

Kenyan Recipes

Chicken Stew

The chicken stew is a delicacy all across Kenya. Here's how to prepare it



Ingredients

- Kienyeji chicken
 - Garlic
 - Ginger
 - Onion
 - Tomatoes
 - Salt to taste
 - C. oil
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Procedure

1. Boil the chicken with salt, garlic and ginger till tender.
2. In a pan heat c.oil till hot.
3. Add your boiled chicken in batches. Fry till brown.
4. In a sufuria fry onion till it starts browning.
5. Add in your chicken and stir.
6. Add blended tomatoes and cover the sufuria.
7. Cook under low heat till tomatoes are fully cooked.
8. Add little water. Let it simmer for some minutes.
9. Garnish with dhania.

