

# chakula chetu



## BOILED COW LEG (Silenge) (Gekochtes Kuhbein)

By Daniel Biketi



### INGREDIENTS

- 1 cow leg
- 2 jugs of water
- 3 table spoon full salt



### PREPARATION

1. Roast the cow's leg on low heat to burn the fur
2. Scrap off the fur using a knife
3. Cut into small pieces
4. Wash and put pieces in a cooking pan.
5. Add water, salt and boil at high temperature for 1 ½ hours until well cooked
6. Serve hot with Ugali (cornmeal mush), sweet potatoes or mashed bananas



### NUTRITIONAL BENEFITS:

**Beef:** Vitamin B6, iron, magnesium, fat