

chakula chetu



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
6. *Musherekha* (tenderizer) then heat to dry while stirring.
7. Add salt while stirring then put out the heat
Serve hot with ugali made from millet



NUTRITIONAL BENEFITS:

Termites: Vitamin A, protein, lipid, carbohydrates