

MUAMBA DAS MANAS

RECIPE BY PONGO

INGREDIENTS

- 1 Whole Chicken
- 750g Okra
- 2 Onions
- 6 Cloves of Garlic
- ½ Pumpkin
- 1 Bunch of Fresh Coriander
- 250g Chili Peppers
- 1 Jar of Palm Oil
- 1kg Cassava
- 500g Spinach
- Salt

DESCRIPTION

This is a highly regarded dish in Angola. It's a delectable chicken stew that captures the rich and flavoursome essence of Central African cuisine. Featuring a blend of palm oil and local ingredients, this dish is traditionally served with Funge, a porridge made from corn or cassava. Typically enjoyed during Sunday lunches, a day reserved for more time-consuming dishes, Chicken Muamba represents the diverse culture & history of Angola.

(SERVES 4 PEOPLE)

METHOD

1. Cut the chicken into your preferred sized pieces, removing the skin.
2. Rub lemon over all parts and season with crushed garlic, salt, and chili pepper. Let it marinate for 30 minutes.
3. Sear the chicken in palm oil over high heat until golden. Once golden, add onions, part of the okra, and cubed pumpkin.
4. Sauté covered on low heat, adding water as needed to prevent sticking.
5. Cook until the chicken is tender and the sauce thickens.
6. While the chicken cooks, cut the remaining okra lengthwise.
7. Heat a pan, add a tablespoon of palm oil, and fry the sliced okra until golden. Reserve.
8. When the chicken is tender, add chopped coriander & mix, reserving some for garnish.

FUNGE (WITH FRESH CASSAVA)

1. Blend raw cassava in a blender.
2. Cook and beat the mixture until it forms a smooth purée.