

Recipes from Zambia

Harvest
Appeal
2019



Pineapple chutney

You will need (all ingredients chopped)

- 1 cup green bell peppers
- 1/2 cup onions
- 1 1/2 cup fresh tomatoes
- 1 whole lemon and 1 whole orange (skin left on)
- 1/2 cup sultanas
- 1 cup fresh pineapple
- 1 cup white wine vinegar
- 1/2 cup white sugar
- 1/2 cup dark brown sugar
- 4 tbsp preserved candied ginger
- 1 tbsp salt

Add all the ingredients to a large saucepan. Simmer gently for 30 minutes. If the mixture is too thick, add 1 cup of pineapple juice.

Allow to cool and serve with meat.

Ifisashi (groundnut stew)

You will need:

- 2 bunches of fresh collard greens (you can also use spinach)
- 250ml raw ground peanuts
- 1 onion
- 2 medium tomatoes
- Salt to taste

Fill a saucepan with water and bring to a boil. Add the peanuts, tomatoes and onion. Cook on high heat. After a few minutes, reduce the heat to medium and add in the greens. Add salt, cover and cook on low heat until the peanuts are soft and the mixture becomes a thick sauce.

Serve with meat or vegetables.

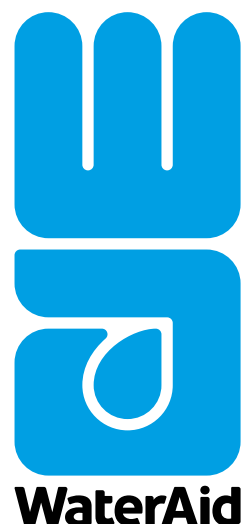
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Fill a large saucepan two-thirds full of water and bring to a boil. In a mixing bowl, mix two cups of cold water and one cup of cornmeal (fine polenta). Add mixture to boiling water and reduce heat to medium.

Cover pot and cook for five minutes. Then stir vigorously with a wooden spoon to remove lumps.

Gradually add more cornmeal, two tablespoons at a time, stirring to keep the porridge smooth. As it thickens, reduce to one tablespoon at a time, until porridge is playdough consistency (about 20 minutes). Remove from the heat, cover pot, and let it stand for a few minutes.

Serve with your chosen relishes, soup or stew.



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Plum crumble

You will need:

800g ripe cooking plums, halved and stoned

50g light brown sugar

Finely grated zest of 1 orange

1 tbsp ground cinnamon

1 tbsp plain flour

For the crumble:

250g plain flour

150g butter

80g caster sugar

80g demerara sugar

50g ground almond

Heat the oven to 200C/180C fan/gas 6.

Put the plums into a shallow gratin dish (about 28cm long). Mix together the sugar, orange zest, cinnamon and flour and sprinkle over the plums. Trickle over 2 tablespoons of water.

Rub the butter into the flour and stir in the other ingredients. (Or use a food processor but do not overprocess.)

Scatter the crumble over the plums and bake in the oven for 30–40 mins until golden brown.

Leave for about 15 mins and serve with custard or cream.

Cassava pancakes

You will need:

2-3 teaspoons coconut oil, divided

4 eggs

1 cup light coconut milk

2 teaspoons vanilla extract

2/3 cup cassava flour

1/4 teaspoon sea salt

1/2 teaspoon baking powder

2 tbsp coconut flour

Melt 1 teaspoon coconut oil in a large non-stick pan over medium heat.

In a large bowl, whisk together the eggs, coconut milk and vanilla extract. Add cassava flour, sea salt and baking powder and mix well.

Sift in the coconut flour and mix again, making sure there are no lumps.

Drop 1/4 cup batter per pancake onto the heated pan. Allow to cook 3-4 minutes until underside is golden brown and it starts to fluff up, then flip and cook another 2-3 minutes.

Use a little coconut oil as needed for each batch.

Serve with fresh fruit, chopped nuts, maple syrup, almond butter, honey or coconut cream.

