

chakula chetu



BAMBOO SHOOTS (*Kamalea*)

By Rose Silali



INGREDIENTS

- 6 strips of tender bamboo shoots (*kamalea*)
- 1/4 glass of indigenous *musherekha* (tenderizer)
- 1/4 teaspoon of salt
- 2 medium sized onions
- 3 medium sized tomatoes
- 1 glass of ground groundnuts
- 150 gms of lard (*kamafura kamesache*)



PREPARATION

1. Boil the strips of kamalea for 30 minutes to remove the top layer
2. Cut the strips into small pieces
3. Fry onions until golden brown
4. Add tomatoes
5. Add ground groundnuts
6. Boil for 5 minutes
7. Serve hot with ugali (white or brown) and *bufuke* (mashed potatoes and beans)



NUTRITIONAL BENEFITS:

Vitamin C and phosphorous