



Recipes from the Great Red Island

(100% of your donation goes directly to fund conservation projects on Madagascar. Arovako i Madagasikara – Conserve Madagascar!)

Food in Madagascar is wonderful. In markets throughout the island you see spices, herbs and fresh produce including vanilla, ginger, mango, avocado, tomatoes, zebu steak and, straight from the coast, seafood of all kinds. But you also see lots and lots of rice – it's the staple of the Malagasy diet and eaten for breakfast, lunch and evening meals. Madagascar was once a colony of France and that means that this abundance of local goods is given a French twist in cooking. Want to prepare a mouth-watering Malagasy meal in your home? And help fund conservation projects on Madagascar? Here are some easy recipes to try. A taste of the French-influenced tropics!

Many recipes in Madagascar use Sakay. This is a hot pepper sauce. It can be used as part of a dish or is served separately so that diners can add as much...or as little...as they wish. It's simple, made in minutes and can be stored in an airtight container in the fridge for a few days.

Sakay (Hot pepper sauce) Makes approximately 240ml/8 fl.oz

Ingredients

50g/2oz Fresh red chillies, deseeded
1 tbsp ground ginger

2 garlic cloves, crushed
Approx. 4 tbsp vegetable oil

Instructions

- 1) Place all the ingredients in a food processor and pulse until it forms a coarse puree, adding a little more oil if necessary.
- 2) To use either add in small amounts to recipes or place in a small bowl as an accompaniment to dishes

Lasary Voatabia (Onion and Tomato Salad) Serves 4-6

Ingredients

8 spring onions, chopped
1 small green pepper 9 (capsicum), diced
1 teasp salt

8 tomatoes, finely diced
2 tbsp water
½ teasp sakay

Instructions

- 1) Place all the ingredients in a mixing bowl and blend thoroughly. Chill before serving

This is served in small amounts like salsa

Malagache Avocado dip Serves 6-8

Ingredients

4 avocados, mashed smooth
4 tbsp lemon juice
2oz canned anchovy fillets, cut in ½ inch pieces
½ cup white onions, chopped finely
1 teasp crushed red chillies
½ teasp garlic powder (or 1 clove of garlic crushed)
½ cup sweet sherry
Onion slices and tomato wedges for garnish
Crackers (sesame, tortilla chips etc.)

Instructions

- 1) Mix all the ingredients together except for the onion slices, tomato wedges, and crackers of choice
 - 2) Cover the bowl with cling-film and chill until ready to use
 - 3) Arrange individual lettuce cups, place the dip in the lettuce cups and garnish with onion and tomato.
- Serve with crackers of choice

Lasopy (Malagasy vegetable soup) Serves 4

Ingredients

1.1L/40fl.oz. Fresh veal stock (or alternatively experiment with beef stock cubes)
4 carrots, thickly sliced
1 turnip, peeled and cubed
8 spring onions, cut into 5cm/2 inch lengths
175g/6oz fresh tomatoes, roughly chopped
175g/6oz runner beans cut into 5cm/2 inch lengths
Salt and black pepper

Instructions

- 1) Place all the ingredients in a large saucepan, bring to the boil then reduce the heat, partially cover and simmer for one hour
- 2) Allow to cool a little and then transfer to a food processor and process to a thick puree. Return to the pan, adjust the seasoning and reheat gently. Serve very hot.

Achards de Legumes good vegan dish Serves 4

Ingredients

225g/8oz carrots, cut into batons
225g/8oz white cabbage, finely shredded
225g/8oz small cauliflower florets
225g/8oz French green beans, thinly sliced
1 tbsp vegetable oil
50g/2oz fresh root ginger, coarsely grated
4 large chilli peppers, deseeded and shredded
1 large onion, chopped
1 heaped teasp of curry powder

The juice of 1 lemon
Salt

Instructions

- 1) Place the carrots, cabbage, cauliflower and green beans in a medium saucepan, cover with water, season with salt then bring to the boil and cook for 1-2 minutes until the vegetables are tender yet still crisp. Drain and set aside
- 2) Heat the oil in a saucepan, add the ginger, chillies, onion and curry powder and cook, stirring for 2-3 minutes
- 3) Add the drained vegetables and cook over a high heat for 1-2 minutes
- 4) Add the lemon juice, mix well then remove from heat and allow to cool. Serve as an accompaniment.

Vary Amin Anana (Rice and vegetables) Serves 8

Ingredients

225g/8oz beef, cut into small chunks
2 tbsp vegetable oil
1 tomato, cut into chunks
6 spring onions, cut into 1-inch pieces
225g/8oz mustard greens, cut into small pieces
225g/8oz spinach, cut into small pieces
1 bunch of watercress, cut into small pieces
2 cups of water (or enough to cover vegetables)
1 cup of rice
2 teasp salt (or to taste)
½ teasp pepper

Instructions

- 1) Place the oil in a saucepan and sauté the beef until brown on all sides
- 2) Add the tomato and cook with the beef for 8-10 minutes
- 3) Add the spring onions, mustard greens, spinach and watercress and sauté with a cover on until vegetables are soft
- 4) Add the 2 cups of water (or enough to cover the vegetables) and add the rice, salt and pepper. Cover and simmer slowly until the rice is thoroughly cooked and all the liquid is absorbed.

Serve with sakay as a relish and as an accompaniment to Lasopy or any of the other main courses.

Akoho misy Sakamalao (Chicken with garlic and ginger) Serves 4

Ingredients

5cm/2 inch piece of fresh ginger, grated
salt
2 tbsp vegetable oil
6 garlic cloves, crushed
4 large chicken joints

Instructions

- 1) In a small bowl, mix together the ginger, garlic and salt and then rub the mixture all over the chicken pieces

- 2) Heat the oil in a large frying pan, add the seasoned chicken and cook gently over a low heat for about 40 minutes (slightly less if using chicken breasts), turning from time to time until the chicken is cooked through.

Serve with boiled rice and sakay

Akoho sy Voanio (Chicken in coconut milk) Serves 4

Ingredients

1 chicken, cut into pieces	juice of one lemon
1 teasp grated lemon rind	salt
pepper	1/3 teasp cayenne pepper
2 onions chopped	2 cloves of garlic, crushed
1 teasp fresh ginger, grated	3 tomatoes, chopped
1 cup of coconut milk	1 tbsp vegetable oil

Instructions

- 1) In a glass dish marinate the chicken pieces for one hour in the lemon juice, rind, salt and pepper.
- 2) Heat the oil in a large covered pot and then sauté the chicken until browned. Set aside the chicken on a plate.
- 3) Add the onions and garlic to the oil used for the chicken and sauté for 2 minutes or until soft.
- 4) Reduce the heat and add the cayenne pepper, tomatoes and ginger and stir for a few minutes.
- 5) Add the coconut milk, ginger and chicken and simmer over a low heat until the chicken is fully cooked and sauce is thickened (approx 30 minutes). Stir often

Serve with rice and sakay. The chicken can be substituted with prawns.

Varenga (Roast shredded beef) Serves 4-6

Ingredients

1kg/2.2lb braising steak, cut into 5cm/2 inch strips
Salt
Black pepper
2 garlic cloves, crushed
1 medium onion, sliced
Cold water

Instructions

- 1) Place all the ingredients in a large saucepan, cover with 12mm/ ½ inch of cold water and bring to the boil stirring
- 2) Reduce the heat, partially cover the pan and simmer gently for about 2 hours, keeping an eye on the water level and topping up when necessary, until meat is very tender and can be shredded with a fork.
- 3) Preheat the oven to 200C, 400F, Gas Mark 6 and grease a wide shallow baking tin. Remove the meat from the saucepan and shred into thin strips using two forks. The meat should be soft enough to pull apart very easily.

- 4) Transfer the shredded meat to the greased tin, pour over enough of the cooking liquor to moisten the roast in the oven for 30 minutes until well browned on top.

Garnish with chopped parsley and bring to the table on a trivet. Serve with rice.

Malagache Lobster with rice (for a special meal!) Serves 4

Ingredients

450g/1lb long grain rice	1 (14oz) can of coconut milk
2 tbsp olive oil	4 large tomatoes, chopped
1 onion, finely chopped	2 inches fresh ginger, grated
2 garlic cloves, chopped	salt
The meat of 2 cooked lobsters	

Instructions

- 1) Place the rice in a medium saucepan together with the coconut milk, bring to the boil then reduce the heat and simmer for 15 minutes, adding a little water if necessary.
- 2) Meanwhile, heat the oil in a saucepan add the tomatoes, onions, garlic and ginger and sauté for 10 minutes over a low heat, stirring from time to time.
- 3) Add the lobster meat to the tomato mixture, season with salt, mix well and cook, stirring, for about 5 minutes or until heated through.

To serve, transfer the rice to serving dishes and spoon the lobster sauce over the top.

Malagache fillet of pork Serves 4

Ingredients

675g/1 ½ lb boneless pork fillet	Plain flour
2 tbsp olive oil	1 tbsp onions, finely chopped
50g/2oz green peppercorns, crushed	3 tbsp brandy
120ml/4fl.oz double cream	1 tbsp mustard
1 pinch ground coriander	25g/1oz softened butter

Instructions

- 1) Slice the pork into 6mm/ ¼ inch slices (medallions) coat on all sides with flour.
- 2) Heat the oil in a large frying pan, add the floured pork and sauté until browned on all sides.
- 3) Add the onions and green peppercorns to the pan and cook until the onions are transparent and soft.
- 4) Heat the brandy in a small saucepan, set alight and pour over the pork.
- 5) Add the cream and mustard, mix well and cook over a high heat for about 5 minutes to reduce slightly
- 6) Stir in the coriander and butter. Serve the pork with the sauce poured over the top.

And now one for the b-b-q!

Kitoza

This is one of the favourite foods of Madagascar. Take one steak about ¼ inch in thickness and cut into strips about 4 inches by 2 inches. Thread the strips on cord and hang the cord as you would a small clothesline. The meat will become dry in a few hours. Put the meat on a barbecue so that it dries to a crispness but does not burn. Remove the meat immediately it crisps. Serve with sakay.

.....and to finish any meal.....

Salady Voankazo (Fruit compote with lychee nuts) Serves 8

Ingredients

1 cup of fresh pineapple, diced	1 cup of cantaloupe, diced
1 cup of oranges, peeled and thinly sliced	½ cup of strawberries, sliced
½ cup of canned lychee nuts (or cashews)	½ cup sugar
¼ teasp salt	2 tbsp lemon juice
2 tbsp vanilla extract	

Instructions

- 1) Combine in a large bowl the pineapple, cantaloupe, oranges and strawberries so that they are well blended
- 2) Pour the lychee nuts (or cashews) across the top of the blended fruit
- 3) In a saucepan combine the sugar, water, salt and lemon juice, bring to the boil and boil hard for one minute. Add the vanilla extract.
- 4) Pour the hot syrup mixture over the mixed fruit and chill for one hour
- 5) Serve in individual dishes with a small sprinkler bottle of vanilla extract. Guests can then add a few drops of pure vanilla to the compote as it is being served.



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