

chakula chetu



BOILED BLOOD (Kamalasile) (Gekochtes Blut)

By Margret Sikuku



INGREDIENTS

- 1 litre of cow blood
- 1 bunch of spring onion
- ½ liters of fresh milk
- ½ liters of indigenous *musherekha* (tenderizer)
- 1 teaspoon of salt



PREPARATION

1. Boil the tenderizer solution
2. Add blood and salt
3. Allow to cook for 15 minutes
4. Add milk and cook for 10 minutes
5. Add onions and cook until dry
6. Serve hot and eat plain or with Ugali (cornmeal mush)



NUTRITIONAL BENEFITS:

Rich in protein, iron

