

## RECIPES IDEAS

### TOOTHACHE PLANT

Recipe of ROMAZAVA,  
traditional Madagascan dish



#### Ingredients:

#### For 4 to 5 persons:

- 15 mL of oil
- 1 kg of beef for stew (knuckle)
- 1 minced garlic
- 1 chopped little onion
- 500 g of toothache plant
- 3 to 4 slivers of ginger
- 1 grinded fresh tomato
- Salt and/or pepper



#### Preparation:

Boil the oil and add the meat. Add garlic, onion, ginger and tomato. Salt and pepper and then submerge the meat with water. Boil during 7 to 10 minutes and skim regularly. Low down the fire, cover and simmer during 45 minutes to 1 hour. Add toothache plant and cook 10 to 20 minutes more. Serve with white rice.