**Mukimo**

Mukimo is a traditional food in central Kenya. However, the delicacy has found its way to other parts of the country, gaining popularity in urban food joints. It is also common in Kenyan events like weddings, concerts, and parties. Mukimo is made with potatoes, peas, corn, and onions.

Ingredients

1 cup of peas

2 cups of maize

1 leek and spring onion Vegetable oil

1 bowl potatoes Salt to taste A bunch of pumpkin

**Preparation method**

1. Peel the potatoes, boil on medium heat, mash them and set aside.
2. Boil the peas and maize together until they are ready and set aside.
3. Blanch the pumpkin leaves and then blend them.
4. Fry your leek and spring onion on medium heat in a different pan. Add the mashed potatoes and stir.
5. Add the mixture of boiled peas and maize and mash them together until the texture is soft.
6. Add the blended pumpkin leaves, salt to taste, and stir the mixture well.
7. Cover the mixture and let it cook for about two minutes.
8. Transfer your Mukimo to a serving dish and serve it with your favourite stew

**Ugali**

Ugali is one of the most famous food loved by many Kenyans.

Ingredients

Maize flour

Water

**Preparation method**

1. Boil water in a deep pan or a sufuria until it boils.
2. Add the maize meal and keep on stirring with a strong wooden spoon.
3. Keep stirring and pressing the mixture against the sides of the pan to break up the lumps.
4. Keep adding the flour as you continue mixing.
5. Cook until it is firm enough. The ugali should not be too hard or too soft. Allow it to cook for 2-3 minutes.
6. Turn the ugali over onto a plate and serve.

**Mrenda**

Mrenda is an indigenous vegetable popular within the Luhya community. It has a very soft texture when cooked.

Ingredients

Mrenda leaves

Cooking oil Vinegar

1 chopped onion

3 chopped tomatoes

Milk cream

Beef cubes

**Preparation method**

1. Add mrenda, some water, and a tablespoon of vinegar to your cooking pot.
2. Cover the pot and allow the mrenda to boil for about 10 minutes.
3. Keep stirring after every 3 minutes to allow it to cook properly.
4. Once it is cooked and very smooth, set it aside.
5. In another pot, fry your onions and tomatoes.
6. Then add the mrenda and stir well.
7. Add two beef cubes and stir, then add your milk cream and continue stirring.
8. Cover the pot and allow it to cook for about 5 minutes. Once ready, serve it with ugali.

**Fried fish fillet**

Fried fish fillet is also known as samaki was kukaanga in swahili. You can serve it with Ugali and greens.

**Ingredients**

1/2 cup of oil

1/4 of lemon juice

Fish fillets

Garlic

1/4 to 1/2 teaspoon of cayenne pepper

2 teaspoons

**Preparation method**

1. Add the fish, lime or lemon juice, garlic, salt and cayenne pepper to a large, non-reactive bowl and set aside to marinate for 20 to 30 minutes.
2. Heat the oil in a pan or skillet over medium-high heat.
3. Remove the fish fillets from the marinade and pat dry with paper towels.
4. Fry the fillets in the hot oil until browned on each side

**Matoke**

Matoke makes for an excellent meal for those who love green bananas.

**Ingredients**

6 green bananas

2 medium ripe tomatoes

1 medium sliced onion

Salt to taste

2 tablespoons sunflower oil

150 ml of water

1 tablespoon freshly chopped coriander for garnishing

**Preparation method**

1. Peel the green bananas and slice them into 5mm thick round slices with a serrated knife. Soak them in cold water.
2. Put your cooking oil in a cooking pot and heat.
3. Add your chopped onions and stir, then add your chopped tomatoes and stir well.
4. Add your peeled bananas, mix well and add water with salt to taste.
5. Reduce the heat and simmer for 10 minutes or until bananas are tender and the sauce has thickened.
6. Transfer to a serving dish and garnish with fresh coriander.

**Nyama choma**

Nyama choma is one of the meals that unite Kenyans. You can never miss the great nyama choma at a barbecue party. The ideal meal is made of either goat meat or beef.\ Ingredients

2 kg goat or beef meat

Cooking oil

4 cups of warm water Sea salt

**Preparation method**

1. Prepare your grill.
2. Toss the meat with the oil, then thread it on skewers.
3. Stir the salt into the warm water until it is fully dissolved.
4. Grill the skewered meat, basting it from time to time with the saltwater until it is cooked to your desired taste.
5. Remove the meat from the skewers.
6. Chop the meat into bite-sized chunks.
7. Serve with kachumbari and ugali.

**Githeri**

The beauty of Githeri is that you can prepare it using any type of beans. Githeri can be eaten right after boiling, but most Kenyans fry it and add potatoes, vegetables, and spices to make it even more delicious.

**Ingredients**

Vegetable oil

1 medium-sized onion to be chopped

1 teaspoon of smoked paprika

1/4 teaspoon of chilli ground

1 and ½ cup of beans

1 cup of maize

2 large chopped tomatoes

Salt to taste Coriander

**Preparation method**

1. Boil the maize and beans in one pot until they are soft and edible.
2. Drain all the water in the pan and set the maize and beans mixture aside.
3. Heat the oil in a sufuria under medium heat.
4. Fry the onions in the oil until they are golden brown.
5. Add your chopped tomatoes and continue stirring.
6. Add the boiled beans and maize mixture and stir well.
7. Pour in the paprika while stirring for another minute to prevent burning.
8. Add 1 cup of water and salt, then cover the sufuria and allow to cook for about 20 minutes.
9. Sprinkle your chopped coriander leaves, mix well, and serve. Read more

**Pilau**

**Pilau** is a Kenyan coast cuisine. The method used to prepare the dish is magical. This dish can be made with either beef, goat meat, or chicken. Some cooks go the extra mile and use fish in their pilau. The rice is flavored with a variety of spices cooked in stock meat. **Ingredients**

500 g beef

800 g of white rice

3 large onions to be chopped

1/3 cup oil

4 cloves of garlic to be grated

A small piece of ginger to be grated

Chopped coriander

Tomato paste

Pilau masala

1 tablespoon of cumin powder

1 teaspoon of pepper

4 cinnamon sticks

4 cloves 2 cardamom

**Preparation method**

1. Chop the meat into pieces, wash, and then boil with some water in a pressure cooker.
2. After boiling the meat to perfect tenderness, set aside.
3. In a large pot, heat the oil over medium-high heat. When the oil is hot, add the chopped onions stirring until golden brown.
4. Add garlic and ginger paste and stir for about a minute. Add cumin, cardamom, pepper, cinnamon, and cloves.
5. Add the boiled meat that you had set aside and stir the mixture.
6. Cook until golden brown.
7. Add your tomato paste, stir and then add your washed rice and stir for about two to three minutes.
8. Add four cups of meat soup or warm tap water. Add salt to taste, stir, cover and cook on medium heat until it is almost dry.
9. Reduce the heat to low and cook for 12 to 15 minutes.
10. When the pilau is done, sprinkle some chopped coriander leaves, let it cool for about 10 minutes, then fluff it up.
11. Serve it with kachumbari and a glass of blended juice

**BUFFALO CHICKEN WINGS**

INGREDIENTS

1/2 cup water

3 pounds frozen chicken wings, drums and flats separated

3 tablespoons canola oil 3 tablespoons Buffalo sauce

3 teaspoons kosher salt

**DIRECTIONS**

1 Pour water into pot. Place wings in the Cook & Crisp™ Basket and place basket in pot.

2 Assemble pressure lid, making sure the pressure release valve is in the SEAL position. Select PRESSURE and set HIGH. Set time to 5 minutes. Select START/STOP to begin.

3 When pressure cooking is complete, quick release the pressure by turning the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.

4 Pat wings dry with paper towels and toss with 2 tablespoons oil in the basket.

5 Close crisping lid. Select AIR CRISP, set temperature to 390°F, and set time to 15 minutes. Select START/STOP to begin.

6 After 7 minutes, open lid, then lift basket and shake wings or toss them with silicone-tipped tongs. Lower basket back into pot and close lid to resume cooking.

7 While the wings are cooking, stir together Buffalo sauce and salt in a large mixing bowl.

8 When cooking is complete, transfer wings to the bowl with Buffalo sauce and toss to coat. INGREDIENTS 1/2 cup water 3 pounds frozen chicken wings, drums and flats separated 3 tablespoons canola oil 3 tablespoons Buffalo sauce 3 teaspoons kosher salt