

chakula chetu



TSISWA (Dried Termites)



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