Add salt and oil to boiling water
- Add the drained phane and boil for 10 -15 minutes with moderate heat



STEWED PHANE

ABOUT THE DISH

Phane stew with added vegetables (onion, tomatoes, green pepper and carrots).



Prep. Time

10-15mins



Cooking Time

20 mins



Serves

4

Composition Per 100g

Moisture
Protein
Fat
Crude Fibre
Ash
Undetermined



INGREDIENTS

- 1 cup of phane
- 1 tablespoon of cooking oil
- 2 cups of warm water (for soaking)
- ½ onion chopped
- 1 tomato
- ½ green pepper (chopped)
- 1 carrot (diced)
- 1 pinch of salt
- Pinch of white pepper / peri peri



METHOD

- Wash phane in cold water
- Soak phane in 2 cups of water for 10 minutes
- Suate carrot, onion, and green pepper until tender and suateed
- Add phane to the vegetables and then add tomato, cover to cook for 5 minutes
- Add seasoning and water then leave to simmer for 10 – 15 minutes



FRIED PHANE

ABOUT THE DISH

Fried phane dish served best with maize meal or sorghum porridge dish.



Prep. Time

5mins



Cooking Time

20 mins



Serves

0

Composition Per 100g

Moisture
Protein
Fat
Crude Fibre
Ash
Undetermined



INGREDIENTS

- 1 cup of phane
- 2 tablespoons of cooking oil
- ½ chopped onion (optional)
- Seasoning (pinch of salt or pepper)



METHOD

- Heat oil in a frying pan and fry the onion
- Bring water to boil
- Add phane and season and then keep stirring till done
Serve as desired



BOILED SEGWAPA

ABOUT THE DISH

Boiled biltong or meat with a pinch of salt.



Prep. Time
10-15mins



Cooking Time
20 mins



Serves
4

Composition Per 100g

Moisture	49.4
Protein	
Fat	
Crude Fibre	
Ash	
Undetermined	



INGREDIENTS

- Segwapa
- Water (enough to cook segwapa)
- Salt to taste
- Cooking oil (optional)



METHOD

- Cut segwapa into small pieces and boil in a covered saucepan for one hour (add oil if desired)
- Add salt to tasted



SUPPORT LOCAL

When you support local food producers, eateries and businesses, you help create wealth and sustain the nation. Your support also helps improve the quality of life.

GLOSSARY

Definition of English terms used in the recipes

- **Blend** - mix together well 2 or more ingredient
- **Chilled** - made cold
- **Condiments** - something used to enhance the flavour of foods
- **Dice** - to cut vegetables or any food in small even cubes
- **Dessert** - something sweet eaten after main meal
- **Garnish** - to enhance appearance or flavour of a dish by adding decoration like tomatoes, nuts
- **Granules** -Small hard pieces of grain
- **Impurities** -Substances present in other substances making them of poor quality
- **Pinch** - tip of a spoon
- **Pulp** -a soft substance inside some fruits and vegetables
- **Pyramid** - solid triangular shape
- **Ripe** -Fully grown and ready to be eaten
- **Roast** - a dry cooking process in the oven, usually refers to meats
- **Saute** - to brown or toss food in a small amount of oil
- **Scrape** -To remove something from a surface by moving a sharp and hard like a knife across
- **Scum** - dirty film that appears on top of warm liquid such as milk
- **Sieve** - to sift
- **Simmer** - heating gently below boiling point
- **Smoothie** -a liquid mixture without any lumps
- **Snack** - a type of food not meant to be eaten as a main meal in a day
- **Wedge** - something shaped with one thick end and one thin pointed end

GLOSSARY

(C) Setswana common kitchen Utensils

- **Kika - Mortar**
- **Lefetlho** - A traditional whisk
- **Leselo** - A traditional sift
- **Letshego** - Tripod
- **Liso** - A traditional wooden spoon
- **Motlhotlho** - A traditional sieve used in preparing traditional beer
- **Motshe** - Pestle
- **Nkgwana** -Big clay pot used to brew traditional beer and store water
- **Sego**- Calabash used to drink water
- **Tlatlana** - A basket
- **Phafana** - A larger calabash used to drink traditional beer

GLOSSARY

Definition of Setswana terms used in the recipes

- **Bhobhola** - Pumpkin leaves dish
- **Bogobe** - Sorghum meal
- **Bopi jwa dithotse** - Seed powder
- **Borokhu** - Tree gum
- **Chimoni/tjimoni** - Dish of a mixture of samp, beans, groundnuts and dicheru
- **Delele** - Slimy kind of vegetable
- **Dicheru** - Nut from the morula stone
- **Dikgankana** - Small melons
- **Dinawa** - Embracing word for beans
- **Ditloo** - Variety of beans
- **Gala la Tshwene** - It's a herb
- **Ikendenge** - Dish of a mixture of beans and peanuts
- **Kabu** - Maize eaten as a snack
- **Kofi ya motlopi** - Coffee made of the motlopi root
- **Kgodu** - Juice
- **Kgomoditseng** - Mint
- **Lebelebele / Zengwe** - Millet
- **Lengangale** - Dried melon
- **Letshotlho** - Par boiled dried maize
- **Lesasaoka / lohata** - sorghum grains dish
- **Lerotse** - Melon
- **Mabele** - Sorghum grains
- **Manoko** - Groundnuts/ Peanuts
- **Mogorogorwane** - A wild fruit
- **Mmupudu** - A wild fruit
- **Mongongo** - Wild nut found in North west
- **Mokolwane** - A wild fruit
- **Motsentsela** - wild fruit
- **Motsotsojane** - A wild fruit
- **Morogo** - General word for vegetables
- **Musokujane** - Mint
- **Ogondivi** - Butter made of fermented milk
- **Osopa** - Mealie meal fermented with sour milk
- **Sesoswane** - melon seeds
- **Seswaa sa kunwa** - pounded meat
- **Thepe** - Variety of a vegetable
- **Tsaudi** - Fruit snack found in North west
- **Tswii** - A potato like vegetable found in North west region



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