

A HOW-TO COOK GUIDE

# SCOPE ZAMBIA COOKBOOK



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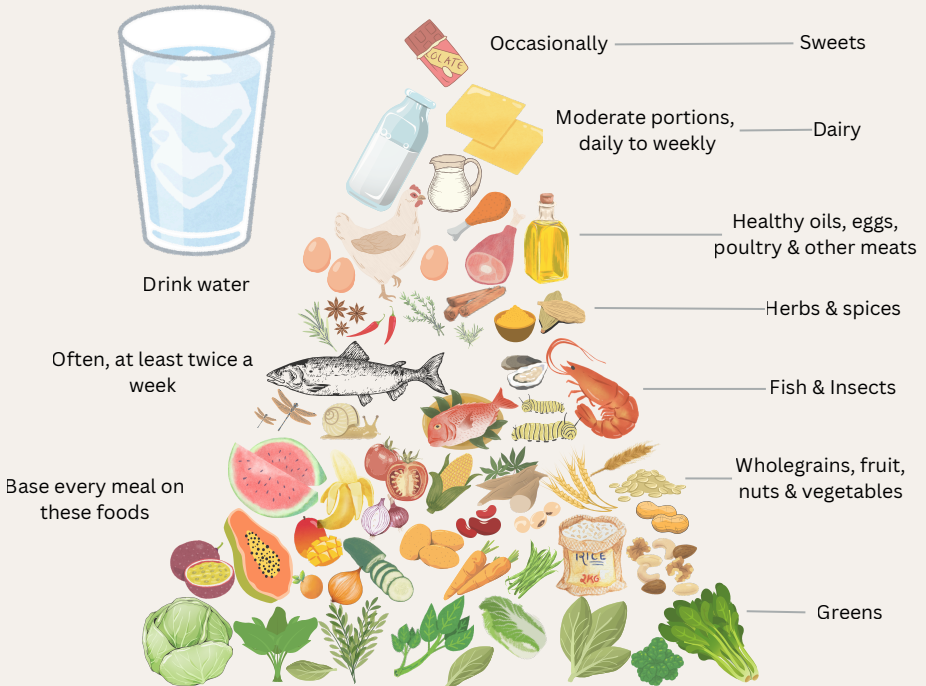
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# Introduction

This recipe book is dedicated to traditional Zambian recipes that have been passed down from generation to generation for centuries. Traditional food can be described not only by its diversity but also by its local ingredients. As a culinary heritage, traditional food has always provided people with vitamins, minerals, antioxidants and fibre that contribute to overall health and well-being. With a balanced and diverse diet, diseases such as cancer and diabetes can be prevented. A healthy diet consists of a combination of cereals (wheat, maize, ...) or roots (cassava, potato, ...), pulses (beans, ...), vegetables and fruits. As can be seen in the food pyramid, certain foods must be eaten at different frequencies in order to have a balanced diet.



# Nshima & Relishes

# Nshima



## Ingredients

- Mealie meal
- Water

## Method

1. Heat some water in a pot or kettle until it boils.
2. Make a paste by adding one cup of mealie meal or corn meal and 2 cups of water.
3. Fill two thirds of hot water in a pot and the paste. Then Stir and reduce heat.
4. Cover the pot only halfway and let it cook for 15-20 minutes.
5. After it cooks, start adding mealie meal bit by bit, stirring vigorously until it thickens a bit.
6. Cover the pot for about 3 minutes
7. Stir vigorously again and let it stand for a few minutes
8. The nshima is ready to serve
9. Serve with any of your favorite stews.

# Delele

(Whole okra)



## Ingredients

- 10 fresh tender okra fingers
- 1 cup water
- Salt to taste

## Method

1. Wash okra and cut off the head and stalk end
2. Put in a small pot and add salt and water
3. Boil for 5–10 minutes
4. Serve with nshima or eat as a snack

## Ingredients

- 10 fresh tender okra fingers
- 1 onion
- 1 tomato
- Salt to taste



## Method

1. Wash okra and slice the pods into round slices
2. Add some cooking oil to a pan and add the okra slices.
3. Fry until it is no longer slimy.
4. Cut onion and tomato into slices and add to the pan.
5. When the tomatoes are cooked, it is ready to serve.

# Impwa (Garden egg)



## Ingredients

- Impwa (2 cups)
- Cooking oil
- 1 medium tomato (diced)
- 1 medium onion (diced)
- Salt to taste

## Method

1. Wash the impwa and into a desired size (in half or 4 pieces)
2. Boil the impwa for 10 minutes. Then remove the water.
3. Put 4-5 tablespoons cooking oil on a pan and heat it
4. Add the impwa and fry for about 10 minutes or until it is tender
5. Add the onions and continue frying. When the onions have are steamed, add the tomatoes and some salt to taste.
6. Continue frying until the tomatoes are cooked.
7. Ready to serve

# Pondesha (Pupwe)



## Ingredients

- 2 handfuls pondesha leaves
- 2 tablespoons pounded groundnuts
- 2 tomatoes
- 1 cup water
- ½ teaspoon cooking soda
- Salt to taste

## Method

1. Remove undesirable bits and wash the pondesha leaves
2. Pound pondesha leaves
3. Chop tomatoes
4. Add chopped tomatoes to pondesha leaves and continue pounding
5. Put the mixture in a pot
6. Add water and mix well
7. Add soda and cook for 5 minutes.
8. Add groundnuts and cook for 10–15 minutes.
9. Serve as relish

# Chibwabwa with pounded groundnuts



## Ingredients

- 3 bundles of Chibwabwa
- 1 medium tomato
- 4-5 tablespoons of pounded groundnuts (sieved)
- 1/4 teaspoon of soda (optional) Salt to taste

## Method

1. Remove the outer fibre from the stalk and the center of the leaves
2. Wash thoroughly leaf by leaf as it may carry soil .Cut the Chibwabwa.
3. Add a bit of water in a pot and then add the Chibwabwa.
4. Cover the pot and let it boil for about 5 minutes
5. Add some tomatoes, groundnuts and salt
6. Add 1/4 teaspoon of soda (optional)
7. Mix well and stir until the tomatoes and groundnuts are well cooked
8. Cover the pot and Simmer for about 2-3 minutes
9. Ready to serve with **nshima**

# Kalembula with oil



## Ingredients

- 3 bundles of Kalembula
- 1 medium onion
- 1 tomato
- 3-4 tablespoons cooking oil
- Salt to taste

## Method

1. Remove the leaves from the stalk, wash and allow water to drain
2. As an option, you can leave the kalembula outside in the sun to dry for a while
3. Put cooking oil in a heating pan, then add tomatoes, onion, salt and stir to make a gravy.
4. Add the leaves in and cook, stirring frequently for 10-15 minutes
5. Ready to serve, enjoy your Kalembula with some (Nshima) and a protein dish of your choice such as fish or meat.

# Lumanda with oil



## Ingredients

- Lumanda vegetables
- 1 medium chopped tomato
- 1/2 tablespoon cooking oil
- Some salt

## Method

1. Remove the leaves from the stems and wash
2. Add the leaves in the pot
3. Add the chopped tomato, cooking oil and salt and let it boil for about 10 minutes stirring from time to time.
4. When the tomatoes are cooked and the lumanda is soft, it is ready to serve.
5. Serve with nshima.

# Kapenta



## Ingredients

- Kapenta, washed thoroughly in warm water
- 1 medium tomato
- 1 medium onion, chopped
- Salt and Pepper to taste
- 3 tbsp vegetable oil

## Method

1. Wash the Kapenta thoroughly in warm water.
2. Heat the oil in a pan and add the Kapenta.
3. Season with salt and pepper.
4. Fry the Kabenta until crispy and cooked.
5. Cut the onion into pieces and fry it with the Kapenta for a further minute.
6. Slice the tomato into pieces and add it. To make a gravy, also add water and allow it to thicken abit.
7. Serve it with **Nshima**.

# Snacks

# Cassava Chips



## Ingredients

- 1 small fresh sweet cassava root
- 1 cup cooking oil
- Salt to taste
- Cassava chips can be prepared using either of
- the two methods

## Method

1. Wash and peel the cassava root
2. Cut the cassava into thin strips
3. Put the cassava stripes in a small pot
4. Boil cassava stripes in 2 cups of water for 5–10 minutes
5. Heat oil in a frying pan on low heat.
6. Fry until slightly brown
7. Remove from the frying pan and sprinkle with salt
8. Serve warm as a snack



# Chikanda

## (African Polony)



### Ingredients    Method

- 4 cups of Chikanda
  - 4 cups of pounded groundnuts
  - 1 Tbsp soda
  - 1 liter Water
  - Salt to taste
  - Some Chillies
1. Boil water in a saucepan and add the groundnuts.
  2. Add salt and soda. Then stir for 15 minutes until it starts to boil.
  3. Add small amounts of chikanda until it has a thick consistency.
  4. Keep stirring until the mixture is no longer sticking to the spoon.
  5. Reduce the heat by taking some charcoal out of the brazier. Close the saucepan with a lid and place charcoal on top. Let it bake for 30 minutes.
  6. When its done, let it cool down and turn the pot up side down over a plate. The Chikanda can be served.

