

SOME TYPICAL ZAMBIAN DISHES RECIPES BY WITCH (WE INTEND TO CAUSE HAVOC)

INGREDIENTS

- 100g Dried Kapenta (Small Dried Sardines)
- 500g Fresh Okra
- 500g Dried Zambian Okra (Tind-ing'Oma)
- 100g Pounded Ground Nuts
- 5kg Maize Meal
- 10 x Fresh Tomatoes
- 2 x Onions
- 35ml Cooking Oil
- 2g Salt
- Bicarbonate of Soda

METHOD

FOR THE NSHIMA (SIDE DISH)

Maize Meal, Water

Heat 1l of water. When it boils make a lite porridge with the maize meal. Leave to boil for 20 minutes. It will appear creamy white when it's ready to be cooked. Take cooking stick, add maize meal to the thick porridge, mix together until slightly hard then leave for 10 minutes to simmer.

FOR THE DRIED KAPENTA

2 x Fresh Tomatoes, 1 x Onion, Salt, Cooking Oil

Soak dried kapenta in warm water for 5 minutes then wash with clean water. Add moderate amount of cooking oil into the pan. Stir and fry until crispy brown then add half large onion and 2 tomatoes, let it cook until it makes a nice thick gravy, then serve.

DRIED TINDIN'GOMA WITH GROUNDNUTS

Tindin'goma, Groundnuts, Salt, Soda, Tomatoes

Heat 1l of water. When it boils make a lite porridge with the maize meal. Leave to boil for 20 minutes. It will appear creamy white when it's ready to be cooked. Take cooking stick, add maize meal to the thick porridge, mix together until slightly hard then leave for 10 minutes to simmer.

FRESH OKRA DISH

Fresh Okra, Tomatoes, Soda, Salt

Boil a teacup of water, add 1 quarter teaspoon of soda to the boiled water then the chopped okra, 1 large tomato and salt. Let it boil for 10 minutes. When it looks cooked, taste a little - if it is ready you will be able to tell because it will be smooth and soft, ready to eat and serve.