Recipe by Barbara Lagazzele
Congoese Traditional Dish: *Makayabu Na Fumbwa* - Salt Fish with wild spinach

Difficulty Level: Easy  
Prep Time: 20 mins  
Cook Time: 35 mins  
Total Time : 55 mins  
Yield: 5 Servings

**Ingredients**
- Dried and Salted fish (pollock or codfish)
- Bantu Tastes Fumbwa : 1/2 pack
- Bantu Tastes Chikwangue : 2 pack
- Bantu Tastes Safou : 1 pack
- Vegetable oil : 1/2 cup
- Flour : 1/2 cup
- Garlic : 5 cloves
- Scallion : 3
- Red Onion : 1 big
- White Onion : 2 medium
- Tomatoes : 4
- Peanut Butter : 2 table spoon
- Water : 1/4 gallon
- Dry powder cayenne pepper or any hot pepper of your choice : 1/4 tea spoon

**Instructions**

*Step 1: The Fish*
Sock the fish overnight in water to reduce the salteness and rinse it.  
Boil the fish for 10 min and remove it from the water.  
Dip the fish pieces in the flour and start to fry them few minutes each side till the golden color appears.

*Step 2: The Tomato Sauce*
Chop all vegetables.
Let the oil sizzle then place the chopped onions and let them become almost translucent. Then add the chopped tin tomatoes and stir few seconds.

**Step 3: The Peanut Butter Sauce**
Cook on low heat for few minutes the scallion and garlic then add the peanut butter. Stir few minutes and add little bit of water time to time to make sure the peanut butter don’t stick to the bottom of the pot.

**Step 4: Mixing**
Once the peanut butter change color you can add the cooked tomato sauce and the fish and mix everything together for few minutes.
Rinse the Fumbwa and add it to your preparation and stir time to time. Let it cook few minutes.

**Sides**
*Defrost completely the chikwangu and the safou.*

*Chikwangu:* Steam your chikwangu for 30 minutes
*Safou:* Steam your Safou for 5 minutes

Serve everything together....Et voila Bon Appetit!