

# KENYAN RECIPES

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## Chicken Stew

The chicken stew is a **delicacy** all across Kenya. Here's how to *prepare* it



### | Ingredients

Kienyeji chicken

Garlic

Ginger

Onion

Tomatoes

Salt to taste

C. oil

### | Procedure

1. Boil the chicken with salt, garlic and ginger till tender.
2. In a pan heat c.oil till hot.
3. Add your boiled chicken in batches. Fry till brown.
4. In a sufuria fry onion till it starts browning.
5. Add in your chicken and stir.
6. Add blended tomatoes and cover the sufuria.
7. Cook under low heat till tomatoes are fully cooked.
8. Add little water. Let it simmer for some minutes.
9. Garnish with dhania.

