

Dovi: Zimbabwean Peanut Stew

prep 10 mins

cook 20 mins

total 30 mins



Ingredients

- 2 tablespoons olive oil
- 2 onions, chopped
- 4 garlic cloves, minced
- 3 tablespoons of a hot chili or peri peri sauce (optional, but highly recommended)
- 2 red chili peppers, sliced thinly
- 1 cup peanut butter
- 4 cups vegetable stock
- 1 7 oz can of tomato paste
- 1 teaspoon cayenne pepper
- 4 carrots, chopped
- 1 cup okra, whole
- 2 cups of spinach
- Salt and pepper

Instructions

Stage 1 - Create Peanut Stew Base

1. Take a large pot over medium-high heat and add your olive oil
2. Once the oil is heated, add your onions and garlic. Cook together for 3 minutes as the onions become translucent
3. Next, add 1 cup of vegetable stock, chili sauce and peanut butter. Using either a whisk or a slotted ladle, stir in the peanut butter until it has dissolved and mixed with the liquid

Stage 2 - Add Remaining Ingredients to Dovi

1. Add the remaining vegetable stock, tomato paste, cayenne pepper and carrots. Reduce the heat to medium-low and cover the pot to let the dovi simmer for ~10 minutes
2. Next, add your okra and re-cover the pot. Simmer for another 8 minutes as the okra cooks (and helps to thicken the stew)
3. Finally, add your spinach and mix in as the spinach shrinks and softens (roughly 2 minutes). Mix well into the stew, then take off your dovi off the heat. Serve and enjoy!

Traditional Plain Zimbabwean Sadza

Sadza is the most common food, a nationwide staple, in Zimbabwe. Almost every household partakes daily of *sadza nenyama nemuriwo* (pap, meat and leafy vegetables) during lunch and dinner times. Newborn babies in Zimbabwe, when they are ready to take solid foods, are most often given Sadza to eat first.



Ingredients:

- 3 heaping cups of “mealie-meal” (cornmeal) plus some more, as needed
- 1 cup cold water
- 24 oz. boiling water

Directions:

1. Have 24 oz. of water boiling on the stove.
2. Put the mealie-meal in a large cooking pot. Add in 1 cup of cold water, and stir vigorously to make a paste.
3. Place the pot on the stove over high heat, and add boiling water while constantly stirring.
4. Keep adding and stirring until the entire mixture is boiling. Reduce the heat to just a lively simmer. Place the lid on the pot, and gently cook for 15 minutes.
5. After 15 minutes has elapsed, take off the lid, and add more mealie-meal, little by little. This is a crucial step in the preparation. You want to achieve a very thick, pasty-porridge consistency.
6. When it's just about at the consistency you desire, cover the pot again, and allow it to simmer for about another 5 minutes.
7. You're all done! Simple and easy, your Zimbabwean sadza is ready to eat. Serve with any of your preferred Zimbabwean side dishes.

Zimbabwean Traditional Peanut Rice



4 Servings ~ 25 minutes

- 2 cups long grain rice
- 3 cups water
- 1 tsp salt
- 1 tbsp margarine
- 3 tbsp peanut butter

Quick Instructions

1. Put rice in pot or rice cooker. Wash and rinse then add water and measure the correct water level which should be just between the two lines on your index finger when the index finger's placed just above the rice.
2. Add salt, margarine and partly cover pot then bring to the boil. Reduce heat and let simmer until rice is cooked and water is finished.
3. When rice is cooked, fluff it up using a fork. Add peanut butter and mix. You may use a wooden spoon for this or even (*mugoti wesadza chaiwo*). Add more peanut butter to suit your taste. And there you have it... rice with peanut butter.

Mapopo (Papaya) Candy

Ingredients

- 1 papaya (approximately 1 pound)
- 2 cups sugar
- Lemon peel, grated
- ½ teaspoon mint, dried or fresh



Procedure

1. Peel the papaya and wash well. Slice into little strips.
2. Place the papaya, mint, grated lemon and sugar over low heat until the sugar dissolves.
3. Cook for 10 minutes, then set aside for half an hour.
4. **Reheat** over medium heat until the mixture crystallizes.
5. Remove from heat and, using a spoon and fork, mold into ball or stick shapes.

Roasted Butternut Squash

Ingredients

- 1 large butternut squash
- 3 Tablespoons butter
- Cinnamon, to taste

Procedure

1. Preheat oven to 425°F.
2. Remove the skin of the squash with a vegetable peeler, and cut into large chunks, discarding the seeds.
3. Place the chunks onto a large piece of foil and place the butter on top.
4. Bring up the edges of the foil around the squash and seal tightly.
5. Place on cookie sheet and roast for 20 to 25 minutes, or until the squash is tender and lightly browned.
6. Sprinkle cinnamon on top to taste.

Serves 4 to 6.

Zimbabwe Candy Cake | Chikenduza



Ingredients

- 2 tsp instant-
- 3/4 cup sugar
- 1/2 cup milk (warm)
- 2 1/2 cup all-purpose flour
- 1/4 cup butter , softened
- 2 tsp vanilla extract
- 1 large eggs
- 1/4 tsp salt
- 1 cup powdered sugar
- 1-2 Tbsp water
- red food colouring

Instructions

1. Add the yeast, sugar, and warm milk to a bowl. Let proof until frothy, about 15 minutes. Meanwhile, measure out the other ingredients. Mix them all together until a thick but wet dough forms (kind of like cookie dough). Let proof for 1 hour. Measure in 1/4 cup sizes, roll into balls and place into greased muffin tins. Preheat the oven to 350F while letting the cakes rise a second time, for about 20 minutes. Bake until puffed and golden about 30 minutes.
2. Now let's make the icing: First, find some Zimbabwean sugar cane. Whisk the powdered sugar with enough water to make a thick icing. I only needed about 1 1/2 Tbsp of water. If you use too much water, it's easy to fix: simply whisk in some more powdered sugar. Add a drop or two of food colouring, to make it pink.

Zimbabwean Buns Recipe

3 and 3/4 cup all purpose/ plain or bread flour
1tsp salt
4tbs melted butter
4tbs sugar
2tsp instant yeast
3/4cup lukewarm milk
1egg



Roux

Flour/water mixture (roux)
1/3cup flour
1cup water

Method:

1. Start by making the roux, in a small pot mix 1/3flour and 1cup water then heat the mixture on medium heat and stir continuously until it forms a thick mixture. Remove from heat and mix thoroughly the mixture until it looks smooth and sticky as shown in the picture. Leave the mixture to completely cool to room temperature and set aside for later use.
2. In bowl put 3 and 1/2 cups flour, add salt, sugar, yeast and mix. Make a well in the centre and add melted butter, lukewarm milk, egg. Mix well.
3. Add the roux (that flour paste) to the dough mixed in step 2 and mix well using the remaining 1/4 cup flour dust the surface regularly as you knead the dough for 15mins. Add a little more flour if it's too thin. The dough is very sticky so add a little flour on the surface as you knead until it looks smooth and elastic.
4. Put a tsp of cooking oil in a clean bowl and put the dough, roll it over to completely coat it with oil then cover with plastic wrap or damp kitchen towel, put in a warm place and allow to rise for about 1hr. (I switch on my oven 2-3mins then off to create a warm environment for the dough to rise)
5. Punch the dough and knead about 1min on a floured surface to remove all air bubbles. Divide the dough into 12 and shape into tight balls and place them in greased 9x13inch deep baking pan. Dust your hands with a little flour on shaping to prevent any stickiness.
6. Place the little balls about 1.5-2cm apart and cover the pan with greased plastic wrap to prevent buns from sticking on it after rising or cover with a damp clean kitchen towel. Put the buns in a warm place again and allow to rise again about 30mins
7. Preheat oven to 400F or about 200C and bake for about 15mins or until nicely browned.
8. As soon as they come out of the oven brush with sugar water syrup to glaze.
Glaze 2lbs sugar + 2tbs water heated to boiling point on stove or 20sec in microwave.

Cookies from Zimbabwe

READY IN: 17mins

YIELD: 60 cookies

INGREDIENTS

10 tablespoons **butter**
1/4 cup **sugar**
1 tablespoon **lemon zest**
1 teaspoon **ground nutmeg**
1/4 cup **honey**
1 **egg**
1 cup finely grated **raw sweet potato**
2 1/2 cups **all-purpose flour**
1 1/2 teaspoons **baking powder**
1/2 teaspoon **baking soda**
1/2 teaspoon **salt**

LEMON GLAZE

1 teaspoon **butter**
1 -2 teaspoon **lemon juice**
1 1/2 cups **powdered sugar**
1 tablespoon **water**

DIRECTIONS

- Cream together butter and sugar in bowl. Blend in lemon zest, nutmeg, honey and egg. Fold in sweet potato.
- In separate bowl sift flour, baking powder, baking soda and salt.
- Add it to the first mixture and blend well.
- Arrange cookie dough by rounded teaspoons on ungreased cookie sheet.
- Bake at 350 degrees for 7 minutes.
- To make glaze, use a wooden spoon to combine all ingredients in glass container until smooth.
- Add more water by the drop until glaze is easy to spread on cooled cookies.

