



Authentic African Cuisine Experience Recipes

AirBnb experience - <https://www.airbnb.co.za/experiences/2211093>

Restaurant website - <https://pahari.co.za/>

Sadza/Pap

Serves 2

Ingredients

1 litre water

Mealie meal

1. Boil 1 litre of water.
2. Mix 200g of mealie meal with lukewarm water- enough to make a thick paste.
3. Stir the paste into boiling water. Keep stirring until it starts to form bubbles. Place the lid on and leave it to cook for 10 minutes.
4. Remove the lid and add mealie meal bit by bit to thicken the pap (up to desired thickness). Stir constantly.
5. Mash the pap against the sides of the pot to break any lumps and make smooth.
6. Place the lid on the pot. Reduce heat and let the pap simmer for 5 minutes before serving.



Chicken Stew

Serves 2

Ingredients

650g chicken pieces

150g tomato puree

1 chicken cube

Half teaspoon Paprika

Salt to taste

1. Heat oil in a saucepan.
2. Add salt and paprika to chicken pieces as per preference.
3. Brown chicken on both sides and set aside.
4. Drain fat from the pan, leaving about 1 tablespoon.
5. Add tomato puree - Blend onions and tomatoes in a blender.
6. Cook on moderate heat for 5 minutes.
7. Add chicken pieces and some water. Stir.
8. Add chicken cubes (as per instructions on the cubes packet).
9. Cover and simmer until chicken is well cooked for roughly 20 minutes.
10. Add water when necessary.



Mpandawana/Meaty Beef bones mixed with green vegetables

Serves 2

Ingredients

800g meaty beef bones

200g tomato puree

1. Heat oil in a pan.
2. Brown beef.
3. Season with salt.
4. Add paprika for colour if required.
5. Add tomato puree - Blend onions and tomatoes in a blender.
6. Cook on low heat- stirring frequently.
7. Check occasionally to check if beef is tender using a fork.
8. Add water if the sauce starts to dry out.
9. When meat is tender, add chopped vegetables.
10. Cook for 10 minutes.
11. Add salt to taste.
12. Drain off any excess oil.



Fried Green Vegetables

Serves 2

Ingredients

6 large or 10 small green vegetable leaves
2 tablespoons cooking oil
2 tablespoons tomato puree
2 small spring onions

1. Clean vegetables in warm water before chopping.
2. Heat oil in a saucepan.
3. Place tomato and onion puree.
4. Add chopped vegetables.
5. Add chopped spring onions.
6. Add salt.
7. Cook for ten minutes.



Sugar Beans

Serves 2

Ingredients

350g beans

200g tomato puree

2 tablespoons tomato sauce

5 tablespoons cooking oil

1 tablespoon curry powder

Salt to taste

1. Soak beans in some warm water for an hour.
2. Rinse well and boil beans until soft and tender (about 1 hour).
3. Set aside.
4. Heat oil in a saucepan.
5. Add tomato puree - Blend onions and tomatoes in a blender and precook for use in stews.
6. Add curry powder.
7. Cook for 5 minutes.
8. Add the beans.
9. Season with salt.
10. Add tomato sauce.
11. Add water in accordance with desired gravy quantity.
12. Simmer for 15 minutes.



Chakalaka

Serves 2

Ingredients

2 tablespoons cooking oil
1 small chopped onion
2 crushed cloves of garlic
1 tablespoon chopped ginger
1 tablespoon mild or hot curry
¼ chopped green pepper, red pepper and yellow pepper
2 large grated carrots
1 tablespoon tomato paste
150ml tomato puree
200g baked beans
Salt and pepper to taste.

Heat 2 tablespoons of cooking oil in a saucepan.

Fry onion.

Add garlic.

Add chopped ginger

Add mild or hot curry

Fry for 3 minutes.

Add ¼ chopped green pepper, red pepper and yellow pepper

Fry for 2 minutes.

Add grated carrots

Add 1 tablespoon tomato paste

Add 150ml tomato puree

Simmer for 15 minutes.

Add baked beans.

Salt and Pepper to taste.

Leave on low heat for 2 minutes.



Green vegetables in peanut butter

Serves 2

Ingredients

6 large or 10 small green vegetable leaves

2 tablespoons tomato puree

2 small spring onion

2 tablespoons peanut butter

Salt to taste

Boil 200ml water.

Add peanut butter paste

- Boil water in saucepan
- Add tomato puree - Blend onions and tomatoes in a blender.
- Add peanut butter.
- Keep stirring until it becomes a thick paste.
- Reduce heat and leave to simmer for 15 minutes.

Mix up to a smooth sauce.

Add chopped vegetables and spring onion.

Salt to taste.

Cook on low heat for 20 minutes.