

Mozambique Recipes

Traditional diet in Mozambique: Rice, cornmeal, grits, tropical fruits, vegetables, coconut, peanuts, cashews. When possible – beef, fowl (chicken, turkey, duck, etc.), fish, and seafood such as shrimp and lobster. They also eat cereal and eggs.

We recommend using these recipes during fellowship gatherings, in small study groups, or as part of special programs. Before the meal is served, present a basin for washing hands. Instruct someone to hold the basin and pour warm water over another person's hands from a pitcher. Afterwards, offer a towel.

Preparing for a meal: Cover the table with an African cloth, or something that looks African. Set the table with ordinary dishes, not paper or plastic, since these are not available in Africa. Sometimes, the meal is eaten outside under a tree with available chairs or seated on the ground. Typically if any utensils are offered, it is a spoon, in Mozambique (primarily in the bush) people eat with fingers.

In small bowls on table:

Fresh pineapple pieces (with toothpicks beside)

Coconut pieces (with toothpicks beside)

Cashew nuts

Greens in Peanut Sauce

What you need:

1-2 pounds greens (collards, kale, turnip greens, spinach, etc.)

1 ripe tomato

1 onion, finely chopped

½ cup peanut butter (or peanuts)

Salt, black pepper, cayenne pepper or red pepper (to taste)

If you are using peanuts (instead of peanut butter), make your own homemade peanut paste:

Remove the peanuts' shells, roast the peanuts on a baking sheet in a hot oven, or in a large skillet on the stove, stirring often, and then remove the skins. Place the peanuts in a saucepan, add a few tablespoons of water to partially cover them and bring to a slow boil, stirring often. Reduce heat. Crush peanuts with a potato-masher.

In a large pot bring two cups of water to a boil. Add greens. Cover and cook on high heat for ten minutes, stirring often.

Reduce heat. Remove most of the liquid from the pot and save half of it. Add tomatoes and onion to the greens, stir and simmer for ten minutes or more.

In a bowl combine the peanut butter with enough of the liquid from the cooking pot to allow it to be mixed until smooth.

Add peanut butter mixture to greens. Season to taste. Simmer on very low heat until greens are tender to your liking.

Fou-fou

What you need:

Water

Salt

4-6 cups cornmeal, corn flour, or ground maize (one cup per serving)

Butter (optional)

Fou-fou is a common African dish. It is a starchy food that is scooped up with three fingers from a pot and eaten. It is made from different staple foods around the continent, but typically comes from cornmeal.

Pour cold water (2 and ½ cups for each cup of cornmeal) into a large pot. Over high heat, begin to bring to a boil.

After a few minutes, slowly add about half the cornmeal to the water one spoonful at a time, stirring continuously with a sturdy wooden spoon. Continue cooking (and stirring) until the mixture begins to boil and bubble.

Add the remaining cornmeal as before, sprinkling spoonful by spoonful as you continue to stir. It is essential to keep stirring – if making a large quantity, it may take one person to hold the pot and another to use two hands to stir. The fou-fou should be very thick (no liquid remaining) and smooth (no lumps). It may reach this point before all of the remaining cornmeal is added to the pot – or it may be necessary to add even more cornmeal than the recipe indicates. Once the desired consistency is reached, turn off heat, cover the pot, and allow the fou-fou to stand for a few minutes before serving. Serve immediately, hot.

Scoop up some fou-fou out of the pot with three fingers. (Warning, be careful, it can be very hot when directly leaving the stove!) Before dipping back in the pot, wash hands again. Serve with greens and small side of meat in sauce.

Peanut Sauce

What you need:

2 spoonfuls oil

1-half small onion, finely minced

1 cup roasted, shelled, skinned, mashed peanuts (or one cup peanut butter)

2 cups water (or chicken broth or chicken stock)

Salt, cayenne pepper or red pepper (to taste)

Fresh hot chille pepper, finely minced (optional)

Heat oil in skillet. Fry onions and optional fresh pepper in oil until soft, then set aside.

Combine peanuts (or peanut butter), water, salt, and spices in saucepan. Stir until smooth and simmer over low heat for ten to fifteen minutes. Add onions and hot pepper. Stir and simmer until completely heated.

Serve over chicken or meat. Dip Fou-Fou in sauce.