



Americano wazola dia mwamba-
nguba e tuku ku Kongo dia Ntontela

Nguba Peas

Although nguba peas are firmly established as a South American crop, in the United States they are closely tied to the heritage of African Americans. In fact, nguba is an African word which came to be pronounced goober, which is one of the many names for the all-American peanut. And they really are peas, or legumes, and grow underground rather than in trees. They are also called ground nuts and come in three basic varieties: Virginias, runners, and Spanish peanuts.

How Americans came to eat 2.4 billion pounds of peanuts each year, most of it by way of peanut butter and jelly sandwiches, is an incredible story that spans five continents and more than 500 years of international trade. It was in Africa that farmers took full advantage of the low production costs and high nutritional value of the crop, and Africans brought peanuts with them as they were shipped to America.

Peanuts are a terrific dietary staple. Research indicates that people who eat peanuts regularly may be lowering their risk of heart disease, as peanuts naturally contain no cholesterol. They are high in protein (one ounce provides 13 percent of the recommended daily allowance) and contain mostly beneficial unsaturated fats. One small handful of peanuts contains two grams of fiber, or 9 percent of the fiber you need each day! These nutrition facts come from Georgia's Peanut Institute, a nonprofit organization dedicated to expanding our knowledge of peanuts.



Mafé (Peanut Butter Stew)

In the West African nation of Senegal, this traditional stew is also made with meat — either lamb or beef. Here is an adaptation of one in Jessica B. Harris's *The African Cookbook* (Simon & Schuster, 1998) and printed in *Saveur* magazine.

Season chicken with salt and pepper. Heat oil in a heavy medium pot over medium heat. Working in batches, lightly brown chicken all over, then transfer to a bowl as done. Add onion to pot and cook, stirring often with a wooden spoon, until soft, about 5 minutes.

Combine peanut butter and 1 1/2 cups cold water in a small bowl. Combine tomato paste and 2 cups hot water in another bowl. Stir peanut butter and tomato paste mixtures into pot, scraping any browned bits stuck to bottom of pot with the spoon.

Return chicken to pot and stir well, then add carrots, thyme, and bay leaves. Reduce heat to medium low, cover, and simmer, stirring occasionally, until chicken is tender, or about 1 hour. Adjust seasonings. Remove thyme and bay leaves. Serve stew with hot, cooked white rice, if you like.

Ingredients

Serves 4

- 1 3-to-4-pound chicken, cut into 8-10 pieces
- Salt and freshly ground black pepper
- 3 tbsps. peanut oil
- 1 large yellow onion, peeled and minced
- 1 cup smooth natural peanut butter
- 1/3 cup tomato paste
- 5 carrots, peeled, trimmed, and cut into 1-inch pieces
- 3 sprigs fresh thyme
- 2 bay leaves