

Dinner and A Book

Episode #402

Menu:

Chicken and Peanut Stew
Spinach with Coconut
Rice
Palm Wine

Recipes:

Chicken and Peanut Stew Serves 4-6

1/2-cup peanut oil
3 diced white onions
1 whole chicken, cut up
Salt to taste
2 fresh red chilies, minced
4 tomatoes, peeled and diced
2 tablespoons tomato paste blended with 1/2-cup cold water
6 cups boiling water
1-cup peanut butter
6 Okra pods, chopped
2 sweet potatoes peeled and cut into 2-inch cubes
1-cup corn kernels
4 carrots, peeled and cut into 4-6 chunks
1 bunch spinach
1/2-cup parsnips
1/2 tsp. cinnamon
1/2 tsp. paprika

Heat the peanut oil in a large, heavy pot, and sauté the onions and the chicken pieces (seasoned with salt) until the chicken is sealed and browned. Stir in the chilies, tomatoes, and tomato paste. Blend the boiling water and peanut paste together until the mixture is smooth, and add it to the pot. Stir and simmer for 40 minutes. Add the okra, sweet potatoes, minced corn, carrots, spinach, parsnips or other root vegetables, peeled cinnamon, and paprika. Season with some salt. Stir well and simmer gently on low heat until the chicken is cooked, the tomato volume reduced, and the sauce thick. To make this recipe for vegetarians, simply omit the chicken.

Spinach with Coconut Serves 4

1 large bunch fresh spinach, or a pound frozen spinach, thawed
1 cup canned coconut milk

4 tablespoons butter
1 white onion, diced
1 tomato, diced
1-2 teaspoons curry powder

If you are using fresh spinach, remove the stalks and wash thoroughly. In a large pan, cook the fresh spinach in the coconut milk for about 5 minutes and drain well. Reserve the coconut milk. In a medium pan, heat the butter and fry the onion, tomato, and curry powder for about 5 minutes. Add the cooked spinach or the frozen spinach (thawed and drained) and the coconut milk. Stir all ingredients well and cook for 15 minutes over low heat. Serve hot with rice.

For an African party, spread a colorful patterned tablecloth; add wooden or ebony statues and woven baskets. Liven up the atmosphere with music by Hugh Masakela or Ladysmith Black Mombazo.