



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

