

Malagasy Feast Recipes

Apéritif

Mango, guava or pineapple punch

¼ to ½ litre of rum (according to taste)

¼ to ½ litre of mango, guava or pineapple

1 teaspoon of vanilla scented sugar

Mix together all the ingredients and pour into a bottle

The punch will keep for 5 days in the refrigerator

Boantango (savory rice cake)

To be served with kebabs or grilled meat/vegetables as an hors d'œuvre

300g rice flour

150g wheat flour

300g grated coconut

525ml can of coconut milk

250ml water (or the equivalent to ½ the can of coconut milk)

1 packet of baking powder

2 teaspoons of salt

- Mix together thoroughly all the ingredients
- Leave to stand for 3 hours
- Put a tablespoonful of the mixture on a 10cm wide piece of foil
- Roll out the mixture to the same size as the piece of foil then roll up the foil
- Cook in a hot oven for 1 hour

Starters

Samosa

Samosa Pastry

500g of flour

¾ l of water

2 pinches of salt

oil

- Mix together the flour, water and salt to form a dough and divide into several small balls
- Using a rolling pin, roll out each ball and brush them with oil and a dusting of flour and then pile them one on top of the other
- Roll the whole mixture out for a second time, until it resembles a large pancake
- Using a non-oiled frying pan, lightly brown the dough on both sides; cut off the edges to form a square, depending on the size of samosa desired
- Peel away the layers of pastry and fold each one over several times to form a triangle. Leave one side open to add the filling.
- Add the filling and seal the open edge of the sambossa. To seal the samossa mix together some flour with a little water to form a paste and spread it along the edge of the pastry. Fry in hot oil. Alternatively, this type of pastry can be bought ready made in exotic food stores and some supermarkets.

Samosa filling with ginger

500g lamb or beef mince
2 tablespoons ginger crushed
2 cloves of garlic
1 shallot, finely chopped
salt and pepper

- Cook the mince with the salt and pepper, stirring continuously to avoid lumps
- Leave to cook for 15 minutes then add the shallot, ginger and garlic
- Keep cooking gently until the fat from the meat reduces
- Leave to cool
- Spoon the mixture into the pastry and then fry in oil
- Once cooked, drain off the excess oil using kitchen towel

Potato samosa filling

500g mashed potato (made with water)
5 leeks, finely chopped
3 cloves garlic, crushed
3 tablespoons olive oil
Chilli to taste
Salt, pepper

- Lightly brown the garlic in the oil, then mix in the mashed potato, pinch of salt and pepper
- Leave to cool. Add in the leeks, with pepper and chilli to taste
- Spoon the mixture into the pastry, fold and fry in oil
- Once cooked, drain off the excess oil using kitchen towel

Vegetable samosa filling

250g grated carrot
200g green beans cut into thin strips
1 pepper (optional)
1 onion
3 cloves garlic
1 teaspoon ginger crushed
4 tablespoons oil
Salt, pepper

- Cook the onions until they turn light brown
- Add the garlic, ginger et vegetables, seasoned with salt and pepper
- Leave to simmer for 15 minutes
- Drain and leave to cool

Fritters

Fritter batter
250g of flour
4 eggs
 $\frac{3}{4}$ l milk
Salt, pepper
 $\frac{1}{2}$ sachet of baking powder

- In a bowl, mix the flour with the baking powder, the 4 egg yolks, salt and pepper. Thin the mixture by adding the milk
- Leave to stand for 30 minutes, mix together the egg whites and fold into the rest of the mixture
When making dessert fritters, replace the salt with sugar (see the dessert section for recipe ideas)

Cauliflower fritters

Fritter batter (as above)
250g cooked cauliflower
1 egg, beaten
2 cloves garlic, crushed
3 sprigs parsley
Salt, pepper

- Mix together thoroughly the egg, garlic, parsley, salt and pepper then add in the cauliflower
 - Leave for 1 hour
 - Dip the cauliflower into the fritter batter and deep fry over a very high heat
 - Once cooked, leave to drain on kitchen towel
 - Serve hot
- Alternatives: replace the cauliflower with aubergine or peeled shrimps

Main Dishes

Rice is the national dish in Madagascar and some families eat it morning noon and night.
All the main dishes listed should be served with rice

Vegetable Cari Masala

1 pepper cut into strips
4 carrots cut into strips
2 cucumbers cut into strips
500g green beans cut in two long ways
250g green cabbage finely chopped
3 tomatoes thinly sliced
Pinch curcuma
Pinch coriander
Pinch cumin
Pinch of masala curry powder
4 cloves garlic, crushed
1 teaspoon ginger, crushed
2 onions, finely chopped
6 tablespoons oil
Salt
Pepper or chilli, according to taste

- Wash and lightly salt the vegetables
- Brown the onions
- Add the carrots, green beans and cabbage
- After 5 minutes, pour in the tomatoes, curcuma, cumin, coriander, masala curry powder, garlic and salt
- Leave to simmer for 10 minutes on medium heat, stirring occasionally (add a bit of water if necessary)
- Add in the cucumber and pepper
- Leave to cook for a further 10 minutes, approximately
- Taste and add more salt if required

Le romazava (hotpot) National dish of Madagascar

Beef Romazava

1kg beef
200g “greens” (leafy vegetables)
1 bunch cress
½ Chinese cabbage
3 tomatoes
1 onion, thinly sliced
2 litres water, approx.
1 teaspoon ginger, crushed
Salt
½ teaspoon pepper (optional)

- Cut the meat into small chunks and season with salt to taste
- In a large saucepan, mix the onion, tomatoes, ginger, salt, pepper and meat, leave to simmer allow the tomatoes to soften greatly, stirring frequently, then add more water. Put a lid on the saucepan and allow to boil
- reduce the heat and cook for a further 50 minutes
- while the mixture is cooking, wash and thinly chop the “greens”, Chinese cabbage and cress
- Once the meat is cooked, add these vegetables to the pan, stir and leave to cook for a further 15 minutes without the lid
- Serve whilst very hot with rice and chutney or rougail sauce (see the accompaniment section)

Chicken Romazava

Whole chicken cut into pieces
1 onion, finely sliced
2 large tomatoes, chopped
2 tablespoons ginger, chopped
2 litre water
Salt, pepper

- In a saucepan, add the pieces of chicken, onion, tomatoes, ginger, salt and pepper
- Simmer for 5 minutes, stirring the mixture then add the water. Put the lid on the saucepan
- Bring to the boil then reduce heat and leave to cook for 1 hour
- Serve hot

Fish Romaza (fresh or smoked fish can be used)

6 slices of sea fish of your choice
2 onions thinly sliced
3 tomatoes chopped
1 litre water
Salt, pepper
2 tablespoons lemon juice

- Scale and gut the fish, cut into slices
 - In a saucepan, put the fish, onion, tomatoes, salt and pepper
 - Leave to simmer for 5 minutes then add water
 - Cook on high heat for 15 minutes
 - Turn off the heat and add the lemon juice, mix gently
- You could also add “greens” to this dish: once the fish has cooked for 15 minutes, add the “greens” and cook for a further 15 minutes, turn off the heat and add the lemon juice

Fish in coconut sauce

10 pieces of fish
1 can coconut milk
2 large pinches of curcuma
3 tomatoes cut into pieces
2 onions, finely chopped
2 cloves garlic, crushed
Salt
3 tablespoons, oil

- Fry the fish
- Brown the onions in a large saucepan
- Add the tomatoes, garlic, curcuma and salt
- Leave to simmer, then add the coconut milk and bring to the boil whilst stirring
- Add the pieces of fish one by one
- Leave to cook for 15 minutes on medium heat
- Serve hot with rice and rougail sauce or lemon chutney (see list of accompaniments below)

Spinach in coconut sauce

750g beef, cut into pieces
1kg spinach or 1 large can
3 tomatoes cut into pieces, or 1 small can of tomatoes
1 onion, thinly sliced
2 cloves garlic, crushed
1 small can coconut milk
Water
Salt

- If you are using fresh spinach, wash and finely cut. Put to one side.
- In a saucepan, gently cook, without oil, the meat, onions, tomatoes and salt
- Once the tomatoes are softened, add enough water to cover the meat. Put the lid on the saucepan and bring to the boil. Reduce heat and cook for a further 20 minutes
- Once the meat is cooked, add the spinach and garlic, mix well
- Pour in the coconut milk and mix until the mixture comes back to the boil
- Leave to cook for about 15 minutes, stirring occasionally
- Serve with rice and tomato rougail sauce (see accompaniments below)

Accompaniments

Lemon chutney
6 lemons
2 onions
Crushed chillies
2 tablespoons salt

- Finely grate the skin off of 3 lemons to remove the zest. Slice each one into 6 to 8 pieces, depending on their size
- Cut each of the remaining 3 lemons in half and juice
- Put the lemon slices and juice into a large bowl with the onions, salt and chilli. Mix well.
- Keep the mixture for one week and mix each day
- After one week, put the mixture in a jar. The mixture will stay fresh for several months in the refrigerator

Mango Chutney

5 mangoes green and unripe
2 large onions cut into thin strips
Chilli, crushed
2 tablespoons salt

- Peel and grate the mangoes in a salad bowl, then add the salt, onions and chilli
- Mix well, then put the mixture in a jar and leave to marinate; the chutney will keep fresh for several weeks in the refrigerator

Chilli purée

4 onions
200g chilli, finely chopped
10 garlic cloves, crushed
100g ginger, grated
2 tablespoons of salt
1 dl oil
4 onions

- Mix together the chilli, garlic, ginger and onions
- In a saucepan, heat the oil and then remove from the heat and place near an open window; add the mixture of chilli, garlic ginger and onion to the pan
- As with the chutneys, the chilli purée should be seasoned well with salt
- This purée will last several months in the refrigerator

Butter bean Purée

250g dried butter beans
1 teaspoon curcuma
1 tomato chopped
1 onion, thinly sliced
1 garlic clove
2 tablespoons oil
Salt, pepper

- Soak the butter beans overnight
- Before cooking, remove the skin of the beans and then cook in 2 litres of water until they soften and start to form a purée.
- In another pan, start to cook the onions in the oil, once the onions turn golden brown, add the tomato, garlic, curcuma, salt and pepper
- Leave to simmer for 3 minutes then add the beans and simmer for a further 10 minutes.

Tomato Rougail Sauce

½ combava
3 fresh tomatoes
2 shallots finely chopped
1 teaspoon of ginger and chilli, crushed
juice of 1 small lemon
chives finely chopped

- Put the tomatoes in a small bowl, add the shallots, chives, chilli, lemon juice, zest of the combava and salt
- Mix well, add more salt if necessary Alternatives: mango, papaya, aubergine

Ranon'ampango (rice water)

In Madagascar, rice water is drunk with the main meal

Cook the rice to accompany the meal without adding salt. Once the rice is cooked and removed from the saucepan, there will undoubtedly be some rice stuck to the bottom of the pan. To make Ranon'ampango, simply refill the saucepan with water and leave to boil for 10 minutes. Serve hot

Deserts

Coconut Biscuits

500g desiccated coconut

500g sugar

400ml coconut milk

1 sachet vanilla scented sugar

- Mix the desiccated coconut with the coconut milk, stir well
 - Add the sugar and the vanilla sugar
 - Put the mixture in a saucepan
 - Leave to cook on medium heat, stirring continuously until the mixture stiffens
 - On a greased surface, roll out the mixture using a greased rolling pin
 - Cut into pieces and leave to cool
- Coconut macaroons will keep for several days in an air tight container

Bonbons Esra (coconut biscuits dipped in chocolate)

- Simply dip the coconut macaroons in melted chocolate
- Leave to cool and put in the fridge for 1 hour before serving

Fruit fritters

350g flour

10g baking powder

4 eggs

3/4l milk

Pinch salt

Fritter batter:

- Dilute the baking powder in 1 tablespoon of lukewarm water
- Make a hole in the middle of the mixture and pour in the baking powder, eggs and salt and mix well
- Add the milk, stir quickly, then leave to stand for at least 1 hour

Banana Fritters

5 very ripe bananas, mashed

- Add the mashed bananas to the fritter batter
- Using a spoon, drop the fritters one by one into oil and fry

Pineapple fritters

1 pineapple

Sugar

- Peel and cut the pineapple into thin slices
- Dust with sugar
- Leave to stand for 10 minutes
- Dip the slices in the beignets batter
- Place them one by one in hot oil and fry until browned
- Once cooked, place on kitchen towel to soak up the excess oil

Pineapple flambé

1 pineapple

Sugar

Butter

Rum

- Peel the pineapple
- Sprinkle with salt and then rinse in water, cut into slices
- Fry each slice in butter, take off the heat and pour over rum.
- Light the rum and serve flaming

Alternatives: Banana flambé (1 banana per person cut in two long ways)

Source : Espagne-Ravo, A. 2005. Ma Cuisine Malgache. France :Edisud