

# JOURNEY TO ZAMBIA, pt II:

(Cuisine, Hospitality & History of MOSI-OA-TUNYA)

And, away we go!  
(Another adventure :) )



# Session I: Zambian foodstuff and the Market-place

(15 min.)

# ‘...Ugali, Nsima or Nshima?’

## **INGREDIENTS**

1 lb. maize meal or corn meal  
2 qt. pot  
Lg. wooden spoon  
x L \* Water.

(ALSO:

<https://www.theguardian.com/lifeandstyle/wordofmouth/2008/dec/12/ugali-masai-african-food>  
)



# Cooking Instructions:

‘In a pot, mix 2 cups of cold water with two large scoops of mealie meal. Add hot tap water to fill pot. Cook on high heat for 5 to 10 minutes or until mixture reaches the consistency of a porridge. Lower the heat to *medium* and slowly add the rest of the mealie meal whilst stirring constantly. Continue stirring (**occasionally**) until mixture becomes thick and it ceases to stick to the cooking stick/spatula.

Remove from heat only after simmering...on HIGH HEAT. Finally, by using a wooden, concave spoon that has been rinsed in cold water, shape and remove spoonfuls of Nshima into a thermal warmer. (If using a metal spoon, the Nshima may tend to stick to the edges unless the utensil off rinsed off inbetween servings.) Serve with beef, poultry, gravy **and/or** leafy greens.’

<http://www.cooks.com/recipe/5m8qz2e3/nshima-zambia.html>



“And, so...;  
What do Zambian markets look like?”





“...; ...street-vending?”

**Road-side retail:**



**Chanterelles native to Zambia:**



## DID YOU KNOW

**Kapenta** are a form of small fish, from the fresh-water *sardine* family, that are seasonally available on Zam' market stalls. They are widely used in numerous ***traditional*** Zambian cooking styles, particularly in rural areas. Kapenta are typically sold dry. The following are *Kapenta's* most common uses:

fried and mixed with groundnuts and/or tomatoes.





# Other types of local Zambian delicacies

(SUB-SECTION I: Cuisine and **the local Hospitality**)

## DID YOU KNOW: (Kachasu vs Chibuku)

Kachasu cannot be retailed commercially in...Zambia?

Alcoholic content can vary significantly, depending on the strength of the brew and a research on the composition and safety of it conducted in 2001 by the University of Zambia - UNZA academics, found that it contained about 20 to 30% ethanol[2] Other studies of the beverage have found alcohol contents as high as 70%.[2]



## DID YOU KNOW:

Nshima is a dish made from maize flour (refined cornmeal) and water. It is a staple food in Zambia (Nshima/ Ubwali) and Malawi (Nsima).

### HOW SUB-SAHARAN AFRICA ADOPTED THE “MAIZE” DIET:

‘Maize was introduced to Africa from the Americas between 16th and 17th century. Prior to this, sorghum and millet were the principal cereals in most of Sub-Saharan Africa. ...[PTO!].



**NSHIMA, RELISH, AND CHICKEN**  
**AN EVERY DAY MEAL IN SOUTHERN AFRICA**  
(THE CHICKEN IS A LUXURY)

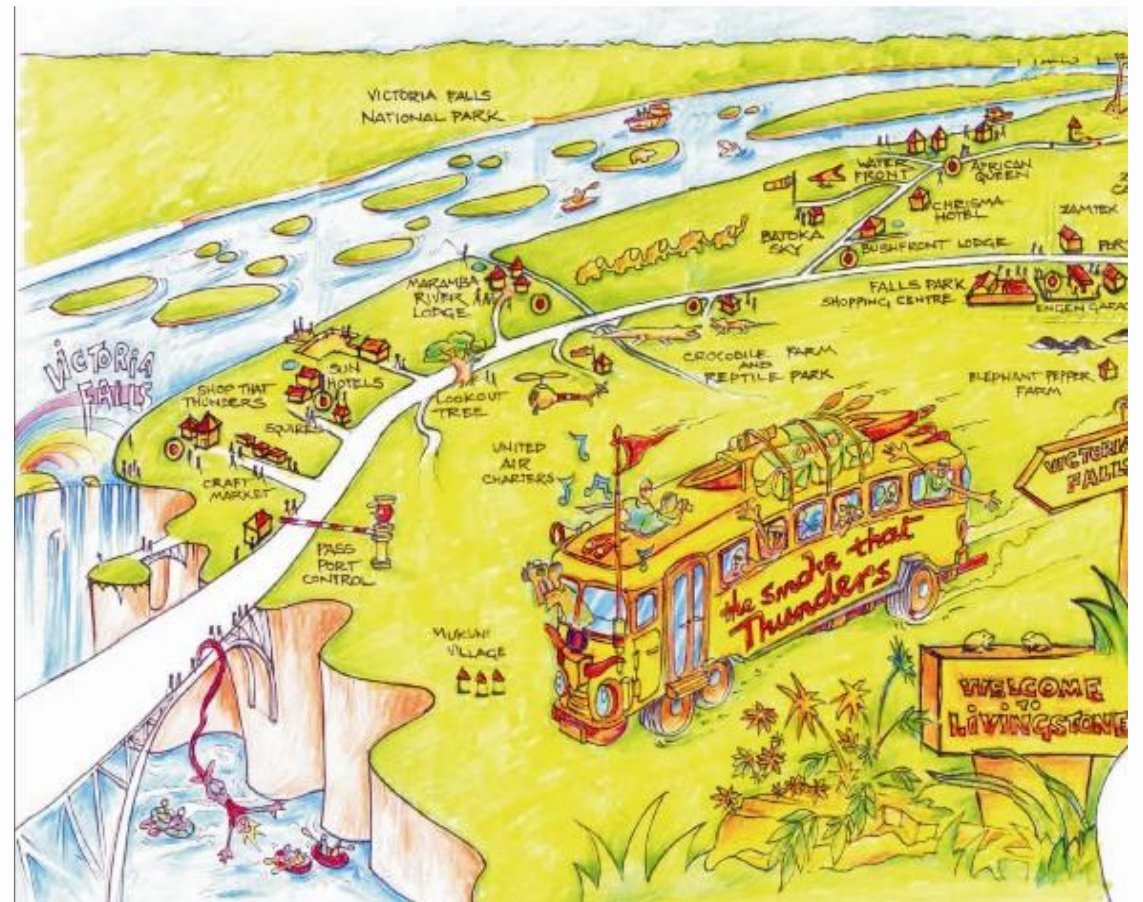
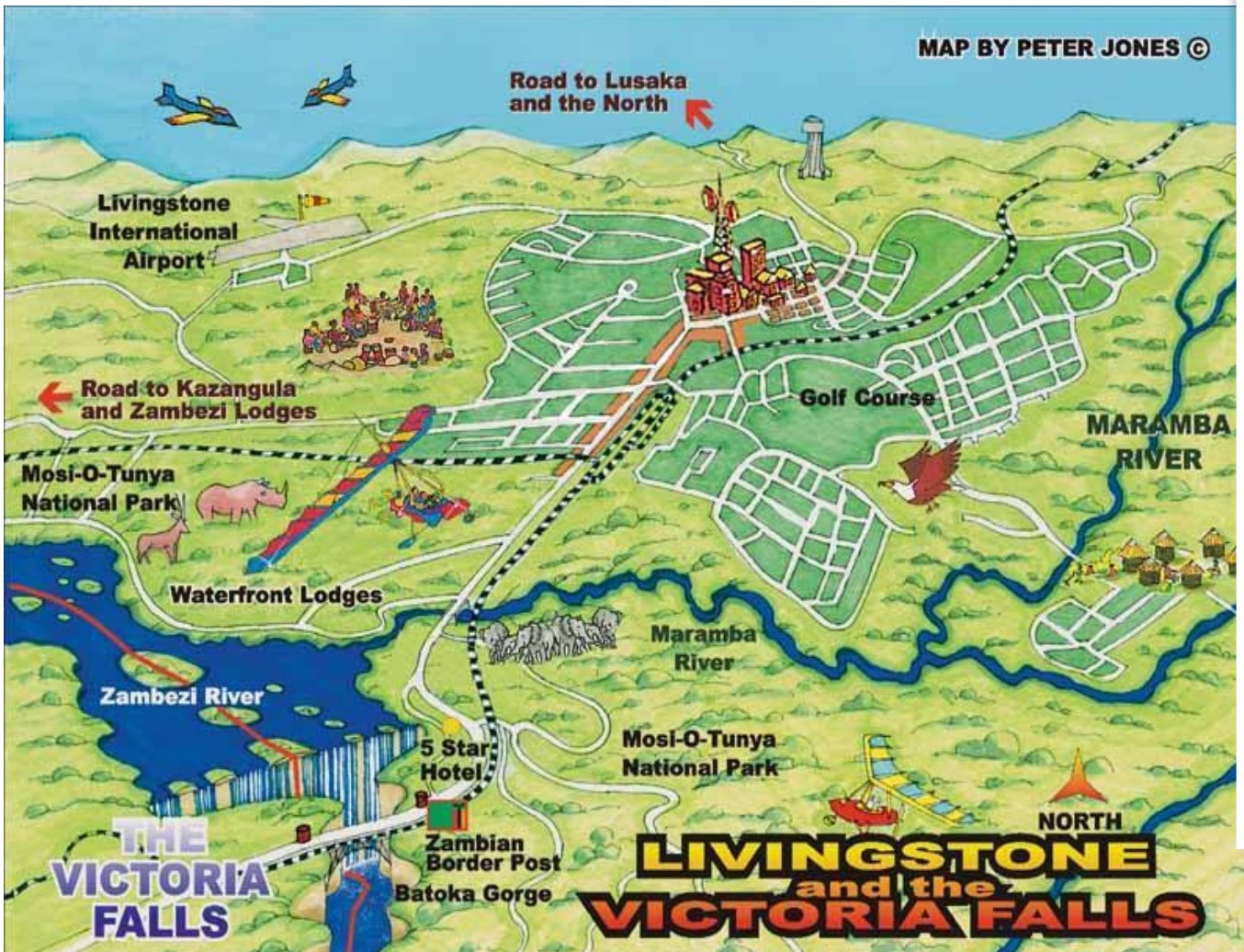


# Cont'd

...maize was readily accepted by African farmers as its cultivation was very similar to that of sorghum but with significantly higher yields.

Eventually, maize displaced sorghum as the primary cereal in all but the drier regions. In Malawi they have a saying 'CHIMANGA NDI MOYO!' which translates to '**Maize is life!**'. [1] Nshima/Nsima is still sometimes made from *sorghum flour* though it is quite uncommon to find this. Cassava, which was also introduced from the Americas, can also be used to make Nshima/Nsima, either exclusively or mixed with maize flour. In Malawi Nsima made from *cassava flour* (Chinangwa) is localized to the lake-shore areas, however when maize harvests are poor, cassava Nsima can be found all over the country. [2] [Wikipedia](#)

“Victoria Falls, here we come)!!!”





“The smoke that **thunders.**”





## DID YOU KNOW?

'Mosi-oa-Tunya (*from the Kololo L.*) is located on a natural boundary. The Falls occurs on the Zambezi river. The Falls is a distinct feature on Zambia's and Zimbabwe's joint border.'

Qn: 'When will you come and see for yourself?'



# **A SLIDE-SHOW OF ZAMBIAN CULINARY ARTS:**

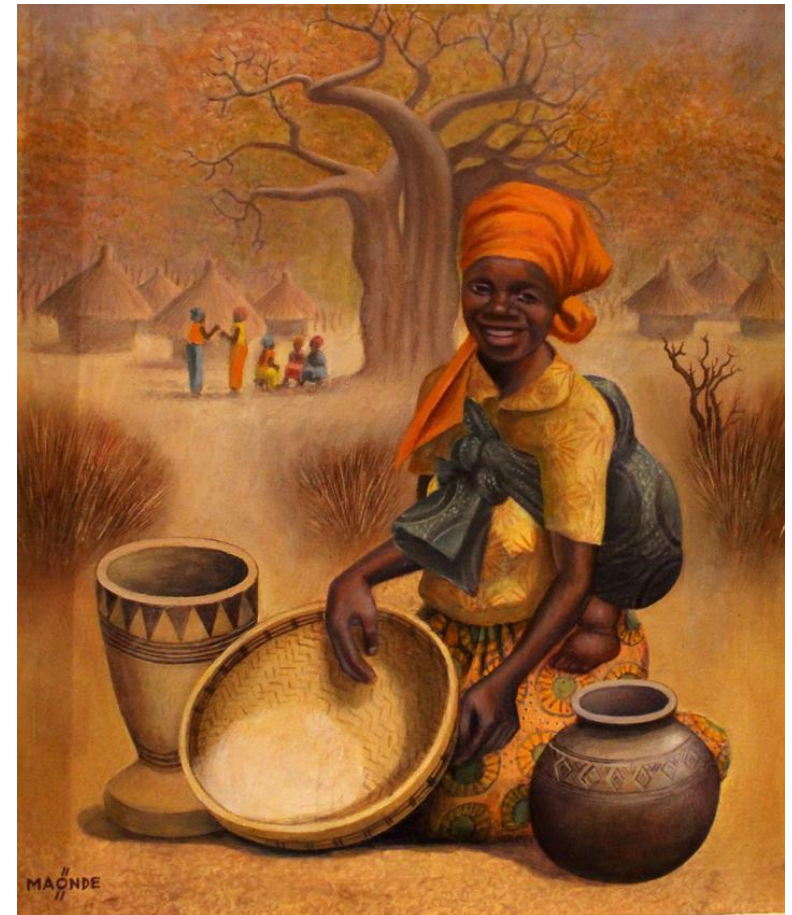
(10 minutes)

FEAST YOUR EYES! 😊 !!

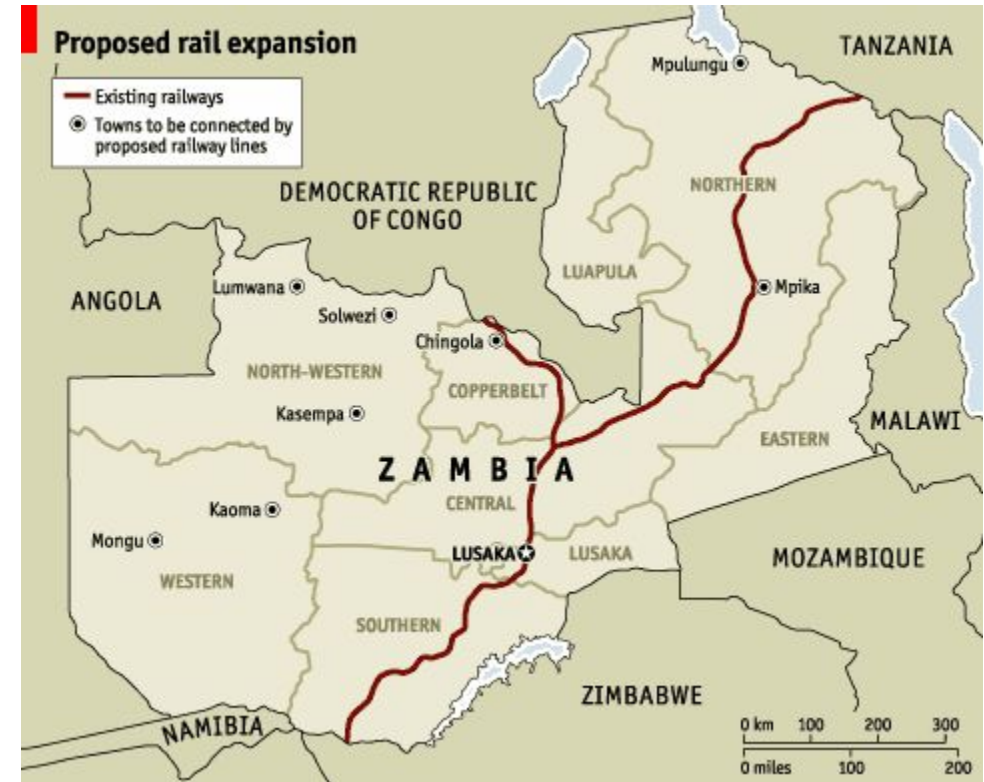




# “The Plight of a Zambian Woman”



# COMING SOON:





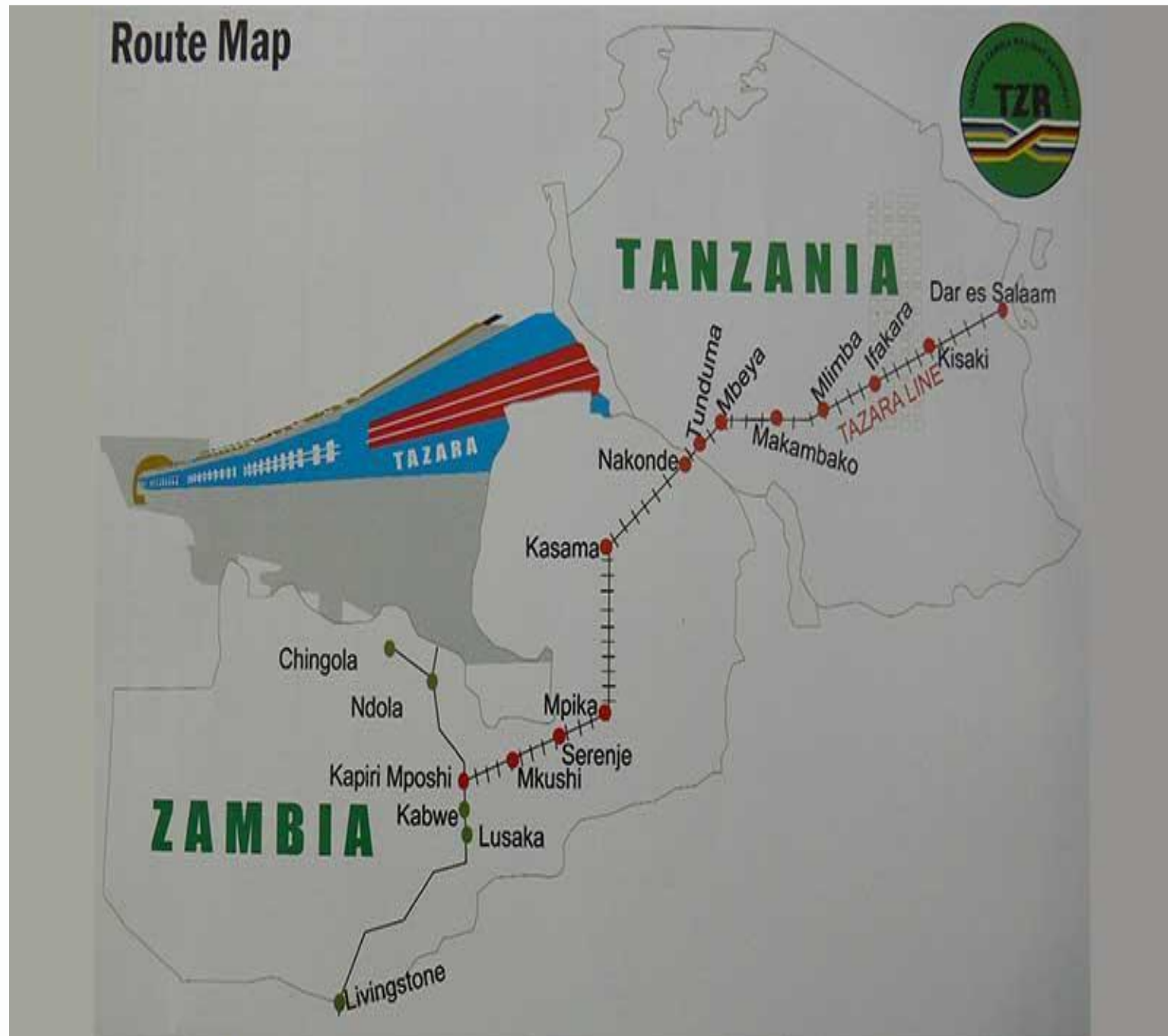
“We’ll be taking a  
DAY-TRIP to **TZ**,  
@Folks 😊!”

DID YOU KNOW:

The **TAZARA Railway**, also called the **Uhuru Railway** or the **Tanzam Railway**, is a [railroad](#) ,in [East Africa](#), linking the [port](#) of [Dar es Salaam](#) in [Tanzania](#) with the town of [Kapiri Mposhi](#) in [Zambia's Central Province](#).

The [single-track](#) railway is 1,860 km (1,160 mi) long and is operated by the **Tanzania-Zambia Railway Authority** (TAZARA).

[https://en.wikipedia.org/wiki/TAZARA\\_Railway](https://en.wikipedia.org/wiki/TAZARA_Railway)





“We hope **you’ve**  
washed your hands((!”





“Most ceremonies are meaningful to the locals of Zambia. You may wish to ask *them* for... 😊.”

Lozi festival featuring a *LIKISHI*



The *KALELA* dance





# PRELUDE TO SUB-SECTION II

(Call for a *pause* and ,then, a ‘time of recollection’.

Or, continue on the next consecutive session!)



“Now, let’s get ready to do some real touring!”



“Just don't fall prey to other Advertizers!((.”



# Reflections from 'History'

(SUB-SECTION II: **История Муси-уа-Туни**)



“But, first...a word from the local  
nutritionist's office:”





## Cont: 'WHY ARE MOST AFRICANS SHORT, FAT AND LACTOSE INTOLERANT?'

'Zambians should take pride and start consuming more indigenous vegetables and fruits to improve their nutrition status, a nutritionist has advised. Nelly Phiri, the Nutrition Program Officer at the **Zambia Civil Society Scaling up Nutrition Alliance**, said local vegetables such as Chibwabwa, Impwa and Kalembula have more nutritional value than most **western foods**. Zambia is one of the most malnourished countries in the world with close to 40 percent of children under five years stunted...while a growing adult population *is* obese.'

<https://www.lusakatimes.com/2015/06/12/lets-eat-more-kapata-chibwabwa-kalembula-and-impwa-cso-sun/> &

ANS: <http://www.earlytorise.com/fast-metabolism/>

# A Brief Analysis of the **Mosi-oa-Tunya Tale:**

(15 minutes)

*“Let’s listen in to what one of the locals has to say about one of Livingstone’s farthest excursions into the African interior:”*



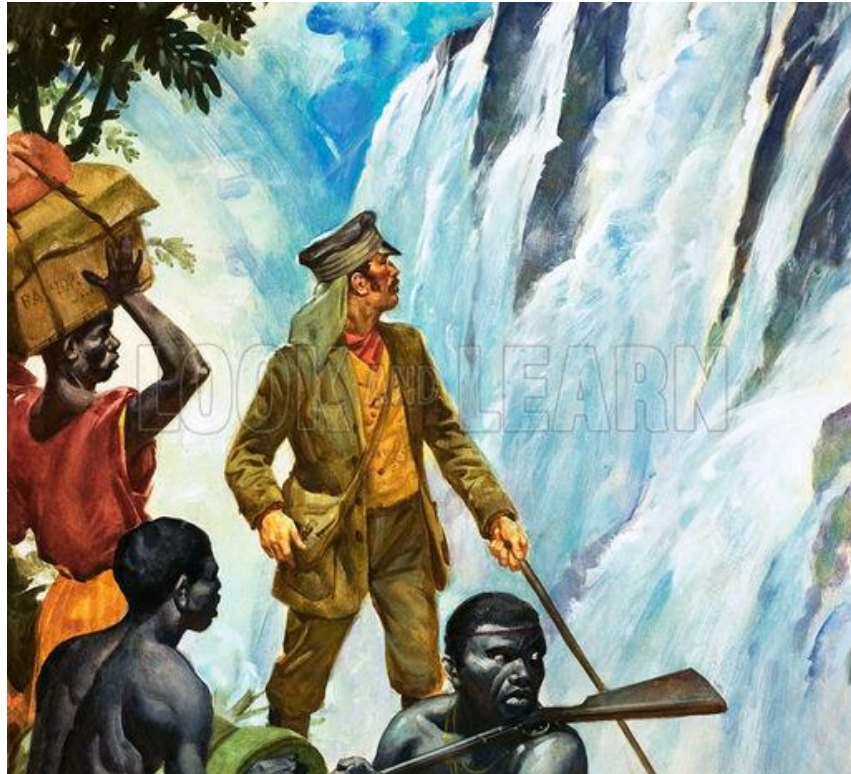


“What was quite remarkable about Livingstone’s death? What were the peculiarities of his **burial**?”



“Livingstone was: ...”

...led by natives to Mosi-oa-Tunya.



...was attacked by a lion once.





# The *David Livingstone Centre* in Blantyre, Scotland





# Reformer



*"I will go anywhere,  
provided it is  
forward."*

*David Livingstone*

# The Modern Infrastructure of Zambia

(5 minutes to **Conclusion**)

# “LUSAKA WELCOMES YOU!!!”

**The Freedom Statue**



**“The ‘*Golden Eagle*’ is part of Zambia's emblem:”**

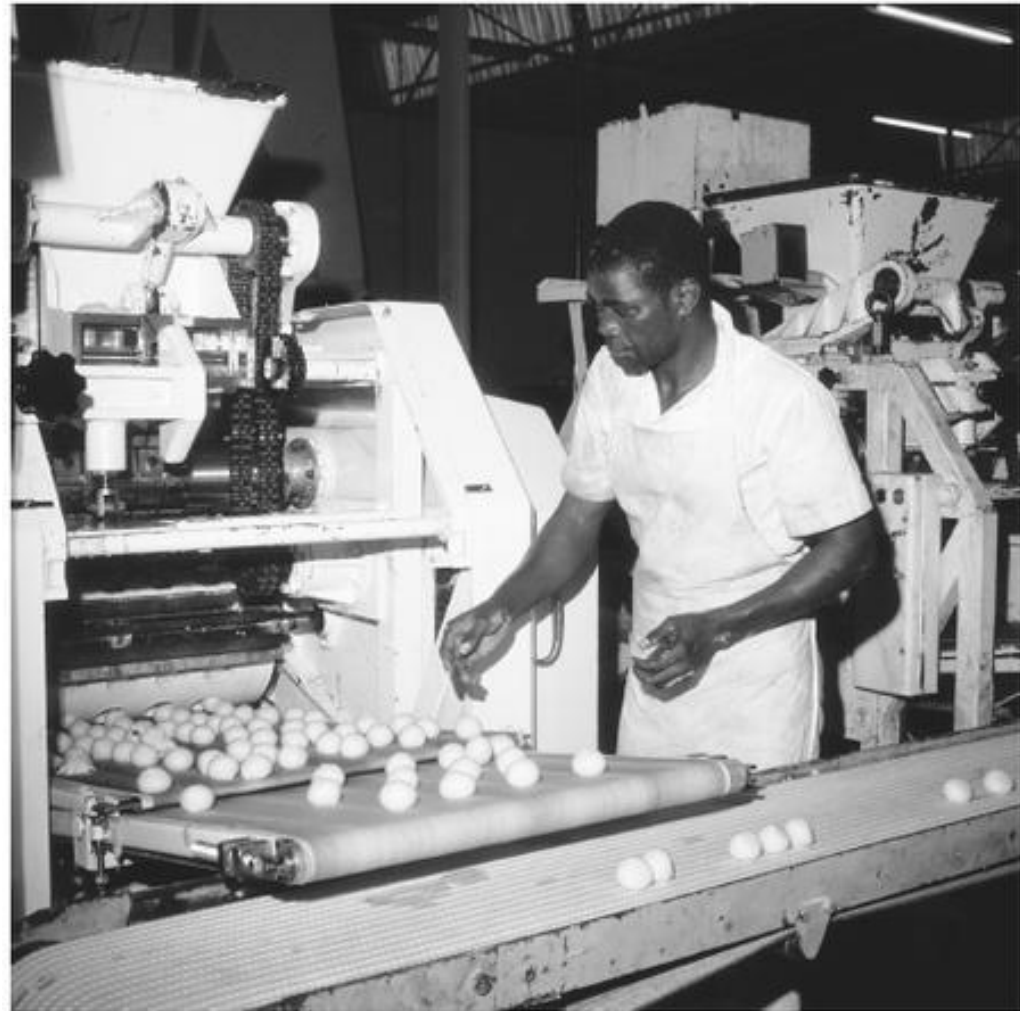




## DID YOU KNOW:

### ZAMBIA IS QUITE A 'BREAD-BASKET' TOO!!!

Zambia and Ukraine have pledged to supply drought-stricken Zimbabwe with 650,000 metric **tonnes** of maize. Zambia will provide 150,000 metric tons while Ukraine will provide 500,000 metric tons. Zambia's corn crop yield will be down 30%, while South Africa the continents largest grain producer will be down 39% as it suffers the worst drought in 18 years, due to EL Nino bad weather.<http://zambianeye.com/archives/43455>



**CHIKANDA\_** a *Bemba* delicacy 😊))





“Be it Ukraine-Zimbabwe aid agreement...;  
Be it Zambia-Zimbabwe relations, ... .”





“Would you let my  
'Faith' *have* the final  
word? ...thank you?”

...you've **so-0-0** got to read 1  
John 3 :))).

It is such a practical chapter on  
'love' s. th. some believers have  
dubbed it the '***Litmus test***' for a  
truly converted individual.

**Plus**, this book seems to  
,somewhat, pre-date all form of  
etiquette and social ethics of our  
time)))





