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Celtnet Recipes — The Recipes of Angola, b Page

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Welcome to **Celtnet Recipes**,

the home of on-line food and Recipes.

19 300 recipes, 10 free historic cookery books 180 wild foods



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Just think, a typical recipe book is \$9.99 and you get 500 recipes. This site gives you the equivalent of almost 40 recipe books... and more. If you want to help, then you can learn more about this campaign's aims on the Free Celtnet Recipes page or join the discussion at #HelpCeltnetRecipes. Follow us @celtnetrecipes. Go over to the Free Celtnet Recipes page and you can download a FREE Halloween recipes eBook there is also an unit converter you can add to your own site or blog.



Welcome to the Celtnet Recipes section for recipes from the Central African country of Angola. Here you will find all the recipes from Angola on this site all gathered into one place. I have attempted to gather together here as many Angolan recipes as possible. The current collection represents the largest gathering of Angolan recipes into one place on the web today. (Just scroll down for the recipes, they follow the brief introduction to Angola given below.)

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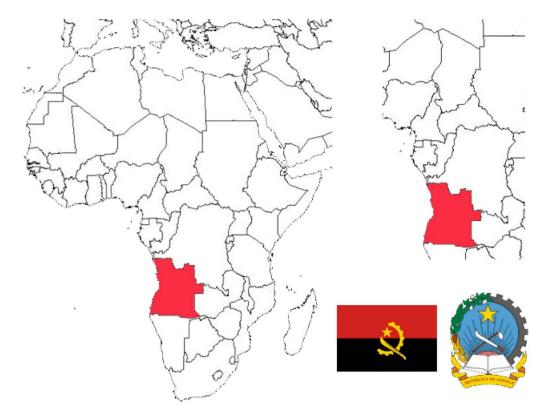
attempts to make available a number of ancient texts (particularly those relating to recipes) available for free on this site.

Your donations keep this site going and they keep me motivated to add more and more content to the site as well.

You can also browse recipes from the following other African Regions:

North Africa West Africa Central Africa **East Africa** Southern Africa

Angola and its Cuisine



Angola, officially: República de Angola; Republika ya Ngola; Republic of Angola A former Portuguese colony, it has considerable natural resources, among which oil and diamonds are the most significant. The capital and largest city is Lwanda and independence from Portugal was gained on November 11, 1975. Angola was ruled by Portugal and both countries share cultural aspects: language (Portuguese) and main religion (Roman Catholic Christianity). But since most Angolans are blacks, the Angolan culture is mostly native Bantu which was mixed with Portuguese culture.

The Portugese colonized Angola for almost four centuries and their influence on Angloa's cuisine has been subtle but pervasive. The Portuguese brought the European sense of flavouring with spices and techniques of roasting and marinating to the traditional Angolan foods. These influences blended with the local cuisine and produced interesting <u>new recipes</u>. Sea food is a common part of the diet as are cassava, yams and sweet potatoes. The cuisine of Angola can be called a 'rainbow cuisine' because it has integrated influences from India, Malaya and Europe.

The alphabetical list of recipes from Angola follows (limited to 100 recipes per page). There are 47 recipes in total:

<

Abobora de Camarao

(Prawn Abobora)

Origin: Angola

Angolan Feijoada

Origin: Angola

Calulu de Peixe

(Fish Calulu)

Origin: Angola

Camarões Grelhados

(Grilled Prawns)

Origin: Angola

Camaro Grelhado com Mohlo Cru

Guisado de Choco com Sementes de

Gergelim

(Cuttlefish Stew with Sesame Seeds)

Origin: Angola

Kibeba de Angola

Origin: Angola



Boio de Ananas

(Angolan Pineapple Cake)

Origin: Angola

Caçarola de Frango com Cominho

(Chicken Casserole with Cumin)

Origin: Angola

Cafréal de Cordeiro

(Lamb Cafréal)

Origin: Angola

Cafréal de Poulet

(Chicken Cafréal)

Origin: **Angola**

Calulu Carne Seca

(Dried Meat Calulu)

Origin: Angola

Calulu de Cabara

(Goat Meat Calulu)

Origin: Angola

(Grilled Prawns with Raw Sauce)

Origin: Angola

Canja de Angola

(Angolan Canja)

Origin: Angola

Chicken Muamba

Origin: Angola

Chicken with Okra

Origin: Angola

Cocada Amarela

(Yellow Coconut Pudding)

Origin: Angola

Coconut Dessert Sauté

Origin: Angola

Corn and Rice Bread

Origin: Angola

Cosa-Cosa Camarão

(Hot-Hot Prawns)

Origin: Angola

Creme de Frango com Amendoim

(Cream of Chicken with Peanuts)

Origin: Angola

Ensopado Amendoim Kizaka

(Kizaka Peanut Stew)

Origin: Angola

Esparregados de Bacalhau

(Cod Esparregados)

Origin: Angola

Frango Grelhado Piri Piri

(Grilled Chicken with Chillies)

Origin: Angola

Funje

(Cassava Flour Porridge)

Origin: Angola

Kizaka with Palm Oil

Origin: Angola

Lagosta e Caranguejo

(Lobster and Crab)

Origin: Angola

Lemon Salad

Origin: Angola

Mandioca Fritata

(Fried Cassava)

Origin: Angola

Moqueca de Camarão

(Prawn Stew)

Origin: Angola

Muamba de Cabara

(Goat Meat Muamba)

Origin: Angola

Muamba de Galinha

(Angolan Chicken Muamba)

Origin: Angola

Mufete de Causo

(Grilled Tilapia with Onion and Chilli Sauce)

Origin: Angola

Mufete de Sardinha

(Grilled Sardines with Onion and Chilli Sauce)

Origin: Angola

Palm Oil Beans

Origin: Angola

Papaya with Port Wine

Origin: Angola

Pudim de Pão

(Bread Pudding)

Origin: Angola

Quizaca

(Cassava Leaf Stew)

Origin: Angola

Calulu de Camarão

(Prawn Calulu)

Origin: Angola

Guisado de carne de porco com

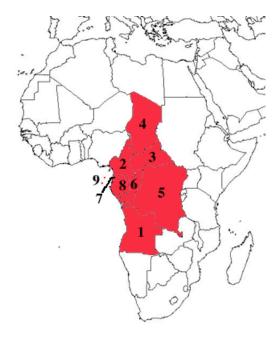
Amêijoas

(Pork Stew with Cockles)

Origin: Angola

Couldn't find what you were looking for? Search the web:





The image above shows the entire continent of Africa with Central Africa picked out in red. Central Africa is formed from nine states:

1: Angola; 2: Cameroon; 3: Central African Republic; 4: Chad; 5: Democratic Republic of the Congo; 6: Republic of the Congo; 7: Equatorial Guinea; 8: Gabon; 9: São Tomé and Principe.

This list of Angolan recipes is brought to you by the **One Milion People Campaign** that aims to make a range of ancient books freely available on the web. If you can, please take the time to make a small donation to help keep this site running (all donations are made securely via PayPal):



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Review of 'Leiths Cookery Bible'

By gwydion | Published 2008-04-15 18:54:39 | 2008 Recipes and Cookery Articles |

Recipe Information: 66

Prue Leiths' 'Leiths Cookery Bible' is one of those books that you never new you couldn't do without. It is the one cookery book that you need on your bookshelf (not that it will stay there very long). To find out why this book is so indispensible why not read the review now?



Quick Smoked Salmon Recipes

By Matthew Monnette | Published 2011-11-25 13:05:47 | 2011 Recipes and Cookery Articles |

Recipe Information: 35

There are plenty of smoked <u>salmon recipes</u> that you can try. The smokey flavor and its flaky pink meat can be made toppings for cold salad or it can be a replacement for bacon bits for carbonara.

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Best Way to Deliver Cupcakes and Christmas Cupcake Idea

By Rick Quatraro | Published 2011-11-20 06:59:26 | 2011 Recipes and Cookery Articles |

Recipe Information: 115

How to make a Christmas Bulb Cupcake, cinnamon marshmallow frosting and answers to important cupcake questions like how to freeze frosted cupcakes, how long do cupcakes last and the best way to transport cupcakes. Professional cake and cupcake decorator Leigh Wyryha stops by to share her secrets in this exclusive interview.

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Valentine's Day Recipes

By gwydion | Published 2010-03-23 10:29:18 | 2010 Recipes and Cookery Articles |

Recipe Information: 35

February 14th, St Valentine's day is the day for lovers. The recipes given here will help your special Valentine's day celebration go with a swing.

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K Cups Are Convenient And Fast

By Jenny Tompsona | Published 2011-12-03 12:49:47 | 2011 Recipes and Cookery Articles |

Recipe Information: 114

The use of k cups makes brewing coffee fast and easy. Learn more about k cups.

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Who Moved My Coffee Bean?

By Ray Forrest | Published 2011-12-07 09:50:46 | 2011 Recipes and Cookery Articles |

Recipe Information: 56

By choosing to drink organic fair trade coffee you will be directly contributing to the maintenance of a sustainable society. However, in order to truly understand this amazing concept you must first unravel the true meaning behind organic and fair trade coffee.

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The Top 5 Organic Food Trends For 2011

By Ray Forrest | Published 2011-11-24 17:54:54 | 2011 Recipes and Cookery Articles |

Recipe Information: 56

Organic food is basically food that is produced in such a way that it will not be contaminated by chemicals and pesticides. More and more people are becoming interested in this type of food, as it is quickly rising in popularity within the food and beverage industry.

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Buy Gas Cookers And Cook Appealing Meals Easily For Your Relatives

By Michel Gerard | Published 2011-11-15 08:05:13 | 2011 Recipes and Cookery Articles |

Recipe Information: 114

Although most people adore electric stoves as they are fast, gas cookers are a life saver if there is an electric blackout. When storm season comes around then using a gas cooker can be truly helpful.

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Cooking with Hazelnuts - Hazelnut-based Recipes

By gwydion | Published 2008-10-15 18:38:04 | 2008 Recipes and Cookery Articles |

Recipe Information: 56

Hazelnuts are an important part of the Autumn's bounty and humans have been collecting and harvesting them for many thousands of years. Today, however, we tend to use them only as nuts and do not cook with them. To re-dress the balance, here is an introduction to hazelnuts along with some hazelnut-based recipes for you to try at home.

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Many Herbal Blends Are Made By Tazo Tea

By Jenny Tompsona | Published 2011-12-13 03:29:26 | 2011 Recipes and Cookery Articles |

Recipe Information: 113

Tazo Tea creates many great tea blends. Learn more about the company.

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