chakula chetu

Indigenous Recipes from the Lake Region of Kenya

2nd Edition

FRIEDRICH NAUMANN FOUNDATION For Freedom.

INTER REGION ECONOMIC NETWORK

CHAKULA**CHETU**

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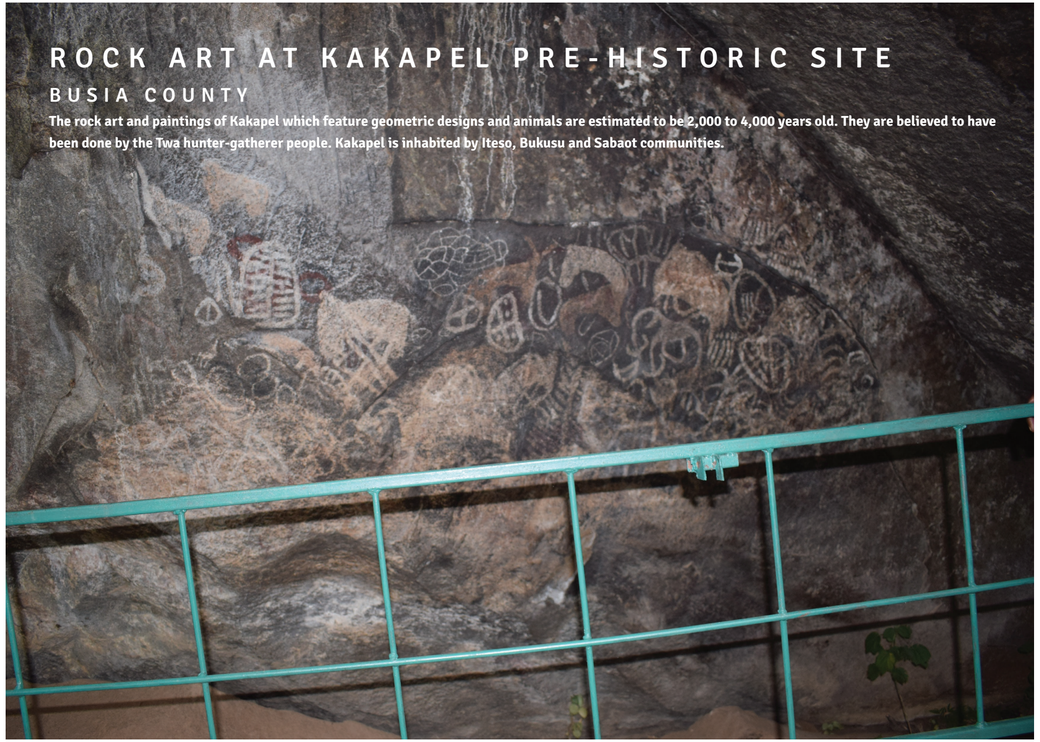

ROCK ART AT KAKAPEL PRE-HISTORIC SITE

BUSIA COUNTY

The rock art and paintings of Kakapel which feature geometric designs and animals are estimated to be 2,000 to 4,000 years old. They are believed to have been done by the Twa hunter-gatherer people. Kakapel is inhabited by Iteso, Bukusu and Sabaot communities.

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Back to the Future

Indigenous Foods can catalyse Rural Economies

Rural economies have a lot to offer their constituents and urbanized counterparts. The situation of rural economies in rich agricultural zones does not necessarily translate to access to cash. Individuals with cash in urban areas may not necessarily have the knowledge on how to prepare indigenous dishes.

This book is meant to activate conversation between rural producers, experts and the urbanite on how to prepare best cuisines from their produce and eat healthy. The production of "Chakula Chetu" is part of the Inter Region Economic Network's (IREN) wider strategy to narrow the gap between smallholder farmer producers and markets. Other activities in support of these are the annual IREN Bukura Trade and Culture Fair now in its 15th year, the IREN Growthpad App and the IREN Innovations Technologies Platform.

I highly appreciate the support of the Friedrich Naumann Foundation for Freedom (FNF) for making this publication possible.

I welcome you to join this journey to position Africa's indigenous foods on everyone's daily menu as part of the food security strategy. Your feedback is very important to us.

James Shikwati,
Founder Director, Inter Region Economic Network (IREN)

Message from Nabongo of Wanga Kingdom

All living creatures, man not being an exception, survive on different kinds of foods in the quest to attain a balanced diet.

African societies have for centuries depended on farming of crops, hunting of animals as well as collecting and gathering of fruits. All these contributed to indigenous foods that supplied the ingredients needed to maintain a healthy body.

Today people who visit hospitals with lifestyle diseases get a prescription to revisit and consume indigenous or traditional foodstuffs ideal for a healthy body.

In conclusion, contents of this vital cookbook should not be treated as a primitive undertaking. The book constitutes a wide range of foods consumed by people of Western and Lake Region of Kenya. I recommend it for readership and actual practice.

I am grateful to everybody who took part in the production of this great piece of work.

His Royal Highness,
Maurice Rapando Wambani,
Nabongo of Wanga Kingdom

THE CRYING STONE OF KAKAMEGA

KAKAMEGA COUNTY

Also known as the Crying Stone of Ilesi, the stoneholds a great cultural and spiritual importance to the Luhya community and the Isukha sub-tribe in particular. It is believed that when the stone cries, it is a good omen signaling bumper harvest. During drought spells, the surrounding community carries out rituals around the stone to persuade the gods to bring rain. It is believed that the Crying stone fought wars for the Luhya community. The Nandis allegedly tried to pull it down to rid the Luhya of immense supernatural powers, without success.

Mushroom Stew (Obwoba)

by Lilian Chitavi

INGREDIENTS

- 100 gms of dried mushroom
- 1 Bunch of spring onions
- 25 mls of *musherekha* (Indigenous Tenderizer)
- 250 mls of fresh milk
- 250 mls of cream
- 1 teaspoon of salt
- 1/2 teaspoon of pepper (optional)

PREPARATION

1. Soak the dried mushroom in warm water
2. Wash for 20 minutes
3. Boil for 1hour and add *musherekha* to soften it
4. While boiling, add the fresh milk as you stir.
5. Allow it to boil for 20 minutes
6. Add the cream, salt
7. Add pepper for seasoning (optional)

Nutritional Benefits:

Mushroom:
Fiber, proteins and vitamins
Milk:
Proteins, carbohydrates, sugar and fat

Green Grams & Sweet Potatoes (Omushenye)

By Bibianne Situma

INGREDIENTS

- 1 cup of greengrams
- 6 sizeable sweet potatoes
- 3 litres of Water
- Salt to taste

PREPARATION

1. Boil the green grams for 40 minutes
2. When almost cooked, add peeled sweet potatoes
3. Boil until cooked.
4. Remove any excess water.
5. Pound or mash until you get a smooth paste
6. Serve with fermented milk

Nutritional Benefits:

Green grams:
Potassium, protein, iron, magnesium, vitamin B6, calcium

Sweet potatoes:
Vitamin A, B6, C, iron, protein, magnesium, carbohydrates and dietary fiber

Dried Termites (Tsiswa)

by Derrick Awir

INGREDIENTS

- 3 cups of live termites
- 1/4 cup of musherekha (Indigenous tenderizer)
- 1/4 cup of water
- 1/4 teaspoon of salt

PREPARATION

1. Soak the termites in a bowl of water for 5 minutes then wash to clean
2. Put the termites on a hot pan with moderate supply of heat and stir until dry.
3. Dry the termites in the sun on a tray for 3-4 hours
4. Winnow to remove any dirt
5. Put the termites on a pan, add 1/4 cup of water and 1/4 cup of *musherekha* then heat to dry while stirring.
6. Add salt while stirring then put out the heat
7. Serve hot with ugali made from millet

Nutritional Benefits:

Termites: Vitamin A, protein, lipid, carbohydrates

Boiled Black Nightshade (Esufuwa)

by Florence Situma

INGREDIENTS

- 4 bunches of black nightshade vegetables
- 300 mls of water
- 200 mls of milk
- 50 gms of cream

PREPARATION

1. Wash the vegetables in clean water
2. Boil them in a pot of water for 20 minutes
3. Add cream and boil for 15 minutes
4. Add water and simmer for 10 minutes
5. Serve with ugali or any other carbohydrate

Nutritional Benefits:

Black nightshade: Vitamin B, C, folic acid, magnesium, potassium, calcium, iron, sodium, zinc

Milk/cream: Protein, carbohydrates, sugar and fat

ELIJAH MASINDE MAUSOLEUM

BUNGOMA COUNTY

Beans and Sweet Potatoes Composite (Omushenye)

by Elizabeth Irusa

INGREDIENTS

- 1 kg of beans
- 2 cobs of maize
- 10 medium sized sweet potatoes
- A pinch of salt

PREPARATION

1. Shell the maize,
2. Wash the beans
3. Mix the maize and beans and boil in water until tender
4. Peel the sweet potatoes and chop into sizeable pieces
5. Add the sweet potatoes to tender maize and beans mixture, add salt, and boil again until the potatoes are ready.
6. Drain excess water
7. Simmer and mix
8. Allow it to cool before serving

Nutritional Benefits

Sweet potatoes: Vitamin A, B6, C, iron, protein, magnesium, carbohydrates and dietary fiber

Beans: Potassium, protein, calcium, magnesium, iron and carbohydrates

Smoked Beef (Shihango)

by David Keya

INGREDIENTS

- 1kg of meat
- 1/4 cup of *musherekha* (indigenous tenderizer)
- 2 bulb onions
- 1/4 cup cooking oil
- 3 tablespoons of salt
- 3 cups of water

PREPARATION

1. Wash the meat and sprinkle with salt
2. Dry using low heat for seven days
3. Cut into small pieces
4. Put in a cooking pan and add water
5. Boil for 1 1/2 hrs.
6. Cut the onions and add to the meat while still damp.
7. Add cooking oil and *musherekha* at a go
8. Boil for 10 minutes
9. Remove and serve hot with ugali

Nutritional Benefits

Beef: Vitamin B6, Iron, magnesium and fat

Jute & Cowpeas Leaves Mix (Omurere and Likhubi)

by Mercy Akinyi

INGREDIENTS

- 4 bunches *omurere*
- 2bunches *likhubi* (cowpeas leaves)
- 1 tablespoon of salt
- 1/2 litre milk
- 2 tablespoons of cooking oil
- Onions leaves
- 1/2 cup of water
- 1/2 cup of *musherekha* (indigenous tenderizer)

PREPARATION

1. Wash the vegetables together and cut
2. Pour 1 1/2 cups of water in a sufuria or cooking pot and heat
3. Allow the water to boil for 5 mins and then add *musherekha*
4. After 1 minute, add the vegetables and cover.
5. Allow to simmer for 10 minutes while stirring from time to time until it cooks.
6. Put oil in cooking pot or sufuria and add onion slices
7. Put over medium heat untill the onion slices are golden brown in colour
8. Add the cooked vegetables and pinch of salt
9. Stir the mixture and leave to cook for 5 mins
10. Add milk and let it boil for 5 minutes
11. Serve with ugali

Nutritional Benefits

Jute Mallow: Beta carotene, iron, calcium, vitamin B, C and E, folate, fiber Cowpeas leaves: Dietary fiber, protein, iron, magnesium, vitamin B6

Milk: Protein, carbohydrates, sugar and fat

Free Range Chicken (Ingokho)

by Margret Kahenda

INGREDIENTS

- 4 pieces of chicken
- 1 bunch of spring onions
- 3 medium sized tomatoes
- 1 litre of water
- 1 teaspoon of salt
- 1/4 cup of *musherekha* (indigenous tenderizer)

PREPARATION

1. Wash the chicken pieces and place in a sufuria
2. Add onions
3. Stir till brown
4. Add tomatoes and stir
5. Add *musherekha*, then water
6. Reduce heat and allow it to simmer for 25 minutes to cook.

Nutritional Benefits

Chicken: Protein, fats, cholesterol sodium, Iron

LAKE SIMBI NYAIMA | HOMA BAY COUNTY

Simbi Nyaima (literally 'the village that sank') is found in Karachuonyo, Homabay County. While geologists argue it is a volcanic lake, the Luo community trace its origin to many years ago when an entire village sank as a result of a curse occasioned by turning away an old woman who sought refuge in the village. The woman unleashed a vicious storm that submerged the entire area.

Sorghum Porridge (Obusera Obwa Amabele)

by Evans Asira

INGREDIENTS

- 4 teaspoons of sorghum flour
- 4 teacups of water
- 1/2 cup of fresh milk
- 4 teaspoons of sugar
- 4 teaspoons of lemon syrup

PREPARATION

1. Measure desired amount of water in a sufuria and boil
2. Make a paste of sorghum flour in a cup using cold water
3. Add the paste to boiling water and stir continuously until the starch mixes to prevent lumps
4. Add lemon syrup, sugar and milk then stir continuously
5. Allow to cook for 15 minutes while stirring to obtain a smooth paste
6. Remove from heat and allow to slightly cool then serve
7. Allow to cool slightly

Nutritional Benefits

Sorghum: carbohydrates, fiber, proteins, fats, calcium, iron
Milk: Protein, carbohydrates, sugar& fat
Sugar: carbohydrates

Spider Plant (Chisaka)

by Lydia Okumu

INGREDIENTS

- A handful of *chisaka* (Spider plant)
- 2 cups of water
- 1 cup of butter from fresh milk
- 3 pinches of salt

PREPARATION

1. Pluck and wash the *chisaka*
2. Put water in a pot to boil
3. Add vegetables to the pot to cook over moderate heat for 45 minutes
4. Add a cup of butter and mix thoroughly for 20 minutes
5. Serve

Nutritional Benefits

Spider plant: vitamin C, A, calcium, magnesium, iron and zinc

Milk: Protein, carbohydrates, sugar and fat

Boiled Narrow Leaf (Emiroo)

by Anita Omulisia

INGREDIENTS

- 2 handfuls of *emiroo*
- 3/4 litre of water
- A pinch of salt
- 250 mls of indigenous tenderizer (*musherekha*)
- 250 mls of cream/milk
- 250 gms of ground simsim/groundnuts
- Bunch of spring onions

PREPARATION

1. Wash the *emiroo* leaves
2. Pluck the leaves from stalks
3. Boil water and *musherekha* 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 simsim, ground groundnuts cream
8. Cut spring onions and add to the vegetables
9. Cook for 3 minutes
10. Serve hot with ugali, 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

Pumpkin Leaf Vegetables (Lisebebe)

by Roselyne Chemuku

INGREDIENTS

- A handful of Vine spinach *nderema*
- 2 handfuls of pumpkin leaves
- 250 mls of milk
- 200 gms of simsim paste or flour
- A pinch of salt
- 2 medium-sized tomatoes
- 1 litre of water
- 150 mls of indigenous tenderizer (*musherekha*)

PREPARATION

1. Wash the pumpkin leaves and detach from stalks
2. Cut leaves into small sizes
3. Put tenderizer in a *sufuria* (cooking pot)
4. Wash the leaves and add to *sufuria*
5. Boil until soft
6. Heat oil in a *sufuria*
7. Add onions
8. Fry until golden brown
9. Add vegetables
10. Simmer for 5 minutes
11. Add simsim paste and milk
12. Cook for five minutes
13. Serve with ugali

Nutritional Benefits

Vine spinach: Vitamin C and A, plant protein, iron, calcium, magnesium, phosphorous and potassium and antioxidants

Pumpkin leaves: Niacin, dietary fiber, protein, vitamin A, E K, thiamin, riboflavin, vitamin B6

Milk/cream: Protein, carbohydrates, sugar and fat

Simsim: Fat, potassium, carbohydrates, protein, calcium, iron, Vitamin B6, magnesium

KEERA FALLS | NYAMIRA COUNTY

Dried Fish (Eshibambala)

by Everlyne Sagide

INGREDIENTS

- 2 dried fish cut into pieces
- 2 bulbs of grated onions
- A pinch of salt
- 2 grated ripe tomatoes
- 1/2 teaspoon of black pepper
- 1/2 glass of milk
- Indigenous tenderizer (*musherekha*)

PREPARATION

1. Wash the fish with warm water and put in a cooking pot.
2. Add grated onions
3. Add tenderizer to soften and maintain flavour
4. Boil for 45 minutes
5. Add black pepper and salt for savoury taste
6. Add a glass of milk, stir to make broth and leave for 5 minutes
7. Simmer the cooked dried fish until it ready.
8. Serve with ugali

Nutritional Benefits

Dried fish: fats, cholesterol, sodium, potassium, proteins, vitamin A, B6, calcium, magnesium, iron

Milk/cream: Proteins, carbohydrates, sugar and fat

Bamboo Shoots (Kamalea)

by Rose Silali

INGREDIENTS

- 6 strips of tender bamboo shoots (*kamalea*)
- 1/4 glass of indigenous tenderizer (*musherekha*)
- 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

Millet Ugali (Obusuma Obwa Obule)

by Vennyverah Ivayo

INGREDIENTS

- 1/2 kg of millet flour
- Water

PREPARATION

1. Boil 3 cups of water
2. Add millet flour bit by bit while stirring until it's even and of desired texture
3. Lower the temperature while stirring
4. When it is partially hard, serve while hot with accompaniment of your choice

Nutritional Benefits

Millet: Carbohydrates, fat, fiber, proteins, iron

Banana Bread (Eshitata)

by Horace Andayi

INGREDIENTS

- A bunch of well ripe banana
- 2 cups of maize flour
- 2 litres of water

PREPARATION

1. Peel the bananas and mix with flour in a container
2. Mix peeled banana into dough
3. Leave for about 10-20 minutes
4. Cut the dough into sizeable pieces and tie them in banana leaves using banana fiber
5. Pour water into a pot
6. Arrange sticks on top of the water to separate the water from banana bread
7. Arrange the banana breads on top of the sticks and cover them using banana leaves
10. Cook for about 1 1/2 hrs.
11. Cook until ready and serve with black tea or coffee.

Nutritional Benefits

Ripe banana: Fibre, Vb6,VC, carbohydrates

Maize Flour: Carbohydrates

TEA HARVESTING

KERICHO COUNTY

Smoked Fish (Eshibambala)

by Josephine Ochomo

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

Smoked Meat (Aliya)

by Evans Asira

INGREDIENTS

- 1 kg meat steak
- 1 table spoon Salt
- 4 Green onions leaves
- Msherekha 4 tsp
- Water

PREPARATION

1. Slice the meat and apply salt all over.
2. Then smoke it on the fire.
3. Dry in sun.
4. Cut the smoked meat into medium sizes.
5. Boil smoked meat until tender.
6. Add chopped onions and stir, add "Msherekha" and salt to taste.
7. Add water and leave it to cook.
8. Serve hot with Brown ugali.

Nutritional Benefits:

Beef: protein, fat, vitamin B12, zinc, iron, niacin, vitamin B6, & phosphorus.

Sweet Potato & Bean Composite (Omushenye)

By Lyma Kuya

INGREDIENTS

- 6 medium sized sweet potatoes
- 250g Beans
- 3 litres Water
- Salt to taste

PREPARATION

- Sort the beans and wash
- Put the beans in a pot of water and boil
- Wash and peel sweet potatoes.
- Add sweet potatoes to the boiling beans and cook together until ready.
- Using a wooden cooking stick, mash them together, add salt.
- When well bound into one , remove from heat to cool.
- Can be served with any accompaniment.

Nutritional Benefits:

Beans: potassium, protein, calcium, magnesium, iron and carbohydrates
Sweet potatoes: vitamin A, B6, C, iron, protein, magnesium, carbohydrate and dietary fibre

Cutlets (Katlesi)

By Catherine Muyonga

INGREDIENTS

- 300grams minced beef
- 2 tbsp plain yoghurt
- 1 tsp crushed green chilies
- 1 big blended tomato
- 1 ½ med size grated onion
- 1 tsp crushed red chilies.
- 1 tsp coriander 1tsp of salt to taste
- Pinch of black pepper to taste
- 1 tsp cumin powder
- 500ml veg oil 1tsp crushed garlic
- Small bunch of coriander leaves
- 4 large potatoes.
- 2 eggs ½ cup breadcrumbs

PREPARATION

1. In the minced beef, add yoghurt, green chilies, tomato, onion, red chili, coriander, salt, black pepper and cumin. mix well cover and set aside to marinate for at least 30mins.
2. In a sauce pan, heat 2tbsp of veg oil and sauté the crushed garlic and then the marinated mince.
3. Let the mince cool and add finely chopped coriander.
4. Boil 4 large potatoes with salt to taste.
5. Mash till fine and add black pepper to taste.
6. Make medium size balls using the mashed potatoes and insert the fried mince in the middle and seal well.
7. Repeat the process till you are done, seal the cracks with water .
8. Beat 2 eggs in a small bowl.
9. Dip the balls in the eggs then a bowl of bread crumbs and into a pan with hot oil.
10. Fry on medium heat till cooked and brown on both sides.
11. Drain excess oil using a kitchen towel.
12. Serve hot.

- SERVING OPTIONS: Serve with tomato sauce and chilly on the side OR: chutney / kachumbari.
- GARNISH: with finely chopped coriander on the top.

TIPS:

Fry the cutlets on medium heat to avoid cracking and breaking.
Ensure the cutlets are fully submerged in the cooking oil.
Use water to seal cracks during the moulding process.

Nutritional Benefits:

Yoghurt: protein, casein, fat, carbohydrate, vitamin B12, calcium, & phosphorus.
Beef: protein, fat, vitamin b12, zinc, iron, niacin, vitamin B6, & phosphorus.

ILESI POTTERY CENTRE

KAKAMEGA COUNTY

Fermented Porridge (Ukie)- Ameru Community

By Catherine Muyonga

INGREDIENTS

- 250g sorghum
- 250g millet
- 150g maize flour
- 1 1/2 litre water
- 2 tbsp sugar(optional)

PREPARATION

1. Select, wash and dry the millet, sorghum and maize.
2. Using a mortar and pestle, grind them until a soft flour is obtained.
3. Mix the flour in the water to create a mixture.
4. Remove any hulls or unground grains.
5. Put the mixture in a gourd and seal with a dry ear of corn for atleast 24hrs.
6. Put the mixture in a pot on medium heat and stir continuously untill a smooth stable consistency is achieved. Cook for 13-15 mins till ready.

- SERVING: Serve hot in a calabash garnish with a lemon wedge. ACCOMPANIMENT: roasted yams and boiled sweet potatoes are a suitable accompaniment.

Nutritional Benefits:

Sorghum: carbohydrates, fiber, proteins, fats, calcium, & iron.
Millet: carbohydrates, fat, fiber, proteins, & iron
Maize flour: carbohydrates.

Swahili Beef Rice (Biriyani)

By Catherine Muyonga

INGREDIENTS

- 1 kg beef
- 500ml veg oil
- 4 large onions
- ½ kg Irish potatoes.
- 1 tsp minced garlic
- 1 tsp ginger minced
- 1 tsp curry powder
- 1 tsp whole pilau mix
- 2 large tomatoes cubed
- 1 green pepper finely diced
- 300grams tomatoes paste
- 2 lemon squeezes
- 250ml thick plain yoghurt
- Salt to taste.
- 3 cups pishori rice
- 6 cups water
- ½ tsp yellow food color
- 3tsp water. Salt to taste

PREPARATION

1. In a deep-frying pan, add oil and fry till brown.
2. Remove from oil and set aside.
3. Add a little food color to the potatoes and fry them in the same oil until they get a crust on the outside.
4. Cut the beef into cubes and put aside.
5. In a separate pan, add 2tbsp of the same vegetable oil and sauté garlic and ginger for 2 mins.
6. Add the pilau mix then the beef and sauté for 2 mins.
7. Add the curry powder and stir to coat the beef in flavors.
8. Add the tomatoes, green peppers, tomato paste and plain yoghurt and stir.
9. Add the fried potatoes and sprinkle the fried onions and let it cook for 20mins.
10. Add the lime juice and let cook till the sauce is reduced between 20-25mins on medium heat. While it cooks: Measure 6 cups of water and add the 3 cups of rice and salt and cover to cook on medium heat till rice is almost cooked.
11. Dilute the food color and sprinkle on the and 2 tbsp on the oil used earlier Cover with a tight lid then put on low flame so the rice can steam and become fluffy.
12. Serve the rice hot in a sinia (aluminum platter) with the thick biryani stew on top. Garnish with a tomato rose On the side: (optional) - kachumbari Drink: chilled fresh juice of your choice.

Nutritional Benefits:

Rice: fat, carbs, calories and protein.
Beef: protein, fat, vitamin b12, zinc, iron, niacin, vitaminb6 and phosphorus.
Yoghurt: protein, casein, fat, carbohydrate, vitamin b12, calcium and phosphorus.

Grilled Salmon (Mumi Mar Athola)

By Chis Ogutu

INGREDIENTS

- Salmon fish 220gm
- Salt 6gm
- Pepper
- Sunflower oil 20ml
- Broccoli 150gm
- Peeled garlic 5gm
- Chilli flakes 2gm
- Lemon butter sauce 150ml

PREPARATION

1. Season the salmon with chilli flakes salt and pepper.
2. Preheat skillet pan sear the fish on both side for 5-6 minutes.
3. Finish put in the oven at 180' for 5 min.
4. Heat another pan over medium heat.
5. Sautee onions and garlic peeled until golden brown.
6. Add broccoli salt and pepper.

LEMON BUTTER SAUCE

- Make roux by heating pan.
- Add butter, let melt and ¼ cup of normal all-purpose flour whisk well as you add milk and cream.
- Let it simmer for while then set aside.
- Let it cool.
- On separate pan add the roux mixture 150 ml.
- Add ½ teaspoon of lemon juice.
- Add finely chopped parsley.
- Lemon butter is ready.

TO SERVE

- Pour mixture of lemon butter sauce in form of 9cm diameter on a plate.
- Add broccoli on center of the sauce careful not mash.
- Add cooked salmon on top of the broccoli.
- Garnish with cress mix.
- Ready to eat.

Nutritional Benefits:

Salmon: omega 3 fatty acids, protein, potassium, selenium and vitamin B1, B2, B3, B5, B6, B9 & B12.

NGEGE BEACH–KORANDO

KISUMU COUNTY

A fisherman weighs his Nile perch catch.

Home Made Yoghurt (Mavere Mavoitsa)

By Everlyne Kedogo

INGREDIENTS

- 8 Litres of milk Canning jars and lids
- 4 table spoons fulls of pre-made yoghurt

PREPARATION

1. Heat the milk in a stainless steel pan over medium heat until it boils at 85 degrees Celsius.
2. Cool the milk until the temperature reaches at 49 degrees Celsius.
3. Add 4 table spoon fulls of premade yogurt from a previous batch of yogurt. Add 3 table spoon fulls of the culture.
4. Lightly stir just enough to incorporate into the milk. Place the jars in a warm place for 12 hours Either in the oven or prepare a warm place by using kitchen towels and a carton box, to incubate.
5. Stir slightly to mix the watery liquid and to make the yogurt even.
6. Put the jars into the refrigerator until the yogurt is cool and set.

Nutritional Benefits:

Yoghurt: protein, casein, fat, carbohydrate, vitamin B12, calcium and phosphorus.
Milk: calcium, protein, carbohydrates, sugar and fat.

Green Bananas (Matoke)

By Saida Ali

INGREDIENTS

- 1 bunch of bananas
- 1 chopped onion
- 2 chopped tomatoes
- Sliced carrots
- Dhania
- 1 tbs salt
- Curry powder
- Cooking oil

PREPARATION

1. Smear oil on your hand and peel the bananas.the oil helps your hands not to get sticky liquids from the bananas.
2. Put oil on a sufuria and heat. Add the onions and fry for 3 mins add the tomatoes and carrots, stir to mix then cover to simmer until the tomatoes have soften.
3. Add the bananas and stir.Add some water with some salt, dhania and curry powder. cover then let it to simmer for 15 minutes or until the bananas are soft.
4. Remove from heat and serve.

Nutritional Benefits:

Green bananas: potassium, carbohydrates, vitamin C, fibre, vitamin B6 and sugar.

Green Bananas (Matoke)

By Eunice Yiamat

INGREDIENTS

- Bananas one bunch Tomatoes
- 2 Onion
- 1 Garlic-one clove
- Cooking oil
- One serving spoon
- Red green capsicum-one @ Salt-1tbsp
- water-3litres
- Black pepper-1gram (Optional) pepper
- Coriander-2grams

PREPARATION

1. First peel of the bananas.
2. Wash the bananas and place them aside.
3. Chop the onion till finely chopped with garlic.
   In a medium heat heat the pan and put the oil, the onions and garlic till golden brown then add tomatoes to cook.
4. Add capsicum to cookthen add black pepper, if you may like also add pepper to it stir it for 2 minutes.
5. Then put the washed bananas and stir them then close and leave for three minutes, put salt to taste, later open and stir and add some little water to it and leave it for 14minutes till it's well cooked. The matoke is now ready to be served for three people, you may serve it with beans and cabbage. BON APPETITE.

Nutritional Benefits:

Green bananas: potassium, carbohydrates, vitamin C, fibre, vitamin B6 and sugar.

BANANA PLANT
KISII COUNTY

Mutton Milk Curry (Enyama Ya Eng'ondi)

By Charles Mong'oni

INGREDIENTS

- 500g of milk (mala)
- 1kg mutton
- 2 tablespoon of chopped coriander
- 1/4 cup oil 1 tablespoon garlic
- 3 whole chillies
- 1/2 teaspoon cardamom
- 1 large potato boiled and mashed
- Salt to taste

PREPARATION

1. Pour the milk in a bowl and add your mutton and mix well.
2. Cover the bowl and put in a cold place.
3. In a pan over medium heat add the oil and Sauté the cumin seeds antil fragrant for 30 minutes.
4. Add the garlic and ginger paste and saute for 5 minutes.
5. Add the coriander, cardamom, chillies, salt cook for 2 minutes.
6. Add the marinated mutton plus 2cups of water.
7. Stir countinounsly as you bring to boil.
8. Reduce the heat to medium and cover to cook for 1 hr.
9. Remove the lid and add the mashed potato.
10. Cover and cook for 30 minutes. Serve hot.

Nutritional Benefits:

Mutton: iron, zinc, potassium, sodium, vitamin B-12, protein and cholesterol.
Milk: protein, carbohydrates, sugar and fat.

Fried Chicken (Ngweno Mochiel)

By Viona Akinyi

INGREDIENTS

- Eggs
- 250g of wheat flour
- 2 to 4 pieces of chicken
- A pinch of salt
- 1/2 a litre of cooking oil

PREPARATION

1. Wash the pieces of chicken, then place in a sufuria.
2. Add 600 ml of water and pinch of salt,cover the sufuria and put the sufuria on heat to boil for 30mins).
3. Bit the eggs in a bowl and add a pinch of salt then mix.
4. Take the boiled chicken and dip into the eggs,then into the wheat flour.
5. Place a sufuria on heat(30°c), (gas or jiko), pour 1/2 litres into the sufuria, let it boil for 25seconds.
6. Dip the chicken into the cooking oil,let it fry until it turns golden brown.
7. Can be served with Ugali, cooked tomato paste and kienyeji, Stewed rice and chips.

Nutritional Benefits:

Chicken: proteins, fats, cholesterol, sodium and iron.

Pumpkin Leaves (Lisebebe) , Boiled Narrow Leaf (Emiroo) Jute Leaves (Murenda)

By Judy Awour

INGREDIENTS

- Pumpkin leaves 4 bunches
- Miro 3 bunches
- Mrenda 2 bunches
- Ghee
- Spring onions
- Salt to taste
- Munyu
- Green pepper
- Coriander leaves
- White pepper

PREPARATION

1. Wash your chopped pumpkin leaves, mrenda and miro and set aside to drain water.
2. In a saucepan add little liquid, Munyu and salt then bring to boil.
3. And your washed vegetables and slightly steam them until soft.
4. Drain and set aside.
5. In a saucepan put some ghee toast with spring onions and green pepper.
6. Add your drained veggies then stir to mix.
7. Add your home made cream and let it cook for 3 minutes.
8. When almost ready add your finely chopped coriander and toast a little.
9. Season with white pepper and serve with ugali or sweet potatoes.

Nutritional Benefits:

Jute mallow: beta carotene, Iron, Calcium, vitamin B, C and E, folate and fibre.
Milk: protein, carbohydrates, sugar and fat.
Slender leaf: potassium, calcium, magnesium, iron, zinc and phosphorous.
Pumpkin leaves: rich in niacin, dietary fibre, protein, vitamin A, E K, thiamin, riboflavin and vitamin B6.

Pork Ribs (Mbaru)

By Samuel Kiragu

INGREDIENTS

- 1kg raw pork ribs
- $1^1/_2$tbs paprika powder
- $1^1/_2$tbs black pepper powder
- 1tbs honey
- 5.300g BBQ sauce
- 1tbs garlic powder
- 1tbs ginger powder
- Salt to taste
- Tomato paste
- Musturd
- 2 fresh chilli
- 200ml olive oil
- 2tbs brown sugar
- 2L water
- 2 juliened onions

PREPARATION

1. Put your 2L water and the pork on fire, add salt, paprika and black pepper powder. Boil until soft for 25-30mins.
2. Remove your cooked pork from fire and remove from water.
3. In a pan on fire, put your onions and olive oil in a low temp, mix with musturd, tomato paste and BBQ sauce as you stir.
4. Add your spices, garlic powder, ginger powder and fresh chilli as you Stir.
5. Add honey and the brown sugar as you taste untill ready. Remove the sauce from fire.
6. Use the sauce to paste it on your Pork ribs.
7. Put the pork ribs in your 250°C grill for about 15mins.
8. Serve your ribs hot with your preffered accompaniments.

Nutritional Benefits:

Pork: protein, sodium, selenium, niacin, phosphorus, thiamin, vitamin B6, zinc and Riboflavin.

EMAKINA HILLS | BUSIA COUNTY

Egg Plant (Biringanya Kweno)

By Viona Akinyi

INGREDIENTS

- 5 to 10 whole eggplant
- Tomatoes
- Onion
- Dhania
- 1/2 tablespoon of salt
- 10ml of cooking oil

PREPARATION

1. Rinse the eggplants properly with clean water.
2. Slice them into cubic like shapes. And rinse the sliced eggplants again.
3. Place them into a clean sufuria and add 1 cup of clean water. Place on high heat to boil for 20mins.
4. In a clean sufuria,add 10ml of cooking oil,chopped onions and fry on low heat until it becomes brown.Then add chopped tomatoes, dhania and ½ tsp of salt.
5. Add the boiled eggplants in the cooking tomatoe and ¼ cup of water to make a little soup.
6 Can be served with Ugali, Rice, Stewed meat…e.t.c.

Nutritional Benefits:

Egg Plant: fiber, folic acid, thiamine, phosphorus, niacin and magnesium.

Swahili Beef Rice (Pilau)

By Chef Abdala

INGREDIENTS

- Basmati rice
- Beef cubes
- Potatoes
- Onions
- Garlic and ginger (finely chopped)
- Pilau masala
- Cardamom seeds
- Cinnamon sticks
- Cummin seeds
- Cloves
- Tomato paste (optional)

PREPARATION

1. Chop the onions and put in the sufuria with a little bit of cooking oil.
2. Add the whole spices (cardamom, cinnamon, cummin and cloves) then saute until the onions turn to golden brown.
3. Once the onions are ready, add Pilau masala, garlic and ginger, stir for some seconds so that they don't burnt.
4. Now put in the beef and let it cook on low heat until the meat is almost ready. Stir frequently to avoid it sticking at the bottom.
5. Add your potatoes to the meat, then add water according to the amount of rice you wish to cook and bring it to boil.
6. Wash the rice and once the water start boiling add the rice in add let it cook on medium heat.
7. Once the water has reduced significantly, cover the sufuria tightly to cook the steam and reduce the heat.
8. Serve with kachumbari.

Nutritional Benefits:

Rice: fat, carbs, calories and protein.
Beef: protein, fat, vitamin B12, zinc, iron, niacin, vitaminB6 and phosphorus.
Potatoes: sodium, fat and cholesterol.

Gram Flour Fritter (Bhajia Mboga)

By Chef Abdala

INGREDIENTS

- 500g gram flour 2pcs
- Carrot (cut into brunoise)
- 2 pcs medium Potatoes (brunoise)
- 250g cauliflower (brunoise)
- Coriander (chopped)
- 1 tsp cumin (ground)
- 1 tsp whole cumin seeds
- 0.5 tsp garlic powder
- Water
- Salt to taste
- Oil for deep frying.

PREPARATION

1. Mix all the spices with the gram flour.
2. Add water slowly to the mixture while mixing it. Use hands preferably. The mixture should be thick and a little bit running.
3. Add in the vegetables cuts plus the coriander and mix well.
4. Salt for seasoning.
5. On a medium heat, put the oil in a frypan. Soon as the oil is hot enough, start deep frying the mixture approximately 30g each.
6. Cook until it's a little bit golden brown then remove from the fire and drain the excess oil.
7. Mostly served with tea or coffee with your desired chutney or achari.

Nutritional Benefits:

Potatoes: sodium, fat and cholesterol.

Pumpkin Leaves (Sussa)

By Nancy Oketch

INGREDIENTS

- Sussa
- Spring onions
- Tomatoes
- Salt to taste
- Little water
- Salt to taste
- Oil

PREPARATION

1. Wash the leaves thoroughly.
2. Cut nicely.
3. Boil in medium heat for about 10mins.
4. In a different pan add oil and when it's hot enough add the onions and fry briefly.
5. Add tomatoes as soon as the onions start changing color and fry until very soft.
6. Add the boiled leaves and mix well.
7. Simmer for about 5mins then it's ready
8. Serve with warm ugali.

Nutritional Benefits:

Pumpkin Leaves: niacin, dietary fiber, proteins, vitamin A, E, K, thiamin, riboflavin and vitamin B6.

THMLICH OHINGA RUINS | MIGORI COUNTY

Thmlich Ohinga is a 14th-century stone-built complex in Migori county. According to oral history, Thmlich Ohinga was constructed by the then-inhabitants to protect them against invaders. Thmlich Ohinga loosely translates to ‘frightening dense forest.’

Boiled Pumpkin (Sebebe) Leaves With Vine Spinach (Nderema) Mix

By Risper Barasa

INGREDIENTS

- 2 hands pumpkin leaves
- 1 hand nderema leaves
- 1 cup milk cream
- ½ cup crushed/pounded ground nuts
- 1 teaspoon Salt
- 250 ml indigenous tenderizer (Mshelekha)

PREPARATION

1. Wash and peel pumpkin leaves, slice into small pieces.
2. Pluck nderema leaves from their stalk and wash
3. Mix the vegetables together
4. On medium source of heat with a medium pot, pour 3 cups of water, add msherekha in it, bring to boil then add the mixture , cover well to retain the heat and taste.
5. Boil for 10 minutes on medium fire
6. Cook until soft, then add milk and cream, salt and crushed ground-nuts, cover for 3 minutes before serving
7. Serve hot with ugali or matoke.

Nutritional Benefits:

Vine Spinach: (rich in vitamin C, A, plant protein, iron calcium, magnesium, phosphorous and potassium. Has antioxidants
Pumpkin Leaves: rich in niacin, dietary fibre, protein, vitamin A, E K , thiamin, riboflavin and vitamin B6
Groundnuts: rich in fat, protein, carbohydrates, fibre and sugar
Cream/milk: Milk –Protein, carbohydrates, sugar and fat

Smoked Meat (Enyama Esike)

By Bibianne Situma

INGREDIENTS

- ½kg smoked meat
- 1 litres water
- 50grms pounded groundnuts
- 1 large piece bulb onion
- 20ml kumunyu from beans husks
- A pinch of salt

PREPARATION

1. Wash the smoked meat
2. Cut to desired pieces
3. Boil the meat for one hour, add onions and 'kumunyu'
4. Add groundnuts to taste instead of cooking fats or milk cream
5. When cooked, serve hot
6. Serve with brown ugali, white or bounded cooked bananas

Nutritional Benefits:

Beef: vitamin B6, Iron, magnesium and fat
Groundnuts: rich in fat, protein, carbohydrates, fibre and sugar

Brown Ugali (Kuon Bel)

By Derrick Awir

INGREDIENTS

- ½ kg finely ground millet and sorghum flour
- 4 cups of water

PREPARATION

- Bring water to boil in a heavy sufuria over heat
- Slowly add the flour and stir until fairly firm
- Reduce the heat and continue stirring to get rid of any lumps using a wooden cooking stick
- Stir until the mash pulls away from the sides of the sufuria and is fairly stiff
- Remove from heat and place on a serving plate.
- Moisten the wooden cooking spoon and use it to neatly smoothen the ugali
- Serve while hot with preferred stew.

Nutritional Benefits:

Millet: carbohydrates, fat, fibre, proteins and iron
Sorghum: carbohydrates, fibre, protein, fats, calcium and iron

GIANT TREE ON MUKANGU TRAILS,
KAKAMEGA FOREST NATIONAL RESERVE |

KAKAMEGA COUNTY

Kienyeji Chicken (Ingokho)

By Evans Asira

INGREDIENTS

- 5 chicken pieces
- 5 spring onion leaves
- 3 tomatoes
- 2 cups water
- 1 teaspoon salt

PREPARATION

- Boil the dressed and cut chicken until tender
- Place the pieces of chicken in a sufuria and add finely chopped summer onions
- Fry until lightly browned
- Add tomatoes (finely chopped) and stir for 5minutes to allow them to cook gently and dissolve sediments.
- Add 2 cups of water then bring to boiling
- Reduce heat and allow simmering for about 25minutes to cook the chicken
- When cooked, separate soup with chicken on a different meat dishes keep hot
- Serve while hot with brown ugali

Nutritional Benefits:

Chicken: Proteins, fats, cholesterol, sodium and iron

Cowpeas Leaves (Sikhubi), Boiled Narrow Leaf (Miroo), Jute Leaves (Murere)

By Lydia Okumu

INGREDIENTS

- 1 hand each of Sikhubi, Miroo, Murere
- 3 cups water
- 1 cup butter from fresh milk
- ½ Musherekha (african salt)
- 2 spoonfuls Simsim paste
- 1 bunch spring onions

PREPARATION

1. Wash all vegetables and cut in small pieces
2. Put water in a pot
3. Add musherekha
4. Cook for 30 minutes under moderate fire
5. Add simsim paste, milk, and serve

and

Nutritional Benefits:

Cowpeas Leaves: dietary fibre, protein, iron, magnesium and vitamin B6
Jute Mallow: beta carotene, iron, calcium, vitamin B,C and E , folate and fibre
Slender Leaf: potassium, calcium, magnesium, iron, zinc and phosphorous
Milk: protein, carbohydrates, sugar and fat
Simsim: fats, potassium, carbohydrates, protein, calcium, iron, vitamin B6 and magnesium

Fried Cow Peas (Kunde/Sikhubi)

By Noel Barasa

INGREDIENTS

- 1kg kunde leaves
- ½ tsp salt
- ¼ cup indigenous tenderizer (musherekha)
- ½ cup water
- 1 cup milk
- 1 cup cream
- ½ cup groundnuts/simsim (roasted and ground)

PREPARATION

- Pluck the vegetables from the stem and wash them
- Mix musherekha, water and salt and bring to boil
- Add the vegetables
- Cook for 7 minutes
- Remove the vegetables from the fire and pound it abit
- Add milk
- Simmer over very low heat
- Add the pounded groundnuts/ simsim and stir to mix
- Add cream and cover
- Cook for 2 minutes

DN/B: The tenderizer helps retains the colour, flavor and makes the vegetables soft.
Cream acts as cooking oil thus improve the texture

Nutritional Benefits:

Cow peas leaves: dietary fibre, protein, iron, magnesium and vitamin B6
Milk/cream: protein, carbohydrates, sugar and fat
Groundnuts: rich in fat, protein, carbohydrates, fibre and sugar
Simsim: fats, potassium, carbohydrates, protein, calcium, iron, vitamin B6 and magnesium

Cooked Green Bananas (Kamatore)

By Noel Barasa

INGREDIENTS

- 10 bananas fingers
- 2 cups water
- 1 tsp salt
- ½ cup milk (sour)

PREPARATION

- Peel the bananas and wash
- Boil in salty water for 10-15 minutes
- When soft, add sour milk
- Mash the bananas until soft
- Wrap in banana leaves
- Serve with chicken soup, beef or matumbo

Nutritional Benefits:

Green bananas: fibre, potassium, vitamin B6 andsugar
Milk/cream: Protein, carbohydrates, sugar and fat

ESIBILA HILLS | VIHIGA COUNTY

Jute Mallow (Mrere/Mrenda), Slender Leaf & Cow Peas

By Rose Silali

INGREDIENTS

- 2 bunches (cowpeas leaves)
- 1 bunch slender leaf (miroo)
- 1 bunch jute mallow (mrere/mrenda)
- ¼ glass indigenous tenderizer
- 250g fats (khamafura kamesache)
- 1 bunch spring onions
- 250g pounded groundnuts

PREPARATION

- Remove vegetables form the stalks
- Wash the vegetables
- Boil water
- Add tenderizer
- Add the vegetable leaves and boil for 20 minutes ,turning it oftenly.
- Fry the onion until golden brown
- Add tomatoes then the boiled vegetables
- Cook for 5 minutes
- Add pounded groundnuts
- Cook for 5 minutes
- Serve hot with mashed sweet potatoes mixed with beans, yams
- bananas or ugali (brown or white)

Nutritional Benefits:

Cow peas leaves: dietary fibre, protein, iron, magnesium and vitamin B6
Slender leaf: potassium, calcium, magnesium, iron, zinc and phosphorous
Jute mallow: beta carotene, iron, calcium, vitamin B,C and E, folate and fibre
Groundnuts: rich in fat, protein, carbohydrates, fibre and sugar

Boiled Isindu (Quail)

By Lyma Kuya

INGREDIENTS

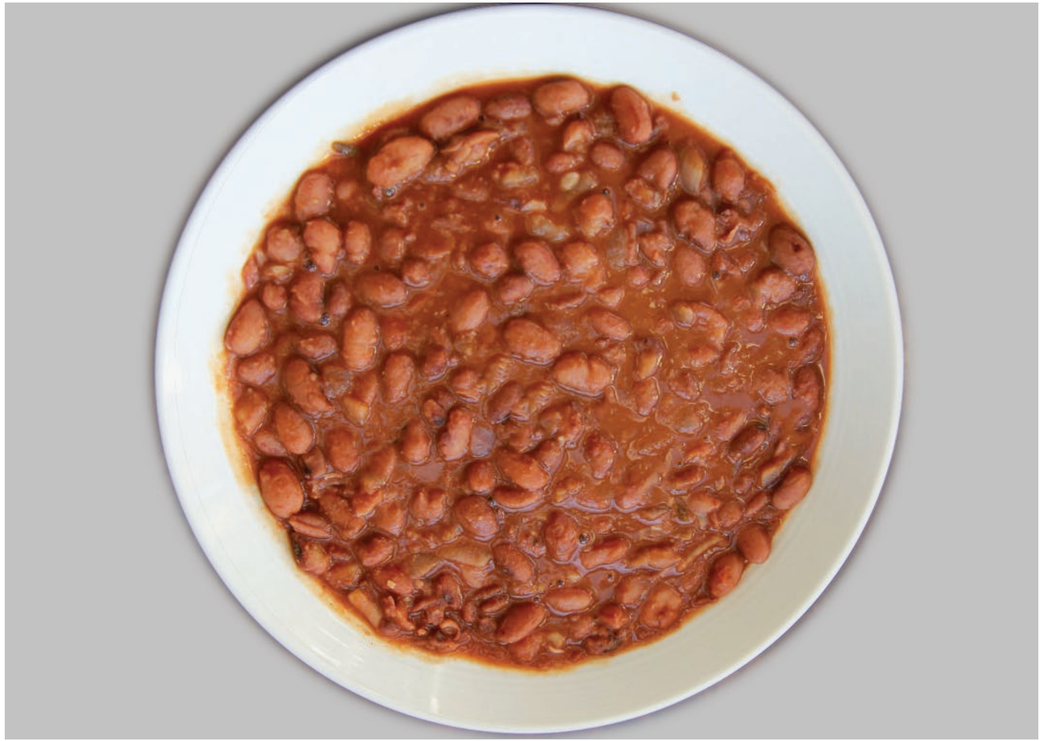
- 4 Quails
- Traditional salt solution ½ cup
- Salt 1 teaspoon
- Water 1 cup

PREPARATION

- Tie the quails by the legs, hanging them on sticks
- Let the birds feathers burn out
- Remove remaining feathers completely
- Roast/dry them over burning amber
- Put them in a pot of water and allow to boil, leaving very little for soup.
- Add salt and traditional tenderizer and simmer for 10 minutes
- over low heat.
- Serve with millet ugali when hot

Nutritional Benefits:

Quail: proteins, fat, niacin, vitamin B6, C, riboflavin, thiamine, phosphorous, iron, zinc, magnesium and phosphorous



Traditional Bean Stew (Eshitiani)

By Lyma Kuya

INGREDIENTS

- ½ kg beans(Rose coco)
- 1 cup Indigenous tenderizer
- 2 litres water
- Salt to taste

PREPARATION

- Select beans, wash and put into a pot
- Add water and let it boil until it dries up
- Fry the beans on a pan until well dried then put in the sun for 3-5 days.
- When dry, winnow using a woven tray and rub them so that the skin comes off.
- Put the skinned beans into a pot, add water until well cooked.
- When little water is left, add tenderizer and salt.
- Stir the beans until it has a viscous consistency like porridge.
- Remove from heat and serve hot with ugali.

Nutritional Benefits:

Beans: potassium, protein, calcium, magnesium, iron and carbohydrates

Bakhayo Indigenous Mashed Bananas (Matemwa Manyige)

By Fredrick Okwara

INGREDIENTS

- 3kg bananas
- 3kg banana stem and leaves
- 3 litres of water
- Salt to taste

PREPARATION

- Peel the bananas and place in cold water
- Put banana fibres/stems in half the sufuria
- Wrap the peeled bananas with banana fibres, then place in sufuria
- Add some water, but should not get in contact with peeled bananas
- Steam food approximately 1 ½ hours
- Mash the bananas ensuring no lumps are present, return on heat and simmer for 30 minutes.
- Serve hot

Nutritional Benefits:

Green bananas: fibre, potassium, Vitamin B6 and Sugar

ISIUKHU FALL, KAKAMEGA FOREST NATIONAL RESERVE | KAKAMEGA COUNTY

Smoked Fish (Ikerebe)

By Fredrick Okwara

INGREDIENTS

- 1 medium sized fish
- ½ water
- 1/8 kg peanut butter
- 100ml indigenous tenderizer
- Salt to taste

PREPARATION

- Cut smocked fish into half
- Wash smoked fish properly then put in sufuria.
- Add ½ litre water allow to cook for 20 minutes.
- Add well pounded groundnut and cook for another 5 minutes.
- When at the right consistency add salt and serve with either ugali, bananas or rice.

Nutritional Benefits:

Fish: fat, sodium, potassium, proteins, Vitamin A, B6 calcium and magnesium.

Boiled Cow Leg (Silenge)

By Daniel Biketi

INGREDIENTS

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

PREPARATION

- Roast the cows leg on low heat to burn the fur
- Scrap of the fur using a knife
- Cut into small pieces
- Wash and put them in a small cooking pot
- Add water and boil at high temperature for 1½ hours until well cooked

Serve hot with ugali, sweet potatoes or mashed

Nutritional Benefits:

Beef: vitamin B6, Iron, magnesium and fat

Boiled Pumpkin (Liondo)

By Daniel Biketi

INGREDIENTS

- 1 Large mature pumpkin
- 2 cups water

PREPARATION

- Wash the pumpkin
- Cut into small pieces and remove the seeds from the flesh
- Arrange them in the pot with skin facing down , add water and cover with banana leaves
- Cook on medium heat for 50 minutes until its dry
- Serve hot or warm with fresh or fermented milk, porridge, tea or jute mallow

Nutritional Benefits:

Vitamin A,C, carbohydrates and proteins

Boiled Cow Blood (Kamalasile)

By Margret Sikuku

INGREDIENTS

- 1litre cow blood
- I bunch spring Onion
- ½ litre Fresh milk
- ½ litre indigenous tenderizer (mshelekha)
- 1teaspoon salt

PREPARATION

- Boil the tenderizer solution
- Add blood and salt let it cook for 15minutes
- Add milk, cook for 10minutes add onions cook until dry.
- Serve hot and eat plain or with ugali.

Nutritional Benefits:

Rich in protein and iron

ZEBRAS AT MT ELGON NATIONAL PARK |

BUNGOMA COUNTY

Millet - Wimbi Ugali (Obusuma Bwobule Nende Amabere)

By Roselyne Chemuku

INGREDIENTS

- 1kg wimbi/finger millet flour
- 750 ml water

PREPARATION

- Put water in a pan and heat until boiling point
- Add wimbi flour little by little until you get a hard thick porridge
- Stir until it cooks
- Shape and put on plate
- Serve with vegetables/meat/fish/milk

Nutritional Benefits:

Millet: carbohydrates, fat, fibre, proteins and iron

Cowpeas (Sikhubi)

By Fredrick Okwara

INGREDIENTS

- ¼ kg tender cowpeas
- ½ litre water
- ¼ litre milk
- ¼ kg finely pound groundnuts
- Salt to taste

PREPARATION

- Pluck cowpeas leaves from stalk, wash and put in a clean sufuria
- Add water in sufuria and heat for 30 minutes
- Add milk, cook until milk reduces
- Simmer then add well pounded groundnuts and cook for 15 minutes
- When it is the right consistency add salt.
- Serve warm

Nutritional Benefits:

Cow peas leaves: dietary fibre, protein, iron, magnesium and ditamin B6
Groundnuts: rich in fat, protein, carbohydrates, fibre and sugar
Cream/Milk: protein, carbohydrates, sugar and fat

Fried Groundnuts (Tsinjuku)

By Lukaka Mothers Union

INGREDIENTS

- 300grams Shelled groundnuts
- 1 cup water
- A pinch of salt

PREPARATION

1. Winnow the groundnuts
2. Select the groundnuts
3. Mix the groundnuts in salty water and pour out the colored water
4. Put the groundnuts into a pan.
5. Place the pan with groundnuts on the source of heat.
6. Fry the groundnuts inside a pan over low heat.
7. Stir continuously until the husks turn dark brown.
8. Remove the groundnuts from the heat and let them cool.

Nutritional Benefits:

Groundnuts: Fat, protein , carbohydrates, fibre & sugar

Traditional Tenderizer (Musherekha)

By Lukaka Mothers Union

INGREDIENTS

- Beans pods/ dry maize cobs
- Plastic perforated tin
- 2 cups water

PREPARATION

1. Burn the dried beans pods/maize cobs to make ash (Likoshe)
2. Put ½ of the ash in a perforated tin(olushelekho) and press it to be compacted
3. Place perforated tin with its contents in a deep bowl
4. Add water until its is wet
5. Add in more ash until it fills it to ¾ full
6. Collect the substrate(musherekha) in the plate

Nutritional Benefits:

Sodium bicarbonate, phosphorous

QUEENS SPECIAL |

Eshiembekho Shrine at Nabongo Cultural Center, Matungu, Mumias - Queen Mother Lilian Mumia

Eshimuli Shrine, Shianda, Mumias - Queen Mother Julia Aswani Rapando

Guinea Fowl (Likhanga)

By Queen Mother

INGREDIENTS

- 1 Guinea fowl,
- ½ basin hot water
- Pinch of salt
- Traditional tenderizer (musherekha)

PREPARATION

1. Dip the Guinea fowl in hot water to remove feathers
2. Roast over medium heat till dry.
3. Cut into pieces
4. Wash with warm water to remove soot.
5. Put in pot to boil then add traditional tenderizer to soften and preserve.
6. Add salt to make it tastier.
7. Let it boil for 40 minutes.
8. Serve with brown ugali.

Nutritional Benefits:

Guinea fowl: Phosphorus, protein, niacin, vitamin B6 and Selenium

Vine Spinach (Inderema)

By Queen Mother

INGREDIENTS

- 3 bunches Vine spinach (Inderema),
- ½ litre of water,
- A pinch of salt
- ½ glass traditional tenderizer (musherekha)

PREPARATION

1. Boil water.
2. Put in salt.
3. Put in traditional tenderizer.
4. Add in clean washed cut vine spinach in pieces and add to the boiling water.
5. Keep stirring and let it boil for 15 minutes.
6. Vine spinach is ready to serve

Nutritional Benefits:

Vine Spinach: Vitamin C, A, plant protein, iron calcium, magnesium, phosphorous and potassium. Has antioxidants

Fried Sesame Seed (Tsinuni)

By Queen Mother

INGREDIENTS

- 1kg sim sim seeds
- A pinch of salt
- 1 cup water

PREPARATION

1. Winnow the sim sim to remove unwanted particles.
2. Soak then remove the floating particles using a sieve.
3. Dry in direct sunlight to drain the water.
4. When dry, roast the sim sim on a pan on low heat and keep turning throughout.
5. Add a pinch of salt and continue turning till its cooked.
6. Crush in a pestle and mortar and serve with sweet potatoes.

Nutritional Benefits:

Rich in fat, potassium, carbohydrates, protein, calcium, iron, Vitamin B6, magnesium

Brown Ugali (Imere)

By Queen Mother

INGREDIENTS

- 1 kg of mixed sorghum flour, millet flour, cassava flour
- 1 litre of water

PREPARATION

1. Boil 1 litre of water.
2. Add flour to the boiling water little by little while stirring.
3. Stir the mixture & continue adding flour until it's well mixed, even and of desired texture for about 10 minutes.
4. Lower the heat while stirring
5. Serve the brown ugali when hot.

Nutritional Benefits:

Millet: Carbohydrates, fat, fibre, proteins, iron

Sorghum: Carbohydrates, fibre, protein, fats, calcium, iron

Cassava: Thiamin, Ascorbic acid, Calcium, Protein, Carbohydrates, dietary fibre, ash

STONE CUTTING | KISII COUNTY

Boiled Sweet Potatoes (Amapwoni)

By Queen Mother

INGREDIENTS

- 5 large sweet potatoes
- 1 litre of water
- Pinch of salt

PREPARATION

1. Wash and peel the potatoes (optional).
2. Place in a pot or sufuria then add water and a pinch of salt to enhance the taste.
3. Let them boil for 30 minutes.
4. Serve with sim sim or beans (eshitiani) or porridge.

Nutritional Benefits:

Sweet potatoes: Vitamin A, B6, C, iron, protein, magnesium, carbohydrate and dietary fibre

Groundnut Stew (Sifuluko)

By Queen Mother

INGREDIENTS

- 300grams Shelled groundnuts
- 3 cups water
- 4 stems spring onion
- 3 ripe tomatoes
- A pinch of salt

PREPARATION

1. Fry the groundnuts
2. Peel off the groundnuts cover
3. Grind them until soft
4. Mix the solution in lukewarm water
5. Put the solution on fire, stir as it boils for 30minutes
6. Add tomatoes, peel covers in water.
7. Mix the soup as you add salt to taste.

Nutritional Benefits:

Rich in fat, protein , carbohydrates, fibre & sugar

Sweet Potatoes and Beans Composite (Omushenye)

By Queen Mother

INGREDIENTS

- ½ kg Beans
- 5 medium sized sweet potatoes
- ½ tablespoon salt
- 3 jugs of water

PREPARATION

1. Select the beans
2. Wash the beans thoroughly
3. Boil them in clean water until they become tender
4. Peel the sweet potatoes and chop into sizeable pieces
5. When beans are well boiled , add the sweet potatoes add salt, and bring to boil again until the potatoes are cooked. Drain excess water
6. Lower the temperature and then mix the cooked sweet potatoes and beans until you attain an even consistency
7. Allow to cool before serving
8. According to preference serve with black tea, sour milk or as desired

Nutritional Benefits:

Sweet Potatoes: Vitamin A, B6, C, iron, protein, magnesium, carbohydrate and dietary fibre

Beans: Potassium, protein, calcium, magnesium, iron, carbohydrates

Boiled Black Night Shade (Lisutsa & Lidodo)

By Queen Mother

INGREDIENTS

- 2 bunches lisutsa
- 1 bunch lidodo
- 300ml water
- 200ml fermented milk
- 50gms cream

PREPARATION

1. Pluck the leaves from the stems
2. Wash vegetables in clean water
3. Put the vegetables in the pot of water for 20minutes
4. Add fermented milk and simmer for 15 minutes
5. Serve with ugali or any other carbohydrate

Nutritional Benefits:

Black Night Shade: Vitamin B, C and folic acid, E magnesium, Potassium, calcium, iron, sodium, zinc
Milk/Cream: Protein, carbohydrates, sugar & fat

Fried Termites (Tsiswa)

By Queen Mother

INGREDIENTS

- 3 cups of live termites
- ¼ a cup traditional tenderizer (musherekha)
- ¼ teaspoon of salt

PREPARATION

1. Soak the termites in a bowl of water for five minutes then wash to clean
2. Pour the termites on a hot pan with moderate supply up heat and stir until dry.
3. Pour the termites on a tray and dry in the sun for 3-4 hours
4. Winnow to remove any dirt
5. Pour the termites on a pan, add ¼ a cup of traditional tenderizer (musherekha) then fry while stirring.
6. Add salt and continue stirring.
7. When fully dry and crispy, remove from heat
8. Serve while hot with most preferably millet ugali

Nutritional Benefits:

Termites - Vitamin A, protein, lipid, carbohydrates

Fishermen on a fishing expedition in Lake Victoria.

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