

# Traditional Congolese Recipes

## Poulet à la Moambé Congolese Chicken



### Ingredients

- 1 – 3-4 lb chicken, quartered (or chicken pieces)
- 6 tablespoons organic red palm oil (can substitute with olive oil or canola oil)
- 2 medium onions, diced
- 3 cloves of garlic, pressed
- 6 oz can of tomato paste
- 14.5 oz can of diced tomatoes
- 1 in ginger root, grated
- 1 teaspoon red pepper flakes
- 1 cup water
- salt to taste (about 1 teaspoon)
- ½ cup natural peanut butter

### Instructions

1. Dry chicken pieces well with paper towels.
2. Heat heavy Dutch oven with palm oil on high until shimmering, almost smoking.
3. Sear chicken in batches until golden brown, about 4-5 minutes per side, remove and set aside.
4. Turn heat to medium-low and sauté onions until golden brown, add garlic stirring constantly and cook until fragrant, about 30 seconds.
5. Add tomato paste, continuing to stir, cooking until paste darkens slightly, about 3 minutes.
6. Mix in diced tomatoes, ginger, red pepper flakes, water, and salt. Return chicken to Dutch oven.
7. Bring to boil over high heat. Reduce heat to low, cover, and simmer for 20 minutes.
8. Pull off about 1-2 cups of sauce and mix thoroughly with peanut butter. Return mixture to Dutch oven and simmer uncovered for 10 more minutes, until chicken pieces reach 165° F internal.
9. Serve with rice or fried plantains.



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## Fufu Congolese Potatoes



### Ingredients

- 2 lbs white yams or sweet potatoes
- 1 quart water
- Salt to taste
- 3 tablespoons butter

### Instructions

1. Peel and dice yam/sweet potato into 1 inch cubes.
2. Place in a saucepan and cover with cold water by 1 inch.
3. Bring to boil over high heat
4. Reduce heat to low and simmer for 20 minutes, until tender. Strain. Add to food processor with the butter.
5. Puree in a food processor for 4 minutes scraping the sides and bottom several times to make sure all of the sweet potatoes are blended.
6. Once the sweet potatoes have the consistency of mashed potatoes, they are ready to be served!





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## Fumbwa Wild Spinach Stew



### Ingredients

- ½ cup water
- 11 ounces baby spinach, finely chopped
- 3 spring onions
- 2 cloves garlic
- 2 ripe tomatoes
- 1 chicken stock cube
- 1 cup smoked catfish, soaked and rinsed, then chopped
- 3 tablespoons of red palm oil (can substitute with olive oil or canola oil)
- 1 cup ground peanuts (or 4 heaping tablespoons of peanut butter)

### Instructions

1. Bring the water to a simmer in a large pot and add the spinach.
2. Once the spinach has reduced in volume by about half, add the spring onions, garlic, and tomatoes and continue to simmer. Crumble the chicken stock cube into the pot and mix well.
3. Make sure all bones and skin have been removed from the smoked fish, then add them to the pot. Simmer for 10 minutes.
4. Add 3-4 tablespoons of red palm oil into the pot. Add the ground peanuts or peanut butter and allow to melt over gentle heat. Stir it into the dish and allow to simmer for 10 minutes until ready to serve.





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## Chapati *East African Flatbread*



### Ingredients

- 3 cups all-purpose flour
- (plus extra flour for kneading)
- 1 teaspoon salt
- 3 tablespoons oil
- 1  $\frac{1}{4}$  cups water

### Instructions

1. In a large bowl, combine flour, salt, and oil and mix thoroughly. Add the water a little at a time to form a soft and sticky dough.
2. Turn to a floured surface; knead for about 10-15 minutes until it becomes smooth and elastic. Place in a bowl. Cover and let it rest in a warm place for 20-30 minutes.
3. Turn onto a lightly floured surface; divide the dough into 8 equal parts and roll each piece into a circle.
4. Preheat a nonstick pan or heavy bottom skillet. Place the chapati on the inside of the pan and leave it to cook for a few seconds.
5. Brush the surface of the chapati with a very thin layer of oil. Once you begin to see bubbles rise on top of the chapati, flip it over to the other side, and brush it with a thin layer of oil.
6. Continue to flip over 1-2 more times until you desired brownness achieved. Serve hot or warm and enjoy with your favorite dish.

