

Democratic Republic of Congo

Africa

Menu

1. Congo chicken moambie

Ingredients:

- 3 lbs. chicken
- 6 Tbsp. peanut oil, divided
- 2 onions, finely diced
- 3 tomatoes, pureed
- 6 oz. can of tomato paste
- 2 cloves of garlic, minced
- 1 Tbsp. grated ginger root
- 1 tsp. cayenne pepper
- 3 green onions, finely chopped
- 1/2 cup peanut butter (smooth, not chunky)

Directions:

Heat 4 Tbsp. of the peanut oil in a heavy soup pot. Brown the chicken pieces on both sides, turning frequently with tongs. Remove and set aside. Heat remaining oil in the pot and sauté the onions until golden. Add the pureed tomatoes, tomato paste, garlic, ginger root, cayenne pepper, and green onions. Return chicken to the pot and submerge in the sauce. Cover and cook over low heat 15 minutes, or until chicken is tender, stirring occasionally. Remove chicken from pot and set aside. Remove 1 cup of sauce from the pot and place in a blender with the peanut butter. Purée until smooth and stir back into the pot. Return chicken to the pot. Simmer 10 minutes, stirring occasionally. Be sure peanut butter mixture is thoroughly incorporated into the tomato sauce.

2. Cooked rice

3. Diced papaya

To serve the meal, place cooked rice on each plate. Cover rice with chicken, sauce, and papaya.

Consumption Comparisons

Average calories per person, per day
United States of America: 3,699
Democratic Republic of Congo: 1,755

Percentage of children underweight
United States of America: 1%
Democratic Republic of Congo: 34%

Life in the Democratic Republic of Congo

In the Democratic Republic of Congo, almost one-third of children under 5 lack proper nutrition. An estimated 16 million Congolese people go hungry every day.

Typical meal

The basic diet is comprised of cereals and some beans. Most people only eat one meal a day if they can find food.

Mpeya's recovery



Mpeya takes his first steps after unknown leg operations.

References:

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