

Three vegetarian relishes



Ifisashi

2 cups water

1 onion, finely chopped

2 tomatoes, finely chopped

1 cup ground peanuts (if you can't find ground peanuts, pulse raw peanuts in a food processor until they resemble a powder)

2 cups bondwe or chibwabwa*, finely chopped (substitute kale or swiss chard)

salt and pepper to taste

Bring the water to a boil over medium heat in a pot.

Add the onion, tomatoes and ground peanuts and reduce the heat.

Cover and simmer for five minutes.

Add the greens and stir.

Cover and simmer for about 20 minutes, or until the mixture is thick and creamy.

Add salt and pepper to taste.

*bondwe are Zambian wild greens; chibwabwa are pumpkin leaves (if you can find pumpkin leaves, always remember to peel the tough outer fibres from the stems and leaves before use).

Impwa and mushroom relish

Impwa are small, white, slightly bitter eggplants that grow wild in Zambia. They're known by various names elsewhere, including garden eggs.

If you can't find the white variety I suggest substituting them with Thai eggplants, which are round and green with white markings.

Serves 4

1 tbs oil

200 g impwa, stems removed

200 g mushrooms, chopped

1 red onion, finely chopped

1 large tomato, grated

Salt and pepper to taste

Bring a pot of water to the boil.

Add the impwa and boil for about five minutes, until their skins have softened.

Drain the impwa, rinse them under cold water, peel and roughly chop.

Heat the oil on medium in a large pan.

Add the onion and fry until soft.

Add the grated tomato and cook for four minutes.

Turn the heat down and add the mushrooms and impwa, stirring gently to combine.

Season with salt and pepper.

Cover and cook for 10 minutes.

Lumanda relish

Lumanda is the Zambian word for the leaves of the plant known botanically as *Hibiscus sabdariffa*. It's called gongura in India, belchanda in Nepal, Jamaican sorrel in the Caribbean and rosella in Australia. You should be able to find rosella leaves if you hunt for them. I've seen them here in Asian and Indian grocers. The leaves have a sour taste, so this relish goes well with fish.

Serves 2

1 cup water

1 tsp bicarbonate soda.

1 tsp salt

1 (200 g) bunch of lumanda leaves, removed from stems and chopped

2 large tomatoes, grated

1 cup ground peanuts (if you can't find ground peanuts, pulse raw peanuts in a food processor until they resemble a powder.)

extra salt and pepper to taste

In a large pot bring the water, salt and bicarbonate of soda to the boil.

Add the lumanda leaves and reduce the heat.

Cook for about five minutes or until tender (the colour should be yellow-green).

Add the tomatoes and cook for another five minutes.

Gradually add the ground peanuts to the pot in a steady stream while stirring.

Cover and simmer for 25 minutes.

The mixture should have a paste-like consistency.

Add salt and pepper to taste.

Serve with [nshima](#) and fish!