



African Stew with Coconut Mashed Cassava

The key to this stew is to take time to cook the tomato sauce until it is very concentrated and dark. This technique gives the stew a distinctly African flavour.

Stew:

- 8 – 10 chicken thighs or 12 chicken drumsticks or 1kg of stewing beef
- 4 Maggi cubes or bouillon cubes
- 1 lg. onion diced
- Salt and pepper

Tomato sauce:

- 1 lg. onion, roughly chopped
- 4 cloves garlic
- 2 inch piece ginger peeled and cut
- 1 scotch bonnet or 1 tsp chili flakes (optional)
- ½ cup parsley
- 1 tbsp. oil
- 1 can (15 oz.) tomato sauce or crushed tomato
- 1 tsp. paprika
- 1 tsp. curry powder
- 1 tbsp. Maggi cube or bouillon cube

Mashed cassava:

- 1 pack (500g) cassava (frozen)
- 1 can coconut milk



1

Add ingredients and boil

In a large pot place chicken, Maggi and onion and cover with water. Bring to a boil over high heat. Reduce heat to medium-low and cook the chicken for about 20 minutes. Add salt and pepper to taste.

2

Make the sauce and mix ingredients

Meanwhile, make the sauce. In a blender mix together onion, garlic, ginger, chili and parsley. You may need to add some water to make the mixture blend.

3

Place, heat, add ingredients, cook and season

In a medium size pot over medium-high heat, place oil in the pan and let heat up one minute. Add contents of the blender and cook for about 5 minutes. Add tomato, paprika, curry powder and Maggi and cook over medium heat until very thickened and darkened in colour. This will take 20 – 30 minutes. Taste and season with salt and pepper as needed.

4

Add chicken and cook

Using tongs or a slotted spoon, add the chicken into the tomato mixture. Add some of the chicken broth that was made while boiling the chicken. Add as much as you like to get the consistency of the stew that you like. Cook for another 15 minutes to let the flavours mix together.

5

Boil, drain and mash

To make cassava, boil it in water with a good pinch of salt until softened (about 20 minutes). Drain. The cassava has a central woody stem that is easily removed with a fork. Mash the cassava with coconut milk until it is soft and smooth.

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