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Celtnet Recipes – The Recipes of Angola, b Page

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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.)

Please not that this recipe page (and all the other recipe pages on this site) are brought to you in association with the 'One Million People' campaign, which 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.

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Angola and its Cuisine



Angola, officially: República de Angola; Repubilika 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 [new recipes](#). 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**

[Arroz de Coco e Papaya](#)
(Papaya)

[Arroz Integral com Manteiga de Amendoim e Bananas](#)
(Manteiga and Bananas)

[Arroz Verde](#)

[Assola de Maiz](#)

[Bachatu Gomes](#)

[Biscoitos De Mel](#)

Origin: Angola

[Bolo de Ananás](#)

(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**

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Recipe Information: [66](#)

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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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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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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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Recipe Information: [113](#)

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