

TASTE OF MADAGASCAR

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HEN'OMBY RITRA / Malagasy Simmered Beef

Ingredients:

- 2 pounds of beef (chuck roast)
- 1 onion
- 1 garlic
- Ginger
- Salt
- Pepper
- 1 tbsp oil
- 1 cup water



Preparation:

- Cut meat in small pieces
- Add oil in a sauce pan and fry the meat until brown.
- Add chopped onion, garlic, ginger, salt, and pepper.
- Add water and cover with a lid. Lower the heat slightly. Simmer until water totally evaporates and the meat is tender (usually for 60 - 90 min).

If you use pressure cooker, simmer it only for 30- 45 min.

Serve with white rice and fresh rougail and chili pepper paste!!!

VOANJOBORY SY HENAKISOA / Bambara groundpeas and pork

Ingredients:

- 2 pounds of pork
- 1 cup of bambara groundpeas
(Soak it the night before if you use dried bambara ground peas)
- 1 onion
- garlic
- 1 tomato
- Salt
- Water



Preparation:

- Cut meat in small pieces, add salt.
- Fry it until brown

- Add the onion, garlic, and ginger. Continue frying.
- Add the bambara groundpeas.
- Add tomato.
- Add water.
- Cover with a lid and let it cook for about 45 min – 60 min (about 30 min with pressure cooker) until the water is evaporated.

Serve with white rice and fresh rougail and chili pepper paste!!!

LASARY VOATABIA / Rougail / Malagasy tomato salad

Ingredients:

- 2 large tomatoes
- 1/2 shallot (chopped)
- Green onion
- Grated ginger
- 2 tbsp Lemon juice
- 1 tbsp vegetable oil.
- Pepper (optional)



Preparation:

- Dice tomatoes into very small pieces.
- Chop finely the green onion.
- Mix the diced tomatoes, green onion and shallots in a big salad bowl.
- Add ginger, salt, vegetable oil and pepper (optional).
- Mix.

SAMAOSA/ SAMBOS/Malagasy Samosa or TSAKY LAVA/Nems/Malagasy eggrolls

Ingredients:

- ground beef (or mixed ground beef and pork)
- chopped onion
- Finely diced green onion
- Finely chopped cilantro
- rice noodle (optional)
- salt, pepper, curry powder
- Spring rolls shells
- Oil for frying



Preparation:

If you use the rice noodle:

- Bring a medium pot water to boil
- Reduce the heat and add rice noodle.

- Let stand about 10 minutes or until noodles are soft.
- Drain.
- In a sauce pan fry the ground meat with a tablespoon of oil.
- Add onion.
- Add salt, pepper, curry powder
- Remove from heat and add the diced green onion and chopped cilantro.
- Wrap with the egg rolls shells
- Fry.

Serve on top of lettuce and with red chili pepper paste.

MOFO MANGHAZO / Malagasy cassava cake

Ingredients:

- 2 bags of grated cassava (2 lbs)
- 2 eggs
- ½ cup coconut flakes
- 1 can coconut milk
- 1 can condensed milk
- 1 can small evaporated milk
- 6 tbsp sugar
- ¼ cup butter
- Vanilla beans (remove the vanilla powder from the beans)



Preparation:

- Preheat oven to 350F
- In large mixing bowl combine all of the ingredients
- Mix well.
- Pour into large greased rectangular pan.
- Bake for 60 mn.
- Serve cool.