



MOZAMBIQUE



MEET THE CHEF

JOSSIAS JOSSEFA MUTIMUCUIRO

Chef Jossias was born in 1969 and he is one of the greatest drivers of the Mozambican cuisine. He is married and has three children.

Jossias has a wide experience of over 25 years. He started working as a chef in different restaurants such as the Ungumi Restaurant (1992–1995) and the Kalifa Restaurant (1999).

His experience allowed him to become an Executive Chef at Villa Alfama in Johannesburg (1996) and at Hotel Casa do Capitão in Inhambane (2010–2011).

In 2009, Jossias founded the Jossimira Culinary School and in 2010 he was the Junior Executive Chef at Pemba Beach Hotel.

MOZAMBIQUE GASTRONOMY MUSTS



BEEF CHUCK



FRESH MASSALA



CASHEW SPIRIT
(Ekhaju)



GARLIC CLOVES



LOCAL CHERRY
TOMATOES (Rulane)



MOZAMBIQUE



DO IT YOURSELF! BEEF STEW WITH FRESH MASALA

INGREDIENTS

- 1 large fresh pasta
- 1 kg beef chuck
- 1 large fresh *massala*
- 60 ml cashew brandy (*ekhaju*)
- 120 ml traditional olive oil (*munhyatsi*)
- 5 large crushed garlic cloves
- 200 g spring onions with leaves
- 150 g local cherry tomatoes (*rulane*)

STEP BY STEP

- 1 Heat *munhyatsi* in a large sauté pan. Fry the crushed garlic cloves, the chopped spring onions and the tomatoes.
- 2 Add the beef, and immediately flambé with the brandy. Let cook for 10 minutes.
- 3 Add the *massala* juice with 4 of its seeds to give a nice aroma.
- 4 When the meat is cooked, remove it from the pan and continue to heat the sauce until it gets a creamy texture.
- 5 Remove from heat and serve with rice or with *mbila* (a sour maize porridge).