



RECIPE BOOK

Follow the meal plan of a family from rural Zimbabwe for five days, to raise vital funds for families suffering from hunger.

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RECIPE: BOTA



This is porridge that is flavoured with peanut butter, milk, sugar or jam and is traditionally eaten for breakfast.

Please see recipe below, but feel free to substitute the recipe for your usual porridge oats if you would rather.

Ingredients (serves 1)

230ml water

60g maize meal ([Available from Natco Foods](#) or can be substituted with corn flour)

1/4 tsp salt

1 tsp peanut butter (optional)

2 tsp sugar (optional)

Method

1. Boil 1 cup of water in a saucepan.
2. Blend the maize meal or corn flour with a 1/4 cup of water.
3. Add the blended maize meal to the simmering water and stir until it starts bubbling. Depending on the type of maize meal you use it may be too thick or too runny. If it is too thick add a little bit of water and whisk. If it is too thin blend some more maize meal and add to the saucepan.
4. Cover pot and let it bubble for 5 minutes.
5. Add jam, peanut butter or sugar and reduce heat and let it bubble for five more minutes.

RECIPE: SADZA



Sadza is a staple food in Zimbabwe. Every household partakes of sadza nenyama nemuriwo (pap, meat and leafy vegetables) almost every day, be it supper or lunch. It is also one of the first foods that babies are given, usually at 6 months (some do it even earlier).

Please see recipe below, but feel free to substitute the recipe for polenta if you would rather.

Ingredients (Serves 4-6)

950ml water

850g white cornmeal ([Available from Natco Foods](#) or can be substituted with polenta)

Method

1. Bring 475ml of the water to a boil in a large pot.
2. Combine 510g of the cornmeal with the remaining 475ml water.
3. Reduce heat to medium to low and add the cornmeal mixture to the boiling water, stirring constantly with a wooden spoon. Cook for about 5 minutes.
4. Slowly adding the remaining 340ml of cornmeal. When the mixture is very thick and starts to pull away from the sides of the pan, transfer to a serving bowl or plate.
5. Use a wooden spoon to shape the mixture into a round shape.
6. You may use wet hands to help shape the Sadza.

RECIPE: Zimbabwean Vegetable Stew



This is a traditional dish eaten regularly in rural areas.

Ingredients (serves 2)

- 1 small onion
- 2 carrots
- ½ red pepper and ½ yellow pepper
- 100g green beans
- 2 tins of chopped tomatoes
- 3 chillies

Method

1. For the stew, heat the oil in a large pan and gently fry the onion until soft but not brown.
2. Add the carrots, peppers and green beans, fry briefly then add the chopped tomatoes , and chillies and simmer the stew until the vegetables are tender. Season to taste with salt and freshly ground black pepper.

RECIPE: ZIMBABWEAN GREENS



Delicious greens often served with meals.

Ingredients (Serves 6-8)

- 1 bunch collard greens, washed (can substitute with spinach or kale)
- 1 cup water
- 1 large tomato, chopped
- 5 onions, sliced
- 1 chilli finely sliced

Method

- 1) Remove the tough stems, then shred the greens.
- 2) Place in a saucepan with the water. Bring to a boil and cook, stirring occasionally, just until the greens are crunchy-tender, about 2 to 3 minutes. Place a strainer or colander over a large bowl and drain the greens, reserving the cooking liquid in the bowl.
- 3) Return the greens to the saucepan and add the tomato and onions.
- 4) Cook over medium heat, stirring constantly, about 4 to 5 minutes.
- 5) Combine the peanut butter with $\frac{3}{4}$ cup of the cooking liquid reserved from the greens, then add to vegetables.
- 6) Heat, stirring constantly, until greens have a creamy consistency, adding more reserved liquid or water if mixture seems too thick.

RECIPE: DOVI



Ingredients (Serves 6-8)

- 2 medium onions, finely chopped
- 2 Tablespoons butter
- 2 cloves garlic, crushed
- 1 teaspoon salt
- ½ teaspoon pepper
- ½ teaspoon cayenne pepper ([Available from Natco Foods](#))
- 2 green bell peppers, chopped
- 3 to 4 tomatoes
- 6 Tablespoons creamy peanut butter
- 225 grams fresh spinach

Method

1. Cook onions with butter in a big stew pot until browned.
2. Add garlic, salt, and seasonings.
3. Stir, adding green peppers and chicken.
4. Once the chicken is browned, add the tomatoes and mash them with a fork.
5. Add 2 cups water and simmer for 5 to 10 minutes. Add half the peanut butter to the pot, lower heat, and continue to simmer.
6. In a separate pan, cook the spinach. If using fresh spinach, wash the leaves, add about 2 tablespoons of water to a saucepan with the spinach and heat over medium low until spinach leaves are limp and tender.
7. Add the rest of the peanut butter to the spinach and heat for 5 minutes.
8. Serve the stew and the greens together.

RECIPE: BEAN STEW



Ingredients (Serves 1)

- 3 cups sugar beans (can use kidney beans in water [available from Natco Foods](#))
- 1 beef stock cube
- 1 tomato chopped
- 3 carrots chopped
- Half green pepper chopped
- 2 cloves garlic chopped
- 2 tbs tomato paste
- 1 tsp curry powder ([available from Natco Foods](#))
- 1 tsp salt and 1/2 tsp ground black pepper

Method

1. Gather ingredients together. Drain and rinse your sugar beans.
2. Put them in pot and add beef stock cube. Add salt. Add some water which just covers the beans and boil until water is finished.
3. Check for tenderness of the beans and keep adding water until they are as soft as you like them.
4. When the beans are done to your liking remove from pot and put in a bowl. Heat oil in the same pot that had the beans.
5. Add carrots and garlic and stir until carrots are almost tender. Return beans to the pot and stir. Add onions and stir.
6. Add curry powder and stir. Add tomatoes and tomato paste then stir and give time for them to cook (about 2min). Add green pepper and stir.
7. Add tomato sauce, mixed herbs, black pepper and stir. Your sugar beans are ready to be served with your favourite starch such as Sadza, rice or chingwa (bread)

RECIPE: MEAT STEW



Meat stew is amongst one of the most common meals in Zimbabwe. When you hear people saying Sadza nenyama (pap with meat) in most cases they are referring to sadza and beef stew. Despite the fact that nyama (meat) is a broad term which can be used to any meat and not just beef.

Ingredients (serves 4-6)

Ingredients

- 600g beef
- 1/4 onion chopped
- 1 tomato
- 4 tbsp oil for frying
- 2 tbsp gravy powder
- 1 ltr water
- 1/2 tsp salt

Method

1. Cut your beef into good sized pieces. Heat 2 tbsp oil in a medium sized pot and add your beef to it.
2. Add salt and fry your beef until it has browned. Add water (1 ltr) and partly cover your pot. You may either slow cook your beef or cook it on high heat it's really up to you.
3. When your meat is tender, drain excess water which is now beef stock into a separate jug (do not discard) and set-aside.
4. Add 2 tbsp of oil to the meat in the pot. Add onions and fry until they are cooked (2min).
5. Add tomatoes and stir until they are also just about cooked (2min). Whilst the tomatoes are cooking, take your set-aside beef stock and mix it with your 2 tbsp gravy powder. Pour the mixture into the beef.
6. Cover the pot and simmer for 5min so that everything is well combined and flavours mix together. If you feel the soup is too thick for your liking you may add some more water.

RECIPE: MAPOPO CANDY



Papaya is one of the main crops in Zimbabwe and so the locals make it into candy. Papaya is cooked in and dusted with sugar to make a sweet treat.

Ingredients

- 1 papaya
- 680 grams of sugar
- Lemon peel
- ½ teaspoon mint

Method

1. Peel the papaya and wash well. Slice into little strips.
2. Place the papaya, mint, grated lemon and sugar over low heat until the sugar dissolves.
3. Cook for 10 minutes, then set aside for half an hour.
4. Reheat over medium heat until the mixture crystallizes.
5. Remove from heat and, using a spoon and fork, mould into ball or stick shapes.