



**Recipe by Barbara Lagazzele**

**Congolese Traditional Dish:** *Makayabu Na Fumbwa* - Salt Fish with wild spinach

Difficulty Level: Easy

Prep Time: 20 mins

Cook Time: 35 mins

Total Time : 55 mins

Yield: 5 Servings

### **Ingredients**

Dried and Salted fish (pollock or codfish)

Bantu Tastes Fumbwa : 1/2 pack

Bantu Tastes Chikwangué : 2 pack

Bantu Tastes Safou : 1 pack

Vegetable oil : 1/2 cup

Flour : 1/2 cup

Garlic : 5 cloves

Scallion : 3

Red Onion : 1 big

White Onion : 2 medium

Tomatoes : 4

Peanut Butter : 2 table spoon

Water : 1/4 gallon

Dry powder cayenne pepper or any hot pepper of your choice : 1/4 tea spoon

### **Instructions**

#### *Step 1: The Fish*

Soak the fish overnight in water to reduce the saltiness and rinse it.

Boil the fish for 10 min and remove it from the water.

Dip the fish pieces in the flour and start to fry them few minutes each side till the golden color appears.

#### *Step 2: The Tomato Sauce*

Chop all vegetables.

Let the oil sizzle then place the chopped onions and let them become almost translucent. Then add the chopped tin tomatoes and stir few seconds.

*Step 3: The Peanut Butter Sauce*

Cook on low heat for few minutes the scallion and garlic then add the peanut butter. Stir few minutes and add little bit of water time to time to make sure the peanut butter don't stick to the bottom of the pot.

*Step 4: Mixing*

Once the peanut butter change color you can add the cooked tomato sauce and the fish and mix everything together for few minutes.

Rinse the Fumbwa and add it to your preparation and stir time to time. Let it cook few minutes.

**Sides**

*Defrost completely the chikwangue and the safou.*

*Chikwangue: Steam your chikwangue for 30 minutes*

*Safou: Steam your Safou for 5 minutes*

Serve everything together....Et voila Bon Appetit!