National Museum, Gidan Makama, Kano

A Recipe Cookbook

"From the Ground Up
Nutritional Values and Cultural Connections"
Participants harvesting beans at farm session.
ACKNOWLEDGEMENTS

On behalf of the Director General, National Commission for Museums and Monuments, Mal. Yusuf Abdullah, I wish to express our profound gratitude for this rare privilege of getting involved in a most beneficial collaboration of museums connect project.

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Back home we wish to appreciate the interest shown by members of our immediate community neighboring Gidan Makama Museum such as elders of Wudilawa and Dogarai quarters. We specially thank the Quar’anic students and the youths with disabilities who honor our invitations to participate in our community feast. We shall also recognize the co-operation of Kano state Ministry of Education for allowing the students from public school participate in this worthy project.
Kurun Gyada
Ground Nut & Rice

**Ingredients:**
- Groundnut
- Lemon Extract
- Local Spices
- Sugar

**Process:**
1. Soak and wash rice
2. Remove the skin from the groundnut and add to the rice
3. Add the local spices to the wet rice and groundnut
4. Grind to a smooth paste
5. Sieve it using a little water
6. Put on fire to boilslowly
7. Stirring occasionally continuously until cooked and thick
8. Add lemon extract to whiten it
9. Add sugar to taste

SERVE HOT!!!
Visiting participants from Nigeria in traditional Fulani attire pose with Kate, Jordyn and Hanna in Pittsburgh.
DASHISHI
steam Cracked Wheat

ABOUT ME!

I am Abdullahi A. Salik and I am called [Kano], I am 18, I was born in the most attractive and beautiful cities of Nigeria [Kano] and I have my primary and secondary school in Kano and I now wish to move to Cambridge University London for my degree.

MY FAVORITE POU:

NO PAIN NO GAIN!!

WISH YOU LUCK
Procedure

You need to find the following ingredients:

* Wheat (Aikama)
* Salt
* Oil

Get a Cracked Wheat and steam it until it's half done then add Oil, Onion and Seasoning. Leave it to cook for about half an hour. Serve with vegetable soup.
Education Officer (Aisha Bala) conducting visitors round the exhibition on Museums Connect Project.
Nigerian project participants with A.A.M representative Dean Phelus in Pittsburgh.
My name is Amina Tijani.

I am a Nigerian and the clothes I am wearing is my traditional attire and the recipe I made is one of our local drink and it is also a starter and it is called "Vuru da nono".

I am proud to be a Nigerian.

I love Gidan Makama Museum.

I love The Phipps Garden.

I love Pittsburgh.

At the farm.
**Fura da Nono**

**Method**
1. The millet should be threshed.
2. It should then be sewed.
3. After being sewed, it should be grinded together with the other ingredients, i.e., ginger, thyme, and dried peppers.
4. It should be moulded into ball sizes.
5. The balls should be put into water and be boiled for 15-20 minutes.
6. After that, it should be put into a mortar and be well pounded with a pestle.
7. It should be moulded again back to the ball size again.
8. The millet balls should be sewed with cow milk, and sugar after been well stirred.

**Ingredients**
- 1) Millet
- 2) Cow milk
- 3) Ginger
- 4) Thyme
- 5) Dried Pepper
- 6) Sugar
- 7) Water

- Millet
- Dried Pepper
Invited guests eating Moringa Salad during a Community Feast Session.
Community feast with the physically challenged
I Sa'adatu Habib Jakiri
I am sixteen years old
I attend GiGASS Gidan Jukande
I love reading the Holy Quran.
**Zobo Juice**

**INGREDIENT**
1. Zobo Leaves
2. Sugar
3. Chilled Water

**METHOD**
* Wash dried Zobo leaves properly in ordinary water to get rid of sand and particles.
* Put the Zobo in a cooking pot.
* Add a moderate amount of water and allow to boil for about 25 minutes.
* Add Sugar
* Put in bottles and chill immediately to avoid fermentation.
Preparing Moonga Salatt during a Cooking Session
Children Friends of the Museum entertaining guest during the Project Opening Ceremony
Ingredients
- Onions
- Vg. Oil
- Egg
- Beans
- Salt

Procedures
- 3 cups of beans, soak and wash.
- Add onions, bell pepper and grind.
- Stir the paste and add 1 cup of water.
- Add salt, vegetable oil and seasonings.
- Peel 6 boiled eggs and add to the mixture.
- Measure into medium cups to a certain level so that it would have enough space for the beans to expand.
- Get cooking pot, with small amount of water, place the cups containing beans and cover it.
- Cook for 30 minutes.
You can call me Khadejah by name.
I was born in Kano.
My hobbies are cooking and reading novels.
I really love hanging out with friends.

I love Moi
Oh, Moi
I understand.

It is use to be covered in polythene package.
LETUCE SALAD

INGREDIENTS

* Lettuce
* Cucumber
* Tomatoes
* Green pepper
* Salt
* Egg
* Onion
* Potatoes
* Groundnut Oil
* Seasonings
* Beans
Procedure

* Get your lettuce, cucumber, tomatoes, onion, green pepper
* Wash them with clean water and salt.
* Get your egg, potato, beans, wash them and cook them.
* Remove the egg. Cover and cut it. Your potato and beans should be kept inside a clean bowl.
* Wash your lemon with clean water.
* Bring your groundnut oil, seasoning, your beautiful tray.
* Then bring them all, then start dressing your clean tray. Your lettuce, tomatoes, onion, green pepper on your tray mix them and stir neatly. Pour your groundnut oil. Season if needed and stir them all. Use your cucumber and eggs to decorate them. But your lemon.

Wow! Delicious !!!
Zainab Abdul Fattah

I am Zainab
I love green colour

Green is lovely

I love Phipps

I love Gidan Makama

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MORINGA SALAD

INGREDIENTS
1. Moringa
2. Sugar
3. Onions
4. Green pepper
5. Tomatoes
6. Eggs
7. Groundnut cake (kuli-kuli)
8. Salt (Maggi)

procedures
1. Steam the Moringa leaves for about 15 minutes using little water, and add sugar.
2. Sieve the moringa, and add spices.
3. Slice onions, green pepper and tomatoes, and add to the moringa.
4. Serve and enjoy.
"Shamta" female traditional musicians entertaining guests during a session.
MUSEUMS CONNECT PROJECT:
FROM THE GROUND UP:
NUTRITIONAL VALUES AND CULTURAL CONNECTIONS.

LIST OF PARTICIPANTS

1. Sa’id Ahmed Idris
2. Bulkisu Ibrahim A.
3. Salma Isyaku
4. Khadija Mohd
5. Saadatu Habibu Sulaiman
6. Hauwa’u Lawal
7. Garzali Adamu
8. Haruna Jibril
9. Huzaifa Sulaiman A.
10. Fatima Garba
11. Abdulrazaq A. Mohd
12. Salama Salihu Mohd
13. Abdullahi A. Sadiq
14. Aisha Sani Miko
15. Zainab Abdulfattah
16. Amina Tijjani Dutse