

chakula chetu



BOILED NARROW LEAF (Emiroo)

By Anita Omulisia



INGREDIENTS

- 2 handfuls of *emiroo* (boiled narrow leaf)
- TT3/4 litre of water
- A pinch of salt
- 250 mls of indigenous *musherekha* (tenderizer)
- 250 mls of cream/milk
- 250 gms of ground sesame/groundnuts
- Bunch of spring onions



PREPARATION

1. Wash the *emiroo* leaves
2. Pluck the leaves from stalks
3. Boil water and *musherekha* (tenderizer) for 10 minutes
4. Add a pinch of salt
5. Add vegetables and cover
6. Stir, cover and boil for 15 minutes
7. Add milk, ground sesame, ground groundnuts cream
8. Cut spring onions and add to the vegetables
9. Cook for 3 minutes
10. Serve hot with Ugali (cornmeal mush), sweet potatoes, cassava, arrow roots or boiled green bananas



NUTRITIONAL BENEFITS:

Narrow leaf: Potassium, calcium, magnesium, iron, zinc, phosphorous

Milk/cream: Protein, carbohydrates, sugar and fat