# Recipes

Each recipe serves four.

## Groundnut Stew

-1 pound peanut butter
-1 pound chicken or meat
-1⁄4 pound onions
-1/4 pound tomatoes diced
-1 can tomato paste
-salt and pepper
-1 cup milk
-cayenne pepper (optional)

Cut the chicken or meat into 1-inch pieces and season with salt.  Brown the meat, then add the onion, tomatoes, tomato paste, milk, and red pepper.  Simmer for half an hour.  Then add the peanut butter.  Simmer until the sauce is very thick.  Serve with rice.

## Matoke

-10 to 20 *matoke* (green cooking bananas—plantains may be used)
-5 to 7 cups water, depending on the quantity of bananas

Peel the bananas and wash them in cold water.  Put into a pot, add the water, and cover.  Boil for 10 minutes, then reduce the heat and continue to cook.  The mixture will turn yellow when well-cooked.  Drain the water.  Mash the bananas with a wooden spoon.  Wrap the mashed food in foil and place on a steaming basket.  Place the steamer inside a large pot and add water.  Steam on low heat for 20 minutes.  Serve while hot.
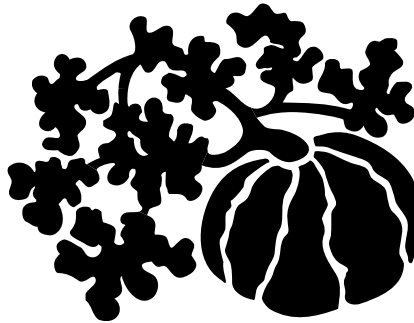
## Nsima

-1 cup cold water
-3 cups hot water
-2 to 3 cups corn meal

Boil water in a saucepan.  Make a paste using some of the meal with the cup of cold water.  Add the paste to hot water.  Stir with a wooden spoon until thickened like porridge.  Cover the saucepan and simmer for some time (about 15 minutes).  Lower the heat a little.  Remove the lid and gradually add corn meal, stirring constantly and flattening any lumps that may form.  Continue to add meal and stir until *nsima* thickens to the desired consistency (some people like it thin, and others prefer it thick).  Cover and reduce heat to very low.  Leave for a few minutes to allow further cooking.  Stir the *nsima* once again and serve in a slightly wet serving dish.  Cover to keep it warm.  Serve with meat, poultry, fish, or vegetables.

## Fried Plantains

-4 plantains (or green bananas)
-2 tablespoons lemon juice
-peanut oil
-black pepper

Cut the bananas into slices and cover with lemon juice.  Cook the slices quickly in very hot peanut oil until crisp.  The bananas may be sprinkled with pepper.