

chakula chetu



MUSHROOM STEW (Obwoba) (Pilzeintopf)



PREPARATION

By Lilian Chitavi



INGREDIENTS

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

1. Soak the dried mushroom in warm water for 30 minutes
2. Drain and Wash the mushroom in running water for 10 minutes
3. Boil for 1 hour and add *musherekha* (tenderizer) 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