

Zimbabwe

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Zimbabwean Chicken Stew (To be eaten with rice)



Ingredients

- 1/2 cup oil**
- 8-10 chicken pieces**
- 1 cup passata tomatoes/chopped tomatoes**
- 1 medium onion chopped**
- 2 spring onions chopped**
- 2 Teaspoons minced garlic and small knob ginger**
- 1/2 Teaspoon dried thyme**
- 1 Tablespoon paprika**
- ¼ Teaspoon curry powder**
- 1 tablespoon maggi granules**
- 1 tablespoon dried parsley**
- Salt and pepper to taste**

Method

Season chicken with, paprika, turmeric, salt and pepper. Set aside.

In a large skillet, heat oil over medium heat, add 1 teaspoon of the minced garlic and let it release its flavours until the oil is garlic infused. Add the chicken and fry slowly, taking out any browned bits off the bottom of the pot, until chicken is brown.

If using fresh tomatoes blend tomatoes, onions, the other teaspoon of garlic, and onions.

Pour the mixture in the pot of chicken, bring to a boil and let it simmer until tender (depending on the chicken) about 20 - 30 minutes, frequently stirring the saucepan to prevent burns. If using passata tomatoes, add the onion, sauté until tender, about 4-5 minutes. Pour tomatoes, curry powder, thyme, garlic and the maggi. Bring to a boil and let it simmer for about 20-30 minutes. Adjust thickness of soup with water or stock.

Season with salt according to preference. Once cooked, garnish with spring onion and serve.