

chakula chetu



DRIED FISH (Eshibambala) (Trockenfisch)

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 *musherekha* (tenderizer)



PREPARATION

1. Wash the fish with warm water and put in a cooking pan.
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 (cornmeal mush)



NUTRITIONAL BENEFITS:

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

Milk/cream: Proteins, carbohydrates, sugar and fat