

After your meal, pray for Baptist Mission Australia's ministry and team in Malawi:

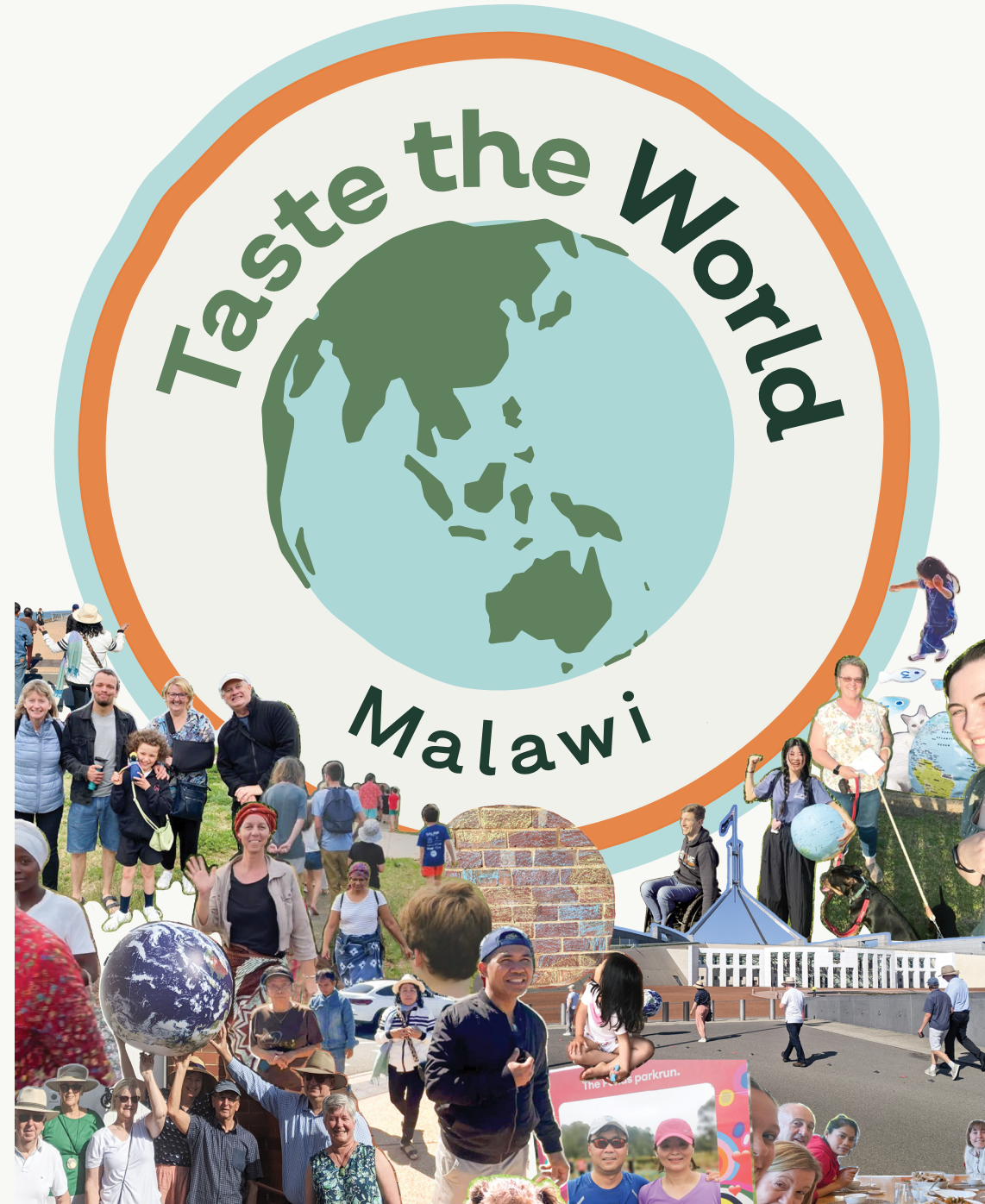
- » **Team Members:** Tim and Melanie, Susie and David, Gary and Shirley, Jean-Claude and Joyce, and Sarah and Gunther
- » Pray for the **Yawo faith leaders** who teach God's Word in the villages. Pray that they will continue to grow in their understanding of the Gospel and that, through them, many will choose to follow Jesus.
- » Give thanks for the genuine and trusting relationships our team has developed with Yawo friends.
- » Pray for **Jean-Claude, Joyce and their children.** Pray for wisdom as they share the good news of Jesus with their neighbours, may they build positive and healthy relationships that reflect Jesus' love.



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[www.baptistmissionaustralia.org/WalktheWorld](http://www.baptistmissionaustralia.org/WalktheWorld)



Walk the World 2024



# Beef Stew and Nsima

Recipes and reflection from:  
Jean-Claude and Joyce

“Nsima is a staple in Malawi. It is a maize porridge that can be served alongside greens, fish, chicken, or, in this case, beef.

We chose to share this recipe because even back in Australia, Nsima and beef were a big part of our meals. Joyce and I were born in Burundi (Africa), where Nsima is also a daily dish but the way it’s prepared here in Malawi is a bit different.

If you were to cook Beef Stew and Nsima for us in Australia, we’d be absolutely thrilled!

Across the page you can see a picture of our daughter preparing Nsima for a family dinner.”



Walk the World



## 1. Beef Stew Recipe

### Ingredients

- » 500 grams beef, cut into small pieces
- » 2 tablespoons oil (vegetable or olive)
- » 1 onion, chopped
- » 2 cloves garlic, minced
- » 2 carrots, sliced
- » 1 red capsicum, chopped
- » 2 tomatoes, chopped, or 1 can of diced tomatoes
- » 2 cups beef broth or water
- » 1 teaspoon salt or to taste
- » 1 teaspoon black pepper or to taste
- » 1 teaspoon paprika (optional)
- » 1 teaspoon dried herbs (thyme, oregano etc.)

### Instructions

1. In a large pot, heat the oil over medium heat.
2. Add the beef and cook until browned on all sides (5-7 minutes).
3. Add the chopped onion and minced garlic to the pot. Cook for 2-3 minutes until the onion is soft.
4. Stir in the carrots and capsicum. Cook for another 5 minutes.
5. Add the tomatoes and the beef broth or water. Stir well.
6. Add salt, pepper, paprika, and herbs. Mix everything together.
7. Bring the stew to a boil, then reduce the heat to low. Cover and let it simmer for 5-10 minutes. Taste the stew and adjust seasoning.



## 2. Nsima Recipe

### Ingredients

- » 2 cups maize flour (cornmeal/cornflour)
- » 4 cups water

### Instructions

1. In a large pot, bring water to a boil. If you like, you can add a pinch of salt to the water.
2. Gradually add maize flour to the boiling water while stirring continuously to avoid lumps.
3. Keep stirring until the mixture thickens and forms a smooth, dough-like consistency. This should take 5-10 minutes.
4. Once it has thickened, reduce the heat to low. Then add more flour to make the mixture more solid. Use a wooden spoon to shape the Nsima into a round mound or flat shape in the pot.
5. Cover the pot and cook on low heat for another 5-10 minutes.
6. To serve, scoop out portions of Nsima with a spoon. You can shape it into small balls or flat disks.

Taste the World: Malawi