

More Popular Foods in Zimbabwe

English translation:

I: What kind of food is usually eaten in the country?

M: Most Zimbabweans eat *sadza*.

I: What is *sadza*? How do you prepare it?

M: *Sadza* is a thick paste that is made from corn. The corn is ground into a powder to make corn meal. When you prepare *sadza* you first boil water, then add the corn meal to the water and let the thin paste simmer. After it has simmered for a while you then add more corn meal and let it cook for sometime. Then the *sadza* will be ready to eat. The *sadza* can be eaten with different kinds of vegetables. In Zimbabwe there are many different kinds of vegetables— *covo*, *chemberedzagumana*, *nyeve* are some types of locally grown vegetables found in the country. In addition to vegetables, *sadza* is also eaten with meat. The most popular meat in the country is beef because Zimbabwe is a Southern African country which has a history in pastoralism. Zimbabweans reared cattle more than any other animal, and so beef is a popular meat.

I: What are the mealtimes like in Zimbabwe? How many times a day do you eat?

M: In Zimbabwe we eat three times a day. We have breakfast in the morning— usually children have porridge made from corn meal mixed with peanut butter. Adults drink tea with bread. In the afternoon people have lunch. Here people eat *sadza* with maybe sour milk. Then in the evening we have the most important meal, dinner. Here we have *sadza* with meat and vegetables. So this is how we eat in Zimbabwe: three times a day.

I: What is sour milk?

M: This is milk that is obtained from a cow and fermented at high temperatures (without adding anything else) to make it thick enough to eat with *sadza*. (The curd of the fermented milk is used, not the whey.)

I: And then you eat this with *sadza*?

M: Yes.

I: Ok, thanks.

About CultureTalk: CultureTalk is produced by the Five College Center for the Study of World Languages and housed on the LangMedia Website. The project provides students of language and culture with samples of people talking about their lives in the languages they use every day. The participants in CultureTalk interviews and discussions are of many different ages and walks of life. They are free to express themselves as they wish. The ideas and opinions presented here are those of the participants. Inclusion in CultureTalk does not represent endorsement of these ideas or opinions by the Five College Center for the Study of World Languages, Five Colleges, Incorporated, or any of its member institutions: Amherst College, Hampshire College, Mount Holyoke College, Smith College and the University of Massachusetts at Amherst.

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