

## FUKU (FUCU)

Lingala word: Manioc meal and corn meal

### SALLY EALES

- 2½ cups water
- 3 tbsp. vinegar
- 1 cup manioc meal
- (coarse flour - also called "gari")
- ½ cup corn meal

Bring water to a boil. Add vinegar. Mix manioc and corn meal together.

Slowly add meals to vinegar water, stirring constantly. Cook until very thick, probably not more than five minutes.

Serves four, of whom two like fuku.

*Cook  
1 1/2 c - 2 c. rice*

## Mpondu

Lingala word: Manioc leaves, pounded, plus other ingredients

### SALLY EALES

To be served with Fuku or Rice

- 2 10-oz. boxes frozen, chopped spinach, defrosted
- 1 5 ½ oz. can sardines in oil
- If in tomato sauce, wash off tomato sauce *Handak*
- ½ to ¾ cup diced onions
- salt to taste
- ½ cup peanuts, crushed
- ¼ cup palm oil
- (absolutely necessary. Can be purchased in African stores, and some Asian stores).
- 1 tsp. of the spice Crushed Red Pepper (Looks like dried pepper seeds)

Saute onions or add a little water and cook onions in microwave for 3 minutes.

In 3 qt. pan put defrosted spinach. Add sardines, broken up, including oil, ~~the~~ packed in oil *tomato sauce*.

Add onions, peanuts and palm oil and a little water. Cook 15-20 minutes.

Salt to taste.

Just before the end of cooking, add the Crushed Red Pepper, 1 tsp. is probably plenty. If you prefer the Mpondu to be not so spicy, reduce the amount of Crushed Red Pepper. Add more palm oil as needed.

Mpondu should not be soupy at all.

Serves four, of whom two like mpondu.

## CHICKEN MWAMBA

Lingala word, Chicken cooked in peanut, palm oil sauce

### SALLY EALES

Serve with Fuku and Mpondu

- Chicken for four people, cut up
- 2 large onions cut into 16ths
- 1 to 1½ cups palm oil
- same amount of water
- 2 heaping soup spoonfuls peanut butter, chunky or smooth
- 1 tsp. Crushed Red Pepper
- may need salt, to taste

Put chicken, onions, palm oil and water in large pot (*Dutch Oven is best*).

Boil until chicken is tender, about 30 minutes.

After boiling begins, blend in peanut butter with back of spoon against side of pot. Salt to taste.

Near end of cooking, if you are also making Mpondu (*greens*), you may scoop off any excess palm oil on top of chicken and add it to the Mpondu.

Add Crushed Red Pepper.

Add more palm oil as needed.

Serves four

### FINDING INGREDIENTS

Closest African stores that we know of are in Minneapolis:

- ▶ Lagos African Market, 1317 E. Lake St., Minneapolis
- ▶ Corner of Nicolet and 28th Street, Minneapolis
- ▶ In Brooklyn Park, near I-694, but do not have the address