



Dovi - Peanut Butter Stew from Zimbabwe

Dovi is probably the most typical (however) Zimbabwean recipe. Don't know what else to write about this really delicious dish...

Ingredients:

- 2 medium onions, finely chopped
- 2 green peppers, chopped
- 2 tablespoons butter
- 1 chicken, cut into pieces
- 2 cloves garlic, finely sliced and crushed
- 3 to 4 fresh tomatoes (or 1 large can of tomatoes)
- 1 teaspoon salt
- ½ teaspoon pepper
- 6 tablespoons smooth peanut butter
- 1 chili pepper or ½ teaspoon cayenne pepper
- ½ pound spinach

Method:

In a large stew pot over medium heat, sauté onions in butter until golden brown. Add garlic, salt and hot peppers.

Stir for 2 or 3 minutes then add green peppers and chicken. Brown the chicken. When all the chicken pieces are brown on every side, mash tomatoes with a fork and mix them into the stew, along with about 2 cups water. Reduce heat and simmer for 5 to 10 minutes.

Thin the peanut butter with a few spoons of hot broth and add half the resulting paste to the pot. Simmer until the meat is well-cooked.

In a separate pot, boil spinach until tender. Drain and toss with the remainder of the peanut paste. Serve the stew and the greens side by side.