

# Kenyan Recipes

## UGALI

### (CORNMEAL PORRIDGE)

Ugali is considered the national dish of Kenya, and is served with everything from stews to sweets.

#### Ingredients:

- 1 cup cold water
- 1 cup yellow cornmeal (the Mexican flour 'Mozzerapa' is a close substitute to the Kenyan flour)
- 1 teaspoon salt (optional)
- 3 cups boiling water

#### Method:

Put cold water in a medium-size saucepan, add cornmeal and salt, mixing continually. Bring to a boil over high heat, gradually stirring and slowly add 3 cups of boiling water to prevent lumps.

Reduce to simmer, cover and cook for about 8 minutes, mixing frequently to prevent sticking.

The ugali will be done when it pulls from the sides of the pan easily and does not stick. It should look like stiff grits.

You can serve ugali with everything from meat stew to sugar and cream. Your choice!

Serves 4 to 6

## VEGETABLE CURRY

#### Ingredients:

- 2 large onions, finely chopped
- 2 tbsps. oil
- 1 tsp. cumin seeds
- 1 tsp. mustard seeds (the black kind, if possible)
- 8 medium potatoes, quartered
- 1 and 1/2 tsp. fresh ginger, crushed
- 1 large garlic clove, minced and crushed
- 1 tbsps. ground cumin
- 1 tbsps. whole coriander, crushed
- 2 chili peppers or 1 tsp. cayenne pepper
- 1/2 tsp. turmeric
- 1 tsp. salt
- 4 cinnamon sticks
- 6 cloves
- 4 oz. tomato paste
- 1/2 lb. green beans
- 1/2 of a small cauliflower
- 1 medium eggplant
- 1/2 lb. fresh green peas, shelled, or 1 small package of frozen green peas
- 1 bunch of fresh leafy greens (kale, spinach, collards, etc.), or 1 small package of frozen greens
- 1/2 cup dry chickpeas, cooked (optional)

#### Method:

Pre-heat oven to 180 degrees. In a large, heavy skillet or pot, brown the onions in moderately hot oil along with the cumin seeds and mustard seeds.

Add the potato pieces (peeling is optional), and stir to coat each piece with the spices. Now add the remaining spices and continue to stir for several minutes.

Thin the tomato paste with about 2/3 cup of water. Stir into the pot. Add vegetables, one at a time, cooking for a minute or so between each addition, and put in the cooked chickpeas last.

If your pot is not oven proof, transfer mixture to one that is.

Cover with a lid or seal with foil and bake for about 45 minutes, checking after the first 20 minutes.

The consistency should be rather thick, but add liquid if necessary to prevent burning. Stir occasionally to prevent sticking.

Serve over rice or with pita bread.

Serves 6

## **SAMOSAS**

### **Ingredients:**

3cm piece ginger root

6 cloves of garlic

900g ground lamb/beef OR a variety of chopped up vegetables for vegetarian (Carrots & Cabbage)

3 large onions, thinly sliced

1 tablespoon mussala (spice)

1 tablespoon curry powder

1 tablespoon turmeric

Salt (optional)

1 kg frozen egg-roll dough, thawed

Flour

Oil

### **Method:**

Chop the ginger and garlic very fine or if you have a blender until well mashed. Add the meat OR vegetables, onions, mussala, curry powder and turmeric.

Sauté in a heavy frying pan on low heat for about 30 minutes. If you opt for the meat, do not add oil and stir occasionally to break up the meat; for the vegetables sauté until nice and done.

Cut sheets of thawed egg-roll dough into 10cm by 10cm squares to end up with a nice triangle. Put some of the meat OR vegetable mixture in the middle; just about the amount to end up with a nice, neat triangle. To secure use a paste made out of flour and water.

Deep-fat fry the filled samosas, a few at a time, until golden brown.

They are great to keep in the freezer, and to serve, just thaw and place in a hot oven until hot.

Makes 80 servings.

## **CHAPATI**

### **Ingredients:**

2 cups of Flour

1 teaspoon salt

Water

### **Method:**

Sift the flour and the salt into a mixing bowl. Add some water to make a fairly stiff dough, moistening your hands frequently to ease off the bowl.

Shape dough into a ball, cover the bowl with a damp cloth and let it stand for at least ½ hour.

Divide dough into 4 or 5 balls and roll each out into a flat, round disk.

Heat a large creased griddle or frying pan over medium until it is hot. Cook each chapati until golden; when you see tiny bubbles it's time to turn them over. It should take about a minute for each chapati.

Press them down with a wide pancake turner or a clean towel to cook evenly. Serve hot.

Serves 4.

## **IRIO**

### **Ingredients:**

1 cup dried peas (or canned peas)

400g canned corn or 6 ears of fresh corn

Several potatoes

200g pumpkin, greens or spinach

Lima Beans (optional)

Chopped fried onions (optional)

Black pepper

Salt

### **Method:**

Boil dried peas until détente, drain and set aside. Also boil the potatoes, corn, lima beans, and the greens, drain and set aside.

Mix the fried onions with all the above, add salt & pepper to taste and mash.

The consistency should be that of firm mashed potatoes. You can also add a little bit of butter if desired.

The leftovers taste great the next day when fried with a bit of oil in a pan.

Serves 8

## **PLANTAINS (BANANAS) IN COCONUT MILK**

Plantains are similar to bananas. These two fruit are similar in many respects. They are treated together and unless otherwise indicated, and one fruit can be substituted for the other. As a rule, plantains are better cooked and bananas better eaten raw.

### **Ingredients:**

3-4 plantains, sliced in rounds  
¼ teaspoon of salt  
1 teaspoon of curry powder  
½ teaspoon of cinnamon  
1/8 teaspoon cloves  
1-2 cups of coconut milk

### **Method:**

Combine all ingredients, except the coconut milk, in a heavy saucepan and stir. Pour in 1 cup of coconut milk and simmer over low heat until the plantains absorbed the milk and are very tender. It takes a while for them to get soft; give them about the same time you would need for cooking potatoes.

You can add more coconut milk if you desire.

Serve hot and try with fish or curries.

Serves 4 - 6

## **KUNDE**

### **(KENYAN BLACK-EYED PEAS & TOMATOES)**

### **Ingredients:**

2 teaspoons Oil  
1 Onion  
2 cups tomatoes  
2 cups black-eyed peas  
1/4 cup peanut butter, natural or roughly ground peanuts  
¼ cup water  
Salt & Pepper

### **Method:**

Heat oil over medium heat in a saucepan.

Mince onions and sauté lightly until translucent. Add diced tomatoes and simmer about 5 minutes to cook down.

Cook the black-eyed peas and add with all remaining ingredients and mix well. Lightly mash the peas with a fork.

Simmer about 10 minutes over medium heat, stirring occasionally. Add more water as needed to get a stew-like consistency.

Serve with rice.

Serves 6.

## **SUKUMA WIKI**

### **Ingredients:**

6 cups chopped fresh collard greens (cabbage or spinach may be used)  
3 tablespoons olive or vegetable oil  
1 medium onion  
1 cup stewed tomatoes  
1 green chilli pepper (seeded & chopped)  
3 tablespoons lemon juice  
1 tablespoon flour  
½ to 1 cup water

### **Method:**

Fill the bottom of a saucepan with about 3cm of water. Insert strainer filled with greens and bring water to boil over high heat. Turn down if water begins to evaporate. Cover and steam for 8 minutes.

Chop the onion and tomatoes.

Heat oil in a frypan over medium high heat. Add onions, tomatoes, chilli pepper and sauté until the onion is clear. Reduce heat to low. Add additional oil to prevent sticking.

Mix lemon juice, flour and ½ cup water in a small bowl until well blended.

Pour into onion mixture and mix well. Add ½ cup water, cooked greens, salt and pepper and mix well.

Increase heat to medium, cover and cook for about 3 minutes.

## **MIXED GREENS, KENYAN STYLE**

This will go very well with the ugali and it is a true staple in the Kenyan kitchen!

### **Ingredients:**

1 Serrano or Jalapeno pepper, chopped (chilli's/peppers)

2 teaspoons salt

2 teaspoons freshly grounded black pepper

2 tablespoons olive oil

400g fresh collard mustard or turnip greens, chopped

OR

1 bag / 300g frozen chopped greens, thawed

300g fresh spinach, chopped

OR

1 bag / 10 ounces frozen chopped spinach, thawed & squeezed dry

2 tablespoons butter

3 large tomatoes, cubed

1 large yellow onion, peeled & chopped

1 cup canned unsweetened coconut milk

4 teaspoons dry roasted peanuts, chopped (optional)

### **Method:**

Fill a large pot half-full with water. Add the chilli pepper, salt, black pepper, and 1 tablespoon of the olive oil. Bring to a boil over high heat. Add the greens and spinach. Reduce the heat to low and cook for 20 minutes, stirring occasionally.

Heat the remaining 1 tablespoon oil and the butter in a large skillet over medium heat. Add the greens and spinach, tomatoes, onions, and milk and simmer for 10 minutes, stirring occasionally. Taste the greens for tenderness and seasoning. Cook for an additional 10 minutes and add more seasoning, if needed. Sprinkle with the peanuts, if desired.

Serves 6

## **KENYAN VERMICELLI BREAD**

### **Ingredients:**

200g vermicelli (rice noodles)

4 cups unsweetened coconut milk

½ cup sugar

¼ teaspoon ground ginger

1 egg

½ cup whole wheat or all-purpose flour

### **Method:**

Preheat the oven to 180 degrees. Coat a large baking dish with butter or cooking spray.

Prepare the vermicelli according to the package direction and drain.

Heat the coconut milk and sugar in a large saucepan over medium heat. Bring the mixture to a boil, stirring constantly. Reduce the heat to low and cook for 5 minutes. Add the vermicelli and ginger.

Beat the egg in a small bowl. Add 1 or 2 tablespoons of the coconut milk mixture to the beaten egg, and then stir the egg mixture into the pan with the vermicelli. Whisk in the flour and pour the mixture into the prepared baking dish.

Bake for 1 hour or until soft and spongy. You can cut it into squares or whatever way suits you.

Serves 12.