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Malawian chicken curry

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At Christmas in Malawi, people enjoy sharing a meal of chicken curry and rice. There are many variations and every family uses what vegetables and meat they have. People look forward to the rice they eat with their curry too. Malawians love rice, but many people cannot afford to eat it every day.

We hope you enjoy making this traditional Malawian recipe. You can find out more about our friends in Malawi at caid.org.uk/Christmas-Malawi

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Malawian chicken curry



Ingredients

Serves 4–6

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|-----------------------------|--------------------------|
| 2 Tbsp oil | 10 chicken drumsticks |
| 1 large onion, chopped | 2 tsp salt (optional) |
| 1 Tbsp garlic, crushed | 2 tsp black pepper |
| 1 Tbsp fresh ginger, grated | 2 Tbsp paprika |
| 2 tsp turmeric | 2 Tbsp mild curry powder |
| 2 large tomatoes, chopped | 150 ml water |
| 1 chilli, finely chopped | |

For a vegetarian option, replace the chicken with five potatoes cut into cubes, a carrot and a green pepper.



Instructions

1. Heat the oil in a deep frying pan or shallow casserole dish. You need a pan/dish that is big enough to have your chicken in single layer.
2. Add the onions and cook until starting to brown.
3. Add the garlic, ginger, turmeric, tomatoes and chilli. Stir and cook for 1 minute.
4. Add the chicken pieces. Stir so the chicken is evenly covered in the onion mixture. Cover and simmer for 45 minutes, stirring occasionally.
5. Add the salt, pepper, paprika and curry powder. Stir to combine.
6. Add the water. Simmer for 15 minutes.
7. Serve with rice.

Recipe courtesy of Tiyamike Cynthia.



Malawian banana bread

In Malawi, people love to eat *nthochi*, or banana bread, as a sweet treat, and for breakfast. You can find it everywhere, and it's always fun to stop and chat to women selling it at roadside stalls and markets to find out how they make their own version.

Every baker puts their own twist on it. Some people use palm sugar, replace some of the plain flour with *nsinjiro* (peanut flour) or use coconut oil instead of butter. Why not try your own variations?

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Malawian banana bread

Ingredients

Serves 8-12

- 2 bananas, ripe
- 140 g butter
- 140 g caster sugar
- 2 eggs, beaten
- 140 g self-raising flour
- 1 tsp baking powder



Florence and Loshas Munthali have expanded their banana farming with support from Christian Aid.

Instructions

1. Grease or line a 2lb loaf tin. Preheat the oven to 180°C/160°C fan/gas mark 4.
2. Mash the bananas.
3. Beat together butter and sugar until pale and fluffy.
4. Add the eggs and mix gently. Add the mashed banana and stir to combine.
5. Add the flour and baking powder and gently combine into a smooth batter.
6. Pour the batter into the prepared loaf tin.
7. Bake for 30 minutes and check if a skewer inserted into the middle of the bread comes out cleanly. If it does not, bake for an extra 5 minutes and check again. You may need to bake it for up to 45 minutes in total, depending on your oven.
8. Cool in the tin for 10 minutes before transferring to a wire rack.