
Menu Suggestions for Zimbabwean Feast



Sadza is the staple diet for most of Zimbabwe's indigenous peoples. It is a generic term used to describe thickened porridge made out of pulverized grains. The most common form of sadza is made with white maize (cornmeal).

Sadza is eaten with accompanying dish of either a meat (nyama) based stew or some kind of vegetable.

Traditionally, sadza is cooked in a clay or cast iron pot on an open fire.

The sadza is usually served in a communal bowl or separate plates and is taken with the right hand, rolled into balls, and dipped into meat, sauce, gravy, or stewed vegetables.

Cooking and consuming sadza should be a fun and memorable experience.

For more information on the traditional preparation and the customs associated with eating sadza, please refer to this interesting article -

http://www.zambuko.com/mbirapage/resource_guide/pages/culture/sadza_text.html

To see Sadza being prepared traditionally, watch this short clip –

<http://www.bing.com/videos/search?q=how+to+cook+sadza+youtube&docid=1505181631586&mid=527A039E51CE032A00E2527A039E51CE032A00E2&FORM=VIRE1#>

Recipe for Sadza (Serves 6).

Ingredients:

- water
- 4 cups cornmeal or white maize flour.
You should be able to purchase this at your local health food store or order white maize flour online at www.wheatfreeworld.com.au

NB. If this is not an option, you could substitute polenta but it will have a different consistency to it.

Method:

1. Make sure you have a strong arm and wooden spoon!
2. Boil about 4 cups of the water in a pot.
3. Set aside about 1/4 of your cornmeal
4. Mix the rest with 3 to 4 cups of water to make a thick paste
5. Slowly add this paste to the boiling water, stirring all the time so as to prevent lumps from forming.
6. Bring to the boil again. Keep stirring or it will stick and burn the bottom of the pot! Keep cooking and stirring for a few more minutes.
7. Slowly add the remaining cornmeal to the pot. The sadza should become very thick and smooth and should begin to pull away from the sides of the pot and form a large ball.
8. Cook for a few minutes more.
9. Transfer to a serving bowl or plate.
10. Use a wooden spoon to shape the mixture into small round shape. You may use wet hands to help shape the sadza.

NB. For larger quantities, allow about 90 minutes from beginning to end.

Recipe for Chakalaka (Vegetable Relish)

Chakalaka is a spicy vegetable relish traditionally served with sadza.

Ingredients:

- 45 ml oil
- 1 onion
- 2 garlic cloves grated
- 1 green pepper (crushed)
- 3 green chillies deseeded and finely chopped

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- 10 ml curry powder
 - 3 medium carrots, grated
 - 1 medium cauliflower or broccoli, divided into florets
 - Can of baked beans in tomato sauce
 - Salt and pepper to taste

Method:

1. Heat oil and sauté onions, garlic, ginger and green pepper with the chillies and curry powder for five minutes.
2. Add carrots and cauliflower. Cook gently for about 15 minutes, or until all vegetables are cooked.
3. Add beans and seasoning, heat through.
4. (Optional) Serve cold.

From <http://www.chirundu.com/chakalaka-recipe-african-food-recipe-2009-08/>

Recipe for Chicken Stew

This is a traditional recipe for a classic dish of chicken with capsicum in a tomato and chilli sauce thickened with peanut butter.

Ingredients:

- 2 onions, finely chopped
 - 50g butter
 - 2 garlic cloves, crushed
 - 1 hot chilli pepper, finely chopped
 - 8 pieces of chicken (thighs or drumsticks)
 - 2 red capsicums, chopped
 - 2 x 400g tins chopped tomatoes
 - 200g peanut butter
 - 200ml water
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Method:

1. Add butter to a frying pan and fry the onions, garlic and chilli until the onion softens.
2. Add the chicken and capsicum and fry till chicken is lightly brown.
3. Add the tomatoes and 125ml water and simmer for 15 minutes.
4. Stir in peanut butter and serve once heated through.

From <http://www.celtnet.org.uk/recipes/miscellaneous/fetch-recipe.php?rid=misc-chicken-stew-sadza-dumplings>

Recipe for Greens

This is a traditional recipe for a stew of greens in a tomato-based sauce.

Ingredients:

- 1 large bunch collard greens (large, dark-colored leaves such as cabbage and spinach)
- 240ml water
- 1 large tomato, cored and chopped
- 5 spring onions, sliced
- 3 tbsp smooth peanut butter
- salt and black pepper to taste

Method:

1. Finely-shred the greens (discard any tough stems)
2. Place in a saucepan and pour the water over the top.
3. Bring to the boil and cook, stirring occasionally, until the greens are just tender.
4. Drain the greens (reserve the liquid) and return the greens to medium heat.
5. Dissolve the peanut butter in 180ml of the cooking liquid and add to the greens.
6. Heat, stirring constantly, until the greens are a creamy consistency.

From <http://www.celtnet.org.uk/recipes/miscellaneous/fetch-recipe.php?rid=misc-zimbabwe-greens>



Recipe for Sweet Potato Biscuits

This is a traditional Zimbabwean recipe for a classic biscuit made with sweet potatoes.

Ingredients:

- 10 tbsp butter
- 40g sugar
- 1 tbsp lemon zest
- 1 tsp freshly-grated nutmeg
- 60ml honey
- 1 egg
- 180g finely-grated raw sweet potato
- 450g plain flour
- 1 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt

Lemon Glaze:

- 1 tsp butter
- 2 tsp lemon juice
- 280g icing sugar
- 1 tbsp water

Method:

1. In a bowl, cream together the butter and sugar until light and fluffy.
 2. Blend in the lemon zest, nutmeg, honey and egg.
 3. Fold-in the sweet potato.
 4. Sift together the flour, baking powder, baking soda and salt into a separate bowl.
 5. Add to the butter mixture and mix thoroughly to combine.
 6. Drop rounded tablespoons of the mixture onto an ungreased baking tray.
 7. Place in an oven pre-heated to 170°C and bake for 7 minutes.
 8. As the biscuits are baking form the glaze by mixing all the ingredients together in a bowl with a wooden spoon.
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9. Combine until smooth, adding just enough water so that the mix is easy to spread.
 10. Take the biscuits out of the oven, allow to cool a little.
 11. Spread the glaze over the top and allow to cool completely before serving.

From <http://www.celtnet.org.uk/recipes/miscellaneous/fetch-recipe.php?rid=misc-zimbabwe-sweet-potato-biscuits>

Cornmeal Cake

Ingredients:

- 1 cup cornmeal
- 4 cups milk
- 2 eggs, beaten $\frac{3}{4}$ cup butter or margarine
- $\frac{1}{2}$ cup sugar
- 1 Tablespoon vanilla extract
- $\frac{1}{2}$ cup sour cream

Method:

1. Add milk to a saucepan and bring just to a boil. Remove from heat and allow to cool for about 10 minutes.
2. Add eggs, $\frac{1}{2}$ cup butter or margarine, and sugar to the in a saucepan. Bring to a boil and remove from heat.
3. Add cornmeal, stirring constantly to prevent lumps.
4. Return to low heat and continue cooking for 20 minutes, or until thickened, stirring constantly to prevent sticking. Add vanilla extract and stir well.
5. Preheat oven to 180°C.
6. Melt remaining $\frac{1}{4}$ cup butter and pour into 20cm cake pan. Swirl pan to coat bottom and sides.
7. Pour cornmeal mixture into pan and bake for 30 minutes, or until cake is golden brown. Cake is done when a toothpick is inserted into the middle of the cake and it comes out clean.
8. Remove cake from oven and cover top with sour cream.
9. Return to oven for 15 minutes, or until top is bubbly and lightly browned.
10. Serve cake while still warm.

If you'd like to read more about food in Zimbabwe - traditional diet, history, common meals, eating customs, cooking practices and more, go to <http://www.foodbycountry.com/Spain-to-Zimbabwe-Cumulative-Index/Zimbabwe.html#ixzz1pc2Br8UZ>