

chakula chetu



SMOKED BEEF (*Shihango*) (Geräuchertes Rindfleisch)

By David Keya



INGREDIENTS

- 1 kg 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 amber heat for seven days / use a smoker or grill
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* (tenderizer) at a go
8. Boil for 10 minutes
9. Remove and serve hot with Ugali (cornmeal mush)



NUTRITIONAL BENEFITS:

Beef: Vitamin B6, iron, magnesium and fat