

SWAHILI COCONUT BEANS (MAHARAGE)

SERVES: 8–10 people

PREP TIME: 2 hours
(soaking and prepping)

COOK TIME: 2 1/2 hours



INGREDIENTS:

- 3 cups soya beans
- 3 tbsp oil of choice (sunflower or olive)
- 2 small onions, chopped
- 2 cloves garlic, minced
- 5 tsp fresh ginger, minced
- 1 green pepper, finely chopped
- 1 small carrot, grated
- 1 tsp curry powder
- 1 tsp paprika powder
- 3 small tomatoes, skinned and chopped
- 1 small bunch fresh coriander (can also use parsley or basil)
- 1 cup water
- 1 1/2 cups coconut milk powder
- Salt and pepper to taste

METHOD:

1. Soak beans in water for 2 hours. Then boil in water and salt for 1 1/2 hours until the beans are soft enough to mash them in your fingers.
2. Sauté onions in oil until translucent. Then add garlic, ginger, vegetables, spices and beans, and sauté slowly until all the flavours come together for about 5–8 minutes.
3. Now add the chopped tomatoes and coriander and cook for a further 5 minutes.
4. Add 1 cup of water and simmer until the water almost evaporates and the tomatoes form a sauce.
5. Now add the coconut milk powder, salt and pepper, and simmer to the desired thickness.

Enjoy with rice and meat, or incorporate the meat of choice into the bean dish.