

Appendix 5.2

Project Leaflet

Title: 'Making the most of your marula trees'

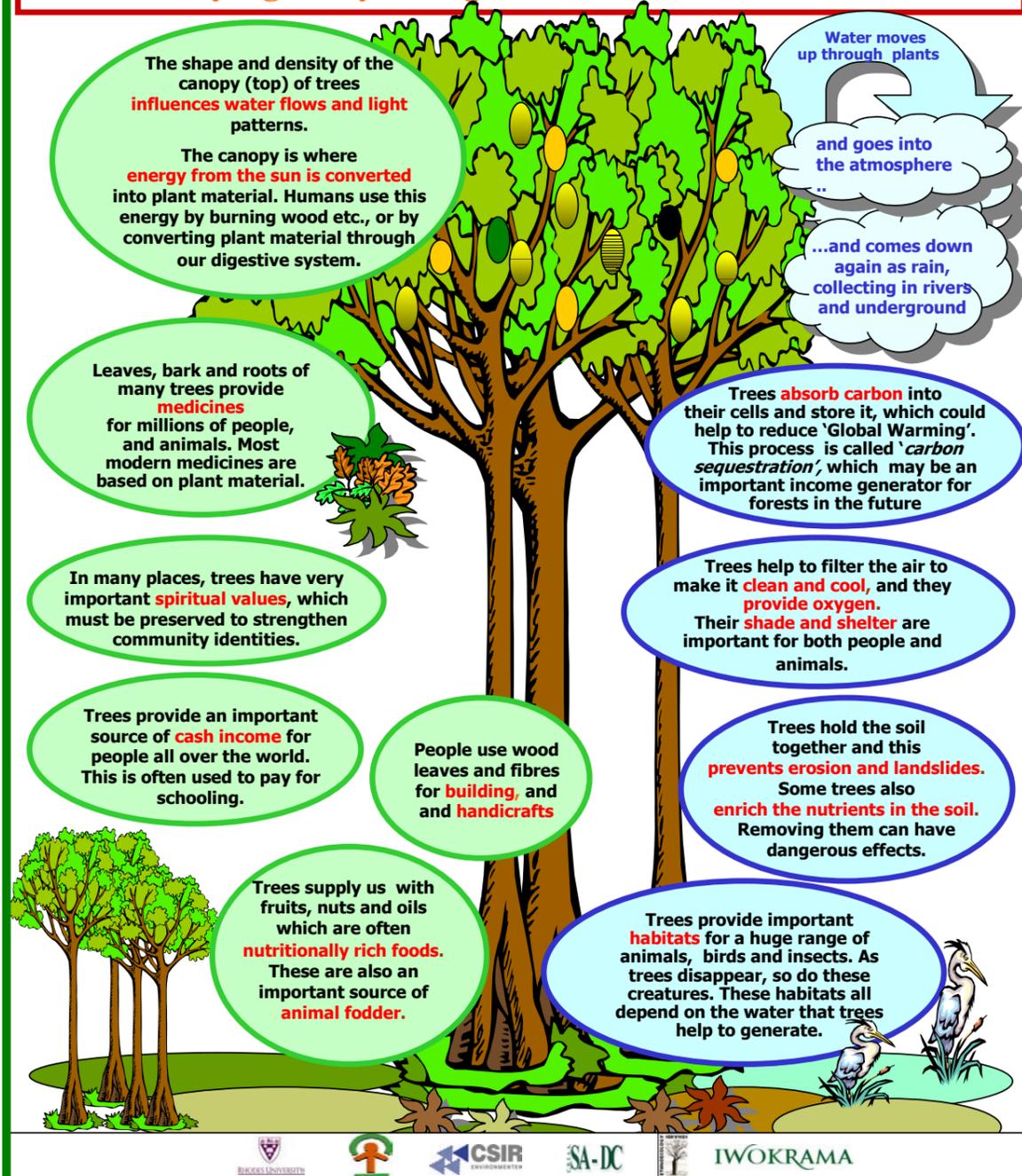
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Why are trees important for our lives?

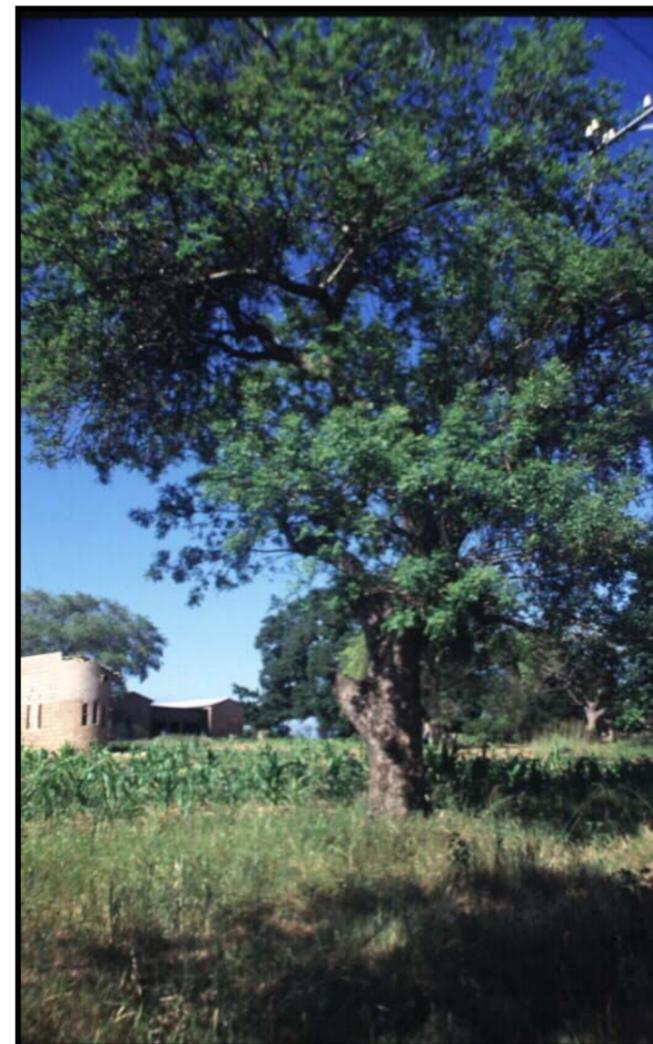
Identifying ecosystem goods and services from trees



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MAKING THE MOST OF YOUR MARULA TREES



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Marula Jelly

(recipe from Ina Lessing, Ina Lessing Jams, PO Box 244, Nylstroom, 0510, South Africa)

Marula jelly is a non-traditional use of the fruit, and is made by first making a juice which is then boiled down to produce a sweet spread.

Jelly ingredients:

8 x 250 ml (1 cup) of juice

8 x 200 ml sugar

Preparing the juice:

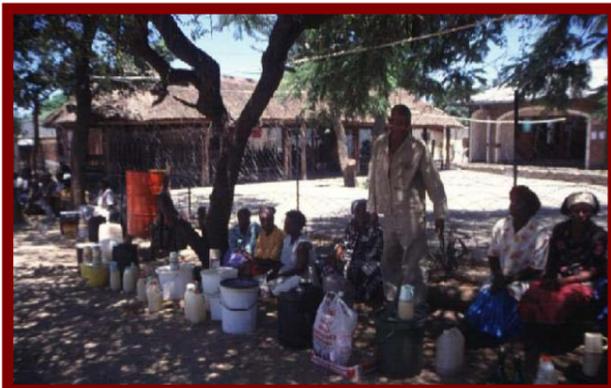
Green marulas are gathered from under the trees. Cut the skin of each fruit, fill a pot with them and cover with water. Boil for 1 hour. Extract the juice by filtering through a fine cloth twice.

As marula is high in pectin it is normally unnecessary to test for pectin. A test can be done by putting 1 tablespoon of juice into 2 tablespoons of methylated spirits. If the juice stays in a clot, the pectin is enough, but if it dissolves in the spirit it is too low and pectin can be added.

Method:

- 1) Spread the bottom of the pot with a thin layer of butter and put juice and sugar in it.
- 2) Melt the sugar slowly on a low heat.
- 3) Cook without stirring for about 30 mins.
- 4) Add ½ teaspoon of tartaric acid or 10 ml lemon juice.
- 5) Remove from heat and pour into sterilised jars* and close while still very hot.

*Sterilise jars up placing in a low oven for 15 mins or boil in water.



Marula Oil

The marula oil or ondjove is considered to be a luxury oil, and is added to a wide variety of traditional and modern recipes. It can be used as a salad dressing, or mixed with spinach, beans, rice, macaroni, or other foods. Ondjove adds a rich, buttery texture to dishes, and is always used whenever food is made for special occasions. The favourite dish of many people is ondjove chicken.

Making marula oil in the Owambo tradition

- Leave 500 – 1000 gr of fresh Marula kernels in the sun to warm up
- Put them in a pestle and stamp them well with a mortar
- Add half a cup of cold / luke warm water and a little salt to taste – keep stamping
- Just as the oil begins to come out, roll the mash of crushed kernels around the base of the pestle, until it forms a nut sausage.
- Remove the leftover nut sausage and scoop out the Marula oil.
- In order to increase the smell and the taste, heat the raw marula oil in a pot, until a white foam forms on the surface, which quickly turns brown in colour
- Take off the heat, and leave it to cool down
- If prepared well, ondjove can be stored for about 6 months

The nut sausage or edi, still contains a lot of oil and is healthy and very tasty. Children especially like to eat the edi just as it is. It can also be used as an oil-based flavouring in many types of food, or be made into a sauce or a soup.

Ondjove Chicken

Ingredients; chicken, ondjove, onions, tomatoes, salt, millet flour (or maize meal)

1. Cook the chicken and add tomatoes, onions, and salt to taste
2. Prepare (millet) porridge
3. Put the chicken in a large bowl and pour ondjove over the chicken and into the sauce
4. Enjoy this delicious traditional owambo dish with special friends and family