



Let's Learn About Daakwa!

Teachers, please review this insightful background info on daakwa and share with your students in an age-appropriate way before eating the snack. Use the guiding questions to inspire discussion while your students enjoy the snack.

Black History Month: February is Black History Month, a time to remember the struggles and celebrate the contributions of Africans and the African diaspora to Canada and the world!

Diaspora: The word “diaspora” means people that have settled or migrated away from their homeland. Being able to recreate recipes from one’s homeland is a very important way to pass down culture and a sense of identity from one generation to the next. Different regions of the world have access to different ingredients or preparation methods, so sometimes the recipes change slightly when they are made in a new place. This can sometimes lead to innovation and new recipes!

Daakwa: Daakwa, also known as zowey, donkwa etc in different regions, is a spicy peanut snack ball and popular as a street food across West Africa. Countries such as Nigeria, Ghana, Togo and Benin all have their own ways of making daakwa.

Daakwa is traditionally made from ground peanuts, corn flour, and spiced with ginger, chili, pepper, cloves, nutmeg and formed into balls. Sometimes it’s even dipped in chocolate for kids! **Our adapted recipe substitutes the peanuts for sunflower seed butter**, and includes rice flour as well.



Food memories: This recipe comes to us from our friend Chef Maryam Yaro of Yaya’s Kitchen who hails from Northern Nigeria. Maryam started cooking and baking at the age of 8, helping her mom in the kitchen. As she grew older, she cooked for the whole house, and helped her mom with her baking business, and always loved getting creative in the kitchen. Daakwa is important to her as it is a sweet treat, and is a food that is associated with happy celebrations, like naming ceremonies and weddings. Maryam fondly remembers having daakwa at her wedding and says her Auntie also made extra for her to share with friends and family after her wedding when they came to visit. In Nigeria, she was even given daakwa after the birth of her children to share with visitors!

We hope you enjoy this snack as much as Maryam and we do!



Guiding Questions

Junior/Intermediate/Senior:

1. Have you tasted daakwa before? How was it different? (if no one has, skip this question)
2. Have you tasted any foods that originate from the African diaspora (this could be from Africa, Latin America or the Caribbean)? Discuss the flavours and the ingredients.

Examples: jerk chicken, plantain chips, jollof rice, jambalaya

3. Does your family or household make any foods that have been in the family a long time? Are there any foods they make that you want to learn how to make yourself?
4. Do you have any special meals or foods that bring back good food memories when you eat them? Share your food memories!

Primary:

Sensory exploration encourages the use of descriptive language instead of just saying “yum” or “yuck”.

1. What are our five senses?
2. How does it smell?
3. How does it look?
4. How does it feel?
5. How does it taste?
6. How did it sound when you took a bite?
7. Do you have any special meals or foods that bring back good food memories when you eat them? Share your food memories!



Daakwa

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This recipe was written by Chef Maryam Yaro, of Yaya’s Kitchen”

Yield: Serves 12

Level: Intermediate

INGREDIENTS

- 1 cup sweet rice flour
 - 1 cup millet flour
 - ½ cup precooked corn flour
 - 1 cup sunflower seed butter
 - 1 cup maple syrup
 - ¼ teaspoon ground ginger
 - ⅛ teaspoon chili powder
 - ⅛ teaspoon ground nutmeg
 - ¼ cup candied ginger, finely chopped
- Splash of grapeseed oil

EQUIPMENT

- Mixing bowls, various sizes
- Measuring cups
- Measuring spoons
- Large frying pan
- Whisk
- Wooden spoon
- Sifter
- Baking sheet

DIRECTIONS

Get Organized!

Gather your mise en place; get together all of the equipment needed for the recipe and gather your ingredients.

Get Prepped!

- Measure out the flours together.
- Measure out the sunflower seed butter, and all spices separately.
- Cut the candied ginger finely.

Get Cooking!

1. Heat a frying pan over medium high heat, and add the flours to the pan. Continually stir the pan, and cook for 5-8 minutes to toast the flour. Keep stirring and cooking until it is medium golden brown, and smells quite fragrant. Let the flour cool until it is cool enough to handle.
2. Sift the flour with a strainer into a large bowl. Add the spices and stir to mix together.
3. Add in the candied ginger, and half of the sunflower seed butter. Mix together until the sunflower butter is all absorbed, and then add in the rest of the sunflower butter and mix well.
4. Add half of the maple syrup into the bowl, and again mix together well to form a dough. Add in the rest of the maple syrup, and you should have a dough that is stiff, but workable. If needed, adjust the consistency with more sunflower butter or maple syrup so that you can roll the dough into balls.
5. Roll the dough into balls about 2 to 3 centimetres wide. Eat immediately, or store in an airtight container at room temperature until ready to eat.