

Among the new crops the Portuguese introduced to Africa was a chilli pod from South America that became known as 'piri-piri' – Swahili for 'pepper-pepper'.

Piri-piri marinade 🌿



(Makes about 500 ml)

10 small red chillies, deseeded and chopped

8 large garlic cloves, roughly chopped

1½ tbsp sea salt

1½ tbsp sweet smoked paprika

2 torn bay leaves

200 ml lemon juice (about 4 lemons)

200 ml olive oil

Use a mortar and pestle to pound and crush the chillies, garlic and sea salt.

Combine the crushed garlic, chillies and salt with the rest of the ingredients.

Store in a clean, airtight jar or bottle in the fridge.

Use to marinate chicken or prawns.