



# Simple Zambian Recipes

## Nshima

*Nshima is the staple meal in Zambia. To prepare nshima, women in rural areas pound dried white maize kernels into a fine meal using a large mortar and pestle. In the city, people buy ground cornmeal in stores. For breakfast, Zambians may serve nshima thinned with water or milk and sweetened slightly with sugar. For lunch or supper, people usually eat nshima with fish, meat, peanuts or beans. Nshima na nkuku is a popular chicken dish.*

### Ingredients:

- 1 cup cold water
- 3 cups hot water
- 2 to 3 cups corn meal

### Preparation

Boil water in a saucepan. Make a paste using some of the meal with the cup of cold water. Add the paste to hot water. Stir with a wooden spoon until thickened like porridge. Cover the saucepan and simmer for some time (about 15 minutes). Lower the heat a little. Remove the lid and gradually add corn meal, stirring constantly and flattening any lumps that may form. Continue to add meal and stir until nshima thickens to the desired consistency (some people like it thin, and others prefer it thick). Cover and reduce heat to very low. Leave for a few minutes to allow further cooking. Stir the nshima once again and serve in a slightly wet serving dish. Cover to keep it warm. Serve with meat, poultry, fish, or vegetables.

## Ifisashi

*Ifisashi is a simple and common ndiwo — a soup, stew or sauce that is always served with nshima — made with greens and peanuts. Other ndiwo dishes are made from various sorts of fish, meat, beans or peas. The combination of nshima and ndiwo is the only thing that most Zambians call a real meal, much like meat and potatoes in the United States.*

### Ingredients:

- 2 bunches fresh collard greens (or spinach),  
washed and chopped
- 1 cup raw peanuts, ground
- Salt to taste
- 1 onion, sliced
- 2 medium tomatoes, sliced
- Water

### Preparation

In a medium-sized saucepan, boil the onion and tomatoes with the ground peanuts, adding salt to taste and water as needed. After a few minutes, add chopped greens. Stirring occasionally, continue cooking until the peanuts are soft and the mixture has become a fairly thick buttery sauce (15-20 minutes). Serve hot or cold.