

Zimbabwe

Africa

Menu

1. Potato pancakes

Ingredients:

- 8 large potatoes
- 2 sweet potatoes
- 3 Tbsp. flour
- Salt and pepper to taste
- 2 tsp. baking powder
- 6 Tbsp. butter
- 4 eggs

Directions:

Peel the potatoes and sweet potatoes and place them in cold water, cover for several hours. When ready, drain the potatoes and pat them dry. Grate them into a bowl. Beat the eggs and add them to the grated potato. Stir in the flour, salt, pepper and baking powder. Form the pancakes by making 1/2 in. thick flat cakes with your hands. Heat the butter in a heavy skillet and fry the potato pancakes over medium heat for 3-5 minutes on each side, or until they are golden brown. Serve hot.

2. Dovi (peanut butter stew)

Ingredients:

- 2 medium onions, finely chopped
- 2 Tbsp. butter
- 2 cloves garlic, finely sliced and crushed
- Salt and pepper to taste
- 1/2 tsp. cayenne pepper
- 2 green peppers, chopped
- 3 lbs. chicken, cut into pieces
- 4 fresh tomatoes
- 6 Tbsp. creamy peanut butter
- 1/2 lb. spinach or pumpkin leaves

Directions:

Sauté onions in a large stew pot on medium heat until golden brown. Add garlic, salt, and hot peppers. Stir for 2 or 3 minutes then add green peppers and chicken. Brown the chicken. Mash tomatoes with a fork and mix them into the stew, along with about 2 cups water. Reduce heat and simmer for 5 to 10 minutes. Thin the peanut butter with a few spoons of hot broth and add half the resulting paste to the pot. Simmer until the meat is well cooked. In a separate pot, boil spinach or pumpkin leaves for several minutes until tender. Drain and toss with the remainder of the peanut paste. Serve stew and greens side by side.

Consumption comparisons

Percentage of children underweight

United States of America: 1%

Zimbabwe: 16%

Life in Zimbabwe

Zimbabweans generally live with their extended family in groups, dwelling in cone-shaped, thatched huts. They value children and families are often large. A large family means more hands to help on the farm and ensures that parents will be cared for in their old age.

Typical meal

The typical meal is mutton fat, cheese, and yak's milk.

John is enjoying his meal



Three-year-old John Bulhani benefits from a daily ration of corn-soya-blend provided to children under the age of five in the urban Porta Farms community, an area located within World Vision's Dzivarasekwa Area Development Program close to Harare.

References:

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