



ZIMBABWE DAY 2: SNACK

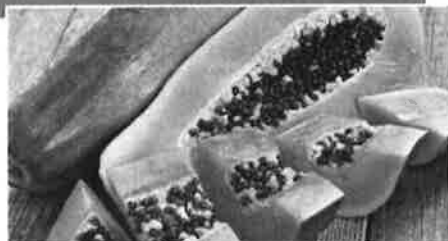
SOMETHING TO BUY



Biltong (Beef Jerky)

Biltong is dried, cured meat. Originally a way to preserve meat in the days before refrigeration, it is still a popular snack across much of southern Africa. American beef jerky is a close approximation to biltong, though it differs in several ways. Biltong is much thicker than jerky, an inch or more wide. It is cured with vinegar and spices while dried, unlike jerky, which is dried with just salt. Also, jerky is frequently smoked, while biltong is never smoked.

SOMETHING TO BUY



Papaya

Many of the fruits and vegetables indigenous to Zimbabwe are hard to find in the United States. One of the easier-to-find fruits is papaya. Papaya (or pawpaw) is not indigenous to Zimbabwe, but it is a popular fruit for farmers in the country. To eat a papaya, cut the fruit in half and remove the seeds. (The seeds are edible, but they have a bitter taste.) Use a spoon or knife to remove the fruit from the rind. Cut into slices or chunks to serve.

SOMETHING TO MAKE (SIMPLE)



Sadza With Tsunga (sad-ZA with t-SUN-ga)

Sadza is a thick, pastelike porridge made of mealie-meal (white cornmeal). The staple dish of Zimbabwe, sadzanyama nemuriwo (sadza, meat and leafy vegetables) is eaten by most people almost every day for lunch, dinner or both. This recipe pairs sadza with sautéed greens, but for more of a lunch, you could add a stewed, boiled or grilled meat, or for a snack, it could go with peanut butter (be cautious of food allergies), jam or buttermilk.

Recipe makes about 10 servings.

SADZA

INGREDIENTS:

- 3 cups boiling water
- 1 cup cold water
- 2-1/2 cups white cornmeal

DIRECTIONS:

- 1) In a medium pot, make a paste using the cold water and 1/2 cup of the cornmeal.
- 2) Slowly add the boiling water, stirring well to prevent lumps.
- 3) Heat at medium heat, stirring constantly, until the mixture begins to thicken.
- 4) Lower the heat, cover the pot and let simmer 15 minutes.
- 5) Remove the lid and gradually add the remaining cornmeal, stirring to prevent lumps. It will become very thick and hard to stir.
- 6) Heat thoroughly on low for several minutes, covered.

TSUNGA (MUSTARD GREENS)

INGREDIENTS:

- 2 bunches chopped mustard greens (spinach, collard greens or another leafy green could substitute)
- 4 cups mushrooms, julenned
- 2 teaspoons garlic, minced
- 2 tablespoons Worcestershire sauce
- 1-1/2 teaspoon salt
- 6 tablespoons oil

DIRECTIONS:

- 1) Heat oil in a large frying pan.
- 2) Add mushrooms, garlic, Worcestershire and 1/2 teaspoon salt, and sauté until mushrooms are golden brown.
- 3) Add greens and remaining 1 teaspoon salt, sauté until greens are bright green and just cooked, about three minutes.