

IWISA NO.1 SAMP & CHICKEN FEET STEW RECIPE CARD

INGREDIENTS:

25 cups Iwisa No.1 Samp, approx. 4,7 kg

5 kg cleaned chicken feet

10 onions, chopped

10 tomatoes, chopped

10 tsp curry powder

10 tbsp flour, optional to thicken

Salt to taste, start with 10 tsp and adjust

Pepper to taste, start with 5 tsp and adjust

Paprika to taste, start with 5 tsp and adjust

Oil for frying, about 10-20 tbsp, depending on pot size; use as needed

METHOD:

1. Prepare the samp: In one or more large pots, add the 25 cups of samp and cover with plenty of water (about 2-3 times the volume). Bring to a boil, then reduce to a simmer and cook until soft (about 1-2 hours, stirring occasionally and adding water if needed). If pre-soaking overnight, this step will be faster. Drain if excess water remains but keep it moist.

2. Prepare the chicken feet: Clean the 5 kg chicken feet thoroughly (remove any nails or outer skin if not already done). In separate large pots, add the feet and cover with water. Bring to a boil, then simmer until soft (about 1-1.5 hours). Skim off any foam that rises. Drain once tender, reserving some cooking liquid if you want to thin the stew later.

3. Make the base: In additional large pots or Dutch ovens, heat the oil over medium heat (divide evenly). Fry the 10 chopped onions until softened and translucent (about 5-8 minutes). Add the 10 chopped tomatoes and cook until they break down into a sauce (another 5-10 minutes).

4. Season: Stir in the 10 tsp curry powder, salt, pepper, and paprika to taste. If using, mix the 10 tbsp flour with a little water to make a slurry and add it here to thicken the mixture.

5. Combine and simmer: Add the boiled chicken feet to the pots with the onion-tomato base. Stir well, adding a bit of reserved chicken cooking liquid if needed for consistency. Simmer on low heat for 20-30 minutes until everything is well combined,

the feet are tender, and the flavours meld.

6. Serve: Portion the hot samp into bowls and top with the chicken feet stew. Enjoy!