



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.