A TOUR OF AFRICAN GASTRONOMY

MOZAMBIQUE
Elements of Portuguese and Asian cuisine combined with local cuisine are at the root of many Mozambican dishes which have intense flavors, worthy of discovery. Mozambique is a country located in the southeast of the African continent, bathed by the Indian Ocean to the east and bordering Tanzania to the north; Malawi and Zambia to the northwest; Zimbabwe to the west, and eSwatini and South Africa to the southwest.

Between the 1st and the 5th century, Bantu peoples migrated from the Great Lakes region to Mozambique. Swahili and later Arab trading ports existed on the Mozambican coast until the arrival of Europeans. The area was recognized by Vasco da Gama in 1498 and in 1505 it was annexed by the Portuguese Empire. After more than four centuries of Portuguese rule, Mozambique gained independence in 1975.

The variety of Portuguese and Asian seasonings such as garlic, onion, lemon, bay leaf mixed with local seasonings such as coconut milk among others, are making Mozambican cuisine special and unique in the region. Mozambican cuisine is a rich fusion of flavors, a reflection of its historical and geographical situation as seen with some of its these dishes, in the South matapa (cassava leaves), which mixes African, Indian, and Portuguese influences, characterized by seafood, meat, and traditional dishes served with rice, xima (cornflour), fried potatoes, or vegetables.

Traditional cuisine continues to preserve the ways of cooking handed down from a distant past, consisting of a diverse number of dishes made with products from the countryside such as cacana (balsamin Momordica), xiguinha (mixed balsamin Momordica, and cassava), nhangana (Vigana unguiculata Walp leaf). In the center the specialty is the Zambezian chicken, mucapata (soroco beans), nhongue (goat viscera).

In the North, the caracata (cassava flour), and rovoada chicken, among others. All of them have a characteristic in common, the fact that they use crushed peanuts, and coconut milk as the main condiment in the curry, which is always served with corn flour and cassava.

Cassava, because it is extraordinary, in addition to being salty, can be used to make cassava jam which is accompanied by tea. Mozambique also specializes in shellfish, such as shrimp, squid, lobster and a variety of fish to suit your taste. Trying these flavors, you will want to come back to Mozambique more often and you will enjoy all the local flavors that represent the cuisine of every corner of Mozambique.
TAKE YOUR PALATE ON A TOUR
SPICE UP YOUR LIFE WITH PRODUCTS FROM MOZAMBIQUE

GARLIC
Seasoning that cannot be missing in many Mozambican dishes, it is usually added with lemon to add flavor to the food.

ONION
Seasoning that cannot be missing in many Mozambican dishes, it is usually added with lemon to add flavor to the food.

TOMATO
Mozambican cuisine continues to preserve the forms of confection transmitted from a distant past, tomato is one of the indispensable ingredients.

COCONUT MILK
Coconut milk, cream or water are use in recipes as flavor enhancers in most traditional or local recipes, especially for seasoning the Zambezian chicken giving it a unique taste.

LEMON
Combined with garlic, it is very useful as a seasoning in Mozambican cuisine, it gives a lot of taste in food.

PIRI-PIRI
Widely used in Mozambican cuisine, it can be used with any recipe and consumed in various ways. Whether in the preparation of sauces, to season foods peppering in food or mixing with garlic or onion.

WANT TO BRING SOME BACK HOME?
These spices can be found in major cities in Mozambique; South, Center, and North of Mozambique. For the South area, we recommend the Central Market located in the center of the city. In addition to the central Market that is a reference, the spices can be found in all national markets.
**TOP 5 LOCAL BITES TO SAMPLE**

**MATHAPA-CURRY**  
*Served with cornflour and rice*  
**Course: Main Course**  
The cassava plant is abundant in all tropical areas, and in Mozambique, the leaves are also used for a very delicious dish, which is considered a practically Mozambican dish.

**GALINHA ZAMBEZIANA**  
*Zambezian chicken, the best national dish that can be served with mucapata (seroco beans), rice, and xima (corn flour)*  
**Course: Main Course**  
Clean the chicken well, season it with garlic and salt to your taste and bring it to low heat: turn the chicken over, adding the coconut milk until it cooks to good taste and taste that you will want to repeat it more often. Enjoy your food.

**XIGUINHA (MIXED BALSAMIN MOMORDICA, AND CASSAVA)**  
**Course: Main Course**  
Traditional cuisine continues to preserve the ways of cooking handed down from a distant past, consisting of a diverse number of dishes made with products from the countryside, and among cacana (balsamin Momordica), xiguinha (mixed balsamin Momordica, and cassava), and predominant in the South of Mozambique.

**PRAWN**  
**Course: Main Course**  
Seafood that is found along more than 2500 km of coastline, with such a striking and tasty taste, one of the types of crustaceans present in Mozambican cuisine that with a light sauté in typical ingredients is enough for a delicious result.

**FISH-CURRY**  
*Can be grilled or boiled with onion and tomato (tocossado), and served with rice, potatoes and salad*  
**Course: Main Course**  
This is a type of fish that is abundant along the Mozambique coastline and also raised in fishponds in inland.
Ozambican cuisine is a mix of flavors from those influenced by the Arabs (use of aromatic seasonings), and Portuguese (garlic and lemon), and innovated with local cuisine (use of local plants and vegetables). The most famous are feijoada (beans with a mixture of cow viscera, chicken offal, carrots, non-spicy pepper, and other ingredients), followed by chicken (grilled with salads, cooked or breaded), fish, cabbage, and other vegetables. which usually accompany the chicken or served separately. Coconut is a common element that is used both for the Zambezian chicken and is also used to sweeten cassava jam, xiguinha (mixed balsamin Momordica, and cassava) as well as used in shellfish. This cuisine is accompanied by vegetables such as eggplants, carrots, beets, potatoes, green beans and other local vegetables. Being a tropical country, it has a variety of fruit from bananas, pineapples, mangoes, papayas, oranges, tangerines and some wild ones that are consumed locally. These delicacies are made into fruit salads that serve as a dessert. Tilapia (abundant throughout the national territory and can be raised in a fishpond in the context of sustainability) can be consumed in several ways: grilled, roasted, curry, fried, and accompanied with hot salads (pumpkin, green beans, carrots, cabbage) and cold cuts (beetroot, lettuce, fresh cabbage). Another well-known type of preparation is tocossado (boiled with onion, garlic and tomato and a little oil). They can be served with rice, xima (corn flour).

Chef Carlos Alberto Khan Da Graca was born in Mozambique, Quelimane-Zambezia, 1965 October 28, and is specialized in various courses of cuisine, at the School of Hotel and Tourism of Lisbon in 1991 and School of the Hotel and Tourism of Macau in 1993.

At the age of 18, since he showed some culinary skills, his father decided to put him in the Hotel Business, where he started as a cooking apprentice at the Pequim Restaurant that belonged to his father, then headed to Portugal, taking 2 courses later to Macau where he worked for 3 years, and later returning to Mozambique where he is currently. Chef Graça, as he is known in the world of Mozambican gastronomy, has great experience in Portuguese, Macanese, and typically Mozambican national dishes, which allows him to be creative in the cultural identity of cuisine in every corner of the country.

«We all know how to cook, but inspiration and innovation identify mozambican cuisine, influenced by the mix of asian and portuguese cultures».
Peel and devein shrimp. Bring shells and 2 cups (473ml) of water to boil in a large saucepan for 5 minutes, strain and reserve the liquid.

Meanwhile, cut tough ribs off collard greens and discard. Roughly chop leafy parts of the collards blend a food processor until pulverized. Dump greens into a large Dutch oven, add reserved shrimp shell liquid, 1 tsp (4g) of salt, and 1 can of coconut milk. Bring to a boil and simmer for 30 minutes.

In a separate saucepan bring 2 cups (473ml) of water to a boil with 1 tsp (4g) salt. Add shrimp and cook for 5 minutes. Strain and refrigerate shrimp. Return the liquid to saucepan. Grind peanuts in food processor until it becomes powder. Add to saucepan the shrimp broth and 1 can of coconut milk. Heat slowly over medium until boiling. Once boiling, add to Dutch oven with the greens. Add 4 cloves of pressed garlic. Add 1 tsp (4g) salt to taste. Simmer for 90 minutes. During last 5-10 minutes, add shrimp back to heat through.

Serve over rice or straight up.
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A PROJECT BY

UNWTO
World Tourism Organization

IN COLLABORATION WITH

Ministry of Culture and Tourism

SEPTEMBER 2022