

There were probably reasons why we didn?t do Zimbabwe as part of our ?Around the world? gig, or at least didn?t study their cuisine deeply. Now we have a reason to correct this. So far so good?.

Zimbabwean Chicken Stew

Ingredients:-

3 Chicken Thighs
3 Chicken Drumsticks (Just buy legs and cut the up!)
1 Large Onion, sliced into rings
2 Red Chillies, deseeded and chopped
2 Cloves of Garlic, minced
1 Carton of Passata
1 Green Chilli, deseeded and chopped
2 Spring Onions, chopped
1 Tsp of Oregano
1 Tsp of Paprika
1 Tin of Chopped Tomatoes
2 Fresh Tomatoes, chopped
Water
Salt & Pepper to season

Method:-

(1) Place the Chicken in a large pan and cover with water.

(2) Add 1/3 of the Onion rings, 1 Chilli, minced Garlic and season with Salt & Pepper.
(3) Cover and cook over a medium heat until the Onions are softened.
(4) Drain and transfer to a casserole dish.
(5) Add the remaining Chilli, Garlic, Passata, Green Pepper, Spring Onions, Oregano and Paprika in a blender ? blending to a smooth paste.
(6) Add another 1/3 of the Onion rings and ½ of the tin of Tomatoes and blend.
(7) Pour the sauce over the Chicken adding the remaining tinned Tomatoes, Onion and fresh Tomatoes ? covering with foil.
(8) Bake in a preheated oven at 180c for 15 minutes, turning the Chicken every 5 minutes.
(9) Remove the foil and cook until the Chicken is cooked through.

Rice Salad

Ingredients:-

200g of Brown Rice
70g of Black Eye Peas, soaked
3 Tbsp of White Vinegar
1 Tsp of Curry Powder
3 Tbsp Brown Sugar
½ Tsp of Turmeric
2 Tbsp of Soy Sauce
½ of a Red Pepper, chopped
1 Red Onion, diced
60 Ml of Oil
Water
½ Tsp of Salt to season

Method:-

(1) Rinse the Rice & Black Eyed Peas and place in a large pan.
(2) Cover with Water and bring to the boil.
(3) Allow to simmer for about 30 minutes, until cooked and tender.
(4) Drain and set aside.

(5) Mix the Vinegar, Curry Powder, Sugar, Soy Sauce, Turmeric, Oil and Salt ? Combining well.
(6) Pour over the Rice / Beans and add the Peppers & Onion.
(7) Mix well and serve as a side.

This was a new flavour combination for us and we really enjoyed the Bean / Rice salad as a side dish. This will easily feed a family of four.