



Indulge in the rich flavors of East Africa with these delightful recipes for *shaah cadays* (Somali spiced tea with milk) and *malawah* (Somali sweet pancakes), contributed by community members in Greeley, Colorado, where Trust for Public Land is collaborating with residents to improve local parks. Hint: we hear the pancakes are particularly tasty when spread with a thin layer of Nutella.

SHAAH CADAYS

(Somali Spiced Tea with Milk)

- 2 pieces cinnamon stick (about 2 inches each)
- 5 green cardamom pods
- 5 whole cloves
- 1 teaspoon black peppercorns
- 2 cups cold water plus 2 cups whole milk
- 3 tablespoons loose black tea (or 4 black tea bags)
- 3 tablespoons sugar, plus more to taste

Crush the cinnamon, cardamom, cloves, and peppercorns until coarsely ground. Add them to a medium saucepan and cook over medium heat for about one minute, stirring, until very fragrant. Add the water, tea, milk, and sugar and increase heat to high. Once bubbles form at the edge, immediately reduce heat to low and let the mixture simmer for five minutes. Strain through a fine-mesh sieve and serve immediately. Add more sugar to taste if desired.

MALAWAH

(Somali Sweet Pancakes)

- 2 cups all-purpose flour
- 2 1/2 cups milk
- 2 large eggs
- 1 tablespoon sugar
- Pinch kosher salt
- 2 tablespoons canola oil or butter, for frying
- Honey, butter, sugar, or Nutella for topping

Whisk all ingredients together in a bowl. Heat a frying pan to medium with enough butter or oil to lightly coat the surface. Ladle some batter into the pan and swirl to make a thin layer extending to the curved sides of the pan. Fry for about a minute or until lightly golden, then flip over and fry another minute or so on the other side. Serve with toppings of choice.

Recipes provided by Shukri Abdi Farah of Tawakal East African Restaurant in Greeley, Colorado.



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