

## Beula Chiyeza

*Beula has lived in Queen's Park since 2004, and likes the area very much. Her original home was in Zimbabwe, where she grew up in a Christian household where her father was a priest. Beula misses her home, but has found it very easy to settle into her new adopted 'home'.*



*Beula and her daughter Violet at Victoria Falls*

I find the people in Queen's Park very open and friendly. The area has some beautifully built mosques and churches. I was very surprised by all the different shops... everything seems to be sold here. Even 'Meal-Meal', as it is called in my language or maize meal as they call it here, is available in the local food shops. Meal-Meal is our main food back home. It is very starchy and can be used to accompany any dish.

## Sadza

In a saucepan, mix some maize meal with half a cup of cold water to make a paste. Put on a low heat and add extra water and leave to simmer for five minutes. Add more maize meal until the mixture reaches the desired thickness. This is now ready to serve with any meat, fish, or spinach and other vegetables.



## Funge com Muamba de Ginguba (Angola) by Pascoal de Sousa

This food is special for me because this is what I have had since I was a baby. It is the typical food of Angola.

Put cassava powder (or semolina) in a saucepan with water. Heat and keep stirring with a wooden spoon for about 20 minutes, until it becomes solid. The sauce is made with boiled chicken - add peanut butter, water, vegetable oil, salt, tomatoes, onion and garlic to the cooked chicken. Heat for about 30 minutes.