

# BEARING FRUIT

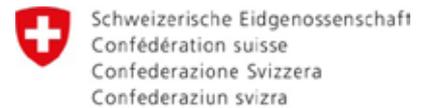
SEVEN OF ZIMBABWE'S FAVOURITE WILD FRUITS

THE ZIMBABWE TRADITIONAL AND ORGANIC FOOD FORUM

# ACKNOWLEDGEMENTS

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# FOREWORD

This is the sixth booklet developed by the Zimbabwe Traditional and Organic Food Forum, a group of organisations working together to encourage a return to the diverse, delicious and healthy foods that once dominated Zimbabwean food systems that have been overshadowed in recent years by highly processed foods made from exotic species like maize and wheat.

Each year the Food Forum organises the Good Food Festival where people come together to enjoy traditional foods, buy seeds, meet producers and processors and have a great time. In 2020, due to the COVID-19 pandemic, the festival had to be held virtually, which meant thousands of people from across Zimbabwe, the region and the world were able to learn about and

enjoy Zimbabwe's incredible plants and foods as well as meet the farmers, collectors, processors and chefs who grow and use them.

This year's publication highlights Zimbabwe's most prized local wild fruits and the trees that produce them. Many of these trees play an important role in the local landscape and have cultural significance in the communities where they grow. The fruits can be enjoyed in a variety of ways and play an important role in the diets of the people who eat them, providing many nutritional and health benefits. Local and international markets for some of these fruits are growing, creating new opportunities for communities where due to the hot, dry climate, agriculture is increasingly challenging.

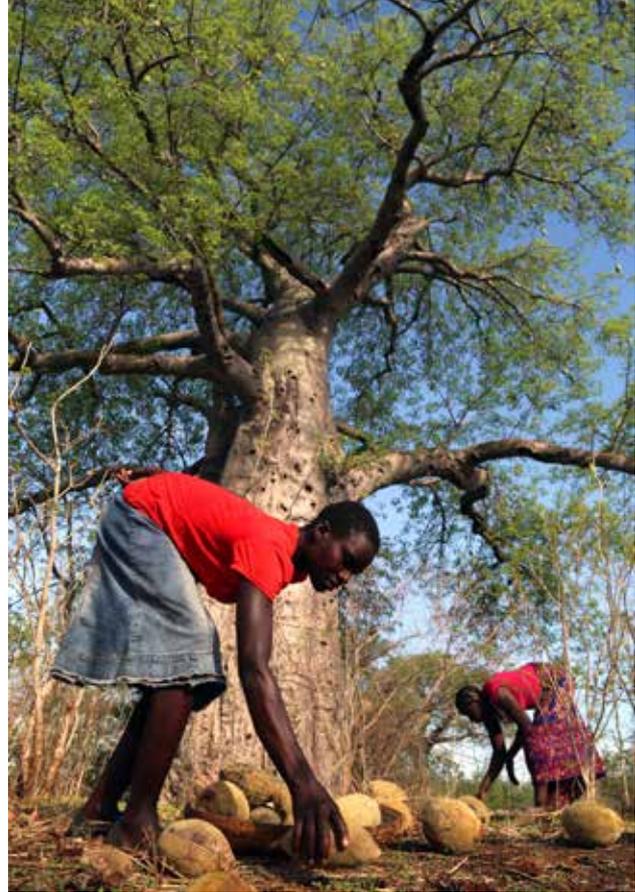


# FRUIT OF THE LAND

Wild fruit has played an important role in the Zimbabwean diet, culture and landscape for thousands of years. After decades of decline, its popularity is making a come-back. Zimbabwe has over 60 indigenous fruit species and several others that have been naturalised and feature in traditional dishes.

Wild fruit trees are a communal resource – free for all people in the area to harvest. They are protected by communities and their traditional leaders. Under customary law, cutting down indigenous fruit trees (particularly the mobola plum, wild loquat, snot apple and marula) is forbidden. These trees should be left undisturbed when vegetation is cleared for crop fields. Apart from providing communities with food, wild fruit trees help distract birds, baboons and elephants away from field crops and gardens. Some value the trees whose fallen leaves help trap moisture and improve the soil. Certain trees have religious significance. The mobola plum for instance is still widely used in traditional ceremonies involving communication with ancestors. Fruit trees are also used in traditional weather forecasting. For example, some believe that the appearance of abundant fruit on mobola plum, wild grape and snot apple trees spells impending drought, while abundant fruit on wild loquat raises hopes of a good rainy season.

Wild fruits are very nutritious, rich in Vitamin C and other important micronutrients. Since the fruit of different tree species ripen at different times of the year, there is always something wonderful in season. Many indigenous fruits are also dried, so they can be enjoyed throughout the year, and these are often go-to snacks during work or travel breaks. Wild fruits are equally prized delicacies in times of shortage and plenty. Everyone who has ever lived in Zimbabwe knows the pleasure and anticipation at the arrival of mazhanje season. And masau season. And marula season. Every season brings its own, sweet delights and memories.



Wild fruits are used to make so many delicious treats, from sweets and drinks to cakes and other confectionary and even bread, using crushed, dried wild fruit mixed with flour. The mobola plum and marula also contain edible nuts that can be eaten raw, roasted, or ground into butter. Even the roots of certain wild trees such as waterberry, wild custard apple and wild grape, are eaten in some communities, while others eat the leaves and seedlings of baobab. The fruits, bark, leaves or roots of some trees are used as medicine for treating people and livestock.

Some wild fruits are gaining international attention. Baobab fruit powder and marula nuts have become luxury items and are sold to export markets in the USA and Europe. But due to tree cutting for land clearance, tobacco curing, and firewood, the wild fruit trees that were once so common across Zimbabwe are becoming more and more rare.

# PICK YOUR FRUIT

ZIMBABWE'S WILD FRUITS ARE SO UNIQUE, DELICIOUS AND SPECIAL THAT IT WAS HARD TO SELECT JUST A FEW FOR THIS BOOKLET. WE'VE PICKED SEVEN FRUITS THAT WITH ONE TASTE EVOKE DELIGHT, SWEET MEMORIES, AND HAPPINESS. WE TELL THEIR STORIES HERE.

## **BAOBAB** *Adansonia digitata* Muuyu (Shona) / Umkhomo (Ndebele)

The iconic baobab trees can grow over 15m tall with trunks that are 10m or more around, and can live for 1,500 years. They favour hot, dry areas at low altitudes. The tree grows easily from seed after being soaked in hot water for about 24 hours.

Baobabs are highly valued as a source of food, water, health remedies or places of shelter. In the olden days, people have been known to hollow out the centre of the trees for shelter or water storage. The bark, fruit and leaves are used in traditional medicine and the bark is dried and woven into mats and baskets. Young baobab leaves are cooked fresh as a relish or dried and powdered to be added to soups and stews in the off season. The leaves are rich in zinc, copper, iron and manganese as well as a range of beneficial phytonutrients. The seeds contain an oil rich in omega 3, 6 and 9 fatty acids which is prized by the cosmetics industry for its potent skin moisturising properties.

The fruit, which is harvested from April to June, consists of a hard, oval shell with a furry green-grey covering. This contains a dry, white powder surrounding numerous seeds. The powder is rich in Vitamin C, calcium, potassium, iron and magnesium, and contains high levels of dietary fibre. It has a tart, refreshing flavour. Baobab fruit powder has a long shelf life and can be used to make refreshing, nutritious drinks, as well as added to snacks, desserts and savoury dishes.



## BIRD PLUM

*Berchemia discolor*. *Munyii* (S) / *Umnyii* (N)

The bird plum is a fast-growing, deciduous or evergreen tree that can reach up to 20m, found at low altitudes in East and Southern Africa. The tree can be grown from seed which should be sown fresh and transplanted to bags after germination.

The tree produces strong, yellow-brown wood that makes excellent furniture and ornaments. The tree bark is used medicinally for various ailments and for treating wounds. The fruit juice is used to treat bleeding gums. The bark and fruits are also used as a dye in basket-making.

The fruit can be harvested from January to July. It is sweet, with a date-like texture and flavour and is rich in Vitamin C. The fruit is a popular snack and is traditionally used to make beer or to flavour porridge. It dries well and is sold in markets and on roadsides up to November. The dried pulp can be ground and mixed into a dough with maize meal which is baked or steamed into bread.



## MOBOLA PLUM *Parinari curatellifolia* *Muhacha, muchakata* (S) / *Umnkuna* (N)

The distinctive mobola plum tree can grow to 13m in open woodlands at medium to high altitudes, often growing in groups of the same species. The trees are usually left in fields when land is cleared for crop cultivation. Some farmers credit the trees' fallen leaves for improving soil moisture and fertility, thus improving crop production. In many communities, it is forbidden to cut down mobola plum trees because of their importance in rain-making and other cultural ceremonies. The tree can be grown from seed but the fruit must be boiled first to soften the seed coat, then soaked in cold water for 12 hours. They take about six months to germinate and are slow-growing.

The tree produces abundant oval fruit which can be harvested from October to January when it turns reddish-brown. When the trees produce particularly large numbers of flowers and fruit, it is said that drought is coming. Bees love the flowers for their abundant nectar, making mobola plum trees a favourite of beekeepers. The fruit which has a flavour and texture a bit like sweet potatoes, is a good source of Vitamin C, magnesium, potassium, calcium, and iron. It is eaten fresh or dried and sometimes the pulp is cooked and mixed with porridge. The juice is used to make preserves as well as both alcoholic and non-alcoholic drinks. In some communities, the fruit is cooked down to make syrup which is then mixed with cooked millet and rolled into a ball to form a traditional cake called *zvambwa*.

The roots are traditionally used to cure high blood pressure and diabetes. Some churches consider the tree to be sacred and use the leaves to cleanse people of illnesses and evil spirits. The bark produces a pink-brown dye which is used in basket-making. These many uses help protect the tree.



## MARULA

*Sclerocarya birrea*. Mupfura (S) / Umganu (N)

This large tree (10-18m) grows on sandy soils at low altitudes in open woodland. The tree is left standing when land is cleared for cultivation and often serves as a meeting place for elders. The tree can be grown easily from seed, cuttings or truncheons but the young trees must be protected from animals and other threats until they are well-established.

The bark produces a dye which can be used in basket-making. The bark, roots and leaves are used in traditional medicine to treat diarrhoea and malaria. The plum-shaped fruit, yellow when ripe, has a tough skin enclosing white pulp which is rich in Vitamin C, potassium, calcium and magnesium. Fully ripe marula fruits are tart, with a pleasant sweet-and-sour taste. They can be harvested from January to March. The pulp can be made into all sorts of snacks such as fruit leather. Marula fruit juice is extracted by soaking the fruit overnight and can be fermented to make beer that is used in traditional ceremonies. The nut contains edible kernels.

Besides traditional uses, marula fruit has been used for commercial products as well. Fermented marula fruit juice serves as the essential ingredient for the Amarula liqueur. The fruit has high pectin content and is made into jams and jellies which are sometimes sold in supermarkets and specialty food shops.





## MONKEY ORANGE

*Strychnos cocculoides*. Mutamba (S) / Umhlali (N)

The monkey orange, a spiny shrub or small deciduous tree, is widespread, growing in woodlands, rocky areas and along streams at a wide range of altitudes. The tree can be propagated from seed but takes a long time to get established.

Several species of *Strychnos* grow in Zimbabwe, but some are poisonous. All species have round fruit with a hard outer shell which turns yellow when ripe, between March and August. The seeds are toxic and only the fruit pulp should be eaten. The larger-fruited species produce fruit with a soft pulp with a sweet, apple-like flavour. The pulp is eaten fresh or dried and is often used to flavour porridge. The dried shells of the fruit are used as ornaments and for making musical instruments.

The green fruits are used in traditional medicine as a snake bite antidote and the roots are used to treat fever. The fruit juice is used as a traditional treatment for eye infections in livestock.





## INDIAN JUJUBE

*Ziziphus mauritania*. Musau (S) / Umpakwe (N)

Originally from Southeast Asia, this tree has naturalised across most of the tropics and is widespread in Zimbabwe. It is related to the indigenous *Ziziphus abyssinica* and *Ziziphus mucronata*. Indian jujube is a small, fast-growing, spiny, drought tolerant tree that is commonly found along roadsides where the discarded fruit pips have germinated. The tree is easy to grow from seed, which should be sown fresh, and the tree produces fruit within three years of planting.

The fruit is red-brown when ripe and is harvested from May to August. It has a pleasant apricot-like flavour and is rich in Vitamin C. It is eaten fresh or dry and is used to make drinks including the potent spirit, *kachaso*.

The leaves are nutritious livestock feed for cattle and goats. In some areas the roots are used as a painkiller.





**WILD LOQUAT** *Uapaca kirkiana*  
*Muzhanje, mushuku* (S) / *Umhobohobo* (N)

This small to medium-sized evergreen tree is restricted to frost-free, high rainfall areas at medium altitude. Wild loquats grow in groups of the same species on poor soils amongst rocks in woodland areas. The tree is usually left to stand when fields are cleared, but if cut, it readily regenerates from stumps and suckers. The tree can be grown from seeds or cuttings as well.

The fruits are round and fleshy with a tough skin that turns reddish-brown when ripe. They can be harvested between November and February. When the trees fruit heavily, it is said that a good rainy season is coming. The fruits have a sweet honey-like flavour and are very popular. They are commonly sold along roadsides and in markets. The sweet pulp is eaten fresh or mixed with maize or millet meal and eaten as a snack. The pulp can also be mixed with meal and an egg and fried or baked as a cake. The fruit pulp is also used to make a refreshing drink or fermented into wine. The pulp is sometimes left to ferment slightly, and the liquid is mixed with maize meal to make a thin porridge called *mutandavavira*.

The root is used in traditional medicine for treating indigestion.



# REAPING THE FRUITS OF HARD WORK

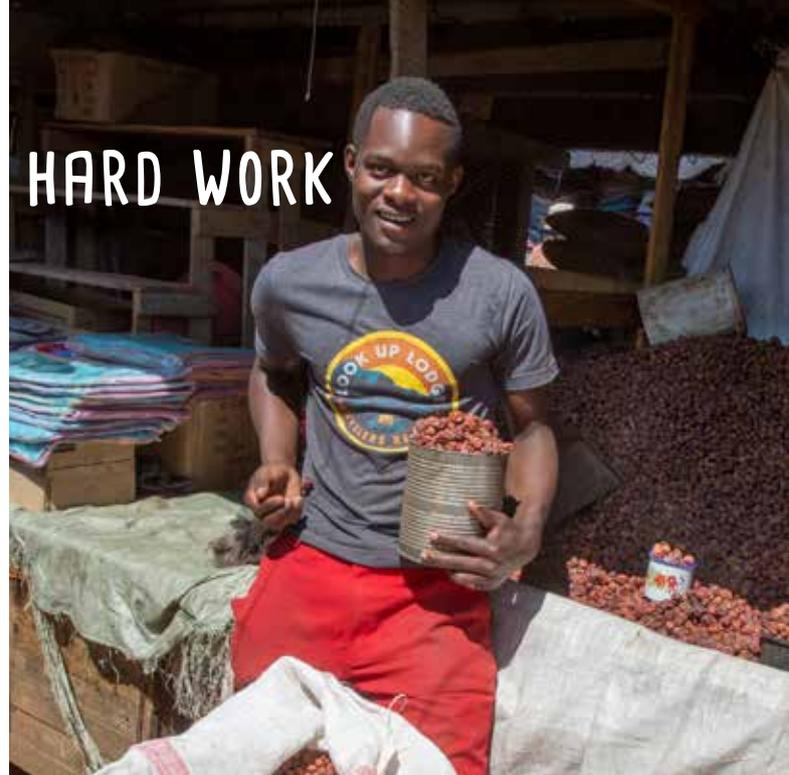
## A TASTE OF KUMUSHA IN THE CITY

One big disadvantage of urban life is not being able to get your hands on all the wonderful wild fruits that people living in the rural areas can enjoy by the bucketful. However, there are ways to satiate those *kumusha* cravings. The main fresh produce market in Harare – Mbare Musika – reserves special stalls dedicated to selling indigenous fruits.

Takudzwa Dzisengwe of Mbare National specialises in selling masau at Mbare market. He gets the product from Dande area where he says collectors form groups to gather and sell the fruit and fiercely protect the masau trees from being chopped down. Takudzwa says his customers love to buy masau because they say eating them cleans the digestive system. Most urban people eat them fresh or dry as a snack depending on the time of year but rural people make beer out of them. Takudzwa says selling masau is a good business that makes him enough to live off. He also sells other fruit such as mazhanje and nyii when in season. He notes that if you can store the fruit, you get good prices when selling out of season.

Violet Muchaembera of Budiriro 5 sells masau, nyii, baobab and matchwe from her Mbare stall when the fruits are in season. She says that nyii is the most popular with her customers and most of the nyii that she sells comes from Buhera. It is brought to Mbare by transporters who buy from collectors in the community. Violet sells indigenous fruit because she noticed a gap in the market. She says people love indigenous fruit and the market is actually growing. “Nyii sells best because it has the best taste and people eat it as a snack.”

Selling indigenous fruit on the roadside is a lucrative business too, particularly in urban areas where customers often feel nostalgic about their rural homes or rural childhood and want to bring back those fond memories through the taste of wild fruit.



## HACHA HEAVEN

In Bondamakara area in Mutoko district, people of all ages look forward to the mobola plum (hacha) season every year. And no-one more than Agnes Machona and Janet Zirugo, two ladies who turn these delectable fruits into sweet treats for family, friends and strangers alike.

Agnes, a young mum of two, has been eating and using hacha fruit since she was a little girl and says just when she thinks she's used the fruit every way she can, she finds a new recipe for this delicious fruit! Agnes collects the ripe fruit in a big sack when they fall to the ground. It takes a lot of fruit to make hacha syrup and other treats.

For her kids' favourite snack, *mahanya*, she mashes a mixture of very ripe fruit with less ripe fruit, in a mortar and pestle. Her kids love it so much, she sometimes even serves it for lunch. "My kids love it, it is filling and also very nutritious and hydrating," she notes.

Every season, Agnes makes batches of hacha syrup which she then uses to spread onto bread or as a sweetener for porridge instead of using sugar. Occasionally, she makes hacha syrup cakes, locally known as *zvambwa* (check the recipe section in this booklet for instructions on how to make your own), which she says are not only delicious, but cheap and easy to make, and her kids go wild for them. "I like the fact that the hacha is a wild tree, so it is easily accessible, and I don't need to pay for the fruits, but I can actually get money from the tree when selling my syrup and cakes," she says. This income has helped her pay for school fees, uniforms, food and other household items.

Seventy-year-old Janet Zirugo has been making *zvambwa* since she was a little girl. She uses a family recipe that her mother passed down to her and recalls helping her mum make and sell the little cakes when she was young. Now she is carrying on the family tradition. Gogo Zirugo has a few hacha trees on her property and goes out to collect fruits with a big reed basket. She sells her cakes both to travellers at the nearby Mozambican border and to people in her community, just as her mother did when she was young. Gogo says the snacks are a family favourite with her husband and grandkids too.



## AN ANCIENT TREE IN THE MODERN WORLD

The ancient and whimsical baobab! It is amazing how this strange tree that thrives in arid areas on poor soils can provide such an incredible variety of uses. Used in Africa for thousands of years for its fruit, leaves, fibre and medicine, baobab has achieved international acclaim for its health, beauty and nutrition benefits. As Gus Le Breton, co-founder of baobab fruit company B' Ayoba and chair of the African Baobab Alliance, will tell you, the journey has not been easy.

Gus has been working to put baobab products on the global map since 2004. It took four years to get baobab powder approved for sale in the EU, and it has been an even slower journey to get the product onto shelves and into restaurants across Europe. According to Gus, despite the challenges, the market for baobab powder has quadrupled since B' Ayoba was founded in 2012, and is expected to keep growing in coming years.

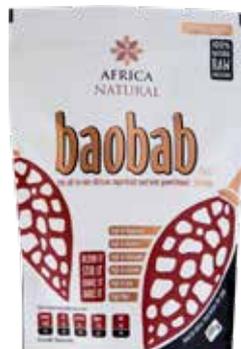


A survey conducted by Bio-Innovation Zimbabwe found that there are around 5 million baobab trees in Zimbabwe, including 3.75 million in communal areas. Gus estimates that about 12,000 tonnes of baobab fruit could be sustainably harvested in Zimbabwe each year, compared to an average of 1,500 tonnes at present.

B'Ayoba has a factory on the outskirts of Harare, where it processes fruit sourced from over 5,000 local collectors across Zimbabwe into fruit powder. Up until now, the main markets for baobab products have been Europe and North America, but Gus is working to expand into what he sees as high-potential markets in Asia, including Korea, Japan, Malaysia and China.

For communities in Chipinge district, however, baobab has always been an important part of the local diet. Kraalhead Ngaoni of Bangwe, Chipinge West explains: "We have always enjoyed baobab fruit in our community. We add the powder to porridge and children mix it with milk to make a drink. Some who have fridges even make ice lollies from the powder. We also use the shoots and young leaves from the tree to make a relish which has the consistency of okra. We feed the older leaves to livestock."

A few years ago, B'Ayoba approached the Kraalhead's community with an opportunity to market the baobab fruit they collect. Since then, baobab fruit has become one of the main sources of income in the area and, thanks to training from B'Ayoba, this has bolstered the community's conservation efforts. "We used to use the baobab tree bark for making mats," explains one harvester from Mugari village. "But B'Ayoba has taught us that taking the bark damages the tree and it is no longer done in our community. Now the tree's importance is realised and there is no longer any tree cutting thanks to our traditional laws and fines."



## MARULA FRUIT BRINGS EVERYONE TOGETHER

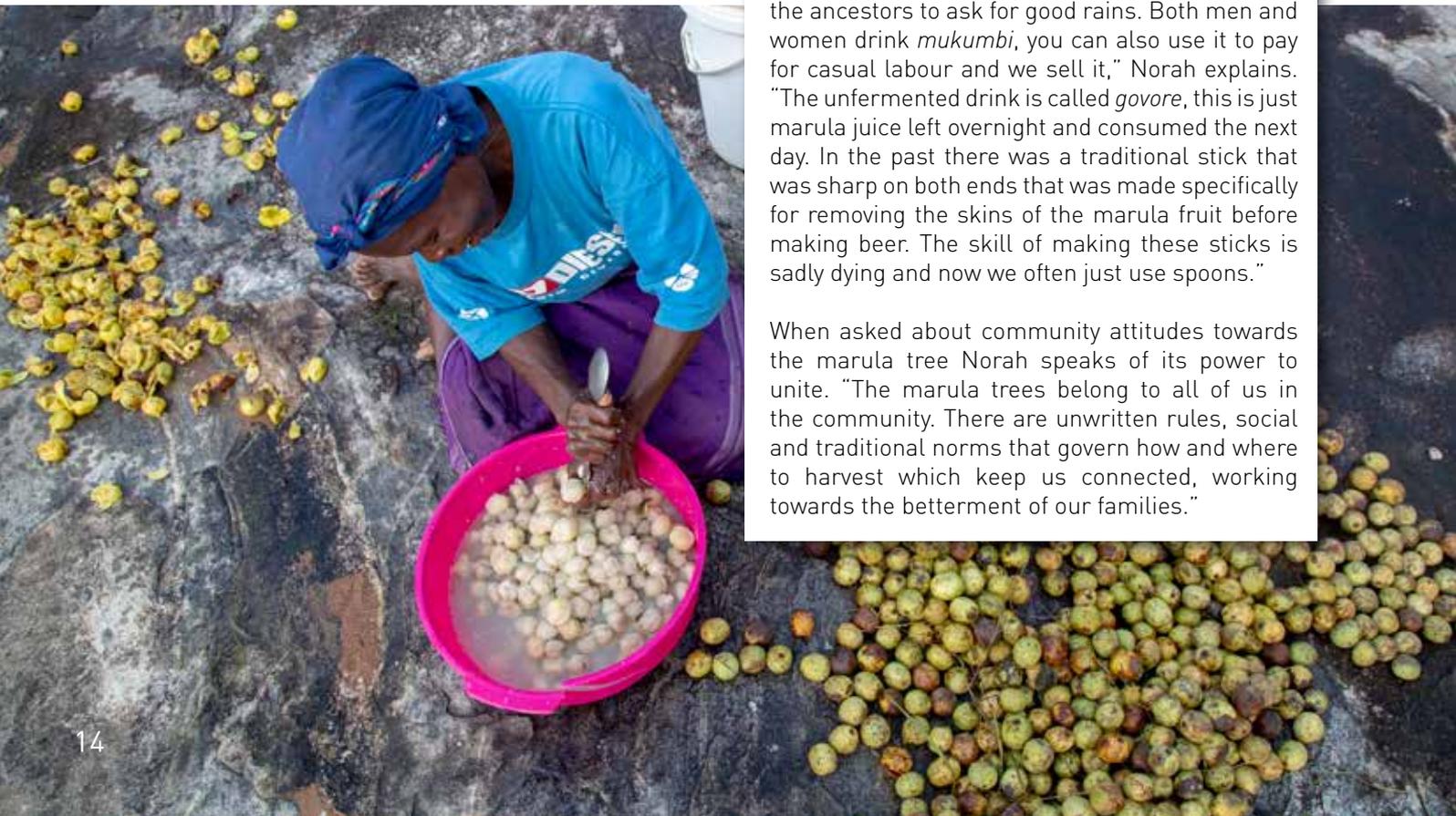
Zimbabwe is one of the countries in Southern Africa with the highest density of marula trees and because they have many uses, they are often left to grow in crop fields. In many areas people believe that ancestral spirits reside under marula trees and for this reason the trees are used in many traditional ceremonies.

Marula trees thrive in Chivi, where the climate is hot and dry and the soils are sandy. Seventy-year-old Norah Munyarari from Charunengwe village is a big fan. She can remember the days when the trees were used by everyone in the community for all kinds of purposes. The most popular traditional use has been to make the fruit into traditional beer, known as *mukumbi*, still enjoyed by all members of the community today. Beer making brings friends and families together and is an essential ingredient in traditional ceremonies.



To make *mukumbi*, the fresh fruit is harvested and left to ferment for a few days. "The first *mukumbi* produced is given to the chief to be offered to the ancestors to ask for good rains. Both men and women drink *mukumbi*, you can also use it to pay for casual labour and we sell it," Norah explains. "The unfermented drink is called *govore*, this is just marula juice left overnight and consumed the next day. In the past there was a traditional stick that was sharp on both ends that was made specifically for removing the skins of the marula fruit before making beer. The skill of making these sticks is sadly dying and now we often just use spoons."

When asked about community attitudes towards the marula tree Norah speaks of its power to unite. "The marula trees belong to all of us in the community. There are unwritten rules, social and traditional norms that govern how and where to harvest which keep us connected, working towards the betterment of our families."



## GROWING THE FUTURE

Epworth, just east of Harare, was settled in the 1970s by migrants from across Zimbabwe and neighbouring countries. For many years, the community had no running water, sewage system or electricity and most people lived in flimsy shacks that were regularly destroyed by heavy rains. But the suburb has come a long way since the early days, partly thanks to people like Farai Kampira, who have made it their mission to uplift the community.

Farai has always felt connected to nature. He began a career in the arts, but in 2005 a friend taught him how to grow and nurture indigenous tree species. Since then, Farai put down roots in Epworth and set up his own nursery where he grows a wide range of trees, flowers, aloes and herbs, including dozens of native fruit tree species such as baobab, bird plum and snot apple.

Farai is a self-proclaimed 'tree-hugger' and in 2020 celebrated his birthday by planting 44 baobab saplings at Maulana Orphanage School. He is the founder of Roots Rastaz Environmental Information Centre which advocates for environmental protection in Epworth and donates trees to schools and communities around the country. He has never given up his passion for the arts and has used his creative talents to work with Forestry Commission and the Environmental Management Agency, doing workshops and awareness campaigns.

"I want to regenerate my community and Zimbabwe at large. Due to lack of cooking fuel alternatives, people have no choice but to cut trees," Farai laments. "The msasa, mugodo, and muunzee trees have all been chopped down and all people can do now is cut the fruit trees. I have to plant trees and educate people."

"My nursery in Epworth and the outreach work that I do has changed the mindset of my community," Farai continues. "Kids and adults are starting nurseries and food forests and planting trees at schools, churches

and public places. My nursery has become a hub of environmental education which I offer free to anyone who can reach my place. I do workshops and trainings on how to propagate, plant and care for trees."

Farai says his favourite indigenous fruit is *matohwe* (snot apple) because he grew up in an area where they were abundant and it is the first indigenous tree he managed to germinate on his own. Farai admits that indigenous trees are tricky to propagate and to be successful you must have expertise, patience and passion. He believes that finding more markets for wild fruits may encourage people to stop chopping down trees. "We should also plant fast growing trees such as acacias, syringa, and Kenya crotons to protect the slower growing indigenous trees," he says.



# RECIPES

## EGG-LESS BAO-MAYO

This smooth, creamy, flavourful spread will become your new go-to for sandwiches, dips and spreads.

### Ingredients

- ¾ cup sunflower oil
- 2 Tbsp white wine vinegar (or apple cider vinegar)
- 3 Tbsp baobab powder
- 1 Tbsp honey
- ½ small garlic clove (finely chopped)
- Pinch of salt
- ½ cup water

### Directions

1. Add all the ingredients (except the water) to a blender and blend on high for a minute, stopping once or twice to scrape down the sides and make sure everything is well combined.
2. Add the water and blend for another minute. It will thicken quickly.
3. Refrigerate.

Add spices (4-6 chillies, remove the seeds for more flavour and less heat) or herbs (our favourite combination is a handful of fresh coriander and mint). Add more or less baobab powder for different consistency.

*Adapted from Eco Products South Africa and Pona Finland*

## CORN ON THE COB WITH A SWEET CHILLI BAOBAB MARINADE

### Ingredients

- 2 tsp baobab powder
- 4 sweetcorn cobs
- 1 tsp honey
- 4 tsp coconut oil, melted
- juice of 1/2 a lime
- dried chilli flakes
- small handful fresh coriander, to garnish

### Directions

1. Preheat the oven to 200°C.
2. Place the coconut oil, baobab powder, honey, lime juice and chilli flakes in a bowl and stir until fully combined.
3. Cut 4 pieces of tin foil large enough to hold a cob. Place a cob on each piece, coat each one with the marinade, then seal the edges to form parcels.
4. Bake in the oven or cook on the barbecue for 30-35 mins or until tender. Once cooked and ready to serve, garnish with fresh coriander.

*Recipe by Aduna*



## CHICKEN KEBABS WITH MATAMBA SAUCE

### Ingredients

- 1 kg chicken breasts, cut into cubes
- 6 kebab sticks
- 1 red onion
- 1 red pepper
- 1 tsp fresh garlic
- 1 tsp fresh ginger
- 1/4 tsp ground cinnamon
- 1/4 tsp ground coriander
- Olive oil
- 1 kg matamba fruit
- 1/2 cup cider vinegar
- 1/4 cup honey
- 1 Tbsp lemon juice

### Directions

1. Cut red pepper and onions into 2.5cm chunks.
2. Rub garlic and ginger, cinnamon and coriander on the chicken cubes with a little olive oil.
3. Thread chicken with onions and peppers on kebab sticks.
4. Crack the matamba shells and separate the fruit pulp, discarding the seeds.
5. Place pulp in a pan with vinegar, honey and lemon. Simmer for 2 minutes.
6. Cool and pour over kebabs. Marinate for 2 hours before cooking on a hot braai or grill.

*Recipe provided by Sarah Lilford, Dusty Road*

## MASAU COULIS

Drizzle over ice cream, pancakes, cheesecake, chocolate cake or lemon tart, serve with fresh fruit, or drizzle over yogurt or in porridge for a fabulous way to start the day.

### Ingredients

- 2 cups fresh masau fruit
- ½ cup (castor) sugar, or less/more, depending on taste
- ½ cup water

### Directions

1. Wash the fruit. Cut into bite-sized pieces. Remove the pits.
2. In a medium saucepan, add fruit, sugar and water. Start with a lesser amount of sugar and add more if the fruits are particularly sharp. Taste early on in the cooking, before it gets too hot.
3. Bring the mixture to a boil over medium heat, stirring frequently. Use a fork to gently crush the fruit against the side of the pan.
4. Once the sauce has thickened to the texture of syrup, strain through a sieve, gently pushing the liquid through it. Do not overcook or it can get too thick and gel when refrigerated.
5. Chill until ready to serve. The sauce -in an airtight container- should last for up to 2 days in the refrigerator.



MARULA JELLY



MAZHANJE JAM



MASAU COULIS

## MARULA JELLY

Delicious served with game, any roast or cold meat, with cheese and biscuits, and good on toast too!

**Ingredients** Makes about 3 bottles

- 2.5kg marula fruit - a mix of ripe and green (higher pectin content) fruit
- Sugar
- Lemons

### Directions

1. Wash the fruit and make incisions in the skins. Place in a large container, cover with water and soak overnight.
2. Drain, put the fruit in a pot, just cover with fresh water and boil for 15-20 min.
3. Strain the contents of the pot through a muslin or cheesecloth and keep the juice.
4. Place a saucer in the freezer to check for setting point of the jelly later.
5. Add an equal amount of sugar to liquid in a large clean pot. Also add the juice of one lemon for each litre of marula juice.
6. Bring to the boil stirring to dissolve sugar first and continue till setting point is reached, about 25 minutes. The mixture needs to boil rapidly; make sure the pot is large enough so it does not bubble over.
7. You can test by dropping a spoonful of the jelly on the cold saucer – wait for it to cool – if it doesn't run and wrinkles when you push your finger through it, it's ready. If not, keep boiling and test again.
8. Bottle the jelly in sterilized bottles, then leave to cool upside down. Store in the fridge once opened.

## MAZHANJE JAM

Mazhanje jam is delicious eaten with cheese and biscuits, or on a slice of toast.

### Ingredients

- Ripe mazhanje fruit
- Lemons
- Sugar

### Directions

1. Wash the fruit in cold water.
2. Cut the fruit open, and spoon out the pulp and seeds. Be careful not to get any of the skin, it will spoil the jam.
3. Extract the pulp using a whisk. At this stage the pulp would work in a smoothie or juice.
4. Add ½ cup (or more to taste) sugar and 2 Tbsp lemon juice to each cup of mazhanje pulp.
5. Heat, stir vigorously till all the sugar is dissolved, and let boil till the jam sets. Keep stirring to avoid burning. The jam is ready when if spooned onto a plate is flows very slowly and almost sticks to the plate.
6. Pour into sterilised jars while hot and seal.

## MARULA MALVA PUDDING, WITH SWEET POTATO FLOUR

### Ingredients

#### FOR THE SPONGE:

- ½ cup sugar
- 1 egg
- 1 Tbsp marula jelly
- 1 cup sweet potato flour
- 1 tsp bicarbonate of soda
- Pinch of salt
- 1 Tbsp butter
- 1 tsp vinegar
- 1 cup milk

#### FOR THE SAUCE :

- 4 Tbsp honey
- 2 Tbsp butter
- Pinch of salt
- 1 cup cream

### Directions

1. Preheat the oven to 180°C.
2. Beat the egg, sugar and jam.
3. Sift flour, baking soda and salt together.
4. Melt butter, add vinegar. Add to the mixture.
5. Mix it all together adding milk slowly.
6. Beat well and pour into ovenproof dish or individual ramekins.
7. Bake for 45 minutes or until sponge is ready.
8. For the sauce, melt all ingredients together and gently pour the sauce over the sponge as it comes out of the oven.

*Recipe by Sarah Lilford, Dusty Road*



## ZVAMBWA WITH MTOTOZI

### TRADITIONAL MILLET AND HACHA SYRUP CAKES

These delicious mini-cakes are a favourite treat in Mutoko.

#### FOR THE ZVAMBWA

##### Ingredients

- 2 cups hacha syrup
- 2 cups finger millet flour

##### Directions

1. Place hacha syrup in a saucepan on the stove on medium heat.
2. When the syrup starts to bubble, add about  $\frac{1}{4}$  cup millet flour and mix, using a whisk to prevent lumps. Add another  $\frac{1}{4}$  cup of flour and mix. Continue this process, until your paste is too thick for the whisk. Add more flour but mix with a wooden spoon now until you have a very stiff consistency.
3. Spread the paste onto a cooling tray in a thick even layer. When almost cool, dip the rim of a cookie cutter in cold water and cut small cakes out of the mixture.
4. Glaze them with extra syrup if desired.

#### FOR THE MTOTOZI

##### Ingredients

- 4 cups fresh hacha fruit
- 2 cups water

##### Directions

1. Lightly mash the fruit in a dish using the base of a glass or cup.
2. Pour water into the mashed fruit, mix and let it sit for 2 min.
3. Pour mixture through a muslin cloth, reserving only the liquid.
4. Place the liquid on medium heat and reduce to a light syrup. This can take up to 5 hours. Do not cover.
5. Remove from heat and let cool. Once cool, bottle the syrup in sterile jars. It'll last up to 12 months.



## ROSELLA, NYII AND MASAU ICED TEA

### Ingredients

- 3 litres of water
- 2 rooibos tea bags
- 2 cups rosella calyces
- Handful resurrection bush twigs
- 2 cups nyii berries
- 2 cups dried masau fruit
- A couple of tamarind pods
- 1 cup mulberries (optional)
- 1 cup honey plus extra
- Fresh mint for garnishing

### Directions

1. Bring the water to the boil.
2. Add rooibos tea bags until desired strength. Take them out.
3. Add all the other ingredients and simmer for 20 minutes.
4. Adjust sweetness with extra honey if required.
5. Strain well and cool.
6. Serve with fresh mint leaves and lots of ice.

*Recipe by Sarah Lilford, Dusty Road*



## **BAOBAB GINGER BEER** Serves 4

### **Ingredients**

- 50g fresh ginger, peeled
- 2 Tbsp baobab powder
- ¼ cup sticky brown sugar
- 2 large lemons, juiced
- 1 cup just-boiled water
- 750ml sparkling water
- Lots of ice, to serve

### **Directions**

1. Blitz the fresh ginger and baobab powder in a handheld blender or food processor.
2. Mix with the sugar and the lemon juice in a small pot, add 1 cup of water and simmer for 5-10 minutes or until the sugar has dissolved. Leave to steep and cool.
3. Strain the mixture to a jug and refrigerate until needed, top with sparkling water and serve with ice.

# MASAU FRUIT LEATHER

## Ingredients

- Masau fruit (overripe will do)
- Sugar or honey
- Lemon juice
- Spices such as cinnamon, cardamom and cloves (optional)

## Directions

1. Wash and cut fruit into chunks. Remove blemishes and seeds.
2. Heat in saucepan, with a little water if needed, to soften it up.
3. Blend to a smooth puree. Watery puree can be concentrated by cooking over low heat until the mixture thickens.
4. Heat the puree at low heat till it is boiling gently.
5. To sweeten add sugar or honey to taste. Add small amounts at a time and taste. Spices must be used sparingly. Add 1 Tbsp lemon juice for 2 cups of puree. Lemon juice is there to preserve natural colour.
6. Keep heating the mixture at low heat until it is thickened like sadza (10-15min).
7. Line a baking sheet with plastic wrap and pour out the purée to about ½ cm or less thickness.
8. Place the mixture in the sun or a food dehydrator and heat for 12 hours or until it has a smooth surface and is no longer sticky. Ensure the leather is exposed to direct sunlight and is not covered by the plastic. Ensure no dust lands on the exposed fruit leather.
9. After 12 hours turn the mixture over and heat the other side. Properly dried leather will be slightly sticky to the touch but will peel readily from the plastic after cooling in the shade for 1-2 min.
10. Roll up the leather and wrap it in its plastic wrap. Wrap it as airtight as you can or put it in an airtight bag or container. Use within 3 months when stored at cool dry temperature, 6 months in the refrigerator.





