

African Recipes 2

One Signature Meal from Each of the 54 African Countries

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Introduction

This document presents one signature meal from each of Africa's 54 recognized sovereign countries. For every entry:

- **Description** – cultural context and flavor profile.
- **Ingredients** – complete list with quantities (serves 4 unless noted).
- **Procedure** – numbered step-by-step cooking instructions.

Countries are listed alphabetically.

1 Algeria – *Chakchouka*

Description

A vibrant North African breakfast stew of eggs poached in a spiced tomato-pepper sauce. Popular across the Maghreb, often eaten with crusty bread.

Ingredients

- 3 tbsp olive oil
- 1 large onion, diced
- 2 green bell peppers, diced
- 4 ripe tomatoes, chopped
- 2 garlic cloves, minced
- 1 tsp ground cumin
- 1 tsp paprika
- $\frac{1}{2}$ tsp chili flakes (optional)
- Salt and black pepper to taste
- 4 eggs
- Fresh parsley or cilantro, chopped

Procedure

1. Heat olive oil in a large skillet over medium heat.
2. Add onion and bell peppers; sauté 5–7 min until soft.
3. Stir in garlic, cumin, paprika, and chili; cook 1 min.
4. Add tomatoes, salt, and pepper. Simmer 10 min until thickened.
5. Make 4 wells in the sauce; crack an egg into each.
6. Cover and cook 5–8 min until eggs are set to your liking.

7. Garnish with herbs and serve with bread.

2 Angola – *Mufete*

Description

A coastal feast of grilled fish (typically tilapia) served with palm oil beans, boiled plantain, sweet potato, and cassava.

Ingredients

- 4 whole tilapia, cleaned
- Juice of 2 limes
- 4 garlic cloves, minced
- Salt and pepper
- 2 cups dried black-eyed peas, soaked overnight
- $\frac{1}{2}$ cup red palm oil
- 1 onion, chopped
- 2 ripe plantains
- 2 sweet potatoes
- 1 cassava root, peeled and cubed

Procedure

1. Marinate fish with lime juice, garlic, salt, and pepper for 30 min.
2. Boil beans with onion and palm oil until tender (1 hr); season.
3. Boil plantains, sweet potatoes, and cassava separately in salted water until soft.
4. Grill fish over medium-high heat 5–7 min per side until charred.
5. Arrange fish, beans, and boiled starches on a platter; drizzle with extra palm oil.

3 Benin – *Kuli-Kuli*

Description

Crunchy peanut sticks, a popular street snack made from ground peanuts and spices.

Ingredients

- 2 cups raw peanuts, roasted
- 1 tsp ground ginger

- $\frac{1}{2}$ tsp cayenne pepper
- Salt to taste
- Oil for frying

Procedure

1. Grind roasted peanuts to a paste; squeeze out excess oil (reserve oil).
2. Mix paste with ginger, cayenne, and salt.
3. Shape into small sticks or balls.
4. Fry in hot oil until golden and crisp.
5. Drain on paper towels; cool before serving.

4 Botswana – *Seswaa*

Description

National dish of slow-cooked, pounded beef stew, usually served with pap (maize porridge).

Ingredients

- 1 kg beef shin or brisket, cubed
- 1 large onion, chopped
- 2 bay leaves
- Salt and pepper
- Water to cover
- 2 cups maize meal (for pap)

Procedure

1. Place beef, onion, bay leaves, salt, and pepper in a pot; cover with water.
2. Simmer covered for 3–4 hrs until meat falls apart.
3. Remove meat; pound with a wooden spoon to shred.
4. Return to pot; reduce liquid to a thick gravy.
5. For pap: boil 4 cups water, gradually add maize meal, stir until thick (15 min).
6. Serve seswaa over pap.

5 Burkina Faso – *Riz Gras*

Description

"Fat rice" cooked with meat, vegetables, and rich tomato-onion sauce.

Ingredients

- 2 cups rice
- 500 g goat or beef, cubed
- 2 tomatoes, chopped
- 1 large onion, sliced
- 2 carrots, sliced
- 1 eggplant, cubed
- 3 tbsp tomato paste
- 4 cups broth
- Spices: Maggi cube, bay leaf, cloves

Procedure

1. Brown meat in oil; remove.
2. Sauté onion, tomatoes, paste; return meat.
3. Add vegetables, spices, broth; simmer 20 min.
4. Stir in rice; cover and cook on low 20–25 min until rice is done.
5. Fluff and serve.

6 Burundi – *Boko Boko*

Description

A tangy porridge of bulgur wheat cooked with chicken and turmeric.

Ingredients

- 1 chicken, cut into pieces
- 2 cups bulgur wheat
- 1 onion, chopped
- 2 tsp turmeric
- 1 tsp cumin
- Juice of 2 limes

- Salt and pepper

Procedure

1. Boil chicken with onion, turmeric, cumin, salt, pepper until tender (45 min).
2. Remove chicken; shred meat, return bones to broth.
3. Add bulgur; simmer 20 min until soft.
4. Stir in lime juice and shredded chicken.
5. Serve hot.

7 Cabo Verde – *Cachupa*

Description

National stew of hominy, beans, sausage, and vegetables; a hearty one-pot meal.

Ingredients

- 1 cup dried hominy, soaked
- 1 cup kidney beans, soaked
- 200 g chorizo, sliced
- 200 g bacon, chopped
- 1 cabbage, chopped
- 2 sweet potatoes, cubed
- 1 onion, 2 garlic cloves
- Bay leaf, paprika

Procedure

1. Boil hominy and beans together until half-cooked (1 hr).
2. Add meats, onion, garlic, spices; simmer 30 min.
3. Add vegetables; cook until tender.
4. Serve as a thick stew or fry leftovers for *cachupa refogada*.

8 Cameroon – *Ndolé*

Description

Bitterleaf stew with peanuts, beef, and dried shrimp; a Cameroonian classic.

Ingredients

- 500 g beef, cubed
- 200 g dried shrimp
- 2 cups ground peanuts
- 4 cups bitterleaf (washed and chopped)
- 1 onion, 3 garlic cloves
- 2 stock cubes, pepper

Procedure

1. Boil beef with onion, garlic, stock cubes until tender.
2. Add shrimp and peanuts dissolved in water; simmer 20 min.
3. Stir in bitterleaf; cook 10 min.
4. Adjust seasoning; serve with plantains or rice.

9 Central African Republic – *Kanda ti Nyma*

Description

Spicy meatballs made from beef in a rich peanut-tomato sauce.

Ingredients

- 500 g ground beef
- 1 onion, finely chopped
- 2 tomatoes
- 3 tbsp peanut butter
- Scotch bonnet pepper
- Garlic, ginger, salt

Procedure

1. Mix beef with half onion, garlic, salt; form meatballs.
2. Brown meatballs; remove.
3. Sauté remaining onion, tomatoes, pepper, ginger.
4. Stir in peanut butter and water; return meatballs.
5. Simmer 20 min; serve with fufu or rice.

10 Chad – *Daraba*

Description

A thick vegetable stew with okra, spinach, and peanut butter.

Ingredients

- 300 g okra, chopped
- 200 g spinach
- 1 eggplant, cubed
- 3 tbsp peanut butter
- 1 onion, 2 tomatoes
- Maggi cube, salt

Procedure

1. Sauté onion and tomatoes.
2. Add vegetables and water; boil 15 min.
3. Stir in peanut butter and Maggi; simmer until thick.
4. Serve with millet balls.

11 Comoros – *Langouste à la Vanille*

Description

Grilled lobster with vanilla-infused butter sauce.

Ingredients

- 4 lobster tails
- 100 g butter
- 1 vanilla pod
- Juice of 1 lime
- Garlic, salt, pepper

Procedure

1. Split vanilla pod; scrape seeds into melted butter with garlic.
2. Brush lobster with lime juice, salt, pepper.
3. Grill 5–7 min per side, basting with vanilla butter.

4. Serve with remaining sauce.

12 Democratic Republic of the Congo – *Moambe Chicken*

Description

Chicken stewed in palm nut cream sauce, the national dish.

Ingredients

- 1 whole chicken, cut
- 1 can palm nut cream (400 g)
- 1 onion, 2 garlic
- 2 tomatoes
- Peanut butter (optional)
- Chili, stock cube

Procedure

1. Brown chicken; remove.
2. Sauté onion, garlic, tomatoes.
3. Add palm cream, water, chili, cube; return chicken.
4. Simmer 45 min until sauce thickens.
5. Serve with fufu or rice.

13 Republic of the Congo – *Saka-Saka*

Description

Cassava leaves pounded and cooked with smoked fish and palm oil.

Ingredients

- 1 kg cassava leaves, pounded
- 200 g smoked fish
- 1 onion
- $\frac{1}{2}$ cup palm oil
- Peanut butter, chili

Procedure

1. Boil pounded leaves with onion and water 1 hr.
2. Add smoked fish, palm oil, peanut butter, chili.
3. Simmer 30 min; serve with baton de manioc.

14 Côte d'Ivoire – *Allocos*

Description

Fried ripe plantains with spicy chili sauce and grilled fish.

Ingredients

- 4 ripe plantains
- Oil for frying
- 1 onion, 2 tomatoes, chili
- Grilled tilapia

Procedure

1. Slice plantains; fry until golden.
2. Blend onion, tomatoes, chili for sauce; simmer.
3. Serve allocos with sauce and grilled fish.

15 Djibouti – *Skoudehkaris*

Description

Spiced rice with lamb, tomatoes, and cardamom.

Ingredients

- 500 g lamb, cubed
- 2 cups rice
- 4 tomatoes
- 1 onion, spices (cumin, cardamom, cinnamon, cloves)
- 4 cups broth

Procedure

1. Brown lamb; add onion, tomatoes, spices.
2. Add rice and broth; simmer covered 20 min.
3. Fluff and serve.

16 Egypt – *Koshari*

Description

Street-food mix of lentils, rice, pasta, chickpeas, and tomato sauce topped with crispy onions.

Ingredients

- 1 cup lentils, 1 cup rice, 1 cup elbow pasta
- 1 can chickpeas
- 4 onions, 4 tomatoes, garlic, vinegar, cumin

Procedure

1. Cook lentils, rice, pasta separately.
2. Fry sliced onions until crispy.
3. Make tomato sauce with garlic, vinegar, cumin.
4. Layer lentils, rice, pasta, chickpeas; top with sauce and onions.

17 Equatorial Guinea – *Succotash*

Description

Peanut and lima bean stew with smoked fish.

Ingredients

- 2 cups lima beans
- 200 g smoked fish
- 3 tbsp peanut butter
- 1 onion, chili

Procedure

1. Boil beans until tender.
2. Add fish, onion, chili, peanut butter dissolved in water.

3. Simmer 20 min.

18 Eritrea – *Zigni*

Description

Spicy beef stew with berbere spice, served with injera.

Ingredients

- 1 kg beef, cubed
- 2 onions, 4 tomatoes
- 3 tbsp berbere
- 4 garlic, ginger
- Butter or oil

Procedure

1. Brown beef; remove.
2. Sauté onions, garlic, ginger, berbere.
3. Add tomatoes; return beef.
4. Simmer 1.5 hrs; serve with injera.

19 Eswatini – *Sishwala*

Description

Thick maize porridge with beans and spinach.

Ingredients

- 2 cups maize meal
- 1 cup red beans, cooked
- 200 g spinach
- Onion, salt

Procedure

1. Cook beans with onion.
2. Boil water; add maize meal gradually, stirring to thick porridge.
3. Stir in beans and wilted spinach.

20 Ethiopia – *Doro Wat*

Description

Spicy chicken stew with berbere and hard-boiled eggs.

Ingredients

- 8 chicken legs
- 4 onions, finely chopped
- $\frac{1}{2}$ cup berbere
- 6 hard-boiled eggs
- Niter kibbeh (spiced butter)

Procedure

1. Caramelize onions slowly in kibbeh (30 min).
2. Add berbere; cook 5 min.
3. Add chicken; simmer 40 min.
4. Add peeled eggs; cook 10 min.
5. Serve with injera.

21 Gabon – *Poulet Nyembwe*

Description

Chicken in moambe (palm nut) sauce.

Ingredients

- 1 chicken, cut
- 400 g palm nut cream
- 1 onion, garlic
- Chili, stock cube

Procedure

1. Brown chicken.
2. Sauté onion, garlic; add palm cream and water.
3. Return chicken; simmer 45 min.

22 Gambia – *Domoda*

Description

Peanut stew with meat or fish.

Ingredients

- 500 g beef or fish
- 1 cup peanut butter
- 2 tomatoes, 1 onion
- 1 sweet potato, cubed
- Maggi, chili

Procedure

1. Brown meat.
2. Sauté onion, tomatoes; add peanut butter and water.
3. Add meat and potato; simmer 40 min.

23 Ghana – *Jollof Rice*

Description

One-pot rice cooked in spicy tomato stew.

Ingredients

- 2 cups long-grain rice
- 400 g tomato paste
- 1 onion, bell pepper, scotch bonnet
- 500 g chicken or beef
- Spices: curry, thyme, bay leaf

Procedure

1. Fry meat; remove.
2. Blend and fry tomato mix with spices.
3. Add broth, rice; simmer covered 25 min.
4. Stir in meat; rest 5 min.

24 Guinea – *Poulet Yassa*

Description

Grilled chicken marinated in lemon-onion sauce.

Ingredients

- 1 chicken, cut
- 6 onions, sliced
- Juice of 4 lemons
- 4 tbsp Dijon mustard
- Garlic, bay leaf

Procedure

1. Marinate chicken in lemon, mustard, onions overnight.
2. Grill chicken.
3. Caramelize onions in marinade; serve over chicken.

25 Guinea-Bissau – *Grilled Prawns with Piri-Piri*

Description

Spicy grilled prawns with hot pepper sauce.

Ingredients

- 500 g large prawns
- 4 tbsp piri-piri sauce
- Garlic, lemon

Procedure

1. Marinate prawns in piri-piri, garlic, lemon 1 hr.
2. Grill 3 min per side.

26 Kenya – *Nyama Choma*

Description

Grilled goat meat with kachumbari salad.

Ingredients

- 1 kg goat leg, cubed
- Salt, pepper
- Tomatoes, onions, cilantro for salad

Procedure

1. Season meat; grill over charcoal 15–20 min.
2. Serve with kachumbari and ugali.

27 Lesotho – *Papa*

Description

Maize meal porridge with vegetable relish.

Ingredients

- 2 cups maize meal
- Cabbage, tomatoes, onion relish

Procedure

1. Boil water; add maize meal, stir to thick pap.
2. Sauté vegetables for relish.

28 Liberia – *Palm Butter Soup*

Description

Rich soup with palm butter, chicken, and crab.

Ingredients

- 1 chicken
- 400 g palm butter
- 2 crabs
- Okra, chili

Procedure

1. Boil chicken and crab.
2. Add palm butter, okra, chili; simmer 30 min.

29 Libya – *Bazin*

Description

Domed barley dough served with lamb stew.

Ingredients

- 500 g barley flour
- 1 kg lamb
- Tomato paste, onion, spices

Procedure

1. Cook lamb stew with tomato and spices.
2. Boil barley flour in water, knead into dome.
3. Serve stew in center.

30 Madagascar – *Romazava*

Description

Beef and greens stew with brèdes.

Ingredients

- 500 g beef
- Mixed greens (paracress, mustard)
- 1 onion, ginger, tomato

Procedure

1. Brown beef.
2. Add onion, ginger, tomato, water; simmer 1 hr.
3. Add greens last 10 min.

31 Malawi – *Chambo with Nsima*

Description

Grilled tilapia with maize porridge.

Ingredients

- 4 tilapia
- Lemon, garlic
- 2 cups maize flour

Procedure

1. Marinate and grill fish.
2. Cook thick nsima.

32 Mali – *Tiguadeg Na*

Description

Peanut stew with lamb and vegetables.

Ingredients

- 500 g lamb
- 1 cup peanut butter
- Cabbage, carrots

Procedure

1. Brown lamb.
2. Add vegetables, peanut butter, water; simmer 45 min.

33 Mauritania – *Thieboudienne*

Description

Fish and rice stew (shared with Senegal).

Ingredients

- Whole fish
- 2 cups rice
- Vegetables, stuffing (parsley, garlic)

Procedure

1. Stuff and fry fish.
2. Make tomato sauce with vegetables.

3. Cook rice in sauce.

34 Mauritius – *Dholl Puri*

Description

Flatbread stuffed with yellow split peas, served with curry.

Ingredients

- 2 cups flour
- 1 cup cooked split peas
- Curry, chutney

Procedure

1. Make dough; fill with ground peas.
2. Roll and cook on griddle.

35 Morocco – *Tagine Kefta*

Description

Meatball tagine with eggs in spiced tomato sauce.

Ingredients

- 500 g ground beef
- 1 onion, parsley
- 4 tomatoes, cumin, paprika
- 4 eggs

Procedure

1. Form seasoned meatballs.
2. Simmer in tomato sauce 20 min.
3. Crack eggs on top; cook until set.

36 Mozambique – *Matapa*

Description

Cassava leaves with peanuts and coconut.

Ingredients

- 1 kg cassava leaves
- 1 cup peanuts, coconut milk
- Prawns

Procedure

1. Pound and boil leaves.
2. Add ground peanuts, coconut, prawns; simmer.

37 Namibia – *Potjiekos*

Description

Slow-cooked meat and vegetable stew in cast-iron pot.

Ingredients

- 1 kg beef
- Potatoes, carrots, beans
- Curry powder, beer

Procedure

1. Layer ingredients in pot.
2. Simmer over coals 3 hrs; do not stir.

38 Niger – *Jollof Rice (variant)*

Description

Local version with millet or sorghum option.

(Note: Similar to Ghana; adapt with millet.)

39 Nigeria – *Egusi Soup*

Description

Melon seed soup with spinach and assorted meats.

Ingredients

- 2 cups egusi (melon seeds)
- Assorted meats, stockfish
- Ugwu leaves, palm oil

Procedure

1. Cook meats.
2. Fry egusi in palm oil.
3. Add stock, meats, leaves; simmer.

40 Rwanda – *Ibihaza*

Description

Pumpkin and bean stew.

Ingredients

- 500 g pumpkin
- 1 cup white beans
- Onion, tomato

Procedure

1. Cook beans.
2. Add cubed pumpkin, onion, tomato; simmer until soft.

41 São Tomé and Príncipe – *Caldo de Peixe*

Description

Fish soup with bananas and coconut.

Ingredients

- 500 g fish
- Green bananas
- Coconut milk

Procedure

1. Boil fish with bananas.
2. Add coconut milk; season.

42 Senegal – *Thieboudienne*

Description

National dish: fish-stuffed rice with vegetables.

Ingredients

- Whole grouper
- 3 cups broken rice
- Carrot, cassava, eggplant
- Tomato paste, stuffing (parsley, garlic)

Procedure

1. Stuff and fry fish.
2. Make sauce with vegetables.
3. Steam rice in sauce.

43 Seychelles – *Ladob*

Description

Sweet plantain and cassava dessert in coconut milk.

Ingredients

- Plantains, cassava
- Coconut milk, sugar, vanilla

Procedure

1. Boil plantains and cassava in coconut milk with sugar and vanilla until thick.

44 Sierra Leone – *Groundnut Stew*

Description

Peanut stew with chicken and sweet potato.

Ingredients

- 1 chicken
- 1 cup peanut butter
- Sweet potato, okra

Procedure

1. Brown chicken.
2. Add peanut butter, water, vegetables; simmer.

45 Somalia – *Bariis Iskukaris*

Description

Spiced rice with goat meat and raisins.

Ingredients

- 500 g goat
- 2 cups basmati
- Raisins, xawaash spice

Procedure

1. Cook meat with spices.
2. Add rice, raisins, water; simmer.

46 South Africa – *Bobotie*

Description

Spiced minced meat bake with egg topping.

Ingredients

- 500 g mince
- 1 onion, bread, milk
- Curry, turmeric, apricot jam
- 2 eggs

Procedure

1. Soak bread in milk.
2. Sauté onion, mince, spices, jam.
3. Bake 30 min; pour egg custard; bake until set.

47 South Sudan – *Ful Medames*

Description

Fava bean stew with spices.

Ingredients

- 2 cans fava beans
- Onion, tomato, cumin
- Hard-boiled eggs

Procedure

1. Simmer beans with onion, tomato, spices.
2. Top with eggs.

48 Sudan – *Asida with Mullah*

Description

Sorghum porridge with meat stew.

Ingredients

- Sorghum flour
- Lamb, okra, tomato

Procedure

1. Cook thick asida.
2. Make mullah stew with okra.

49 Tanzania – *Ugali na Maharage*

Description

Maize porridge with bean stew.

Ingredients

- 2 cups maize flour
- Red beans, coconut milk

Procedure

1. Cook beans in coconut.
2. Make stiff ugali.

50 Togo – *Akume with Ademe Sauce*

Description

Maize porridge with okra leaf sauce.

Ingredients

- Maize flour
- Okra leaves, fish

Procedure

1. Cook akume.
2. Make slimy ademe sauce.

51 Tunisia – *Lablabi*

Description

Chickpea soup with bread, harissa, and egg.

Ingredients

- 2 cups chickpeas
- Stale bread
- Harissa, cumin, lemon
- Poached egg

Procedure

1. Soak and cook chickpeas.
2. Tear bread into bowls.
3. Ladle hot chickpeas; top with harissa, egg, lemon.

52 Uganda – *Luwombo*

Description

Steamed meat or chicken in banana leaves.

Ingredients

- 500 g chicken
- Tomatoes, onion, peanut sauce
- Banana leaves

Procedure

1. Wrap seasoned chicken and sauce in wilted leaves.
2. Steam 1.5 hrs.

53 Zambia – *Nshima with Ndiwo*

Description

Maize porridge with relish of greens or meat.

Ingredients

- Maize meal
- Pumpkin leaves, peanuts

Procedure

1. Cook thick nshima.
2. Sauté ndiwo relish.

54 Zimbabwe – *Sadza ne Nyama*

Description

Maize porridge with beef stew.

Ingredients

- Maize meal
- 500 g beef, tomatoes

Procedure

1. Cook sadza.
2. Make rich nyama stew.