



MADAGASCAR

# Tastes of Madagascar

*A collection of laoka recipes served by WCK field kitchens  
during the Madagascar emergency response*

5

TRADITIONAL RECIPES

# What is Laoka?

In Madagascar, every meal begins with Vary — the beloved steamed white rice that anchors daily life on the island. Alongside it comes laoka: the flavourful stews and sauces that bring nourishment, colour, and community to the table.

During the Madagascar emergency response, WCK field kitchens prepared these traditional dishes to feed thousands of people each day — honouring local tastes and culture while delivering critical nutrition. Each recipe in this collection was served directly , scaled from portions for 200,000+ people down to your family table.

Vary

Akoho Gasy

Hen Omby  
Matavy

Saucisse  
Voanjobory

Ondry Sauce

# Vary

## Malagasy Steamed White Rice

*The heart of every Malagasy meal — the essential base for all laoka.*

6–8  
SERVES



### INGREDIENTS

- 600g long-grain white rice
- 1,100ml water
- 1 tsp salt

### METHOD

1. Rinse rice under cold water until water runs clear. Drain well.
2. Combine rice, water and salt in a heavy pot. Bring to a rolling boil.
3. Reduce to lowest heat, cover tightly and cook 18 minutes. Do not lift the lid.
4. Remove from heat and rest, covered, for 10 minutes.
5. Fluff with a fork and serve immediately with your choice of laoka.

♦ WCK field kitchens serve 200g of cooked rice per person, prepared in 60-litre pots to feed hundreds each day.



# Akoho Gasy

*Malagasy Braised Chicken*

*Slow-cooked chicken with ginger, garlic and ripe tomatoes  
— comfort food at its most nourishing.*

6–8  
SERVES



## INGREDIENTS

- 1.4kg bone-in chicken pieces
- 3 onions, finely chopped
- 6 garlic cloves, minced
- 40g fresh ginger, grated
- 4 ripe tomatoes, roughly chopped
- 3 tbsp neutral oil
- 250ml water or chicken stock
- Salt & black pepper to taste
- 3 green onions, sliced, to garnish

## METHOD

1. Season chicken all over with salt and pepper.
2. Brown in batches in hot oil, 4–5 min per side. Set aside.
3. Cook onions in the same pot until golden (6 min). Add garlic and ginger, stir 2 min.
4. Add tomatoes. Cook until a thick sauce forms, about 8 minutes.
5. Return chicken, add stock. Simmer covered 35–40 min until tender.
6. Garnish with green onions and serve over Vary.

◆ *For the most authentic result, use free-range chicken. This dish improves overnight — ideal for preparing ahead.*



# Hen Omby Matavy

*Malagasy Braised Beef Stew*

*A celebratory dish of tender beef slow-braised until silky  
and richly sauced.*

6–8  
SERVES



## INGREDIENTS

- 1.2kg beef chuck, cut into 5cm cubes
- 3 onions, finely chopped
- 5 garlic cloves, minced
- 30g fresh ginger, grated
- 4 ripe tomatoes, chopped
- 3 tbsp neutral oil
- 400ml beef stock or water
- 2 tsp salt, 1 tsp black pepper
- Fresh parsley to garnish

## METHOD

- 1.** Season beef with salt and pepper. Sear in batches until deeply browned. Set aside.
- 2.** Cook onions until golden (7 min). Add garlic and ginger, stir 2 min.
- 3.** Add tomatoes. Cook until thick and jammy, about 10 minutes.
- 4.** Return beef. Add stock — liquid should come halfway up the meat.
- 5.** Cover and braise on low heat for 1 hour 30 minutes, turning halfway through.
- 6.** Uncover, simmer 10–15 min to thicken. Serve over Vary with fresh parsley.

♦ *The key is a long, low braise — patience transforms tough cuts into something silky and extraordinary. WCK serves 150g of cooked beef per person.*



# Saucisse Voanjobory

*Malagasy Black-Eyed Pea Stew*

*A uniquely Malagasy plant-based dish — earthy, warmly spiced, and deeply satisfying.*

6–8  
SERVES



## INGREDIENTS

- 500g dried black-eyed peas
- 2 onions, finely chopped
- 4 garlic cloves, minced
- 20g fresh ginger, grated
- 3 ripe tomatoes, chopped
- 3 tbsp neutral oil
- 1 tsp turmeric, 1 tsp cumin
- 700ml water
- Salt, pepper & fresh coriander to finish

## METHOD

1. Soak black-eyed peas overnight in cold water. Drain and rinse.
2. Boil soaked peas in fresh water 30–40 min until just tender. Drain.
3. Cook onions in oil until golden. Add garlic, ginger, turmeric and cumin.
4. Add tomatoes and cook until collapsed into a thick sauce, about 8 minutes.
5. Add cooked peas and water. Simmer uncovered 20 min until sauce coats the peas.
6. Adjust seasoning, garnish with coriander and serve over Vary.

◆ *Black-eyed peas (voanjobory) are native to Madagascar and a cornerstone of the local diet. WCK serves 180g per person as the plant-based protein option.*



# Ondry Sauce

*Malagasy Braised Lamb*

*A festive braised lamb with ginger, tomato and a warming touch of cinnamon.*

6–8  
SERVES



## INGREDIENTS

- 1.2kg bone-in lamb shoulder or leg
- 3 onions, finely chopped
- 5 garlic cloves, minced
- 35g fresh ginger, grated
- 4 ripe tomatoes, chopped
- 3 tbsp neutral oil
- 350ml water or stock
- ½ tsp ground cinnamon
- 2 tsp salt, 1 tsp black pepper
- Fresh parsley to garnish

## METHOD

1. Season lamb with salt, pepper and cinnamon. Rest 15 minutes.
2. Sear in batches over high heat until deeply coloured. Set aside.
3. Cook onions until golden (7 min). Add garlic and ginger, stir 2 min.
4. Add tomatoes. Cook until thick and jammy, about 10 minutes.
5. Return lamb. Add stock. Braise covered on low heat for 1 hour 15 min.
6. Uncover, reduce sauce 10–15 min. Serve over Vary with fresh parsley.

◆ *Lamb is reserved for celebrations in Madagascar. The cinnamon is subtle but essential — it gives Ondry Sauce its distinctive warmth.*

