

Recipes from
Zimbabwe

SADZA & NYAMA

Sadza is the ultimate staple food in **Zimbabwe** and is a crucial part of every meal. It is not only beloved for its simplicity, but also its ability to complement a variety of meats and relishes. Meanwhile, **nyama** is a symbol of hospitality and friendship, often shared among loved ones during celebrations and gatherings.



SERVINGS: 4

PREP TIME: 2 HRS

COOK TIME: 25 MINS

INGREDIENTS

Sadza:

- 2 cups cornmeal
- 4 cups water

Nyama:

- ½ cup water
- 4 garlic cloves, minced
- 1 tbsp ginger, minced
- ½ tbsp paprika
- 1 tsp curry powder
- 1 tsp rosemary leaves, chopped
- 1 beef stock cube
- ¼ tsp cayenne pepper or to taste (optional)
- ¼ cup fresh lemon juice
- ¼ cup vegetable oil
- Salt and pepper, to taste
- 1kg beef or goat

INSTRUCTIONS

Sadza:

1. Pour water into a large pot (2 cups for each cup of cornmeal). Bring to a boil over high heat.
2. After 4-5 minutes, add in half the cornmeal to the water (one spoonful at a time). Stir with a wooden spoon.
3. Continue stirring until the mixture begins to boil. Reduce the heat to medium. Cook for a few more minutes.
4. Add the remaining cornmeal and stir. It's crucial that you keep stirring until the mixture is smooth, thick and lump-free.
5. Feel free to keep adding cornmeal until you reach the desired consistency. Then, turn the heat off, cover the pot and let it rest for a few minutes.
6. Stir and scoop the sadza, shaping it into balls/patties (see image). Allow it to cool. Serve with nyama (meat) and relish.

Nyama:

1. In a large bowl, combine water, garlic, ginger, paprika, curry powder, rosemary leaves, beef stock cube, cayenne pepper, lemon juice, vegetable oil, salt and pepper. Whisk thoroughly to create the marinade.
2. Toss the meat in the marinade ensuring that all pieces are coated.
3. Cover the meat with plastic wrap and refrigerate for at least 2 hours, ideally overnight.
4. Preheat your grill to medium-high heat. If using coals, ensure they are evenly distributed and fully heated before cooking.
5. Place the meat on the grill, positioning them over direct heat. Grill the meat for 20-25 minutes, occasionally turning to ensure even cooking. Baste the meat with any remaining marinade.
6. Check the meat for doneness by cutting into a piece – it should be slightly pink in the centre for beef or goat. Adjust the grilling time as needed.
7. Remove the meat from the grill and allow to rest for a few minutes before serving.