

Mozambican Recipes

MOZAMBIQUE SHRIMP

Ingredients:

Large shrimp, butterflied

Sauce:

- 1 cup butter, melted
- Minced fresh garlic (lots)
- 1 packet Sazon powder with Anchiotte (it means red, almost like paprika – should be able to find in the seasoning section of a supermarket)
- Worcestershire sauce (to taste)
- Lemon juice (a squirt)
- Salt (to taste)
- Crushed red pepper or hot sauce (to taste)

Method:

In a saucepan, combine ingredients for the sauce except the salt, crushed red pepper or Worcestershire sauce. Make sure to boil the sauce well. Add salt to taste. If you like it hot and spicy, add sprinkle of crushed red pepper or hot sauce. Grill your big butterflied shrimp, with the shells on, or shelled, depending on how you like it. Once shrimp is grilled add to the sauce.

Serve with some Portuguese rolls for dipping.

MOZAMBIQUE VEGETABLE STEW

Ingredients:

- 1 large sweet potato or yam, peeled and chopped into bite sized pieces
- 2 stalks celery, sliced lengthwise and chopped into bits
- 1 tblsp or to taste minced fresh ginger
- 1 tblsp or to taste minced fresh jalapeno (medium sized chilli peppers)
- 3 Tblsp olive oil or to taste
- 2 - 3 chopped scallions (spring onions)
- 1/2 bunch chopped cilantro (Coriander leaf)
- 1 tsp cumin
- 1 tsp turmeric
- Pinch of asafetida (like our parsley)
- 1/2 - 1 cup tomato sauce
- 1 head broccoli, stalks peeled, chopped small
- 2 carrots, peeled and diced
- 1 cup chopped green beans or peas
- 1 can coconut milk
- 2 cups kale, stemmed and chopped in small pieces (Kale is available in Australia mostly in winter, but you might find in all year round. I'm told Coles stock it. Most similar would be Bok Choi or Pak Chai – both readily available.)
- Salt or soy sauce to taste

Method:

1. Heat the olive oil on low in a heavy wide pan while you peel and chop veggies.
 2. Turn up the heat a bit, sauté the celery, asafetida, fresh ginger and jalapeno briefly.
 3. Add the yam, stir and cook 5 minutes, lower heat, cover and cook 5 minutes.
 4. Add the scallions, cilantro, spices, broccoli, carrots and beans.
 5. Turn up the heat again, stir and cook 5 minutes.
 6. Add the tomato sauce, stir and cook until hot, cover and simmer 5 minutes.
 7. Add the coconut milk, stir and cook two minutes, adding water as needed if it seems too thick.
 8. Add the chopped kale, stir and cook two more minutes.
 9. Add salt and soy sauce to taste.
- Turn off heat and cover.

SQUASH SOUP

Ingredients:

2 pounds squash, peeled and cubed
1 bay leaf
5 large garlic cloves, crushed
1 tablespoon onion, minced
1 tablespoon oil or butter
1 teaspoon salt
1/8 teaspoon black pepper
1 teaspoon fresh ginger, grated
1/4 teaspoon curry powder
1/8 teaspoon turmeric
1/8 teaspoon paprika
2 tablespoons lemon juice
(Pumpkin may also be substituted for squash.)

Method:

Peel, cube and boil the squash in enough water to cover. (If your squash is extremely hard, you may boil it whole or in chunks until it becomes soft enough to peel and chop.) When the pieces are very soft, lift them out, leaving water in the pot. Mash squash with a fork, or put through a sieve, and return to cooking water. Simmer gently, adding the bay leaf.

Meanwhile, saute the crushed garlic and the onion in oil or butter. Combine the remaining spices and add them to the butter mixture. Sauté over low heat for 5 - 10 minutes until flavours have blended well. Then spoon a little of the squash liquid into the skillet with the spice/butter; stir and simmer gently until combined, and pour into the soup pot. Add water to make about 6 cups and stir in lemon juice to taste.

Variations: Chicken stock may be used instead of water, and other vegetables may be added. Among other spices that work well in squash soup are coriander, fennel, celery seed, rosemary and cayenne pepper.

FRANGO A CAFRIAL (BARBECUED CHICKEN)

(In Mozambique about 4 tablespoons of hot red pepper are used in the Cafrial. In this recipe, crushed red peppers may be substituted. 1 teaspoon cayenne pepper will give quite a "bite," so if you prefer to hold the seasoning and add it after the chickens are cooked, cut down on the amount given.)

Combine:

1 tsp. Cayenne pepper
1 Tbs. Salt
1 tsp. Garlic powder
1/2 tsp. Ground ginger
1 tsp. Paprika and
1/2 cup salad oil, and blend thoroughly.

Rub 4 whole chickens with the seasoned oil on all sides thoroughly.

Roast or Barbecue the chickens in your favourite manner, basting them from time to time with the seasoned oil until chickens are done. Cut chickens in half.

Serve with plenty of white rice (allow 1 cup cooked rice per person).

SOPA DE FEIJAO VERDE (STRING BEAN SOUP)

Bring to boil 1L water

Add:

2 tsp. salt
1/2 tsp. pepper
3 large potatoes, cut in chunks
2 medium tomatoes, cut in chunks
2 large onions, cut in chunks.

Simmer for 30 minutes or until vegetables are tender.

Puree through a sieve or food mill. (It should be a thin puree.)

Add 500g fresh string beans, cut across in thin slices.

Simmer for about 10 minutes until beans are tender.

Correct the Seasoning.

Serve in bowls.

EAST AFRICAN SWEET PEA SOUP

Ingredients:

- 2 cups chopped onion
- 2 tsp minced garlic
- 1 tsp grated fresh peeled ginger
- 1 tsp salt
- 1/4 tsp cayenne pepper
- 1 tbsp homemade garam masala (a mixture of coriander seeds, cumin seeds, black peppercorns, ginger, cardamom, cloves, cinnamon, bay leaves)
- 2 tomatoes, chopped
- 1 sweet potato, diced
- 3 1/2 cups water
- 3 cups fresh green peas

Method:

Braise onions and garlic in a pot for 5-10 minutes.

Mix in the ginger, salt, and all spices and cook for a few minutes, stirring often.

Add tomatoes and sweet potato, stir. Add 1 1/2 cups of water, stir.

Bring soup to a boil, reduce heat, cover, and simmer for 5 minutes.

Add 2 cups of the peas and simmer, covered, for 10 minutes.

Remove from heat and add remaining 2 cups of water.

Puree in batches in a blender until smooth. Return to the pot, add the last cup of peas, and cook on medium heat for 3-5 minutes.

KUKU PAKA

(CHICKEN-COCONUT CURRY)

Ingredients:

- 1 chicken cut into serving-sized pieces
- 1 onion, finely chopped
- 2 sweet green bell peppers, de-seeded and chopped
- 1 garlic clove, minced
- 1/2 tsp ground ginger
- 1 tsp curry powder
- 6 whole cloves
- 1 tsp salt
- 5 potatoes, cleaned and quartered
- 3 ripe tomatoes, cut into chunks
- 500ml coconut milk
- fresh coriander, chopped
- 1 tbsp lemon juice
- 3 tbsp cooking oil or butter

Method:

Heat the oil in a large pot or casserole dish. Add the onions and bell peppers and fry for a few minutes over high heat. Add the chicken to the pot and fry to brown on all sides (add more oil if the chicken begins to stick).

Remove the chicken and set aside, then add the water to the pot and bring to a slow boil. Add the potatoes and cook until they begin to become tender then return the chicken to the pot and continue to cook at a very low boil until the chicken is done, stirring frequently.

Stir in the tomatoes and cook for a few minutes more before adding the coconut milk. Reduce the heat to a simmer and gently stir until the sauce thickens. Finally add the lemon juice and garnish with fresh coriander leaves.

Serve with chapati or rice.