



“Emere Yona”

... of traditional restaurants.

... of staple foods include a mix of all or many of the following: Posh
 ... to, pumpkin, yam, chapati, cassava, matooke and so on.

... ces (relishes) ...

... (vegetables) would go with a sauce, beans, some pasted ...
 ... sort

... nyoswa, which is raw groundnut ground ...
 ... sauce to add to fish, chicken or meat. This makes the pink color ...
 ... and quality ...

... made nakati, sukuma wiki, cabbage, entula, katunkuma (sm ...

...

... steamed in banana leaves: it has been considered ...

...

... (collard greens) is an East African dish cooked with onions and ...
 ... macrocarpon) is an African baby egg plant
 ... are also used ...