

Sumthin Good from Maputo

Bom Dia:

Hola! My name is is Olga Esperanza Machava and I have 3 entrée and 2 salad recipes from Mozambique to share with you. I hope you will try making these dishes which I am confident you'll find quite tasty. But first let me tell you a little about myself and my experience in cooking. I was born on July 27th, 1985 in Maputo Mozambique which is a coastal country in south eastern Africa just across the Indian Ocean channel separating Africa from the island of Madagascar.

I am the third of 5 siblings born to Ernesto Mondlane and Marta Mateus and began helping my grandmother (Raquilina Matua from Xai Xai) in food preparation in our household at the tender age of 8. At that young age I learned how to make rice by myself and then (at age ten) I learned from my Muslim aunt (Arlette Lucia Molane) how to make other dishes such as cakes, desserts, briani, stews, etc. for Ramadan (the month of fasting where Muslims can only eat from sunset to sunrise).

At age 15, I could cook almost anything and desserts, cakes, and salty dishes were my favorites. People really loved my preparation of *matapa* (a cooked leafy vegetable) with ground peanuts, *briani* (a rice dish), and *feijoada* (a bean dish).

In 2008, I found my ideal mate, Jeremias, and am now the proud mother of a beautiful baby girl named Zara. While courting, the first meal I made for him was rice and goat curry which he greatly enjoyed. Our first meal as a couple was, however, carrot rice with filet of sword fish. Nevertheless, my mate's favorite meal at home is beef stew.

In 2010, I was charged with preparing the meal for some 30 participants at the Capoeira Liberdade Workshop in Maputo sponsored by the BLAC Foundation of Paterson NJ< USA. For that meal, I chose to prepare the following dishes: chicken briani, fried chicken, feijoada, beef stew, white rice, cabbage salad, orange juice and carrot cake, served with assorted fruits (See photos, below).

What follows are five of my recipes for making Guisado de Manioca (Manioc Stew), Briani de Frango (Chicken Briani), Salada de Alface (Lettuce Salad) and Salad de Legumes (Vegetable Salad) and Feijoada (A bean dish):

(1)

Guisado de Manioca (Stewed Yucca)

Ingredients – 3 maniocs, 4 tomatoes, 2 large onions, one 8th of a cup of cooking oil, 3 segments of garlic, 1 packet of chicken flavoring, selga (a kind of vegetable), one liter of water, and salt (to taste).

Preparation – 1) peel the manioc, wash well, and place it in a pan; 2) cook the manioc in one liter of salted water for from 15 to 20 minutes; 3) remove the cooked manioc and cut into cubes; 4) remove the center thread of fiber of each cube; 5) dice the onions and garlic cloves; 6) cook the onions and garlic in the oil for about five minutes; 7) dice the tomatoes and add to onions and garlic and cook for another 3 minutes to get a homogenous sauce; 8) add the cooked manioc and mix in with a small bit of water; 9) let boil in open pot for five minutes and then cover and let simmer; 10) add the selga and packet of chicken flavoring and stir the content of the pot; 11) replace the lid and cook for another minute; 12) remove from the flame and serve hot with salad or fish.. Ummm, ummm good!

(2)

Briani de Frango (Chicken Briani)

Ingredients – one chicken, 3 ripe tomatoes, 2 oninos, 6 potatoes, 4 2ggs, 4 cups ofbasimati rice, one half small bottle of oil, tempero de briani (SHANI), 1 tablespoon of salt, one half cup of peas, SHANI, and spices (cominho, garlic, herba doce, noz moscada, daná in powder form, tumeric)

Preparation – 1) stew the onion, garlic, and spices in a small quantity of oil while mixing for two minutes; 2) add diced tomatoes to the spices and stir for two more minutes until the tomatoes become liquid; 3) add the chicken and SHANI (chicken flavor) and cook for 15 minutes; 4) cut potatoes into cubes and fry; 5) add the potatoes to the chicken; 6) boil eggs for three minutes; 7) cook rice for five minutes and salt to taste, then empty out the water; 8) put a first level of rice into a pan, then place curry on the rice to form a second level, then put some of the sliced boiled egg on top of this to form a third level; 9) then add a second level of rice, a second level of curry and a second level of egg; 10) then add more rice and sprinkle the tumeric and cooked peas on top; 11) place on a low flame to completely cook rice for five minutes; 12) remove from flame and serve with salad.

(3)

Salada de Alface (Lettuce Salad)

Ingredients – a head of lettuce, onions, tomatoes, carrots, one bottle top of lavel purifier, oil, vinegar or lemon, salt to taste.

Preparation – 1) wash leaves well with lavel water and chop, 2) peel and dice the carrots, onions, and tomatoes; 3) add them to the chopped lettuce; 4) season with oil, salt, and vinegar (or lemon) and mix thoroughly. 5) serve with any entrée (e.g, feijoada, briani, etc.).

(4)

Salada de Legumes (Vegetable Salad)

Ingredients – green beans, carrots, beets, cucumber, vinegar, salt, 4 eggs.

Preparation - 1) peel the carrots, beets and cucumbers; 2) boil carrots and beets with the green beans for 5 minutes with a bit of salt and a teaspoon of vinegar; 3) then add 4 boiled eggs and cucumber cut into cubes; 4) mix all of these in a salad bowl adding mayonnaise if desired; 5) let cool and serve with rice.

(5)

Feijoada (Bean Dish)

Ingredients – three cups of beans, cow's foot and cow stomach walls (or optionally chicken and chicken feet), vinegar, salt, 4 eggs, oil, garlic, onion, tomatoes, carrots, cabbage or cauliflower, spinach or selga.

Preparation – 1) cook the three cups of beans with meat ingredients in pressure cooker for 15 minutes (or for 1 hour over a high flame); 2) briefly fry garlic and onion in a pan; 3) then add tomato and carrot and continue to fry along with the small pieces of intestines and or chicken feet for six minutes; 4) then add the cooked cow foot and cow stomach, 5) then add cabbage or cauliflower or selga and cook for five minutes; 6) then add the beans and cook for 5 more minutes; 7) then add pepper and spinach or selga and cook for two more minutes. 8) Serve with rice, bread, or *masa* (a kind of cooked starchy paste somewhat resembling mashed potatoes)