



Recipes for Commonly Consumed Foods in Eswatini

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By

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Published by the International Institute of Tropical Agriculture (IITA)
Ibadan, Nigeria

IITA is the lead research partner facilitating agricultural solutions for hunger and poverty in the tropics. It is a member of the CGIAR Consortium, a global research partnership that unites organizations engaged in research for sustainable development for a food secure future.

International address:
IITA, Grosvenor House,
125 High Street
Croydon CR0 9XP, UK

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PMB 5320, Oyo Road
Ibadan, Oyo State

ISBN 978-978-131-362-2

Correct citation: Busie Maziya-Dixon, Phumzile Mdziniso, Bongekile Jele, Nokuthula Dlamini, Alfred Nkwanyana, Nozizwe Tsabedze and Tunde Oguntona, 2019. Recipes for Commonly Consumed Foods in Eswatini. 161pp.



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Preface

This recipe book documents the findings of the Food Consumption and Nutrition Survey conducted by the International Institute of Tropical Agriculture (IITA), Ibadan, Nigeria in collaboration with the Ministry of Agriculture, Home Economics Section and the Ministry of Health, Eswatini National Nutrition Council (SNNC), national institute and university under the project entitled Making Innovations Work for Smallholder Farmers Affected by HIV&AIDS in Southern Africa (MIRACLE). Funding was provided by Swedish International Development Agency (SIDA) and IITA.

Additional information on the Recipes for Commonly Consumed Foods in Eswatini may be obtained from Principal Secretary, Ministry of Agriculture-Home Economics Section, Mbabane, Eswatini; Chief Research Officer, Department of Agricultural Research and Specialist Services (DARSS), Malkerns;, Principal Secretary, Ministry of Health-Eswatini National Nutrition Council, Mbabane, Eswatini; and the International Institute of Tropical Agriculture-Food and Nutrition Sciences Laboratory, Ibadan, Nigeria.

Acknowledgements

The International Institute of Tropical Agriculture (IITA) gratefully acknowledges the support from the Government of Eswatini and the people of Eswatini. Special thanks go to the Home Economics Section in the Ministry of Agriculture; Department of Agricultural Research and Specialist Services; Eswatini National Nutrition Council in the Ministry of Health; various Tinkhundla local government councils, university, Ms Nikiwe Dlamini, Principal Home Economics Officer; Ms Bongekile Jele-Magongo, Senior Home Economics Officer; Ms Phumzile Mdziniso, retired Senior Research Officer; Ms Thankful Dlamini, retired Senior Home Economics Officer; Ms Nomakhosi Nxumalo, retired Principal Home Economics Officer; Ms Danisile Vilakati, retired Executive Director, Siniketive Zwane- Mdaka, Nutritionist, Eswatini National Nutrition Council; Ms Menzie Ngwenya, former Nutritionist, Eswatini National Nutrition Council; and the Principal Investigator Dr B. Maziya-Dixon. Gratitude is extended to the International Institute of Tropical Agriculture (IITA) who provided technical guidance and financial support during all stages of developing this recipe book, including food preparation, standardization of recipes, design and layout. We would also like to thank Mr Similo Mavimbela, Chief Research Officer for facilitating and supporting the development of the recipe book.

The participation, contribution and commitment of the 8 women who represented the 4 regions during the kitchen testing and standardization of all the recipes presented in this book, is highly appreciated. These were:

1. Ms Dumsile Dlamini, Mankayane, Manzini Region
2. Ms Thandie Mhlanga, Shewula, Lubombo Region

3. Ms Ntombifuthi Zulu, Nkhaba, Hhohho Region
4. Ms Malta Vilakati, Zombodze, Manzini Region
5. Ms Sehlephi Vilakati (Mpatheni), Shiselweni Region
6. Ms Khanyisile Ngwenya, Nyalinyali, Shiselweni Region
7. Ms Dudu Hlatshwayo, Tikhuba, Lubomo Region
8. Ms Zandie Malinga, Mbabane, Hhohho Region

Our gratitude also goes to Prof E. B. Oguntona, Abeokuta, Nigeria for his tireless input during the development of the recipe book and the Multisectoral Working Group (WG) which worked tirelessly in reviewing the document.

Introduction

In 2012, the International Institute for Tropical Agriculture (IITA), in collaboration with the Ministry of Agriculture, Home Economics Section and Ministry of Health, Eswatini National Nutrition Council (SNNC) engaged in a project entitled Making Innovations Work for Smallholder Farmers Affected by HIV&AIDS in Southern Africa (MIRACLE).

As part of the project, a Food Consumption and Nutrition Survey was conducted where information on types of foods and amounts consumed in the last 24 hrs were collected. Also collected was information on amounts of ingredients and methods of preparation of the different foods that were consumed. To analyse the collected data, it became necessary to create a recipe database together with portion sizes. Therefore, the recipe information collected were compiled and kitchen tested by women selected from the 4 regions of the country. A total of 8 women participated in the exercise.

Compilation of the recipe book

Virtually all the dishes described in this book were encountered in the National Food Consumption and Nutrition survey, (NFCNS). From the survey, a master list of all the foods and recipes for the different consumed dishes was generated. A stakeholder's workshop was then organized to review the list and develop the way forward for developing the recipe database needed for the Food Intake Analysis System (FIAS). Participants for the workshop were drawn from cognate organization such as ministries of Agriculture and Health, University of Eswatini-Luyengo Campus, and the Department of Agricultural Research and Specialist Services.

How the Recipes were developed

During the survey it was observed that there were differences in processing methods of the same dish, so there was need to standardize the recipes to accommodate the different cooking methods used among the communities and come up with the final recipe presented in the book. The recipe standardization was carried out following the steps recommended by Rand et al (1991).

Recipes were compiled from the original data collected and documented during the National Food Consumption and Nutrition Survey (NFCNS) conducted in 2013. They were kitchen tested in an appropriate facility at the Department of Agricultural Research and Specialist Services (DARSS), under the supervision of the Chief Research Officer and Senior Home Economics Officer. Eight (8) women were selected from the 4 regions of the country, to prepare the recipes. Their ages ranged from 25 to 45 years old. Their level of education was secondary to high school. The education was important to ensure that they are able to make their own notes as they prepared the dishes and record any information needed for the compilation of this book. The women were requested to prepare the dishes the way they would normally do at home when preparing for their families. The women were divided into 2 groups of 4 women per group. Four women (4) cooked the same dish at a time making 4 repeats per recipe. The ingredients and method of preparation from the individual women that cooked the same recipe were compiled, reviewed for similarities and differences. An ingredient or preparation steps used in the preparation by 3 women was kept in the recipe as an essential ingredient or step; and that which was used by 1 woman was recorded as optional ingredient or step in the preparation method. It should be noted that the weights of each ingredient, weight of ingredient and pot, weight of pot

with the cooked dish, and weight of the dish were recorded but these are not included in the recipe book.

Structure of the book

The recipe book is divided into 2 parts.

Part 1 provides important information that is useful during food handling, processing and preparation. It is information that encourages food safety to reduce the incidence of foodborne illnesses. It also addresses the issue of food contamination during food preparation; conversions, measurements, safe temperatures, cooking methods and personal cleanliness.

Part 2 provides recipes for 140 dishes. The recipes are divided into 6 groups:

- Relishes
- Cereal Based
- One-pot meals
- Root and Tubers
- Snacks
- Vegetable Side dishes

It highlights the name of the dish, required ingredients and step by step method of preparation. For purposes of accuracy, ingredients were measured in grams (g). A picture of each of the cooked dishes is also displayed. For those consumers who do not have a weighing scale, conversions of grams to commonly used utensils in most households, is available on Table 1, under Part 1 of this recipe book.

This recipe book provides many favourite recipes that have become indigenous foods in many families in Eswatini. The dishes are suitable for all family members including, children,

men, women, youth and people with different illnesses like diabetes, high blood pressure, cardiovascular diseases, cancer, vegetarians etc. However there is a need to make few adjustments in order to suit the health condition of special consumers with specific conditions. One of the adjustments for the special conditions should be sodium intake because salt is used as main ingredient in most dishes but aromats and stock cube could be included as optional ingredient. They should therefore be used with caution to prevent salty food. Optional ingredients are provided after the main ingredients of each dish, where possible, to allow for variation. They are ingredients where all or some ingredients could be used depending on individual preferences. The number of servings is also included at the end of each recipe for ease of meal planning.

The purpose of this recipe book is to make cooking interesting by providing variety in your diet, provide balanced meals and give you the opportunity to enjoy tasty meals. The ingredients can be found in most supermarkets even in rural areas. The methods of preparation are short and not complicated. It is easy to use and can be reference material for extension workers, nutritionists/dieticians who conduct food cookery demonstration, prescribe food for people with different nutrition challenges. Individual consumers can also use it for their day to day cooking. Once you own and start using it, you will experience the excitement and fascination of your cooking skills. The recipe book can also be an asset that you can pass on to generations in your family.

The Swazi population is therefore invited to use this book in order to enjoy simply, delicious and healthy meals.

Enjoy your cooking!!

Part I

Useful
Information

Methods of Cooking

There are basic methods that are used when cooking. The commonly used methods are divided into two groups and they are dry heat and moist heat cookery methods. These cooking methods are divided into two groups because of the way the food is cooked and the type of heat applied.

Dry Heat Cooking Methods

Dry heat cooking methods are baking, roasting, grilling and frying. When using these methods, the food is left dry and heat is applied to cook the food.

Baking

The food is cooked using convection heating. The food is put into an enclosed area where the heat is applied and the movement of heat within the confined space, acts on the food that make it get cooked.

Roasting

Direct heat is applied to the food and the heat seals the outside part of the food and the juice inside the food cooks the food. Roasting is mainly used when cooking fleshy food like fish, meat or chicken.

Grilling

There are two methods of grilling and one is the one commonly used by people in the village. The food is cooked over hot charcoal on an open fire. The food is placed on a wire mesh which is placed over the open fire to grill meat, fish or vegetables. The other method is using grills that are inbuilt in stoves. The grill is heated up and the food is put on the grill tray to cook.

Frying

This is cooking food in hot fat. It could either be shallow or deep frying. Shallow frying is when wide shallow pan, where minimal fat, just to come half way up the food, is used or just enough fat to grease the pan or when the fat comes from the food like bacon, sausages etc. it is sometimes used before a moist method of cooking like stewing. In this case the thickness of the food being cooked should be thin to allow easy heat penetration. Deep frying is done in a deep fat bath or strong saucepan that will not allow spill - over even when it bubbles during frying.

Moist Heat Cookery Methods

Liquid is used as a medium to cook the food. Water could be the medium and is added to the food before or after heat is applied to it. These methods include: boiling, stewing and steaming.

Boiling

Boiling is the most common and simplest cooking method. When boiling enough water is added to the food and then the food is cooked under fire. The action of heated water is what cooks the food.

Stewing

It is cooking food in small amount of liquid which is allowed to simmer only, taking a long time to cook. It is suitable for tough cuts of meat that need softening. It could also be used for soft foods like fruits and vegetables which easily break up during cooking.

Steaming

In this method water is added to a pot and then a stand is

placed inside the pot. There is no contact between the food and the water added to the pot. Food is then placed on the stand and the heat is applied. The food is cooked by the steam rising from boiling water. This method is good for cooking vegetables since they do not lose flavour and much of nutrients are not lost during the cooking.

Foodborne Illnesses

Foodborne illnesses are infections or irritations of the gastrointestinal (GI) tract caused by food or beverages that contain harmful bacteria, parasites, viruses, or chemicals. Common symptoms of foodborne illnesses include vomiting, diarrhea, abdominal pain and chills. Most foodborne illnesses are caused by harmful bacteria, viruses, parasites and chemicals.

Bacteria

They are tiny organisms that can cause infections in the gut but not all bacteria are harmful to humans. When temperature is favorable they can multiply quickly. The temperature range between 5°C and 60°C in which food-borne bacteria can grow is known as the danger zone because at this point food poisoning bacteria can grow to unsafe levels that can cause sicknesses. Refrigeration and freezing slows bacteria growth and even stops its spread whilst cooking food thoroughly kills bacteria. Therefore; it is important to keep cold food cold, below 5 °C and hot food hot above 60°C. Precautions should be taken when handling and processing foods like raw meat, poultry, fish, dairy products, fruits and vegetables. Commonly found bacteria include Salmonella, Escherichia coli (E.coli) and Listeria monocytogenes.

Viruses

They are tiny capsules, smaller than bacteria and they contain genetic material which can cause infections that lead to sickness. They can be passed from one person to another if the food handler does not observe proper hygiene practices.

Parasites

They are tiny organisms that live under another organism. Foods that come into contact with contaminated water can become contaminated with parasites thus resulting in illnesses.

Chemicals

Harmful chemicals like pesticide residues can cause illness if food is not properly washed.

Personal Cleanliness

It is necessary to maintain an appropriate degree of personal cleanliness to reduce contamination and the occurrence of food-borne illnesses. Food handlers should maintain a high degree of personal hygiene and where appropriate, wear suitable protective clothing and head covering. Cuts and wounds should be covered by suitable waterproof dressings. They should always wash their hands during food handling and preparation. People who do not practice proper personal hygiene, who have certain illnesses or conditions or who behave inappropriately; such as: smoking, spitting, chewing or eating, sneezing or coughing over unprotected food can contaminate food and transmit illness to their families.

Observing the health status of food handlers is also very important so that people who are known or suspected to be

suffering from or to be a carrier of a disease or illness likely to be transmitted through food, should not be allowed to handle food because that could increase the chances of foodborne illnesses . Such conditions would include, diarrhea, vomiting, fever, sore throat with fever, visibly infected skin lesions (boils, cuts, etc.), and discharges from the ear, eye or nose infections.

Sanitation during Food Processing

Food quality is an important food processing requirement because food consumers are susceptible to any form of contamination that may occur during the preparation process. Therefore surfaces, utensils, equipment, fixtures and fittings should be thoroughly cleaned and where necessary disinfected.

Conversion Tables

Quantities in this book are given in metric measures. For the benefit of all consumers who are interested in cooking, the recipe books provide extra information that could be useful in converting from metric to imperial.

Volume and Weight

1 ml	¼ teaspoon
2 ml	½ teaspoon
5 ml	1 teaspoon
15 ml	1 tablespoon
62.5 ml	¼ cup
125 ml	½ cup
250 ml	1 cup

Weight of food items used in the Recipe book

250ml / 1 cup	Grams
Rice	188 g
Mung bean	200 g
Sorghum grain	175 g
Sugar bean	185 g
Cowpea	195 g
Jugo bean	205 g
Pigeon pea	195 g
Cake flour	140 g
Bread flour	135 g
Self-raising flour	125 g
Refined mealie meal	135 g
Unrefined mealie meal	115 g
Samp	200 g
Mealie Rice	
Sorghum meal	110 g
Groundnuts	110 g

Teaspoon	grams
Salt (teaspoon)	6 g
Brown sugar(teaspoon)	5 g

White sugar(teaspoon)	6 g
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Oven Temperatures

Oven Temperatures	Celcius (°C)	Fahrenheit (°F)	Gas Setting
Very cool	100-120	212-248	1
Cool	130-160	268-320	2
Medium	170-180	338-356	3
Medium-hot	190-210	374-410	4
Hot	220-240	428-464	5-6
Very hot	250+	482+	7-8

PART II

RECIPES

CEREAL BASED

Maize Dishes

1. Corn soya blend

Ingredients

- 340g Corn Soya Blend
- 1,300ml water
- 6g salt

Yield

4 servings

Method

- Pour water in a pot, bring to boil.
- Add salt.
- Whisk-in corn soya blend, ensuring that no lumps are formed.
- Cook until porridge forms folds in the centre.
- Serve.



2. Fermented stiff porridge

Ingredients

1000g maize meal
3,200ml water

Yield

4 servings

Method

- Heat part of the water (1000ml) until lukewarm.
- Mix the warm water with half of the maize meal (500g) and allow fermenting in a covered container for 2-3 days.
- Bring remaining water (1,200ml) to the boil.
- Add fermented paste with continuous stirring.
- Allow to boil and add remaining maize meal until a desired consistency is achieved.
- Cover and cook over low heat, turning occasionally until ready.
- Serve



3. Refined maize meal stiff porridge

Ingredients

- 600g mealie meal
- 1,300 ml water
- 6g salt

Yield

4 servings

Method

- Pour water in a pot and allow to boil.
- Add salt and part of the maize meal.
- Whisk mixture until smooth, allow it to simmer.
- Gradually add more maize meal and mix vigorously to avoid the formation of lumps using a wooden spoon.
- Allow to cook over low heat, turning the porridge occasionally.
- Cook until a crust is formed on the base of the pot.



4. Unrefined maize meal stiff porridge

Ingredients

530g mealie meal
1,240ml water
8g salt

Yield

4 servings

Method

- Pour water in a pot and allow to boil.
- Add salt and mealie meal.
- Cover pot and allow to boil for a few minutes.
- Mix until there are no traces of un-mixed mealie meal, cover.
- Allow to cook over low heat, turning the porridge occasionally.
- Cook until a crust is formed on the base of the pot.
- Serve.



5. Refined maize meal thin porridge

Ingredients

355g refined maize meal
3000ml water
115g brown sugar

Yield

4 servings

Method

- Mix maize meal and part of the water (700ml) to form a paste.
- Pour remaining water into a pot, bring to the boil.
- Add maize paste to boiling water with continuous stirring.
- Allow to boil then cover partly to avoid over-boiling.
- Simmer until ready.
- Serve with sugar added



6. Thin sour porridge refined maize meal

Ingredients

- 530g refined maize meal
- 3,000ml water
- 130g brown sugar

Yield

4 servings

Method

- Heat part of the water until lukewarm.
- Mix the warm water with maize meal and allow to ferment in a covered container for 2-3 days.
- Pour remaining water into a pot, bring to the boil.
- Add fermented paste with continuous stirring.
- Allow boiling then cover to simmer until ready.
- Serve with sugar added

7. Thin sour porridge unrefined maize meal

Ingredients

- 380g unrefined maize meal
- 2,740ml water
- 150g brown sugar

Yield

4 servings

Method

- Heat part of the water until lukewarm.
- Mix the warm water with maize meal and allow to ferment in a covered container for 2-3 days.
- Pour remaining water into a pot, bring to the boil.
- Add fermented paste with continuous stirring.
- Allow boiling then cover to simmer until ready.
- Serve with sugar added





8. Refined crumbled porridge with indigenous emasi

Ingredients

- 640g mealie meal
- 700ml water
- 4g salt
- 850ml indigenous emasi
- 650ml milk

Yield

4 servings

Method

- Pour water in a pot and allow to boil.
- Add salt and maize meal.
- Mix until a desired crumbly consistency is obtained, cover.
- Allow to cook over low heat, stirring the porridge occasionally.
- Cook until a golden brown crust is formed on the sides of the pot.
- Cool porridge and mix with sour milk to desired consistency.
- Serve.



9. Unrefined crumbled porridge with indigenous sour milk

Ingredients

- 650g mealie meal
- 500ml water
- 4g salt
- 1000ml indigenous emasi
- 700 ml milk

Yield

4 servings

Method

- Pour water in a pot and allow to boil.
- Add salt and maize meal.
- Mix until a desired crumbly consistency is obtained, cover.
- Allow to cook over low heat, stirring the porridge occasionally.
- Cook until a golden brown crust is formed on the sides of the pot.
- Cool porridge and mix with sour milk diluted with milk to desired consistency.
- Serve



Ingredients

- 480g maize meal
- 660ml
- 7g
- 1000ml sour milk

Yield

4 servings

Method

- Pour water in a pot and allow to boil.
- Add salt and maize meal.
- Mix until a desired crumbly consistency is obtained, cover.
- Allow to cook over low heat, stirring the porridge occasionally.
- Cook until a golden brown crust is formed on the sides of the pot.
- Cool porridge and mix with sour milk to desired consistency.
- Serve.



11. Unrefined crumbled porridge with sour milk

Ingredients

- 550g maize meal
- 660ml water
- 7g salt
- 1000ml sour milk

Yield

4 servings

Method

- Pour water in a pot and allow to boil.
- Add salt and maize meal.
- Mix until a desired crumbly consistency is obtained, cover.
- Allow to cook over low heat, stirring the porridge occasionally.
- Cook until a golden brown crust is formed on the sides of the pot



12. Refined maize meal stiff porridge with whey

Ingredients

- 600g mealie meal
- 1,300 ml water
- 6g salt
- 800ml whey

Yield

4 servings

Method

- Pour water in a pot and allow to boil.
- Add salt and part of the maize meal.
- Whisk mixture until smooth, allow it to simmer.
- Gradually add more maize meal and mix vigorously to avoid the formation of lumps using a wooden spoon.
- Allow to cook over low heat, turning the porridge occasionally.
- Cook until a crust is formed on the base of the pot.
- Cool porridge
- Mix with whey and serve



13. Mealie rice

Ingredients

- 480g mealie rice
- 1,770ml water
- 9g salt

Optional ingredient

- 15ml cooking oil

Yield

4 servings

Method

- Put water in a pot to boil.
- Wash mealie rice to remove debris.
- Add mealie rice to the boiling water.
- Allow to simmer, turning occasionally until cooked.
- Add water when necessary.
- Add salt and cooking oil.
- Mix well.
- Serve



14. Samp

Ingredients

- 590g samp
- 4,400ml water
- 35g carrots
- 24g salt

Optional ingredient

- 35g green pepper
- 18ml cooking oil
- 3g curry powder

Yield

4 servings

Method

- Wash samp in sufficient water.
- Put samp in a pot add water to cover.
- Chop carrots and green pepper.
- Bring to boil and then allow to simmer, turning occasionally until cooked.
- Add carrots, green pepper salt, cooking oil and salt.
- Mix well.
- Serve

15. Singwangwa

Ingredients

- 1,100g left over porridge
- 755ml water
- 100g sugar

Yield

4 servings

Method

- Mix left over porridge with water and sugar.
- Allow to ferment in a closed container for 2-3 days.
- Serve

16. Steamed maize bread

Ingredients

- 940g minced fresh maize
- 240g self-raising flour
- 90g white sugar
- 125g margarine
- 100ml water
- 4g salt

Optional ingredient

- 5ml baking powder

Yield

4 servings

Method

- Remove the outer husks and reserve the inner husks for later use.
- Remove maize grains from the cob and reserve cobs enough to cover the base of the pot.
- Line the base of the pot with the reserved cobs.
- Add water into the pot and bring to boil.
- Grind the grains into a fine paste
- Add all the remaining ingredients into the paste.
- Mix well to form a soft dough.
- Spoon the dough into the reserved inner husks and wrap.
- Put wrapped dough into the pot on top of the cobs.
- Steam dough until cooked.
- Serve warm or cold.



17. Boiled Rice

Ingredients

- 650g rice
- 1,500ml water

Optional ingredient

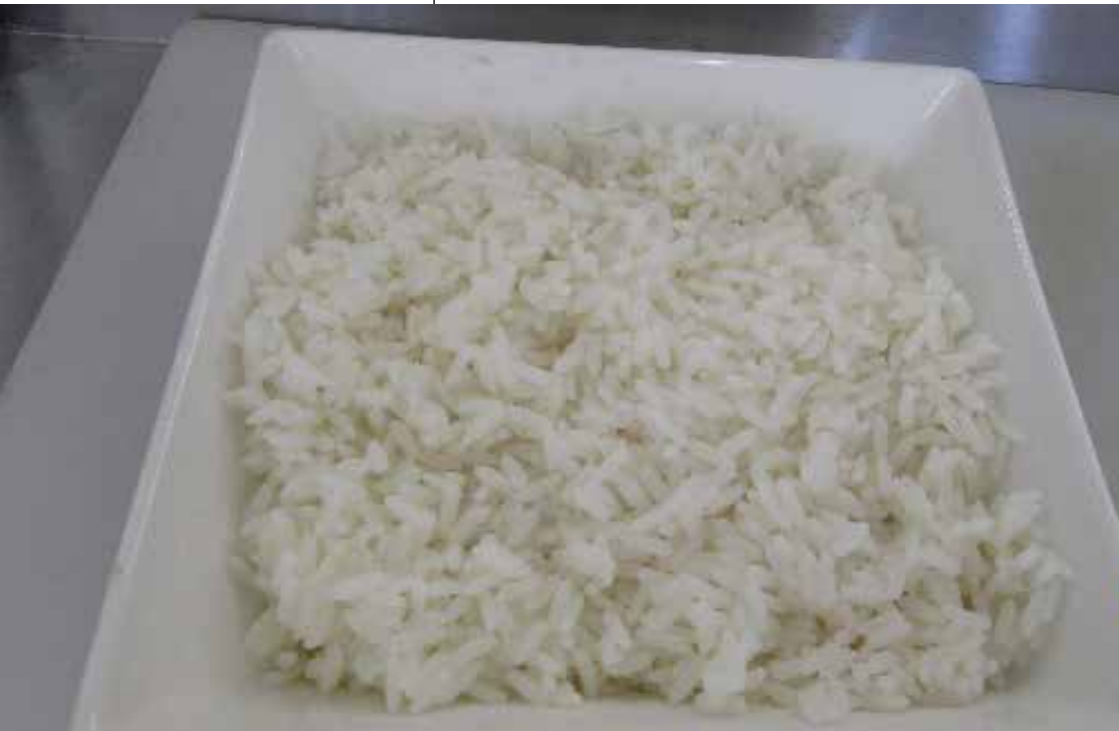
- 5g salt

Yield

4 servings

Method

- Pour water in a pot and bring to the boil.
- Wash rice in enough cold water.
- Add rice and salt to boiling water.
- Simmer rice until cooked or to desired texture.
- Serve



18. Savoury rice

Ingredients

- 660g rice
- 1,400ml water
- 3g salt
- 75g carrot

Optional ingredient

- 50g green pepper
- 5g medium curry powder

Yield

4 servings

Method

- Pour water into a pot and bring to the boil.
- Wash rice in enough water
- Add rice and salt to boiling water
- Peel and dice carrot.
- Boil rice until half cooked, add carrot, green pepper and curry powder.
- Simmer rice until cooked.
- Serve.



Sorghum Dishes

19. Thin sour sorghum porridge

Ingredients

- 260g sorghum meal
- 2,600ml water
- 195g brown sugar

Yield

4 servings

Method

- Heat part of the water until lukewarm.
- Mix the warm water with sorghum meal and allow to ferment in a covered container for 2-3 days.
- Pour remaining water into a pot, bring to the boil.
- Add fermented paste with continuous stirring.
- Allow to boil then cover partly to avoid over-boiling.
- Simmer until ready.
- Serve with sugar added



Ingredients

- 245g malted sorghum
- 220g maize meal
- 2800ml water

Yield

4 servings

Method

- Boil 800ml of the water to luke warm.
- Put mealie meal with malted sorghum in a container with a lid.
- Add the warm water and mix well.
- Cover and leave to ferment for 2-3 days.
- Pour the remaining water in a pot and bring to the boil.
- Add the paste to the boiling water with continuous stirring.
- Allow the porridge to simmer until a thin crust is formed at the base of the pot.
- Serve with added sugar.

21. Ticaba

Ingredients

- 650g sorghum
- 1200ml water
- 1300ml sour milk
- 450ml milk

Yield

4 servings

Method

- Sort sorghum.
- Put sorghum in a pot and add water.
- Boil sorghum until it is half-cooked.
- Allow sorghum to cool.
- Coarsely grind sorghum.
- Mix sour milk and fresh milk to desired consistency, then add the sorghum.
- Mix well.
- Serve.



22. Avocado sandwich (brown bread)

Ingredients

- 435g brown bread
- 290g avocado

Yield

4 servings

Method

- Mash avocado
- Add salt.
- Paste it on the bread.
- Serve



23. Avocado sandwich (white bread)

Ingredients

- 345g white bread
- 265g avocado

Optional ingredient

- 4g salt

Method

- Mash avocado
- Add salt
- Paste it on the bread.
- Serve

Yield

4 servings



24. Mixed fruit jam sandwich

Ingredients

- 380g brown bread
- 195g jam

Yield

4 servings

Method

- Spread jam on bread
- Serve



25. Orange marmalade sandwich (white bread)

Ingredients

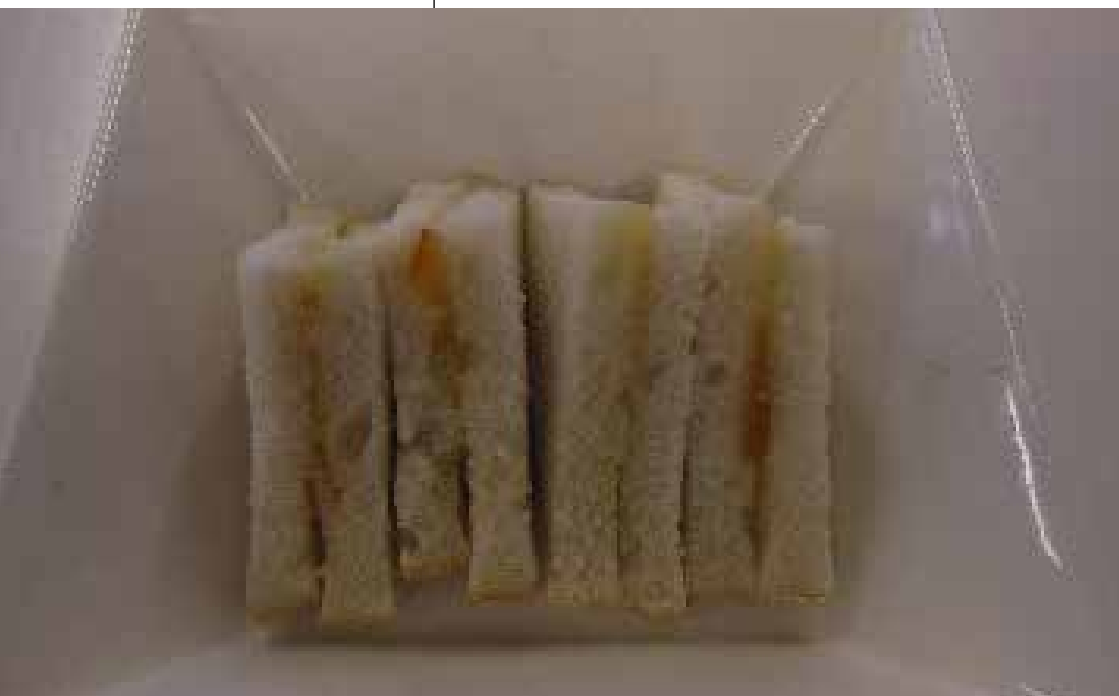
- 335g white bread
- 180g marmalade

Method

- Spread jam on bread.
- Serve

Yield

4 servings



26. Polony sandwich

Ingredients

- 370g white bread
- 140g polony
- 40g margarine

Optional ingredient

- 175g tomato

Yield

4 servings

Method

- Grate polony.
- Slice tomato.
- Paste sliced bread with margarine.
- Put grated polony.
- Add tomato.
- Serve



27. Dumpling

Ingredients

- 400g self-raising flour
- 70g white sugar
- 5g salt
- 350ml water

Optional ingredient

- 385ml milk
- 55g egg
- 50ml cooking oil
- 5ml orange rind

Yield

4 servings

Method

- Pour water into a pot and bring to boil.
- Grease steaming bowl.
- Sift flour into a bowl.
- Add remaining dry ingredients and mix.
- Make a well in the centre.
- Mix water or milk with egg, cooking oil and orange rind.
- Gradually add liquid.
- Stir until a soft dough is formed.
- Pour dough into bowl, cover with a clean cloth and tie with a string.
- Place bowl into the pot, steam until cooked.
- Serve.



28. Fat cakes

Ingredients

- 400g cake flour
- 100g white sugar
- 6g instant yeast
- 3g salt
- 260ml warm water
- 600ml oil for deep fat frying

Yield

4 servings

Method

- Sift flour into a bowl.
- Add remaining dry ingredients and mix.
- Make a well in the centre.
- Gradually add warm water and stir until stiff dough is formed.
- Knead the dough until it is well mixed and pliable.
- Place dough in an enamel bowl.
- Cover with a clean cloth and place in a warm place.
- Allow dough to rise to double in size.
- Knead the dough once again.
- Mould dough into desired size balls.
- Place balls on a tray.
- Allow to rest for 30 minutes
- Meanwhile, heat oil for frying.
- Fry cakes in hot oil.
- Drain well
- Serve



29. Muffins

Ingredients

- 450g self-raising flour
- 150g white sugar
- 200g margarine
- 320ml milk
- 120g eggs
- 3g salt

Yield

4 servings

Method

- Pre-heat oven to 180°C
- Grease muffin pans
- Cream margarine, add sugar gradually and continue creaming
- Add eggs and continue creaming
- Add milk alternately with flour
- Mix well
- Spoon into muffin pans
- Bake until golden brown
- Serve



30. Swazi buns

Ingredients

- 800g cake flour
- 170g white sugar
- 410ml warm water
- 10g yeast
- 3g salt

Yield

4 servings

Method

- Sift flour into a bowl.
- Add remaining dry ingredients and mix.
- Make a well in the centre.
- Gradually add warm water and stir until a stiff dough is formed.
- Knead the dough until it is well mixed and pliable.
- Place dough in an enamel bowl.
- Cover with a clean cloth and place in a warm place.
- Allow dough to rise to double in size overnight.
- Grease baking tray.
- Knead the dough once again.
- Mould dough into desired size balls.
- Place balls close to each other in tray.
- Allow to rest for 30 minutes
- Bake in a pre-heated oven until golden brown.
- Glaze buns with a sugar solution.
- Serve.



ONE-POT MEALS

31. Insontjwana (Jugo beans and maize meal)

Ingredients

- 580g jugo beans
- 200g maize meal
- 3000ml water
- 10g salt

Yield

4 servings

Method

- Sort and wash jugo beans.
- Boil beans in plenty water until cooked.
- Mash beans, add maize meal and salt.
- Continue cooking and stirring occasionally.
- Cook until a crust is formed.
- Serve



32. Lijoti (melon porridge)

Ingredients

- 1,600g melon
- 850ml water
- 80g maize meal
- 60g sugar

Optional ingredient

- 60g milk

Yield

4 servings

Method

- Wash and half melon.
- Cut into wedges and peel.
- Remove seeds.
- Cut into chunks.
- Put into pot and add water.
- Cook until soft.
- Whisk until smooth.
- Add maize meal gradually and mix vigorously until a desired consistency is achieved.
- Allow to simmer, turning occasionally until cooked.
- Serve with sugar and milk added



33. Sidvudvu (Pumpkin porridge)

Ingredients

- 1,800g pumpkin
- 800ml water
- 240g mealie meal

Optional ingredient

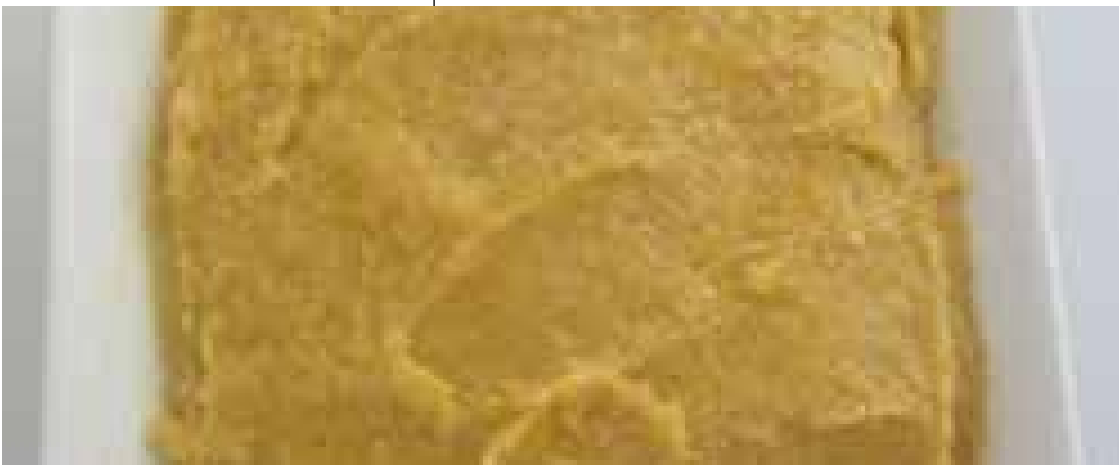
- 140g sugar

Yield

4 servings

Method

- Wash and half melon.
- Cut into wedges and peel.
- Remove seeds and peel.
- Cut into chunks.
- Put into pot and add water.
- Cook until soft.
- Whisk until smooth.
- Add maize meal gradually and mix vigorously until a desired consistency is achieved.
- Allow to simmer, turning occasionally until cooked.
- Serve with sugar and milk added



34. Ludwidi

Ingredients

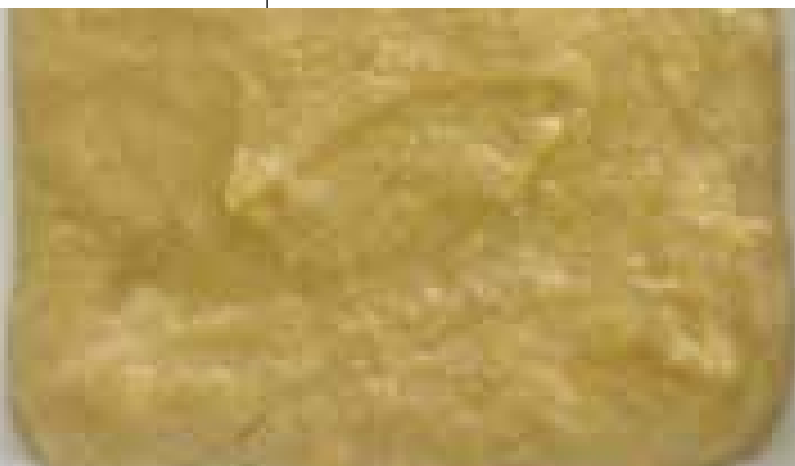
- 550g cooked pumpkin porridge
- 300ml milk
- 100g sugar

Yield

4 servings

Method

- Add milk to cooked and sweetened pumpkin porridge.
- Serve



35. Sijabane

Ingredients

- 550g amaranthus
- 1,000ml water
- 270g maize meal
- 7g salt

Optional ingredient

- 30ml cooking oil

Yield

4 servings

Method

- Wash amaranthus.
- Put amaranthus in a pot and add water.
- Add salt and boil amaranthus until cooked.
- Add mealie meal and cooking oil.
- Mix well.
- Turn occasionally until the mealie meal is cooked.
- Serve.



36. Siffubi (milk porridge)

Ingredients

- 1000ml milk
- 250g mealie meal

Optional ingredient

- 4g salt

Yield

4 servings

Method

- Pour part of the milk in a pot and bring to the boil.
- Mix maize meal with remaining milk to form a paste.
- Add paste and salt to the boiling milk with continuous stirring.
- Allow the porridge to simmer until a thin crust is formed at the base of the pot.
- Serve hot.



37. Umngcushu (samp and jugo beans)

Ingredients

- 500g samp
- 400g jugo beans
- 6000ml water
- 140g peanut powder
- 20g salt

Optional ingredient

- 125g carrots

Yield

4 servings

Method

- Sort and wash jugo beans.
- Wash samp in sufficient water.
- Put jugo beans, samp and peanut powder in a pot, add water to cover.
- Chop carrot and add to samp.
- Bring to boil and allow to simmer, turning occasionally until cooked.
- Add salt and mix well.
- Serve



RELISHES

38. Maasbanker stew

Ingredients

- 370g maasbanker
- 530ml water
- 125g tomato
- 95g onion
- 40g green pepper
- 10g garlic
- 3g salt

Optional ingredient

- 15ml cooking oil
- 10g soup powder
- 5g stock cube
- 3g steak and chops spice
- 2,5g curry powder

Yield

4 servings

Method

- Clean maasbanker.
- Chop tomato, onion, green pepper and garlic.
- Place fish, chopped vegetables, salt or stock cube and water in a pot.
- Add cooking oil, soup powder, steak and chops spice, and curry powder.
- Simmer until cooked.
- Serve.



39. Deep fat fried tilapia fish

Ingredients

- 700g fish
- 200ml cooking oil
- 40g flour
- 15g fish spice
- 5g salt

Optional ingredient

Yield

4 servings

Method

- Clean fish
- Mix flour, spice and salt.
- Heat oil.
- Coat fish in seasoned flour.
- Fry fish until cooked.
- Serve.



40. Tilapia fish stew

Ingredients

- 800g fish
- 650ml water
- 145g onion
- 145g tomato
- 10g garlic
- 10g salt

Optional ingredient

Yield

4 servings

Method

- Clean fish.
- Cut into desired pieces
- Chop onion, tomato and mince the garlic.
- Put fish, water, onion, tomato and salt in a pot.
- Allow to boil, and then simmer.
- Simmer until cooked.
- Serve.



41. Tinned fish relish

Ingredients

- 400g fish
- 245g onion
- 220g carrot
- 185g tomato
- 70ml cooking oil
- 45g green pepper
- 10g stock cube

Optional ingredient

- 350g potato
- 440ml water
- 15g aromatz
- 2,5g salt
- 5g black pepper
- 5g steak and chops

Yield

4 servings

Method

- Open the tinned fish and remove the "insides".
- Chop potato, onion, carrot, tomato, green pepper and carrot.
- Sauté onion till golden brown, add black pepper, steak and chops spice
- Add fish and remaining vegetables.
- Season with salt or aromatz or stock cube.
- Simmer.
- Serve.



42. Baked beans relish

Ingredients

- 475g baked beans
- 185g tomatoes
- 120g onion
- 3,5g salt

Optional ingredient

- 350ml water
- 70g carrots
- 55g green pepper
- 50ml cooking oil
- 30g soup powder
- 10g garlic
- 10g curry powder

Yield

4 servings

Method

- Chop tomato, onion, carrot and green pepper.
- Put baked beans in pot; add onion, tomato and green pepper
- Season with salt.
- Cook until onion is transparent, stirring occasionally.
- Serve.



43. Baked beans and potato relish

Ingredients

- 410g Baked beans
- 185g tomato
- 160g potato
- 95g onion
- 55ml cooking oil
- 50g green pepper
- 470ml water
- 7g salt

Optional ingredient

- 55g carrot
- 12g beef stock cube
- 9,5g garlic
- 5g curry powder
- 4g barbeque

Yield

4 servings

Method

- Peel and chop potatoes, onion, green pepper and tomato.
- Heat oil and sauté onion followed by garlic, barbeque spice, curry powder and tomato.
- Add, potato, carrots
- Boil until potatoes are cooked.
- Add green pepper and baked beans.
- Season with salt or stock cube
- Simmer
- Serve



44. Beans and tinned fish relish

Ingredients

- 365g baked beans
- 185g tinned fish
- 150g tomato
- 90g onion
- 40g green pepper
- 35g carrots
- 35ml cooking oil
- 8g salt

Optional ingredient

- 350ml water
- 15g garlic
- 9g stock cube
- 2g curry powder
- 1g steak and chops spice

Yield

4 servings

Method

- Chop tomato, onion, green pepper and carrots.
- Heat oil in a pot and sauté onion
- Add tomato, green pepper and carrots.
- Continue cooking until vegetables are soft.
- Add fish, baked beans and mix well.
- Allow to simmer for a few minutes.
- Serve.



45. Cowpea stew

Ingredients

- 430g cow pea
- 3,420ml water
- 95g onion
- 80g green pepper
- 65ml cooking oil
- 20g garlic
- 15g salt

Optional ingredient

- 130g tomato
- 95g peanut powder
- 80g carrot
- 15g steak and chops spice
- 10g stock cube

Yield

4 servings

Method

- Sort and wash cowpea.
- Put in pot and boil until tender.
- Chop onions, green pepper and garlic.
- Heat oil and sauté onion, garlic, steak and chops spice, tomato
- Add carrots, peanut powder and green pepper
- Season with salt or stock cube.
- Allow to simmer.
- Serve.



46. Indakala

Ingredients

- 180g peanut powder
- 900ml water
- 135g tomato
- 85g onion
- 10g salt

Yield

4 servings

Method

- Mix water and peanut powder, place in a pot and bring to boil.
- Chop onion and tomatoes, add to peanut mixture.
- Allow to simmer, stirring occasionally to prevent burning
- Season with salt
- Serve.



47. Jugo bean stew

Ingredients

- 350g jugo bean
- 2,700ml water
- 120g tomato
- 60g onion
- 15g salt

Optional ingredient

- 80g yellow pepper
- 100g red pepper
- 76g shallots
- 60g green pepper
- 60ml cooking oil
- 15g garlic
- 12g stock cube

Yield

4 servings

Method

- Sort and wash jugo beans.
- Put in pot and boil until tender.
- Chop tomato, red and yellow peppers, onion, shallot, green pepper and garlic.
- Sauté onion, garlic and add all the vegetables
- Mix with jugo beans and add peanut powder
- Season with salt or stock cube
- Simmer.
- Serve.



48. Mung beans stew

Ingredients

- 325g mung beans
- 2,160ml water
- 75g onion
- 14g salt
- 10g garlic

Optional ingredient

- 125g tomato
- 85g peanut powder
- 75 green peppers
- 60g carrot
- 40ml cooking oil
- 6g black pepper

Yield

4 servings

Method

- Sort and wash beans.
- Put in pot and boil till tender.
- Chop and peel tomato, onions green pepper, carrots and garlic.
- In another pot, heat oil and sauté onion, black pepper, garlic and add remaining vegetables
- Mix with cooked mung beans and add peanut powder
- Season with salt
- Allow to simmer.
- Serve.



49. Pigeon pea stew

Ingredients

- 415g pigeon pea
- 3,600ml water
- 145ml tomato
- 125ml onion
- 50ml cooking oil
- 17g stock cube
- 8g salt

Optional ingredient

- 75g carrot
- 40g green pepper
- 15g garlic
- 2g black pepper

Method

- Sort and wash pigeon pea
- Place pigeon pea in a pot, add water and bring to boil.
- Chop onion , carrots, tomato, green pepper
- Heat oil and sauté onion, tomato, garlic, black pepper
- Add cooked pigeon pea, carrots and green pepper
- Continue cooking until pigeon pea is soft.
- Season with aromats or stock cubes or salt
- Serve.

Yield

4 servings



50. Soya mince soup

Ingredients

- 95g soya mince soup powder
- 700ml water
- 90g tomato
- 70g onion
- 40ml cooking oil

Optional ingredient

- 50g green pepper
- 7g stock cube
- 5g curry powder
- 5g garlic
- 1g salt

Method

- Chop onion and tomato.
- Heat oil in pot and fry onions until transparent.
- Add green peppers, stock cube or salt, curry powder and garlic.
- Add tomato, continue frying then add 600ml water.
- Mix the soya mince soup powder with the remaining 100ml water and add to the pot.
- Allow to simmer.
- Serve.

Yield

4 servings



51. Sugar bean stew

Ingredients

- 350g sugar beans
- 3,400ml water
- 110g onion
- 70g green pepper
- 50ml cooking oil
- 10g salt

Optional ingredient

- 135g carrot
- 85g tomato
- 75g red pepper
- 75g yellow pepper
- 6g garlic

Yield

4 servings

Method

- Sort and wash beans.
- Put in pot and boil until tender.
- Chop onions, carrots, tomato, green, red and yellow peppers, and garlic.
- Heat oil and sauté onion, carrots, tomato, sweet peppers, and garlic
- Add cooked beans and mix
- Season with salt
- Allow to simmer.
- Serve.



52. Sugar beans with peanut powder

Ingredients

- 310g sugar beans
- 3,400ml water
- 165g onion
- 115g peanut powder
- 30g shallots
- 15g garlic cloves
- 10g salt

Optional ingredient

- 80g tomato
- 12g stock cube

Yield

4 servings

Method

- Sort and wash beans.
- Put in pot and boil until tender.
- Chop onions, shallots, tomato and garlic.
- Mix with beans and add peanut powder
- Continue cooking until the peanut powder is cooked.
- Season with salt or stock cube
- Stir occasionally to prevent burning.
- Serve.



Meat Dishes

Beef

53. Beef gravy

Ingredients

- 470ml beef broth
- 110g onion
- 75g carrot
- 50ml cooking oil
- 40g green pepper
- 30g soup powder beef flavor
- 12g beef stock cube
- 10g salt
- 4g curry powder

Optional ingredient

- 135g potato
- 120g tomato
- 12g garlic
- 4g barbeque spice

Yield

4 servings

Method

- Chop potato, tomato, onion, carrot and green pepper.
- Heat oil in a pot.
- Gently fry onion, add soup powder, curry and stock cube.
- Add potatoes, tomato, garlic and barbeque spice.
- Add broth together with carrots and green pepper.
- Simmer gently for 15 minutes.
- Serve.



54. Beef stew

Ingredients

- 500g beef
- 710ml water
- 120g tomato
- 90g onion
- 6g salt

Optional ingredient

- 140g potato
- 45g carrot
- 40g green pepper
- 10g garlic
- 10g soup powder
- 10ml cooking oil

Method

- Cut beef into desired pieces.
- Chop potato, tomato, onion, carrot, green pepper and garlic.
- Put beef in a pot add water and boil till almost tender.
- Add remaining ingredients
- Allow to simmer until potato is cooked.
- Serve.

Yield

4 servings



55. Char-grilled beef

Ingredients

- 600g T-bone
- 5g salt
- 6g steak and chops spice

Optional ingredient

- 25g garlic
- 2ml Cooking oil

Yield

4 servings

Method

- Prepare a fire and let it burn till embers are formed.
- Meanwhile, season beef with garlic, steak and chops spice and salt mixed in cooking oil.
- Place a grilling rack over the embers.
- Grill beef well, there should no traces of blood.
- Serve



56. Boiled beef offal

Ingredients

- 695g offal
- 2000ml water
- 10g salt

Optional ingredient

- 110g onion
- 90g green pepper
- 5g garlic

Yield

4 servings

Method

- Clean offal in sufficient water.
- Cut into desired pieces.
- Put in a pot together with onion, green pepper, garlic, water and salt.
- Add optional ingredient(s) of your choice
- Boil until tender.
- Serve.



57. Boiled head and hooves

Ingredients

- 6 kg chopped head and hooves
- 10,000ml water
- 50g salt

Yield

4 servings

Method

- Clean offal in sufficient water.
- Cut into desired pieces.
- Put in a pot together with onion, green pepper, garlic, water and salt.
- Add optional ingredient(s) of your choice
- Boil until tender.
- Serve.



58. Boiled meaty bones

Ingredients

- 1,2kg meaty bones
- 3125ml water
- 100g tomato
- 95g onion
- 10g salt

Optional ingredient

- 10g stock cube
- 10g garlic
- 3g curry powder

Method

- Put bones in a pot, add water and boil till tender.
- Chop tomato, onion and garlic add to bones together with curry powder.
- Season with salt or stock cube
- Allow to simmer.
- Serve.



59. Fried ox heart

Ingredients

- 480g heart
- 45ml cooking oil
- 5g salt

Yield

4 servings

Method

- Cut meat into desired pieces.
- Heat oil in a pan.
- Fry meat.
- Add salt and continue frying until meat is cooked.
- Serve.



60. Fried ox liver

Ingredients

- 460g liver
- 75ml cooking oil
- 8g salt

Optional ingredient

- 80g tomato
- 70g onion
- 10g beef stock cube

Method

- Cut liver into desired pieces.
- Heat oil in a pan.
- Fry liver, onion and tomato.
- Season with salt or beef stock cube.
- Fry liver until there are no traces of blood.
- Serve.

Yield

4 servings



Ingredients

- 460g minced meat
- 215g tomatoes
- 120g onion
- 85g carrot
- 60g green pepper
- 60ml cooking oil
- 7g salt

Optional ingredient

- 10g stock cube
- 6g curry powder
- 9g barbeque spice

Yield

4 servings

Method

- Chop tomato, onion, carrots and green pepper.
- Heat oil in pot, fry onion till golden brown.
- Add tomato followed by the minced meat and salt, continue frying.
- Add carrots and green pepper.
- Allow to simmer.
- Serve.

62. Boerwors stew

Ingredients

- 435g Boerwors
- 110g tomato
- 440ml water
- 90g onion
- 50g green pepper

Optional ingredient

- 10g stock cube
- 7g salt

Yield

4 servings

Method

- Cut boerwors into desired pieces.
- Chop tomato, onion and green pepper.
- Put boerwors in pot with part of the water and cook over low heat until the fat has been extracted.
- Add onion and cook until onion is golden brown.
- Add remaining ingredients and simmer.
- Add stock cube or salt.
- Serve



63. Char-grilled boerwors

Ingredients

- 370g boerwors

Optional ingredient

- 2g steak and chops spice

Yield

4 servings

Method

- Prepare a fire and let it burn till embers are formed.
- Place a grilling rack over the embers.
- Add steak and chops spice and grill boerwors well, there should be no traces of blood.
- Serve



64. Fried boerwors

Ingredients

- 370g boerwors
- 15ml cooking oil

Yield

4 servings

Method

- Heat oil in a pot.
- Fry boerwors over medium heat.
- Cook until the juices come out clear.
- Serve



65. Boiled goat offal

Ingredients

- 1kg offal
- 3,000ml water
- 25g salt

Yield

4 servings

Method

- Clean and cut offals into desired pieces.
- Put in a pot, add water and salt.
- Boil until cooked
- Serve.



66. Goat stew

Ingredients

- 490g goat
- 470ml water
- 80g onion
- 80g tomato
- 7g salt

Optional ingredient

- 5g stock cube
- 1,5g curry powder

Method

- Cut meat into desired pieces.
- Chop onions and tomato.
- Put all the ingredients in a pot add water, salt, stock cube and curry powder.
- Simmer till cooked.
- Serve.

Yield

4 servings



67. Mutton stew

Ingredients

- 360g mutton
- 1,180ml water
- 100g tomato
- 80g onion
- 5g salt

Optional ingredient

- 15g garlic
- 5g beef stock cube
- 2g paprika

Yield

4 servings

Method

- Cut meat into desired pieces.
- Put meat in a pot, add salt and boil until half cooked.
- Chop tomato and onion.
- Add chopped vegetables, garlic, beef stock and paprika to mutton.
- Allow to simmer.
- Serve.



68. Boiled pork trotters

Ingredients

- 550g trotters
- 1,900ml water
- 15g salt

Method

- Cut the trotters into half
- Put trotters, water and salt into a pot and boil till soft.
- Serve.

Yield

4 servings



69. Pork stew

Ingredients

- 470g pork
- 900ml water
- 85g tomato
- 75g onion
- 7g salt
- 3g curry powder

Optional ingredient

- 20g green pepper
- 12g beef stock cube
- 3g steak and chops spice
- 5g garlic

Yield

4 servings

Method

- Cut pork into desired pieces.
- Chop tomato, onion, green pepper and garlic.
- Put all the ingredients in a pot add water, steak and chops spice, garlic and salt or beef stock cube.
- Allow to simmer.
- Serve.



70. Fried russian

Ingredients

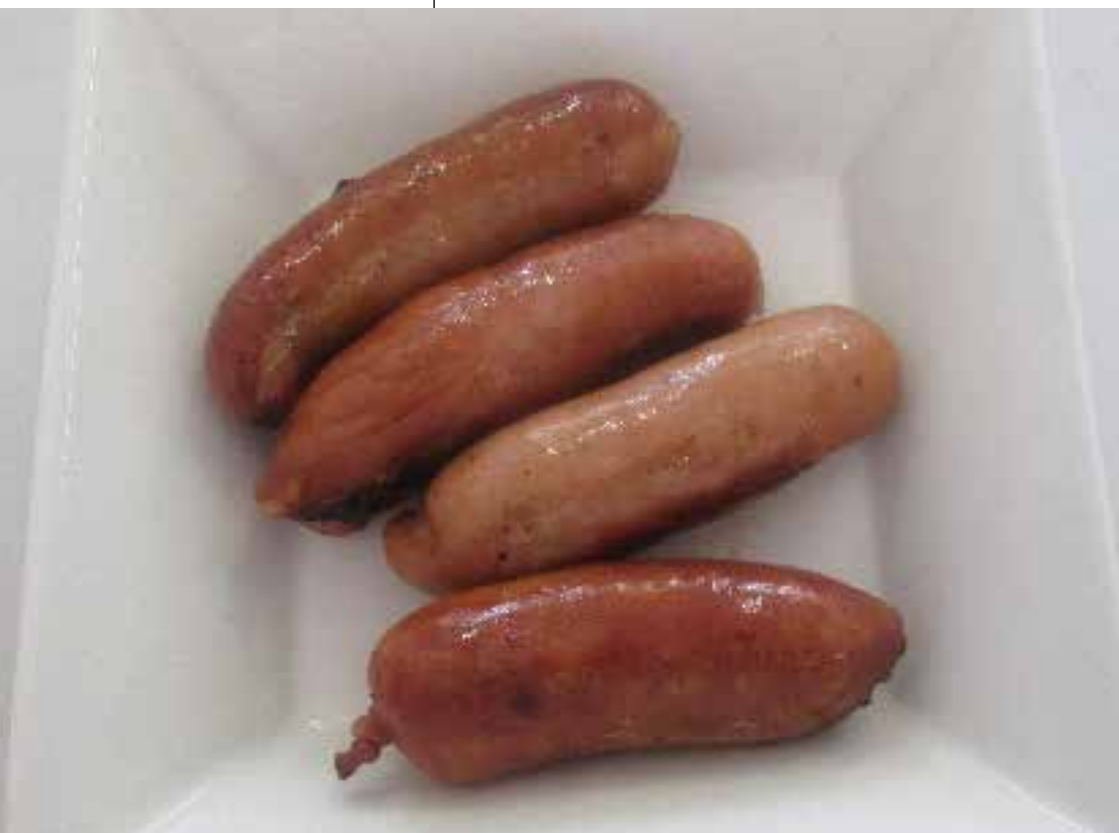
- 370g Russians
- 100ml cooking oil

Yield

4 servings

Method

- Heat oil
- Fry Russians.
- Serve.



71. Boiled indigenous chicken

Ingredients

- 580g indigenous chicken
- 3500ml water
- 125g onion
- 10ml salt
- 10g garlic

Optional ingredient

- 90g green pepper
- 20g sprigs shallots
- 15ml cooking oil

Yield

4 servings

Method

- Boil 2000ml of the water.
- Slaughter the chicken and immerse it in boiling water briefly then remove the feathers.
- Dress the chicken by removing the internal organs, head and feet.
- Cut chicken into desired pieces.
- Place chicken pieces, remaining water (1500ml), onion, green pepper, shallot, cooking oil, salt and garlic in a pot.
- Boil until cooked.
- Serve hot.



72. Chicken gravy

Ingredients

- 700ml chicken broth
- 120g onion
- 120g tomato
- 90g carrot
- 60g chicken soup powder
- 50g green pepper
- 40ml cooking oil
- 7g salt
- 5g curry powder

Optional ingredient

- 9g garlic
- 5g chicken spice
- 2g barbeque spice

Yield

4 servings

Method

- Chop onion, tomato, carrot, green pepper and garlic.
- Heat oil in a pot.
- Gently fry onion, soup powder and curry.
- Add garlic, chicken spice and barbeque spice.
- Continue frying and add tomato.
- Add broth together with carrots and green pepper.
- Simmer gently for 15 minutes.
- Serve.



73. Deep fried chicken drumsticks

Ingredients

- 300g drumsticks
- 410ml cooking oil
- 5g chicken spice
- 4g barbeque spic

Optional ingredient

- 7g salt
- 3g curry powder

Yield

4 servings

Method

- Heat oil in pot.
- Place chicken pieces in bowl, season with chicken and barbeque spices, salt and curry powder.
- Deep fry drumsticks in hot oil.
- Serve.



74. Deep fried chicken thighs

Ingredients

- 580g thighs
- 340ml cooking oil
- 5g barbeque spice
- 5g chicken spice

Optional Ingredients

- 50g flour
- 18g aromatz
- 3,5g salt

Yield

4 servings

Method

- Heat oil in pot.
- Season flour with barbeque and chicken spices, aromatz and salt.
- Coat thighs
- Deep fry thighs in hot oil.
- Serve.



75. Deep fried chicken wings

Ingredients

- 490g wings
- 380ml cooking oil
- 7g salt
- 5g chicken spice

Optional Ingredients

- 12g aromatz
- 3g barbeque spice

Yield

4 servings

Method

- Heat oil in pot.
- Place chicken pieces in bowl, season with aromatz, salt, chicken and barbeque spices.
- Deep fry wings in hot oil until cooked.
- Serve



76. Fried chicken necks

Ingredients

- 1kg necks
- 375ml water
- 55ml cooking oil
- 8g salt

Yield

4 servings

Method

- Clean necks
- Put in pot, add water and salt.
- Boil until water evaporates.
- Add oil and fry necks.
- Serve.



77. Egg relish

Ingredients

- 260g eggs
- 210g tomatoes
- 145g onion
- 45ml cooking oil
- 8g salt

Optional Ingredients

- 60g green pepper

Yield

4 servings

Method

- Break eggs and put them in a small bowl, add salt and beat lightly.
- Chop onion , tomatoes and green pepper
- Heat oil in a pot and sauté onions until golden brown.
- Add tomatoes, green pepper and continue frying
- Lastly, add eggs and mix gently.
- Serve.



78. Stewed chicken breasts

Ingredients

- 650g breasts
- 260g potato
- 125g tomato
- 105g onion
- 55g carrot
- 400ml water
- 6g salt

Optional Ingredients

- 70ml cooking oil
- 17g stock cube
- 16g soup powder
- 10g garlic
- 4g sugar
- 3g chicken spice
- 1g steak and chops spice
- 1g curry powder

Yield

4 servings

Method

- Chop breasts, potato, tomato, onion, carrot and garlic.
- Heat oil in pot, add onion and fry until golden brown then add garlic, spices and curry powder.
- Continue frying for a few minutes then add tomato, breasts, water, potato, carrot, soup powder and sugar.
- Season stew with stock cube or salt.
- Allow simmering until breasts and vegetables are cooked.
- Serve.



79. Stewed chicken drumsticks

Ingredients

- 300g drumsticks
- 110g tomato
- 100g onion
- 50g carrot
- 540ml water
- 30ml cooking oil
- 10g salt

Optional Ingredients

- 18g green pepper
- 4g aromatz
- 3g chicken spice
- 3g black pepper
- 3g curry powder

Method

- Chop tomato, onion, carrot and green pepper.
- Heat oil in pot, add onion and fry until golden brown then add tomato.
- Add drumsticks, water, carrot, green pepper and salt.
- Allow to simmer.
- Serve.

Yield

4 servings



80. Stewed chicken feet

Ingredients

- 370g feet
- 885ml water
- 140g tomato
- 120g onion
- 60g green pepper
- 55ml g cooking oil
- 10 salt

Optional Ingredients

- 330g potato
- 55g carrot
- 12g garlic
- 10g chicken stock cube
- 5g curry powder
- 5g 1 tsp steak and chops

Method

- Boil 500ml water.
- Immerse feet briefly in boiling water to soften the skin.
- Peel the skin from the feet.
- Chop potato onions, tomato, carrot, green pepper and garlic.
- Heat oil in pot, fry onion and garlic till transparent.
- Add curry powder, steak and chops spice and feet, continue frying.
- Add potato, tomato, carrot, green pepper and remaining water (385ml).
- Season with salt or stock cube
- Boil till cooked.
- Serve hot.

Yield

4 servings



81. stewed chicken gizzards

Ingredients

- 500g gizzards
- 540ml water
- 100g tomato
- 90g onion
- 65g green pepper
- 55ml cooking oil
- 16g garlic
- 12g salt

Optional Ingredients

- 110g carrot
- 10g chicken stock cube
- 5g steak and chops
- 3g curry powder

Yield

4 servings

Method

- Cut gizzards into desired sizes.
- Chop carrot, tomato, onion, green pepper and garlic.
- Heat oil in pot, add gizzards, onion, garlic, steak and chops spice, curry powder and fry till golden brown.
- Add carrot, tomato and green pepper, continue frying.
- Add water.
- Season with salt or stock cube.
- Allow to simmer.
- Serve.



82. Stewed chicken heads

Ingredients

- 360g heads
- 1075ml water
- 155g tomato
- 90g onion
- 20ml cooking oil
- 15g garlic
- 7g salt

Optional Ingredients

- 50g green pepper
- 10g stock cube
- 5g curry powder

Yield

4 servings

Method

- Boil 500ml water.
- Immerse heads briefly in boiling water to soften the feathers and hard beak.
- Remove the hard beak from the head and feathers.
- Chop tomato, onion, green pepper and garlic.
- Heat oil in pot, fry onion and garlic till transparent.
- Add curry powder and heads, continue frying.
- Add tomato and remaining water (575ml).
- Season with salt or stock cube.
- Allow to simmer.
- Serve.



83. Stewed chicken intestines

Ingredients

- 435g intestines
- 310ml water
- 80g onion
- 10g salt

Optional Ingredients

- 105g tomato
- 45g green pepper
- 12g garlic
- 12ml cooking oil

Yield

4 servings

Method

- Clean intestines in enough water.
- Chop tomato, onion, green pepper and garlic.
- Put all the ingredients in a pot.
- Allow to simmer.
- Serve.



84. Stewed chicken necks

Ingredients

- 545g necks
- 710ml water
- 105g carrot
- 95g onion
- 90g tomato
- 45g green pepper
- 10g garlic
- 8g salt

Optional Ingredients

- 240g potato
- 45ml cooking oil
- 5g curry powder
- 1g steak and chops spice

Yield

4 servings

Method

- Chop potato, carrot, onion, tomato, green pepper and garlic.
- Put all the ingredients in a pot.
- Allow to simmer.
- Serve.



85. Stewed chicken thighs

Ingredients

- 500g thighs
- 420ml water
- 110g tomato
- 80g onion
- 8g salt

Optional Ingredients

- 220g potato
- 50ml cooking oil
- 30g green pepper
- 15g garlic
- 6g chicken spice
- 1,5g steak and chops spice

Yield

4 servings

Method

- Chop potato, tomato and onion.
- Place chicken in pot and add salt.
- Add onion, tomato, potato, green pepper, garlic, cooking oil, chicken spice, steak and chops spice and water.
- Allow to simmer.
- Serve.



86. Stewed chicken wings

Ingredients

- 450g wings
- 100g tomato
- 80g onion
- 420ml water
- 7g salt

Optional Ingredients

- 70g carrot
- 20g soup powder
- 3g chicken spice
- 3g curry powder

Yield

4 servings

Method

- Chop tomato, onion and carrot.
- Place chicken in pot and add water.
- Add tomato, onion, carrot, soup powder, salt, chicken spice and curry powder.
- Allow to simmer.
- Serve.



87. Turkey stew

Ingredients

- 330g turkey
- 530ml water
- 95g tomato
- 80g onion
- 6g garlic
- 5g salt

Optional Ingredients

- 65g green pepper
- 10g aromatz
- 7,5g stock cube

Method

- Cut turkey into desired pieces.
- Chop tomato, onion, green pepper and garlic.
- Put all the ingredients in a pot add water.
- Season with aromatz, stock cube or salt.
- Allow to simmer.
- Serve.

Yield

4 servings



88. Amaranthus relish

Ingredients

- 265g amaranthus
- 335ml water
- 5g salt

Optional Ingredients

- 90g onion
- 80g ground peanuts
- 75g tomato
- 6ml cooking oil

Method

- Put amaranthus in a pot, add water, onion, groundnuts, tomato and cooking oil
- Season with salt
- Cook until soft, then pound.
- Serve.

Yield

4 servings



89. Black jack with peanut powder relish

Ingredients

- 590g black jack
- 460ml water
- 110g peanut powder
- 100g onion
- 85g tomato
- 7g salt

Optional Ingredients

- 15ml cooking oil

Yield

4 servings

Method

- Chop onion and tomato
- Put black jack leaves in a pot, add water , onion, tomato, peanut powder and cooking oil
- Season with salt
- Cook until soft then pound.
- Serve.



90. Cabbage relish

Ingredients

- 1120g cabbage
- 225g tomatoes
- 200g carrots
- 105g onion
- 70ml cooking oil
- 8g salt

Optional Ingredients

- 365g potato
- 60g yellow pepper
- 40g green pepper
- 120g red pepper
- 125ml water

Yield

4 servings

Method

- Chop cabbage into chunks.
- Heat oil and sauté cabbage.
- Chop onion, tomato and carrots, red, yellow and green peppers
- Add all the vegetables to cabbage
- Season with salt
- Continue cooking for a short while.
- Serve.



91. Cabbage and fish relish

Ingredients

- 1,000g cabbage
- 350g canned fish
- 145g onion
- 90g tomato
- 90ml cooking oil
- 10g salt

Optional Ingredients

- 150g potato
- 95g carrot
- 10g aromats

Method

- Chop cabbage, potato, tomato, carrot, and onion.
- Heat oil in a pot, sauté onion till golden brown.
- Add tomato and continue frying, add cabbage, potato and carrot
- Cook until the cabbage is tender.
- Add fish and salt, mix well.
- Serve.

Yield

4 servings



92. Inkakha relish

Ingredients

- 310g inkakha
- 600ml water
- 120g peanut powder
- 85g tomato
- 75g onion
- 7g salt

Optional Ingredients

- 10g stock cube

Yield

4 servings

Method

- Snip inkakha leaves from runners.
- Chop inkakha, tomato and onion.
- Place inkakha, peanut powder and water in a pot (do not cover pot).
- Allow to boil stirring occasionally.
- Add tomato and onion, to inkakha.
- Continue stirring occasionally till cooked.
- Season with salt or stock cube.
- Serve



93. Dried inkakha relish

Ingredients

- 50g dried inkakha
- 1000ml water
- 400g peanut powder
- 170g tomato
- 70g onion
- 10g salt

Method

- Chop tomato and onion.
- Place dried inkakha, water and peanut powder in a pot
- Allow to boil stirring occasionally
- Add tomato, onion and salt
- Simmer gently till vegetables are cooked.
- Serve

Yield

4 servings



94. Inshubaba relish

Ingredients

- 435g inshubaba
- 400ml water
- 9g salt

Optional Ingredients

- 150g tomato
- 120g peanut powder
- 65g onion

Method

- Snip inshubaba leaves from runners.
- Chop leaves.
- Put leaves, water, tomato, peanut powder, onion and salt in a pot.
- Allow to boil until cooked.
- Pound.
- Serve.

Yield

4 servings



95. Ligusha relish

Ingredients

- 220g ligusha
- 1,000ml water
- 90g onion
- 8g salt
- 3g bicarbonate of soda

Optional Ingredients

- 25g tomato
- 12g aromat
- 10g stock cube

Yield

4 servings

Method

- Clean (shake) ligusha leaves to remove sand.
- Boil water in a pot, add bicarbonate of soda.
- Chop onion.
- Add ligusha and onion to boiling water.
- Season with salt, aromat or stock cube.
- Stir occasionally and remove the scum that is formed.
- Whisk ligusha
- Serve.



96. Pumpkin leaves relish

Ingredients

- 1055g Pumpkin leaves
- 285ml water
- 130g peanut powder
- 12g salt

Optional Ingredients

- 125g tomato
- 80g onion

Yield

4 servings

Method

- Clean and chop pumpkin leaves.
- Chop tomato and onion.
- Put leaves, peanut powder, water, tomato, onion and salt in a pot.
- Cook until soft then pound.
- Serve



97. Dried pumpkin leaves relish

Ingredients

- 90g pumpkin leaves
- 900ml water
- 120g peanut powder
- 165g tomato
- 70g onion
- 12g salt

Yield

4 servings

Method

- Soak pumpkin leaves in water for 1 hour
- Chop tomato and onion.
- Place soaked pumpkin leaves together with soaking water in a pot
- Add peanut powder, tomato, onion and salt.
- Boil, stirring occasionally till cooked.
- Serve



98. Spinach relish with green pepper, onion and oil

Ingredients

- 825g spinach
- 170g onion
- 95g green pepper
- 60ml cooking oil
- 12g salt

Optional Ingredients

- 180g tomato

Yield

4 servings

Method

- Chop spinach, tomato, onion and green pepper.
- Heat oil, fry onion.
- Add spinach, tomato, green pepper and salt.
- Cover pot and to allow simmer.
- Serve.



99. Spinach with peanut powder relish

Ingredients

- 880g spinach
- 135g peanut powder
- 100g onion
- 900ml water
- 15g salt

Optional Ingredients

- 115ml vegetable oil
- 10g stock cube

Yield

4 servings

Method

- Chop spinach and onion.
- Put spinach, peanut powder, onion, vegetable oil and water in a pot.
- Cook until soft.
- Season with salt or stock cube
- Serve.



100. Spinach relish with tomato and onion

Ingredients

- 450g spinach
- 135g tomato
- 95g onion
- 5g salt

Optional Ingredients

- 90ml water

Method

- Chop spinach, tomato and onion.
- Place all the ingredients in a pot.
- Cover pot and allow to simmer gently
- Serve

Yield

4 servings



101. Spinach relish with tomato, onion and oil

Ingredients

- 620g spinach
- 145g tomato
- 135g onion
- 55ml cooking oil
- 11g salt

Optional Ingredients

- 140ml water

Method

- Chop spinach, tomato and onion.
- Heat oil, fry onion
- Add tomato, continue frying
- Add spinach, water and salt
- Cover pot and allow to simmer gently
- Serve

Yield

4 servings



102. Sweet potato leaves relish

Ingredients

- 170g sweet potato leaves
- 360ml water
- 130g peanut powder
- 165g tomato
- 75g onion
- 7g salt

Yield

4 servings

Method

- Snip sweet potato leaves from runners.
- Chop tomato and onion
- Place leaves, water, peanut powder, tomato, onion and salt in a pot.
- Boil until cooked, stirring occasionally to prevent burning.
- Serve.



103. Umsobo (Nightshade) relish

Ingredients

- 200g umsobo
- 200ml water
- 80g tomato
- 70g onion
- 4 salt

Optional Ingredients

- 40g peanut powder
- 20ml cooking oil

Method

- Chop umsobo, tomato and onion.
- Put in a pot add water and salt.
- Add peanut powder or cooking oil.
- Cook until soft.
- Serve

Yield

4 servings



104. Emahhala (edible aloe) relish plain

Ingredients

- 345g Emahhala
- 560ml Water
- 95g Tomato
- 65g Onion
- 8g Salt

Optional Ingredients

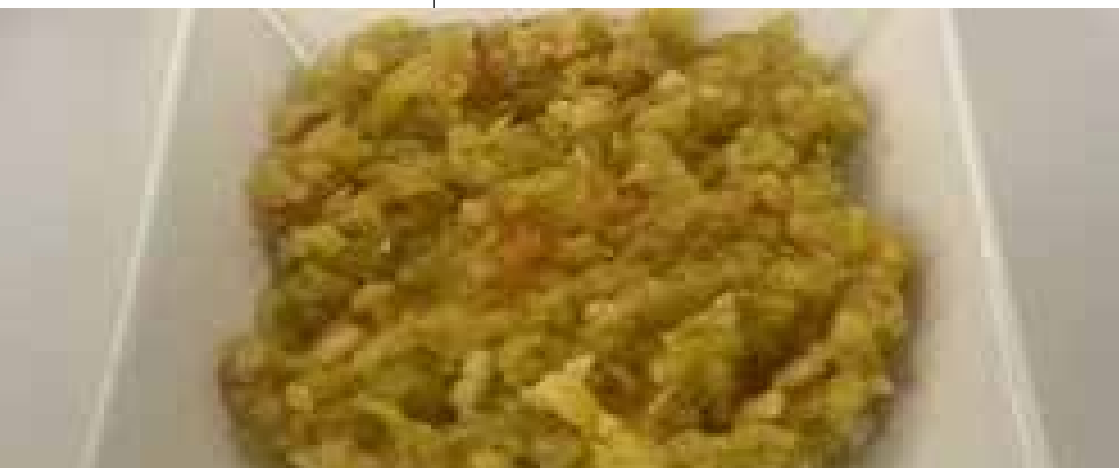
- 25ml Cooking oil

Yield

4 servings

Method

- Remove the outer hard dark skin of emahhala.
- Wash and chop emahhala.
- Put emahhala in a pot, add water and boil till tender.
- Chop tomato and onion
- Add tomato, onion and oil to emahhala.
- Season with salt.
- Cover pot and allow to simmer till cooked.
- Stir occasionally.
- Serve



105. Emahhala relish with Amaranthus

Ingredients

- 145g Emahala
- 245g Amaranthus
- 385ml Water
- 60g Onion
- 50ml Cooking oil
- 7g Salt

Optional Ingredients

- 110g Tomato

Yield

4 servings

Method

- Remove the outer hard dark skin of emahala.
- Wash and chop emahala.
- Put emahala in a pot, add water and boil till tender.
- Sort amaranth.
- Chop amaranth, tomato and onion.
- Add amaranth, tomato, onion, oil and salt.
- Cover pot and allow simmering until amaranth is cooked.
- Stir occasionally.
- Serve



106. Emahhala relish with peanut powder

Ingredients

- 450g emahala
- 875ml water
- 105g tomato
- 90g onion
- 90g peanut powder
- 9g salt

Optional Ingredients

- 310g cabbage
- 20g stock cube

Yield

4 servings

Method

- Remove the outer hard dark skin of emahala
- Wash and chop emahala
- Put emahala in a pot, add water and boil.
- Chop cabbage, onion and tomato.
- Add cabbage, onion, tomato, peanut powder and salt to emahala.
- Cover pot and allow to simmer until peanuts are cooked.
- Stir occasionally
- Serve.



107. Emahhala relish with potatoes

Ingredients

- 235g Emahala
- 170g Potatoes
- 70g Peanut powder
- 50g Onion
- 125g Tomato
- 685ml Water
- 10g Salt

Optional Ingredients

- 15g Aromat

Yield

4 servings

Method

- Remove the outer hard dark skin of emahhala.
- Wash and chop emahhala.
- Put emahhala in a pot, add water and boil.
- Chop potatoes, add to emahhala and cook.
- Chop onion and tomato; add to emahhala together with peanut powder.
- Season with salt and aromat.
- Slightly cover pot and allow simmering until peanuts and potatoes are cooked.
- Stir occasionally.
- Serve



108. Emahhala relish with pumpkin leaves

Ingredients

- 365g Emahala
- 440g Pumpkin leaves
- 700ml Water
- 85g Onion
- 85g Peanut powder
- 35ml Cooking oil
- 15g Salt

Optional Ingredients

- 145g Baby pumpkin (sicobelo)

Yield

4 servings

Method

- Remove the outer hard dark skin of emahala.
- Wash and chop emahala.
- Put emahala in a pot, add water and boil till tender.
- Clean and chop pumpkin leaves
- Chop onion and baby pumpkin
- Add pumpkin leaves, baby pumpkin, onion, peanut powder, oil and salt.
- Cover pot and allow to simmer until pumpkin leaves are cooked
- Stir occasionally.
- Serve



109. Gravy

Ingredients

- 125g onion
- 880ml water
- 125g tomato
- 110g carrot
- 70g soup powder
- 50g green pepper
- 50ml cooking oil
- 9g garlic
- 6g salt

Optional Ingredients

- 6g barbeque spice
- 2g curry powder

Method

- Chop onion, tomato, carrot and green pepper.
- Peel and mince garlic.
- Heat oil in a pot.
- Gently fry onion, garlic, soup powder and stock cube.
- Add barbeque spice and curry powder.
- Continue frying and add tomato.
- Add water together with carrots and green pepper.
- Simmer gently for 15 minutes.
- Serve.

Yield

4 servings



110. Okra (Mandwandwe) relish

Ingredients

- 380g okra
- 700ml water
- 80g tomato
- 60g onion
- 10g salt

Optional Ingredients

- 10g stock cube

Yield

4 servings

Method

- Pour water in a pot and bring to the boil.
- Slice the okra.
- Chop tomato and onion.
- Add okra, tomato and onion to the boiling water.
- Cook uncovered, until soft.
- Season with salt or stock cube.
- Serve.



111. Plain soup

Ingredients

- 110g soup powder
- 800ml water
- 105g tomato
- 85g onion
- 80ml cooking oil

Optional Ingredients

- 10g stock cube
- 15g garlic
- 7g curry powder
- 5g black pepper
- 4g salt

Method

- Chop tomato and onion.
- Heat oil in pot and fry onions until transparent.
- Add stock cube or salt, garlic, curry powder and black pepper.
- Add tomato, continue frying then add 700ml water.
- Mix the soup powder with the remaining 100ml water and add to the pot.
- Allow to simmer.
- Serve.

Yield

4 servings



112. Potato relish

Ingredients

- 690g potatoes
- 196g carrots
- 150g tomatoes
- 110g onion
- 100ml cooking oil
- 40g green pepper
- 1600ml water
- 10g salt

Optional Ingredients

- 15g garlic
- 15g steak and chops spice
- 10g stock cube

Method

- Wash, peel and chop potatoes, carrots, tomato, onion and green pepper
- Place potato in a pot and boil with water.
- In a separate pot, heat oil and sauté onion, garlic, steak and chops spice,
- Add carrots, tomato and green pepper, continue frying.
- Add boiled potatoes and mix.
- Season with salt or stock cube
- Serve.

Yield

4 servings



113. Tomato relish

Ingredients

- 540g tomatoes
- 170g onion
- 85ml cooking oil
- 4g salt

Optional Ingredients

- 100g carrot
- 100g green pepper
- 5g aromats
- 10g stock cube

Method

- Peel and chop tomato, onion, carrots and green pepper
- Heat oil in a pot.
- Sauté onions until golden brown add tomatoes.
- Season with salt or aromats or stock cubes.
- Allow to simmer.
- Serve.

Yield

4 servings



114. Vegetable atchar

Ingredients

- 500ml vinegar for blanching
- 500g cabbage
- 230g carrots
- 180g green beans
- 380ml cooking oil
- 205g onions
- 50g atchar masala
- 60g chillies
- 20g salt
- 6g curry powder

Optional Ingredients

- 8g Barbeque spice
- 15g garlic

Method

- Prepare preservation jars by boiling them for 30 minutes.
- Chop vegetables into desired sizes.
- Heat vinegar in a large pot.
- Blanch cabbage, carrots and green beans separately in vinegar
- Drain well using a fine mesh sack.
- Heat oil, fry atchar masala, curry, salt and barbeque spice.
- Add onion, chillies and garlic.
- Remove from heat, add blanched vegetables.
- Mix well, pack in hot jars.
- Label and store in a dark place.

Yield

4 servings



ROOTS AND TUBERS

115. Boiled cassava

Ingredients

- 750g Cassava
- 1,300ml water
- 3g salt

Yield

4 servings

Method

- Wash and peel cassava.
- Wash again and cut into chunks.
- Put in a pot, add water and boil.
- Add salt to boiling cassava.
- Boil cassava until cooked (cracked).
- Serve.



116. Boiled potatoes

Ingredients

- 830g potatoes
- 900ml water
- 6g salt

Yield

4 servings

Method

- Wash potatoes.
- Place potatoes in a pot, add water.
- Put pot on stove and boil.
- Add salt and continue boiling potatoes until cooked.
- Remove from heat and allow potatoes to cool.
- Peel potatoes.
- Serve



117. Potato chips

Ingredients

- 1kg potatoes
- 600ml cooking oil
- 5g salt

Optional Ingredients

- 30ml vinegar

Yield

4 servings

Method

- Wash and peel potatoes.
- Cut potatoes into desired strips.
- Keep strips immersed in water to avoid discolouration.
- Heat oil.
- Drain and pat dry strips using a clean cloth.
- Deep fry in hot oil until cooked and crispy.
- Serve with salt and vinegar.



118. Baked sweet potato

Ingredients

- 900g sweet potato

Yield

4 servings

Method

- Prepare a fire.
- Wash sweet potato
- Bake sweet potato in hot coals until soft.
- Cool and peel
- Serve.



119. Boiled sweet potato

Ingredients

- 1,600g sweet potato
- 1,200ml water

Yield

4 servings

Method

- Wash sweet potato.
- Put in a pot and add water.
- Boil sweet potato until cooked (skin cracks).
- Serve.



SNACKS

120. Emahewu

Ingredients

- 540g maize meal
- 6,500ml water
- 300g sugar

Yield

4 servings

Method

- Pour 3,000ml of water in a pot and bring to the boil.
- Mix maize meal with 1,000ml of water to form a paste.
- Add paste to boiling water with continuous stirring.
- Allow the porridge to simmer until a thin crust is formed at the base of the pot.
- Remove from pot and pour into an open container to cool.
- Add 500ml water to prevent a skin from forming.
- Allow porridge to completely cool.
- Pour porridge into a sealable container (bucket).
- Add remaining 2000ml water and whisk until a desired pouring consistency is obtained.
- Add sugar and allow to ferment for 2-3 days.
- Serve with added sugar



121. Budzibi

Ingredients

- 650g fresh pumpkin pulp with seeds
- 500ml water
- 10g salt

Yield

4 servings

Method

- Put all the ingredients in a pot.
- Bring to boil.
- Allow to simmer until cooked.
- Serve.



122. Boiled maize

Ingredients

- 1,500g fresh maize
- 2,400ml water

Yield

4 servings

Method

- Remove the outer husks and leave a few layers.
- Put maize in a pot and pour water.
- Boil until the colour of the maize husks change.



123. Roasted maize on the cob

Ingredients

- 1,300g maize

Yield

4 servings

Method

- Prepare the fire and allow it to burn until embers are formed.
- Remove all the maize husks.
- Place maize cob by the embers and turn occasionally.
- Roast till golden brown.
- Serve



124. Imbasha (roasted dry maize)

Ingredients

- 600g Dry maize grains

Optional Ingredients

- 250g peanuts

Yield

4 servings

Method

- Sort maize grains.
- Heat pan
- Add maize and peanuts.
- Pan roast maize and peanuts.
- Turn continuously until grains are golden brown.
- Serve hot.



125. Lukhotse

Ingredients

- 600g roasted maize
- 4g salt

Optional Ingredients

- 225g roasted ground peanuts
- 50g sugar

Yield

4 servings

Method

- Grind roasted maize into a powder.
- Add peanuts, sugar and salt.
- Serve.



126. Umbhonyo wemantongomane (peanuts in shells)

Ingredients

- 1,500g peanuts
- 2,200ml water
- 50g salt

Yield

4 servings

Method

- Wash peanuts in shells.
- Put peanuts in a pot.
- Add water and boil.
- Add salt as soon as water starts boiling.
- Boil peanuts until soft.
- Drain remaining water.
- Shell.
- Serve.



127. Bhajiyas

Ingredients

- 1,100g soaked cowpea
- 10g salt
- 20g garlic
- 500ml cooking oil

Optional Ingredients

- 50g green pepper
- 10g fresh chillies

Yield

4 servings

Method

- Peel and mince garlic.
- Finely chop green pepper and chillies
- Grind soaked cowpea into a paste.
- Add green pepper, chillies, garlic and salt to paste.
- Continue grinding to mix all the ingredients.
- Heat oil in a pot.
- Stir the dough continuously to incorporate air
- Drop spoon-full dough in hot oil.
- Fry until cooked.
- Serve.



128. Pan-roasted pumpkin seeds

Ingredients

- 170g pumpkin seeds

Yield

4 servings

Method

- Heat pan.
- Add pumpkin seeds.
- Roast until golden brown.
- Grind seeds.
- Sift to remove inedible outer cover.
- Serve.



129. Tinkhobe (boiled dried maize grains)

Ingredients

- 500g dried maize grains
- 3300ml water

Optional Ingredients

- 2g salt

Yield

4 servings

Method

- Clean maize grains
- Put into pot and add water
- Boil until the outer skin has cracked
- Add salt
- Serve



130. Sphushe (mashed jugo beans)

Ingredients

- 500g jugo beans
- 4000ml water
- 10g salt

Yield

4 servings

Method

- Sort and wash jugo beans.
- Put into pot and add water.
- Put to the boil and cook until soft.
- Add salt and mash.
- Serve.



131. Roasted peanuts

Ingredients

- 270 g peanuts
- 30ml water
- 4g salt

Yield

4 servings

Method

- Sort peanuts.
- Place pan on stove and heat.
- Add peanuts and pan roast turning occasionally.
- Roast peanuts until cooked.
- Mix water and salt, add to roasted peanuts.
- Continue stirring until the peanuts are dry.
- Remove from heat.
- Serve.



VEGETABLE SIDE DISHES

132. Beetroot salad

Ingredients

- 400g boiled beetroot
- 100g mayonnaise

Optional Ingredients

- 30g onion (grated)
- 15ml vinegar

Method

- Grate beetroot and onion in a bowl
- Add mayonnaise or vinegar
- Mix well
- Serve

Yield

4 servings



133. Butternut

Ingredients

- 450g butternut
- 500ml water

Optional Ingredients

- 25ml cooking oil

Yield

4 servings

Method

- Peel butternut and chop to desired pieces.
- Put in pot and add water.
- Add cooking oil
- Boil until soft.
- Drain excess water.
- Serve



134. Cabbage salad

Ingredients

- 475g cabbage
- 240g mayonnaise

Yield

4 servings

Method

- Wash and finely shred cabbage
- Place cabbage in a bowl.
- Add mayonnaise and mix well.
- Serve



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