

**PATIENCE CHIRISA**



**BLACK**

**HISTORY**

**MONTH**

YESTERDAY, TODAY, TOMMOROW

# ABOUT ME

**Chef Patience Chirisa is Canada's culinary expert when it comes to African cuisine.**

Born in Zimbabwe, Patience wears many hats: Mother, Grandmother, Chef, recipe developer, culinary arts instructor, food and wine pairing expert, lifestyle writer, analyst, among many others.

Patience brings her vivacious, festive style of cooking and demonstrating culinary skills to Wine Dine Africa: the magazine, the Rogers TV programme, and now the book! **WINE DINE AFRICA** coming to a bookstore close to you soon December 6th 2021.

With a penchant for breaking barriers, Patience has cooked for countless weddings, churches, celebrities and the less fortunate . She teaches cooking classes at various locations including CTV, Harbourfront, Longos Canada and Loblaws Canada, yet remains grounded and focused. She has a passionate love affair with African foods that span the continent, from Morocco to South Africa.

Patience's unofficial motto is "**Fresh, Local, Seasonal, Organic.**" Her recipes blend traditional African ingredients with flavours familiar to Canadian, U.S., and worldwide . She trusts in the power of good food to unite people. She believes sharing easy-to-prepare recipes can spread the joy of African cooking across all cultures and ethnicities.

Patience feels called to present the continent of her birth, its diverse people, and it's delicious cuisine in the best light she can. Un addition Patience HAs written a Children Book series which you may purchase at <http://www.zaandzoey.com>

## **CLASS SUBMISSION**

### **Southern African Comfort**

The African way to eat this dish is to scoop up the sadza with your hand and to dip it or roll it in the accompanying short rib or oxtail stew. We start the class with this dish similar to polenta or grits . The very fine ground cornmeal is mixed with boiling water to form a thick porridge, which is then called Sadza in the Shona language. This is eaten with stewed vegetables and meats.

### **An Evening In Africa**

Your fabulous feast begins with a bowl of the ever popular requested African Peanut Soup then get ready as we prepare a Grilled Lamb Chops with Jasmine Rice and fresh pita Chips.

### **Simple African Food**

For this class we are introducing bunny chow popular in South Africa as street food and you can even find this at most upmarket restaurants and hotels countrywide. This hollowed-out half- or quarter-loaf of white bread is filled with a blistering-hot curry is one of South Africa's most treasured street foods. This simple but tasty dish is sure to delight. And for dessert, a simple but refreshing strawberries with balsamic vinegar

# Sadza



Sadza is the staple food of Africa and presented several ways. I look forward to sharing this recipe with you .

# African Peanut Soup



# Grilled Lamb Chops



# Grilled Lamb Chops

