

**Zimbabwe Traditional Meal Recipes**  
**By Luwis Mhlanga**

<b>Traditional Zimbabwean Sadza</b>	
Equipment: Medium Pot with a lid, Wooden Spoon, Measuring cup	
Cooking Time: 20 minutes	Yield: 6
Ingredients	Quantity
White cornmeal (mealie-meal)	4 cups
Water, cold	1 cup
Boiling water	24 fl. oz.
<b>Method</b>	
<b>Step 1:</b> Put 3/4 cup of cornmeal in a medium pot, and add in 1 cup of cold water. Stir vigorously to make a paste with a large wooden spoon.	
<b>Step 2:</b> Place pot on stove over high heat, and add boiling water slowly while constantly stirring. As the mixture heat up, the texture changes from rough to smooth. Some upward spattering will occur	
<b>Step 3:</b> Place a lid on the pot and allow the mixture to boil for about 10 minutes.	
<b>Step 4:</b> Take off the lid, and start to add corn meal 1/2 cup at a time and stir. At this point, the sadza requires heavy stirring as it thickens. Continue to add more until you reaches the right consistency (appearance of smooth stiff mashed potatoes).	
<b>Step 5:</b> After the sadza reaches the desired texture and is well mixed, turn heat off and cover and let is set for a couple of minutes before serving.	
<b>Step 6:</b> Sadza is all done. Spoon into a plate with a wooden spoon. Simple and easy and sadza is ready to eat. Serve with any type of meat and vegetable.	

Note: *Sadza is a polenta-like maize meal.*

## Zimbabwean Beef Stew (Nyama)

Equipment: Medium stockpot, knife, cutting board, wooden spoon,

Cooking time: 90 minutes

Yield: 6

### Ingredients

### Quantity

Beef stew meat, cubed

2 lbs.

Garlic minced

4 cloves

Vegetable oil

3 Tbsp.

Onion, diced

1

Tomatoes, chopped

5

Carrots, diced

1

Curry powder

1/2 tsp

Beef stock

4 cups

AP Flour

3 Tbsp.

Salt & Pepper

TT

Thyme, dried

1/2 tsp.

Chili powder

1 tsp.

Garlic powder

1/2 tsp.

Paprika

1/2 tsp.

Potato, small diced

1

Bay leaves

3

Worcestershire sauce

1 Tbsp.

### Method

**Step 1:** Season Beef with salt and pepper and sprinkle flour and toss to coat.

**Step 2:** Heat oil in a stockpot over medium-heat. Add the beef cubes and brown on all sides.

**Step 3:** Add onions to the pot (add oil if necessary). Cook until soft and translucent. Add garlic and stir for a minute.

**Step 4:** Add chopped tomatoes with all the spices. Stir for a minute and add beef stock plus Worcestershire sauce. Bring to a boil, reduce heat to low. Cover and simmer for 1 hour.

**Step 5:** Add vegetables and cover for 30 minutes. Adjust seasoning with salt and pepper. Remove bay leaves before serving.

<b>Pumpkin leaves with Peanut Butter (Muboora)</b>	
Equipment: Medium stockpot, knife, cutting board, wooden spoon,	
Cooking time: 20 minutes	Yield: 6
<b>Ingredients</b>	<b>Quantity</b>
Pumpkin leaves(remove the strings from the pumpkin stems)	24 oz.
Boiling water	1/3 cup
Salt	pinch
Bicarbonate of soda	1/3 tsp
<b>Peanut Sauce</b>	
Vegetable oil	1 Tbsp.
Onions, small diced	1
Tomato	1
Peanut butter, smooth	2 Tbsp.
<b>Method</b>	
<b>Step 1:</b> Pour the boiling water into a saucepan over medium heat. Stir in the salt and bicarbonate of soda.	
<b>Step 2:</b> Add the pumpkin leaves and stir for 3 minutes or until wilted. Drain off any excess water and set aside while you make the sauce.	
<b>Making the Peanut Sauce</b>	
<b>Step 3:</b> Heat oil in a saucepan over medium heat. Add onion and cook until translucent. Add tomato, stir well. Cook for 3 minutes.	
<b>Step 4:</b> Stir in the peanut butter. Mix well, adding enough boiling water to make a thick paste. Bring to a boil	
<b>Step 5:</b> Add the wilted pumpkin leaves. Reduce heat to low and mix well to combine. Serve with Sadza	