

H &amp; S FOOD

## COW HEELS [MAZONDO] WITH BUTTER BEANS STEW

### RECIPE

1.2 kg mazondo (cow heels); salt; 1 chopped onion, 3 large grated red tomatoes, 1 small bay leaf for flavour. 1 to 2 cups of boiled butter beans.

### INSTRUCTIONS

Bring the heels to boil [2hours]. Then reduce heat and allow to cook for additional 3 hrs or until the Mazondo are tender & still holding up their shape. Remove extra fat, add to the pot, bay leaf chopped onion, grated tomatoes & about 1/2 tsp salt and allow to simmer until the tomatoes and onions are cooked then mix in your boiled butter beans and allow to simmer for another 5 min before serving.

These are best served with peanut butter rice, peanut butter Samp [manhuchu] or sorghum pap [sadza rezviyo].



## CREAMED MOPANI WORMS [MADORA/AMACIMBI]

### RECIPE

2 cups Mopani Worms; 1 Chopped medium onion; cooking oil; 2 Tomatoes (Chopped); 500mls fresh cream; 2 tsp. mushroom powder, 1 green chilli, 1 packet button/oyster mushrooms {washed}. 1 tsp. Paprika; Salt, black pepper

### Steps

Boil the Mopani worms in a pot till they are soft; Rinse them & then add another cup of boiling water & boil for about 10mins. Add cooking oil and then when it begins to fry, add onions, chopped green chillies, tomatoes, paprika, mushrooms and salt. Cook on medium heat till tomatoes are cooked, pour in the fresh cream and the mushroom powder [dissolved in water]. Simmer for 10 minutes; season with black pepper and serve. If the soup is too thick, just add a bit of warm water and stir. Best served with pap [sadza].





Winter presents the ideal time to go on holiday - you've got more opportunity to see some animals in the wild and get to relax fireside with a good book and something warm to drink.

Not convinced? Here are five reasons why you should plan an escape during these colder months.

#### **Making the most of warm amenities**

Places with hot tubs, jacuzzis and indoor fireplaces are way better in winter. No one's snuggling up with a glass of red wine or a cup of tea next to a fireplace in summer, whereas winter provides the opportunity to relax fireside with a good book and something warm to drink. Also, destinations such as the Kruger National Park are best explored in winter for several reasons, including the fact that the animals don't like being out in the heat of summer – which means that you get better game viewing opportunities during winter.

#### **Get in on the winter comfort food**

Hello, soup, stews, curries, delectable meat and more! Winter in Zimbabwe means that restaurants across the city are trading in the fresh summer menus for warm winter ones, with many offering specials on certain winter dishes or pairings.

#### **Enjoy special winter-themed activities and events**

Hotels, restaurants and other event specialists go all-out over this period to bring you unique activities and things to enjoy to attract locals and tourists to their establishments during a period that is usually slow on visitors.

#### **Sip on some red, red wine**

Technically, any season is red wine season but, during winter, reds really get their time to shine. From merlot to cabernet to shiraz and more, red wine can be enjoyed and appreciated a lot more during these colder months as they quite literally warm you up from the inside.

#### **Score with winter deals**

There are usually holiday deals galore during this time. Over the last few months, we've seen a rise of the budget-conscious traveller, so winter is the perfect opportunity to snag some very interesting experiences as you explore. Gone are the days when you had to spend exorbitant amounts of money just to travel beyond your city. Whether it's a staycation, a beach getaway or a long-haul trip you've been wanting to do for ages, travel has become more accessible

