

Ruling for nearly 500 years, the Portuguese greatly impacted the cuisine of Mozambique. The use of seasonings such as onions, bay leaves, garlic, fresh coriander, paprika, chilli peppers, red sweet peppers, were all introduced by the Portuguese.

Piri-Piri is the name used in Mozambique to describe the African bird's-eye chilli.

Piri-Piri Sauce

Ingredients

- 2 teaspoons cayenne pepper
- ¼ teaspoon salt
- Juice of 2 lemons
- 2 garlic cloves, crushed
- 6 sprigs parsley, chopped
- 1 cup butter or oil



Procedure

1. Combine all the ingredients together in a saucepan and heat on low for 5 minutes before serving.
2. Serve with cooked shrimp. Piri-Piri may also accompany chicken, seafood, and most meats.

Matata is a delicious Mozambican dish made of clams, peanuts and fruits or vegetables.

Matata (Seafood and Peanut Stew)

Ingredients

- 1 cup onions, finely chopped
- Olive oil (vegetable oil may be substituted)
- 4 cups canned clams, chopped
- 1 cup peanuts, finely chopped
- 2 tomatoes, cut into small pieces
- 1 Tablespoon salt
- ½ teaspoon black pepper
- 1 teaspoon crushed red pepper, or to taste
- 1½ pounds fresh, young spinach leaves, finely chopped
- 2 cups cooked white rice



Procedure

1. Sauté onion pieces in a small amount of olive oil in a saucepan over medium-low heat. Cook until onions are softened, but do not brown them.
2. Add the chopped clams, peanuts, tomatoes, salt, black pepper, and a pinch amount of red pepper (it is spicy).
3. Over low heat, simmer for 30 minutes.
4. Add spinach leaves.
5. Cover tightly; as soon as leaves are withered, *matata* is ready to be served.
6. Serve over cooked white rice.

Makes 8 servings.

Salada Pera de Abacate started out as a salsa recipe and has morphed into one of Mozambique's favourite salads.

Salada Pera de Abacate (Tomato and Avocado Salad)

Ingredients

- 1 head iceberg lettuce, chopped
- 2 tomatoes, sliced
- 2 avocados, pitted and sliced
- 2 Tablespoons lemon and herb dressing (see recipe)



Procedure

1. Distribute and arrange the chopped lettuce, tomato, and avocado slices on 8 salad plates.
2. Top with lemon and herb dressing (other salad dressing may be substituted).

Serves 8.

Happy Cooking!