

HEARTY RICE AND BEANS

By Chisomo Gondwe



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Blantyre, Malawi



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In Malawi, the culinary symbol of celebration is a dish of steamed rice and bean stew made with Kilombero rice, grown traditionally in Northern Malawi's fertile soils. This dish, served with a drink, represents joy without words. The versatile, aromatic rice pairs perfectly with various stews and side dishes, like the flavourful bean stew.

Consider preparing a large batch of the bean stew that you can divide up and freeze extra portions. This not only cuts down on cooking time but saves energy and ensures availability of this nourishing side dish.



Serves 4

INGREDIENTS

Bean stew

2 cups boiled beans
1 medium tomato
1 onion
6 cloves garlic
3 tbsp oil
½ tsp salt
1 tsp molasses
1 cup water

Steamed rice

4 cups Kilombero rice
5 cups water
1 tsp salt
2 tbsp vegetable oil
1 small carrot
1 green bell pepper

METHOD

1. Start by soaking the beans overnight prior to boiling.
2. Chop tomato, onion and garlic.
3. Heat oil in a saucepan and add the onion and garlic. Sauté till translucent, then add the chopped tomato and simmer until mushy.
4. Add in the beans, salt and molasses. Mix and simmer for ten minutes, then remove from heat.
5. In a separate thick-base saucepan, bring water to a boil. Then add salt and oil, and then rice (thoroughly washed).
6. Boil until all the water is absorbed, cover and let steam for 10 minutes on low heat.
7. Remove the rice from heat and add finely chopped carrot and green pepper on top for a garnish.
8. You're ready to serve!

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