



The Mozambican Menu

Starter:	Sopa De Feijao Verde (String Bean Soup)
Main Dish:	Frango A Cafrial (Barbecued Chicken)
Side Dish:	Salada Pera De Abacete (Avocado Salad)
Dessert:	Ananas Con Vinho Do Porto (Fresh Pineapple in Port Wine)

Sopa De Feijao Verde (String Bean Soup)

Yield: 8 cups

Ingredients

- 2 tsp. salt
- 1/2 tsp. Pepper
- 500gr FRESH string beans
- large potatoes, cut in chunks
- medium tomatoes, cut in chunks
- large onions, cut in chunks

In a 3-quart saucepan:

1. Bring to a boil 1 1/2 quarts water.
2. Add: 2 tsp. salt
3. 1/2 tsp. pepper
4. 3 large potatoes, cut in chunks
5. 2 medium tomatoes, cut in chunks
6. 2 large onions, cut in chunks.
7. Simmer for 30 minutes or until vegetables are tender.
8. Puree through a sieve or food mill. (It should be a thin puree.)
9. Add string beans, cut across in thin slices.
10. Simmer for about 10 minutes until Beans are tender.
11. Correct the Seasoning
12. Serve in bowls

Frango A Cafrial (Barbecued Chicken)

In Mozambique about 4 Tbs. of hot red pepper are used in the Cafrial. In this recipe, crushed red peppers may be substituted. 1 tsp. cayenne pepper will give quite a "bite," so if you prefer to hold the seasoning and add it after the chickens are cooked, cut down on the amount given.

Ingredients:

- 1 whole Chicken (or serving sized pieces)
- 1 tsp. cayenne pepper
- 1 Tbs. salt
- 1 tsp. garlic powder
- 1/2 tsp. ground ginger
- 1 tsp. paprika and
- 1/2 cup salad oil, and blend thoroughly

Method:

1. Combine all ingredients and blend thoroughly.
2. Rub the chicken with the seasoned oil on all sides thoroughly.
3. Roast, broil, or barbecue the chicken in your favorite manner, basting them from time to time

4. with the seasoned oil until chicken is done.
5. Cut chickens in half.
6. Serve with plenty of white rice (allow 1 cup cooked rice per person)

Salada Pera De Abacete (Avocado Salad)

Yield: 8 small salads

Canned peach slices may be added to the avocado salad in which case use one slice of tomato and two to three peach slices. This lemon Dressing is excellent on a tossed green salad or hearts of lettuce. It is light and easy to make.

Ingredients:

- 1 head iceberg lettuce
- 2 tomatoes cut in 8-inch uniform slices overlapping with
- 2 AVOCADOS cut in thick uniform slices across the lettuce in a straight line.
- lemon Dressing
- 1 cup lemon juice (bottled)
- 1 cup olive oil
- 1 cup peach SYRUP (from a can or use any fruit syrup)
- 1 tsp. salt
- 1 tsp. SALAD HERBS
- 1/4 tsp. Pepper

Method:

Cut the iceberg lettuce down in 3/4-inch round uniform slices. Arrange one slice on each salad plate. Alternate 2 tomatoes cut in 8-inch uniform slices overlapping with 2 Avocados cut in thick uniform slices across the lettuce in a straight line. Spoon 2 Tbs. of the following lemon Dressing over the avocado salad: combine:

- 1 cup lemon juice (bottled)
- 1 cup olive oil

shake

- 1 cup peach SYRUP (from a can or use any fruit syrup)
- 1 tsp. salt
- 1 tsp. SALAD HERBS
- 1/4 tsp. Pepper.

Ananas Con Vinho Do Porto (Fresh Pineapple in Port Wine)

Yield: 8 portions

Ingredients:

- 1 large ripe, fresh pineapple
- Sugar
- 125 ml red portwine

Method:

- Peel 1 large ripe, fresh pineapple.
- Cut it and removes the hard core in pineapple .
- Scatter the Sugar concerning both sides.
- Put them in a large bowl and gives 125ml red portwijn to it .
- Some hours let the bowl stand, where you twist the pineapple from time up to time in the wine.
- Rudder once more for before you serve the pineapple on dessert.

As Cashew nuts are one of the major crops of Mozambique it would be quite nice to sprinkle cashew nuts on the pineapple or to pass a bowl of cashew nuts with the dessert or as a snack later in the evening.