

# chakula chetu



## ESHIBAMBALA (Smoked Fish)



### INGREDIENTS

- 2 medium sized dried fish
- 1/2 cup of *musherekha* (indigenous tenderizer)
- 1 medium sized onion
- 1/2 tablespoons of salt
- 1 1/2 litres of water
- 1 spoon of butterfat



### PREPARATION

1. Wash the fish with warm water
2. Put in a cooking pot
3. Add water and *musherekha*
4. Allow to cook for 20 minutes.
5. Add the salt
6. Slice the onion and add to the cooking pan together with butter fat
7. Allow it to cook for 20 minutes
8. Serve with ugali made from millet



### NUTRITIONAL BENEFITS:

#### Fish:

Fat, sodium, potassium, proteins, vitamin A, B6 calcium and magnesium