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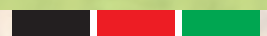
GOVERNMENT OF KENYA



Kenyan

FOOD RECIPES 2018

*A Recipe Book Of Common Mixed Dishes With Nutrient Values;
As Prepared By Communities.*



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FOREWORD

The double burden of malnutrition is a serious public health and economic problem that is affecting Kenya today. Malnutrition exists as overnutrition and undernutrition. One of the forms of undernutrition is manifested as micronutrient deficiencies such as iron deficiency anaemia affecting 26% of pregnant women and zinc deficiency with an estimated 70% of the population being deficient (KNMS, 2011). Besides, 26% of children below five years are stunted (KDHS, 2014) and this has a long term effect on cognitive development. Consumption of poor diets and disease have been identified as the immediate causes of undernutrition and therefore promotion of sustainable recipes would empower households to make informed food choices.

Two of the objectives in the Food and Nutrition Security Policy are; to achieve adequate nutrition for optimum health of all Kenyans and to increase the quality and quantity of food available, accessible and affordable to all Kenyans at all times (FNSP, 2010). The National Nutrition Action Plan further outlines objectives to ensure good nutrition for optimum health of all Kenyans (NNAP, 2012-2017). One of which is to strengthen evidenced based decision making through operations research. To actualise this objective, Kenya has updated the National Food Composition Tables that highlights the nutrient profiles of different foods for a priority list of nutrients. The foods have been sampled from across the country. Further to this, the country is in the process of adapting food based approaches that takes into account diversity of lifestyles, cultures, public health priorities and variations on food patterns.

Encouraging dietary diversity by first appreciating local recipes is a key step in enhancing good nutrition at community level. This recipe book is work that has taken into account diversity of lifestyles, cultures and food patterns of the various communities in Kenya. The recipes have been sampled from across the country and representatives from the different people groups provided guidance in the development of these recipes.

This recipe book forms an initial step in promotion of good nutrition at community level by promoting and enhancing of local recipes. The book will be an important reference tool for teaching institutions and for nutrition education programs in the communities.



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We deeply thank the Director of the International Hotel and Tourism Institute (IHTI), Ambassador Mwakai Sio for hosting the recipe development work most hospitably.



Veronica Kirogo

Head, Nutrition and Dietetics Unit,
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ABBREVIATIONS

Abbreviation	Description
°C	Degree Celcius
CNCs	County Nutrition Coordinators
UN FAO	Food and Agriculture Organization of the United Nations (UN FAO)
FCT	Food Composition Tables
FNSP	Food and Nutrition Security Policy
g	gram
INFOODS	International Network of Food Data Systems
ILRI	International Livestock and Research Institute
IHTI	International Hotel and Tourism Institute
KDHS	Kenya Demographic and Health Survey
KFCT	Kenya Food Composition Tables
KNMS	Kenya National Micronutrient Survey
kg	Kilogram
kcal	Kilocalories
kJ	Kilo Joule
KEMRI	Kenya Medical Research Institute
l	litre
ml	millilitre
mcg	microgram
mg	milligram
MOH	Ministry of Health
MOALF	Ministry of Agriculture, Livestock and Fisheries
NNAP	National Nutrition Action Plan
SDGs	Sustainable Development Goals
tbsp.	Tablespoon
tsp.	Teaspoon

Weights and Measures

The measured weights used in calculation of nutrient values for all recipes in this book were quantified in grams. These present the accurate measures of the ingredients. Volume measures presented in cups, spoons, millilitres and/or litres provide only an estimate measure for the volumes of the ingredients. Volume measures used are those commonly available in Kenya. Investigation revealed that they are not standardised.

The cups used in the preparation of the recipes were actual set of cups of given volumes. The set included: 1 cup, ½ cup, 1/3 cup, ¼ cup and 1/8 cup. The weight of ingredients as measured using these cups are provided in the tables below. This also applies to the weight of ingredients as measured using table spoons and tea spoons. Cup and spoon measures are levelled, not heaped.

It is important to note that for each recipe, the actual weight of the ingredients used is indicated in grams and put in brackets. The cup measures are the closes estimate of household measures. This will enable the general population to be able to prepare these dishes in their homes.

Volume measures of water used in the recipes*:

Measuring equipment	Volume (ml)
1 cup	217
1/2 cup	117
1/3 cup	74
1/4 cup	58
1/8 cup	30
1 tbsp.	17
1/2 tbsp.	10
1 tsp.	5
½ tsp.	2.5
¼ tsp.	1.2

*Based on 1 mL of water weighing 1 g.

Weight and measures of common ingredients, as weighed during cooking:

Ingredient	Measuring equipment	Weight (g)
Water	1 cup	217
	1/2 cup	117
	1/3 cup	74
	1/4 cup	58
	1/8 cup	30
	1 tbsp.	17
	1/2 tbsp.	10
Cooking fat, vegetable shortening	1 cup	150
	1/2 cup	82
	1/3 cup	53
	1/4 cup	40
	1/8 cup	19
	1 tbsp.	11
	1/2 tbsp.	6
Cooking oil, corn	1 cup	195
	1/2 cup	96
	1/3 cup	63
	1/4 cup	51
	1/8 cup	24
	1 tbsp.	12
	1/2 tbsp.	6
	1 tsp.	4
	1/2 tsp.	2
	1/4 tsp.	1
Margarine	1 cup	196
	1/2 cup	92
	1/3 cup	67
	1/4 cup	53
	1/8 cup	26
	1 tbsp.	13
	1/2 tbsp.	7
	1 tsp.	5
Peanut Butter	1 cup	242
	1/2 cup	121
	1/3 cup	81
	1/4 cup	66
	1/8 cup	32
	1 tbsp.	16
	1/2 tbsp.	8
	1 tsp.	6
	1/2 tsp.	3

Ingredient	Measuring equipment	Weight (g)
Fermented Milk/ Mala	1 cup	228
	1/2 cup	115
	1/3 cup	74
	1/4 cup	56
	1/8 cup	28
Coconut milk	1 cup	219
	1/2 cup	127
	1/3 cup	91
	1/4 cup	65
Milk, cow	1 cup	223
	1/2 cup	115
	1/3 cup	73
	1/4 cup	58
	1/8 cup	30
	1 tbsp.	17
	1/2 tbsp.	8
	1 tsp.	5
	1/2 tsp.	2
	1/4 tsp.	1
Yoghurt	1 cup	230
	1/2 cup	117
	1/3 cup	79
	1/4 cup	60
	1/8 cup	30
	1 tbsp.	14
	1/2 tbsp.	7
Salt	1 tbsp.	16
	1/2 tbsp.	8
	1 tsp.	5
	1/2 tsp.	3
	1/4 tsp.	1
Sugar	1 cup	200
	1/2 cup	105
	1/3 cup	68
	1/4 cup	51
	1/8 cup	26
	1 tbsp.	14
	1/2 tbsp.	8
	1 tsp.	5
	1/2 tsp.	3
1/4 tsp.	2	
1/8 tsp.	1	

Ingredient	Measuring equipment	Weight (g)
Finger millet / sorghum flour	1 cup	128
	1/2 cup	66
	1/3 cup	44
	1/4 cup	36
	1/8 cup	18
	1 tbsp.	10
	1/2 tbsp.	5
Maize flour, white, whole	1 cup	128
	1/2 cup	70
	1/3 cup	44
	1/4 cup	36
	1/8 cup	18
	1 tbsp.	10
	1/2 tbsp.	5
Maize flour, white, refined	1 cup	133
	1/2 cup	72
	1/3 cup	45
	1/4 cup	34
	1/8 cup	17
	1 tbsp.	9
	1/2 tbsp.	5
Semolina flour	1 cup	157
	1/2 cup	76
	1/3 cup	48
	1/4 cup	37
	1/8 cup	19
	1 tbsp.	11
	1/2 tbsp.	5
	1 tsp.	3
	1/2 tsp.	1
Wheat flour, refined	1 cup	132
	1/2 cup	70
	1/3 cup	41
	1/4 cup	31
	1 tbsp.	10
	1/2 tbsp.	5
Wheat flour, atta, whole	1 cup	114
	1/2 cup	53
	1/3 cup	37
	1/4 cup	27
	1/8 cup	14
	1 tbsp.	8
	1/2 tbsp.	4

Ingredient	Measuring equipment	Weight (g)
Rice, white, raw	1 cup	175
	1/2 cup	95
	1/3 cup	63
	1/4 cup	51
	1/8 cup	26
	1 tbsp.	15
	1/2 tbsp.	7
Almonds, nuts, raw	1 cup	145
	1/2 cup	77
	1/3 cup	50
	1/4 cup	39
	1/8 cup	20
	1 tbsp.	10
	Beans, Kidney, raw, dry	1 cup
1/2 cup		100
1/3 cup		65
1/4 cup		51
1/8 cup		25
Pigeon peas, raw, dry	1 cup	183
	1/2 cup	100
	1/3 cup	68
	1/4 cup	54
	1/8 cup	28
Green grams, dry, raw	1 cup	196
	1/2 cup	101
	1/3 cup	65
	1/4 cup	52
	1/8 cup	28
Groundnuts, raw	1 cup	140
	1/2 cup	76
	1/3 cup	46
	1/4 cup	35
	1/8 cup	18
Lentils, dry, raw	1 cup	198
	1/2 cup	112
	1/3 cup	69
	1/4 cup	57
	1/8 cup	27

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INTRODUCTION

Complete absence or existence of limited quantified recipes has negatively impacted on optimal gains from dietary activities being promoted by the Ministry of Health (MoH) and Ministry of Agriculture, Livestock and Fisheries (MoALF) towards alleviating food and nutrition insecurity, and ultimately malnutrition. The lack of reliable quantified recipes in the country may have therefore led to incorrect nutrient intake estimations resulting in erroneous nutrient adequacy estimations in populations and eventually, inaccurate programming decisions. It is on this premise that Food and Agriculture Organization of the United Nations (FAO) supported the government in documenting commonly consumed recipes, which were quantified with ingredients, preparation methods and yield factors.

This book is a detailed account of commonly consumed dishes featuring a diversity of mixed ingredient recipes from across Kenyan communities. These recipes were selected based on frequency of use and so the most commonly used recipes are featured. The book was developed side by side with the revised Kenya Food Composition Tables (KFCT) and so nutrient calculations for mixed recipes featured were drawn from the revised Kenya Food Composition Tables (KFCT), 2018.

As Food systems are dynamic so are food recipes. The greater the diversity of cultures the greater the diversity of recipes as is clearly demonstrated in this book. For example, a single food group can be prepared and eaten in diverse ways by the different people groups as the case in Kenya. This means different cooking methods applied will affect nutrient values of the final dish in diverse ways and hence the need to document the most common recipes and provide a link between policy and practice. Therefore, this book will provide great support to all actors in the Food and Nutrition field towards adopting food based approaches to realize nutrition commitments as enshrined in the pledges for Kenya Vision 2030 and Sustainable Development Goals (SDGs).

This first version of recipes book covers a total of 142 mixed recipes. The main components of the book include for each recipe a list of ingredients with household measures, the preparation and cooking method, cooking time, nutrient profile per 100g of recipe, servings and a photograph of the final dish. In addition, individual recipes have been grouped into broader categories for ease of reference. Recipes that are common among urban dwellers have also been captured. Recipes that apply to infants particularly have been indicated in the recipe introductions. Of note about infant recipes is that the information received during focus group discussions revealed that most of the recipes consumed by the entire family are also eaten by infants above 6 months and children. A full nutrient profile, nutrient calculations, yield factors and retention values are provided per recipe. Of note, the recipes in this book were developed to serve a minimum of four people. There is still room for continued review and inclusion of more recipes that will provide a wide representation of the Kenyan Cuisine, give correct information on the population diet, holistically tackle malnutrition, inform current programming and influence policies, and consequently address chronic and acute malnutrition in the country in a more sustainable way.

Collection of recipe information

The intention of this exercise was to document major recipes that are most commonly consumed among Kenyan communities. This necessitated a desk review of previous work done on recipes by different institutions including Ministry of Agriculture, Livestock and Fisheries, Kenya Agricultural and Livestock Research Organization and Kenyatta University. Other sources of recipe information included Ministry of Health through County Nutrition Coordinators (CNCs), individual work done by FCT Steering committee members and contributions from community focus groups discussions.

A criteria for including and/or excluding recipes was defined to guide the recipe selection process. As such, recipes were included based on ingredient availability as analysed in the revised KFCT, relevance to current utilization at community level, method of preparation, physical availability of ingredients, and ingredients uniqueness in form; for instance dry versus fresh or whole versus refined. Recipes that were modified in nature and those whose method of preparation altered the original state of ingredients as analysed in the KFCT (for example, recipes with a fermentation step or dried ingredients) were excluded.

Based on the aforementioned inclusion and exclusion criteria, most of the recipes that qualified into the mandatory list were picked from the local communities as provided by the CNCs of the Ministry of Health and County Nutrition Officials of the Kenya Agricultural and Livestock Research Organization. These were later verified by the focus groups drawn from Kenyan communities. In addition, the mandatory list of recipes was then agreed upon by stakeholders through a thorough consensus building process that involved recipe validation with steering committee members. In order to preserve the validity of the recipes to the local communities, participants in the actual preparation and cooking of the recipes were drawn from these communities and their list can be found in Annex 2.

Calculation of nutrient contents

Each recipe is presented with information on key nutrients, and a full set of nutrients can be found for all recipes in Annex 1. Nutrients were estimated using data for raw ingredients from the revised Kenyan Food Composition Tables (FAO/GOK, 2018)³ using the mixed recipe calculation method and applying nutrient retention factors and yield factors¹. Yield factors measure the losses and gains of moisture and/or fat during food preparation; these losses and gains affect the concentration of nutrients in a dish and thus the yield factor is key to estimating the nutrient content of the final dish. As yield factors depend on the dish as well as local eating and cooking preferences they were measured specifically in Kenya as part of the recipe collection process. Nutrient retention factors estimate the loss of nutrients during preparation (in particular, cooking), which allows the nutrient content of a cooked dish to be calculated from nutrient data for its raw ingredients. Without retention factors, using data for raw foods to estimate a cooked dish would overestimate the nutrient content. Nutrient retention factors are specific to food types (meat, vegetables etc) and preparation method (frying, boiling etc). Internationally available retention factors were used to

¹ U. Ruth Charrondiere INFOODS/FAO Recipe and other calculations. Available at <http://www.fao.org/infoods/infoods/training/study-guide-presentations/en/> and <http://www.fao.org/infoods/infoods/training/en/>
³ Government of Kenya/FAO, 2018. Kenya Food Composition Tables.

calculate nutrient contents of the recipes². Full documentation on components and methods is available in the revised Kenyan Food Composition Tables (FAO /GOK, 2018)³. Copies of the recipes with gram weights, yield factors, matching of foods from the KFCT to recipe ingredients, and nutrient calculations can be found online at www.nutritionhealth.or.ke.

Future opportunities

There exists an opportunity in the future updated versions of this book to include quantified recipes of dishes that are common in Kenyan communities but were excluded in this version due to absence of ingredient data in the KFCT. These foods include but not limited to: dried meats (for instance the “athola” (fire dried meat), “aliya” (sun dried meat) and “muranda” (fire and sundried meat) common among the Luo and Luhya communities respectively). Inclusion of fermented recipes in future versions of this book will also be imperative.

² Sourced mainly the EUROFIR publication by Vásquez-Caicedo, Bell and Hartmann “Report on collection of rules on use of recipe calculation procedures including the use of yield and retention factors for imputing nutrient values for composite foods”. Available at <http://www.eurofir.org/report-on-collection-of-rules-on-use-of-recipe-calculation-procedures-including-the-use-of-yield-and-retention-factors-for-imputing-nutrient-values-for-composite-foods/>

1.

Common Snacks

1. Common Snacks

This section provides a variety of recipes common in Kenya that serve as breakfast items and snacks. Snacks generally constitute foods or drinks that can be served in small portions mainly between meals. Sometimes snacks can be eaten as a light meal. In most Kenyan communities, snacks are traditionally prepared from locally available ingredients.



Kaimati

(Fried Dumplings)



Kaimati (Fried Dumplings)

Kaimatis get their unique flavour from the style with which yeast is applied on wheat flour. This traditional breakfast dish or day snack is common among the Swahili and Bajuni communities and was inherited from Arab culture. It serves the whole family.

Ingredients

2 cups (280 g) wheat flour, refined
 2 cups (447 g) water
 ½ tsp. (3 g) vanilla essence, clear
 ½ tsp. (1 g) cardamoms powder
 1¼ tbsp. (12 g) yeast, dry
 5 1/8 cups (1000 g) cooking oil
 4 tbsp. (56 g) sugar

Preparation 20 minutes | Cooking 30 minutes | Serves 4

- Put yeast in a small container.
- Add 50ml of warmed water.
- Add 4 tbsp. of sugar and allow to stand for 3 minutes.
- Meanwhile, warm the rest of the water in a cooking pot.
- Mix dry ingredients together; flour, cardamoms and vanilla essence in a bowl.
- Add ¼ cup (50 g) of oil into the mixture and rub in until finely absorbed.
- Add the yeast preparation to the flour mixture, adding the lukewarm water gradually while mixing to a semi-solid consistency.
- Cover with a dry towel/ cloth and allow to stand for 4 minutes until the dough rises.
- In a pan put the rest of the oil and heat for 7 minutes or until the oil bubbles when a pinch of dough is dropped in the oil.
- Shape the dough into round balls and put into the hot oil, keep turning to cook evenly.
- Deep fry for 3-4 minutes.
- Remove from oil.

Ingredients

1 cup (187 g) white sugar
 ½ cup (116g) water
 ½ tsp. (4 g) vanilla essence, clear

Preparation of sugar syrup;

- Mix the sugar, water and vanilla essence in a cooking pan.
- Put on the heat for 5 minutes.
- Stir to prevent sugar from sticking on the sides of the pan; the mixture should be sticky.
- Add the fried dumplings to the sugar syrup and stir to coat them in the syrup while still on the heat.
- Swirl until the syrup covers all the dumplings.
- Serve as desired.

Nutrition data per 100 g of recipe:

Energy 1,795 kJ/ 429 kcal | Fat 21.8 g | Carbohydrates 52.8 g | Protein 4.6 g | Fibre 1.6 g |
 Vitamin A 30 mcg | Iron 2.1 mg | Zinc 0.45 mg

Mahamri

(Swahili Doughnut)



Mahamri (Swahili Doughnuts)

This is a typical traditional recipe among the Swahilis. A true delicacy enjoyed by the entire family, serves as a breakfast meal as well as a whole day snack. Mahamri has a unique taste influenced by the freshly squeezed coconut milk.

Ingredients

3 ½ cups (525 g) wheat flour,
refined
¾ cup (181 g) coconut milk
9 tbsp. (123 g) white sugar
1 ¼ tbsp. (12 g) dry yeast
1 tsp. (2 g) cardamom
¾ cups (182 g) water
8 1/8 cups (1735 g) cooking oil

Preparation 1 hour | Cooking 5 minutes | Serves 4

- Break the coconut shell, drain the water and grate the flesh.
- Squeeze the coconut milk from the grated coconut flesh using a cloth.
- Set aside the thick coconut milk.
- Add ¼ cup of warm water to squeeze out any remaining milk.
- In a bowl, mix a pinch of sugar with the yeast and add the ¼ cup of water used to squeeze the last batch of coconut milk. Stir and set aside for 5 minutes for the yeast to rise.
- In a separate bowl, mix the dry ingredients; sugar, flour and cardamoms.
- Add the yeast mixture to the dry ingredients.
- Add 4 tablespoons of oil and the thick coconut milk into the yeast and dry ingredients mixture.
 - Knead the dough as you add the remaining water to a firm feel.
- Set the dough aside for 10 minutes for sugar to dissolve. Cover with a cloth.
- Knead the dough again to mix the sugar and to improve the texture.
- Cover with a dry cloth and allow to stand for 30 minutes.
- Divide the dough into small-medium size balls. Set them aside and cover with a dry cloth for 15 minutes.
- When well raised, roll out each ball into flat discs and cut each into four triangle shaped portions.
- Heat the remaining oil for 15 minutes to 173°C.
- Fry the mahamri and turn after 40 seconds. The mahamri will turn golden brown when ready.
- Remove the first batch of mahamri from oil and place onto paper towels to drain the oil.
- Continue frying the rest in batches until all are done.
- Serve as desired.

Nutrition data per 100 g of recipe:
Energy 1,728 kJ/ 413 kcal | Fat 22.1 g | Carbohydrates 46.6 g | Protein 6 g | Fibre 2.1 g
Vitamin A 41 mg | Iron 2.8 mg | Zinc 0.56 mg

Enriched Mandazi

(East African Doughnuts, Enriched)



Enriched Mandazi (East African Doughnuts, Enriched)

A popular snack among urban dwellers across the country, enriched mandazi is a doughnut made with eggs plus fresh milk and conditioned with margarine; it is a favourite breakfast item for the entire family.

Ingredients

7 cups (1063 g) self-raising wheat flour
 3 eggs (179 g)
 9 tbsp. (118 g) margarine
 Rind from 2 lemons (15 g)
 $\frac{3}{4}$ cup (144 g) sugar
 $\frac{1}{2}$ tsp. (2 g) salt, iodized
 7 cups (1039 g) cooking fat
 1 $\frac{1}{3}$ cups (289 g) cow milk
 1 $\frac{1}{4}$ cups (282 g) water

Preparation 45 minutes | Cooking 30 minutes | Serves 4

- Put flour, salt, sugar and lemon rind into a bowl and mix.
- Mix all the water with the milk and warm.
- Add margarine into the dry ingredients and rub in.
- Add eggs onto the dry ingredients and mix.
- Add the warm diluted milk into the bowl and knead the mixture into a soft dough.
- Cover the dough with a damp cloth for 40 minutes.
- Heat all the cooking fat in a pot for 10 minutes or until the oil bubbles when a pinch of dough is dropped in the oil.
- Roll out the dough into the desired thickness; about a $\frac{1}{4}$ of an inch thick.
- Cut the dough into preferred shapes.
- Gently drop the cut-out pieces into the hot oil.
- Fry one side until golden brown and turn.
- Remove from oil and place onto paper towels to drain any excess oil.
- Repeat the process with the rest of the pieces.
- Serve as desired.

Nutrition data per 100g of recipe:
 Energy 1,590 kJ/ 379 kcal | Fat 16.1 g | Carbohydrates 49.9 g | Protein 7.6 g | Fibre 2.2 g
 Vitamin A 90 mcg | Iron 3.3 mg | Zinc 0.66 mg



Basic Mandazi

(East African Doughnuts, Basic)

Basic Mandazi (East African Doughnuts, Basic)

You will find this recipe in any home across Kenya. Preferred for its simplicity, it serves the entire family and a choice item for breakfast.

Ingredients

7 ¼ cups (953 g) all-purpose wheat flour
 3 tbsp. (48 g) baking powder
 2/3 cup (128 g) sugar
 6 1/3 cups (1235 g) cooking oil
 3 1/3 cups (723 g) water

Preparation 1 hour | Cooking 30 minutes | Serves 4

- Put the wheat flour into a bowl, add baking powder and sugar.
- Add 3 1/3 of cups water and mix properly to make soft dough.
- Add 4 tablespoons of cooking oil and continue kneading.
- Cover and leave to stand for 40 minutes.
- Roll out the dough and cut into desired shapes
- Add the rest of the cooking oil into the pot/ deep frying pan and heat for 10 minutes (use a piece of dough to test).
- Carefully drop the cut-out pieces into the hot oil and fry until golden brown.
- Repeat the process for all the pieces.
- Remove from oil, place on paper towel to drain any excess oil.
- Repeat the process with the rest of the pieces.
- Serve with a hot beverage.

Nutrition data per 100g of recipe:
 Energy 1,430kJ/ 340 kcal | Fat 12.9 g | Carbohydrates 48.7 g | Protein 6.4 g | Fibre 2.1 g
 Vitamin A 48 mcg | Iron 3.5 mg | Zinc 0.52 mg

Meat Samosa

(Sambusa ya Nyama)



Meat Samosa *(Sambusa ya Nyama)*

Nothing more delicious like the Kenyan meaty samosa! Mainly an urban dish, the meaty samosa serves as a breakfast item and a whole day snack. It is enjoyed by the entire family.

Ingredients

- ½ kg minced beef
- 30 g coriander, fresh
- 1 stem (356 g) leek, unpeeled, raw
- 1 clove (5 g) garlic, unpeeled, raw
- ¼ tsp. (1 g) chilli pepper, fresh, raw
- 3 cups (475 g) wheat flour, refined
- ½ tsp. (2 g) salt, iodized
- 1¼ cups (264 g) water
- 3 cups (572 g) cooking oil

Preparation 1 hour | Cooking Time 1 hour | Makes 28

Meat Filling:

- Put the meat in a pan over a fire. Stir continuously.
- When the juices start oozing out from the meat, cover to cook.
- Finely chop the leek, coriander and crush the garlic. Mix them together in a bowl.
- Add salt and chilli to the meat after about 10 minutes.
- Continue stirring and crushing the meat to prevent it from forming balls.
- Cook the meat until it dries.
- Add the leek, garlic and coriander after 4 minutes and stir.
- Remove from the fire after 1 minute.
- Let the meat cool before using it to fill the casings.

Samosa pocket preparation:

- Put 2 ½ cups flour in a bowl and add 1 cup cold water. Mix into a medium soft dough.
- Turn dough onto a flat surface and knead thoroughly until smooth.
- Make a thick long roll, cut into 9 pieces and make the pieces into small balls.
- Roll out the balls, one at a time into desired thickness.
- Flour the surface, slightly oil the top of each rolled-out ball and stack them on top of each other. Continue until all the pieces are placed.
- Stitch the edges by poking light holes.
- Roll them out together to one large round piece.
- Heat a shallow pan and toast the rolled dough for 2 minutes per side. If the shallow pan is too small, cut the rolled-out dough to fit.
- Toast each side lightly, peeling off each layer after toasting until all the 9 pieces are separated.
- Cut triangular shapes on each separated piece; fold each of the triangular pieces into an envelope and seal the edges with a preparation of wheat flour paste.

To make the paste:

- The paste is used to seal the envelopes.
- Mix ¼ cup of water and ½ cup of flour to make a thick paste.
- Make the casings using the paste to bond and seal the edges.

Filling the Samosa:

- Spoon the cooled meat filling into the casings and seal off the edges using the paste.
- Do not overfill the casings to prevent it any tears or rips on them.

Cooking:

- Heat the remaining oil in a deep pan up to 170°C or about 6 minutes or until the oil bubbles when a pinch of dough is dropped in the oil.
- Carefully, deep each samosa into the hot oil and cook while turning until golden brown on both sides.
- Remove from the hot oil making sure to let any excess oil drain back into the pan.
- Place onto paper towels to drain any excess oil.
- Repeat the process until all the samosas are cooked.
- Serve.

Nutrition data per 100g of recipe:
 Energy 1,854 kJ/ 443 kcal | Fat 22.2 g | Carbohydrates 40.5 g | Protein 18.8 g | Fibre 3.1 g
 Vitamin A 66 mcg | Iron 11.5 mg | Zinc 2.99 mg



Vegetable Samosa

(Sambusa ya Mboga)

Vegetable Samosa *(Sambusa ya Mboga)*

This vegetarian samosa is made with vegetables in season and heavily spiced, giving it a deliciously great taste! Loved for its health consciousness, the vegetable samosa serves as an all-time snack and mainly enjoyed by the whole family.

Ingredients

- 557 g cabbage
- 1 head garlic, fresh (42 g)
- 4 onions, red skinned, raw, unpeeled (389g)
- 2 carrots, orange, raw (307 g)
- 3 pieces ginger, fresh, (34 g)
- 3 cups (363 g) garden peas, green, raw
- 3 ¾ cups (825 g) water
- 4 ¼ cups (608 g) wheat flour, refined
- 1 ½ tsp. (7 g) salt, iodized
- 1 ½ tsp. (2 g) green chilli, fresh
- 4 1/3 cups (857 g) cooking oil

Preparation 1 hour | Cooking 1 hour 30 minutes | Makes 23

Samosa filling preparation:

- Wash and finely chop the cabbage.
- Peel the carrots, wash and grate.
- Peel the onion and chop.
- Peel garlic and ginger, then wash and crush with a mortar and pestle.
- Wash peas and boil in 2 cups of water for 15 minutes.

Vegetable filling cooking:

- In a pot, heat 4 tablespoons of oil for 2 minutes.
- Add onions to cook for 12 minutes.
- Add garlic, ginger and the green chilli. Cook for 3 minutes.
- Add carrots, stir and cover to cook for 2 minutes.
- Add cabbage, and stir. Cook for 1 minute.
- Add salt, stir and cook for 1 minute.
- Add peas and cook for 1 minute.
- Remove from heat and let this cool before filling the pockets.

Samosa pocket preparation:

- Put 3 ½ cups of wheat flour in a bowl and add 1 cup of cold water.
- Mix the ingredients and knead to a soft dough.
- Divide the dough and roll into medium-sized balls.
- Lightly dust the rolling surface to prevent the dough from sticking onto the working surface. Flatten the balls and apply a little oil onto the surface of each of the spread dough and stack three pieces together (the oil will help the layers to separate later).
- Roll out each stack into thin discs.
- Place a circular plate on the rolled-out dough and trim the edges to form a circle the size of the plate.
- Place a pan on the fire on high heat for 1 minute.
- Place the rolled-out dough onto the hot pan and lightly cook each side for 1 minute.
- Separate each lightly cooked layer (previously placed on top of each other), place into a wide

bowl or plate and cover to prevent them from drying.

- Spread the next batch of stacked discs and cook for 1 minute on each side.

To make the paste:

- The paste is used to seal the envelopes as a bonding agent.
- Mix ¾ cup of wheat flour and ¾ cup of water to make a paste.
- Make the casings using the paste to bond and seal the edges.
- Fold the layers previously covered into 2, cut into half and then into quarters.
- Take a quarter and fold it into a samosa case and apply the paste to hold the edges together.
- Repeat this for the rest of the batches.

Filling the Samosa:

- • Take each piece and fill in the pocket in the previously prepared vegetables.
- • Use the wheat flour water paste to seal the samosa case.

Cooking:

- Put the remaining oil onto a pan and heat for 17 minutes or until the oil bubbles when a pinch of dough is dropped in the oil.
- Drop the samosa gently into the oil and cook each side for 2 minutes until golden brown.
- Remove from the oil and place over kitchen towels to drain any excess oil.

Nutrition data per 100g of recipe:
 Energy 1,361 kJ/ 325 kcal | Fat 13.1 g | Carbohydrates 40.2 g | Protein 8.5 g | Fibre 6.2 g
 Vitamin A 138 mcg | Iron 3.8 mg | Zinc 1.76 mg

Pancakes

(Chapati za Maji)



Pancakes *(Chapati za Maji)*

This is a popular recipe among urban dwellers but also common across the country. It is loved for its simplicity and ease of preparation as a breakfast dish. Pancakes are eaten by the entire family.

Ingredients

3 cups (433 g) wheat flour, refined, all purpose
 2 eggs, whole (112 g)
 2 1/3 cups (528 g) cow milk, fresh
 1/8 cup (22 g) sugar, white
 1 1/3 cups (303 g) water
 3/4 cup (160 g) cooking oil

Preparation 20 minutes | Cooking 30 minutes |

Makes 9

- Put the wheat flour into a bowl.
- Dissolve sugar into the milk then pour the sugar and milk mixture into the flour.
- Add all the water.
- Start mixing the pancake batter either using an egg whisk or wooden bowl.
- Mix well until it comes to a smooth consistency.
- Break eggs and add into the mixture in the bowl.
- Continue mixing until everything is smooth and with no lumps.
- Put the frying pan onto the fire and let it heat for 2 minutes.
- Pour batter into the frying pan.
- Pour just enough for it to mould into the shape of the pan.
- Let the batter set on one side and then turn over after 2 minutes.
- Once you turn over, apply cooking oil onto the pancake and spread.
- Turnover and repeat the same procedure for the other side.
- Keep turning as needed until it cooks on both sides (turns golden brown and is cooked on the inside).
- Remove from the fire and place on paper towels on a plate.
- Repeat the process until all the batter is finished.
- Serve.

Nutrition data per 100g of recipe:
 Energy 1,136 kJ/ 270 kcal | Fat 8.5 g | Carbohydrates 39.2 g | Protein 8.3 g | Fibre 1.7 g
 Vitamin A 77 mcg | Iron 2.9 mg | Zinc 0.83 mg

Drop Scones



Drop Scones

Commonly referred to as “Drops”, these scones acquired their name from the way the butter is placed on the pan during cooking. A very popular dish in the urban areas, drop scones are served as a breakfast snack. They are enjoyed by the entire family.

Ingredients

3 cups (398 g) wheat flour, self-raising
 3 eggs, whole (183 g)
 1 3/4 cups (392 g) cow milk
 ½ cup (93 g) sugar, white
 1/3 cup (63 g) margarine
 ½ cup (121 g) water
 1 pinch (2 g) salt, iodized
 1 ½ cups (293 g) cooking oil

Preparation 20 minutes | Cooking 30 minutes |

Makes 40

- Put the wheat flour into a mixing bowl.
- Rub in the margarine until fine.
- Dissolve sugar into the milk and stir.
- Add the sugar and milk mixture into the flour.
- Stir then add all the water till it is smooth with no lumps.
- Break the eggs and add into the mixture.
- Add a pinch of salt and 1 tablespoon cooking oil.
- Continue stirring until it is evenly mixed, and it starts to bubble.
- The consistency of this mixture should be thicker than that of pancake.
- Heat the pan for 3 minutes.
- Put a little cooking oil into the pan.
- Pour a scoop at a time of the batter onto the pan until the surface of the pan is covered by the batter.
- Let the batter drops set on one side then turn.
- Add a little oil and keep turning until the drops turn golden brown.
- Remove from fire and place on paper towels on a tray.
- Repeat the process till all batter is finished,
- Allow to cool and serve.

Nutrition data per 100g of recipe:

Energy 1,869 kJ/ 449 kcal | Fat 29.8 g | Carbohydrates 37.4 g | Protein 7.1 g | Fibre 1.4 g
 Vitamin A 88 mcg | Iron 2.4 mg | Zinc 0.69 mg

Zita

(Maize & Wheat Flour Pancake)



Qita *(Maize & Wheat Flour Pancake)*

Qita commands respect among the Burji's as a breakfast dish and an all-day snack. Uniquely prepared with a mix of corn and wheat flour, Qita is deliciously spiced and is enjoyed by the entire family.

Ingredients

2 cups (312 g) wheat flour, refined
 3 cups (533 g) maize flour, white, re-
 fined
 1 tbsp. (7 g) yeast, dry
 3 ¼ cups (835 g) water
 ½ tbsp. (6 g) salt, iodized
 4 tbsp. (61 g) butter, cow
 1 tbsp. (13 g) mixed spices
 2 cloves garlic (2 g)

Preparation 2 hours 30 minutes | Cooking 40 minutes |

Serves 4

- Measure wheat flour, maize flour, yeast, water and salt. Mix the flours (wheat and maize) in a bowl and add the salt.
- Heat the water in a pan until warm. Add ¼ cup of the water into the yeast. Create a hole in the flour and pour in the yeast mixture.
- Mix properly using hands. Keep adding the rest of the water to the flour gradually and mixing by hand.
- Set aside to rise for 2 hours.
- Melt the butter in a cooking pot. Add crushed garlic and mixed spices.
- Once they are evenly mixed, remove from the fire and sieve to remove residue.
- Add the butter preparation to the flour mixture and stir until evenly mixed.
- Heat a cooking pan for 4 minutes. Using a small soup spoon, pour 2 scoops of the batter onto the heated pan.
- Using your hands, spread it out into the desired thickness.
- Cover the pan. After 3 minutes, it will have turned golden brown. Flip it over.
- After 2 minutes, flip it over again.
- Keep turning over until it hardens.
- Add desired batter and spread. One piece takes 8 minutes to cook.
- Again, pour 2 scoops onto the pan. Using the hands, spread to desired size.
- Repeat process until all the batter is used.

Nutrition data per 100g of recipe:
 Energy 1,017 kJ/ 241 kcal | Fat 5.6 g | Carbohydrates 41.2 g | Protein 5.1 g | Fibre 2.8 g
 Vitamin A 62 mcg | Iron 2.8 mg | Zinc 1.81 mg

Mkate Kuta



Mkate Kuta

This is a typical traditional recipe among the Kenyan Nubian's. Mainly served as a breakfast snack, Mkate Kuta was traditionally served on the wedding day to escort the bride. It is common to this day among the Nubian's as a snack for the entire family.

Ingredients

3 ½ cups (531 g) wheat flour, all-purpose
3 ½ cups (563 g) wheat flour, self-rising
1 ½ cups (293 g) sugar
6 1/3 cups (1240 g) cooking oil
1 ¼ tsp. (2 g) cardamom powder
3 ½ cups (783 g) water

Preparation 20 minutes | Cooking 1 hour | Serves 4

- Put the all-purpose flour and the self-rising flour into a pot.
- Heat 1 cup of oil in a cooking pot for 5 minutes.
- Add heated oil into the flour mixture gradually.
- Mix sugar and cardamom powder separately and then add into the flour mixture and stir.
- Heat the water for 4 minutes or until warm. Add all the water gradually while kneading.
- Knead the mixture to the desired consistency or until a soft dough is achieved.
- Cover the dough and set aside for 20 minutes to allow the sugar to dissolve.
- Knead the dough again for sugar to mix evenly.
- Divide the dough into 2 balls.
- Spread it out into at least 1-inch thickness, cut it lengthways and later into small cubes.
- Heat the remaining oil in a frying pan for 10 minutes or until hot.
- Gently drop the pieces into the hot oil.
- Cook until golden brown and turn.
- Repeat this for all the pieces.
- Remove from oil and place on paper towels to drain the oil.

Tosti Mayai

(Egg Toast)



Tosti Mayai *(Egg Toast)*

Egg on toast is a popular recipe used to enrich bread among urban dwellers. It is prepared by simply dipping bread slices on beaten egg, then frying on lightly oiled pan. Mainly serves as a breakfast item and is eaten by the entire family.

Ingredients

2 eggs, whole (134 g)
1/8 tsp. (1 g) salt, iodized
1/8 cup (28 g) cooking oil
4 slices bread, white (123 g)

Preparation 10 minutes | Cooking 10 minutes |

Makes 4

- Break eggs into a clean bowl, add salt and beat.
- Heat a wide pan for 1 minute on high heat.
- Put oil and spread it into the pan. Heat the oil for 1 minute.
- Dip bread slices into the eggs, turn to coat both sides of each slice.
- Gently place all the egg-soaked bread slices onto the greased pan.
- Cook each side for 1 minute.
- Remove from heat and serve.

Nutrition data per 100g of recipe:
Energy 1,175 kJ/ 280 kcal | Fat 10.7 g | Carbohydrates 32.4 g | Protein 12.5 g | Fibre 1.9 g
Vitamin A 106 mcg | Iron 2.1 mg | Zinc 1.20 mg

Oatmeal



Oatmeal

This quick to prepare recipe, is eaten mainly for breakfast and is common among urban dwellers. It is eaten by the entire family.

Ingredients

1 cup (119 g) oats
2 1/3 cups (529 g) water
¼ tsp. (1 g) salt, iodized

Preparation 5 minutes | Cooking 5 minutes | Serves 4

- Put the whole amount of oats and all the water into a pot and place on the stove.
- Add a little salt to taste. Bring to boil while stirring continuously.
- Boil for 1 minute, remove from heat and cover.
- Serve.

Nutrition data per 100g of recipe:
Energy 351 kJ/ 83 kcal | Fat 1.7g | Carbohydrates 12.9 g | Protein 2.4 g | Fibre 3.5 g
Vitamin A 0 mcg | Iron 1.0 mg | Zinc 0.71 mg

Chai ya Maziwa

(Mixed Tea)



Chai ya Maziwa *(Mixed Tea)*

This is the most popular non-alcoholic beverage in Kenya. Enriched with fresh milk, it is drunk as a breakfast beverage and enjoyed by the entire family.

Ingredients

13 cups (2968 g) water
4 ½ cups (1020 g) cow milk
¾ cup (139 g) sugar
3 tbsp. (12 g) tea leaves

Preparation 5 minutes | Cooking 1 hour |

Makes 17 cups

- Bring all the water to a boil.
- Add the tea leaves and continue to cook for 5 minutes.
- Add milk and bring to a boil.
- Add sugar, stir and bring to a boil.
- Turn off the heat and sieve.
- Serve while hot.

Nutrition data per 100g of recipe:
Energy 153 kJ/ 36 kcal | Fat 1.2 g | Carbohydrates 5.4 g | Protein 1.1 g | Fibre 0.0 g
Vitamin A 14 mcg | Iron 0.0 mg | Zinc 0.21 mg

Vimumunya vya Chumwi

(Pumpkin & Coconut Milk)



Vimumunya vya Lhumwi (Pumpkin & Coconut Milk)

“Vimumunya” is a Swahili word that connotes the way this dish is eaten. It is a pumpkin meal that is common among communities at the coastal region particularly among the Mijikenda community. It is served as a main course among the Mijikenda and as a dessert among the Bajuni community.

Ingredients

Pumpkin, raw (739 g)
1 tsp. (6 g) salt, iodized
1 1/8 cups (253 g) coconut milk
1 cup (223 g) water

Preparation 5 minutes | Cooking 25 minutes |

Serves 4

- Peel the pumpkin and cut into chunks.
- Put pumpkin into a pot, add all the water and start cooking.
- Add salt and bring to boil for 15 minutes.
- Add coconut milk and boil for 5 minutes.
- Remove from heat.
- Serve.

Nutrition data per 100g of recipe:
Energy 297 kJ/ 72 kcal | Fat 4.9 g | Carbohydrates 4.6 g | Protein 1.3 g | Fibre 1.9 g
Vitamin A 88 mcg | Iron 0.3 g | Zinc 0.25 mg

2.

Porridges

2. Porridges

Kenya is well known for her age-old varieties of porridges. Being a tropical country, grains thrive very well, and it is no wonder they form part of Kenyan staples. These grains include finger millet, sorghum, bulrush millet and maize. Cassava is also commonly used as an ingredient in porridge recipes among western and coastal communities particularly Luhya, Kuria, Luo and Kamba. Some of the local names for porridge recipes include Usuu, ucuru and busara.



Maize Porridge

(Uji wa Mahindi)



Maize Porridge *(Uji wa Mahindi)*

Whole maize flour has been used for many years by many communities in Kenya to prepare porridge. Enriched with milk, it also serves as an infant dish.

Ingredients

1 $\frac{3}{4}$ cups (236 g) whole maize flour,
white
7 cups (1513 g) water
1½ cups (330 g) cow milk

Preparation 5 minutes | Cooking 25 minutes | Serves 4

- Put 5 cups of the water into the cooking pot, cover and heat until it boils.
- Meanwhile mix the maize flour with 2 cups cold water separately. Use cold water to avoid forming lumps.
- Stir until smooth.
- Add the mixture into boiling water while stirring and continue stirring to avoid forming lumps.
- Allow to cook for 3 minutes.
- Add milk and cook for a further 7 minutes.
- Serve hot.

Nutrition data per 100g of recipe:
Energy 221 kJ/ 52 kcal | Fat 1.1 g | Carbohydrates 8.5 g | Protein 1.5 g | Fibre 1.1 g
Vitamin A 7 mcg | Iron 0.3 mg | Zinc 0.33 mg

*Sorghum, Finger
Millet, Maize Flour
Porridge*



Sorghum, Finger Millet and Maize Porridge

This recipe is made from a mixture of 3 grains ground together into flour. It is rich in nutrients and is enriched with milk. Popular among many households in Kenya as a family dish, the porridge, serves infants/ children.

Ingredients

8 tbsp. (83 g) sorghum flour, whole
6 ½ tbsp. (68 g) finger millet flour,
whole
8 ¼ tbsp. (82 g) maize flour, whole,
white
1 2/3 cups (366 g) cow milk
7 ¼ cups (1833 g) water

Preparation 5 minutes | Cooking 30 minutes | Serves 4

- Mix the whole maize flour, sorghum flour and finger millet into a bowl.
- Add 2 cups of cold water into the flour mixture, stir until smooth using a wooden cooking stick.
- Bring 5 cups of water to boil in a cooking pot.
- After the water has boiled, add the mixture as you stir. Keep stirring to avoid forming lumps.
- Add milk after 10 minutes of cooking.
- Keep stirring until cooked. If the porridge is too thick add a little water (¼ cup) or until desired consistency is achieved.
- Serve hot.

Nutrition data per 100g of recipe:
Energy 174 kJ/ 41 kcal | Fat 0.9 g | Carbohydrates 6.3 g | Protein 1.3 g | Fibre 1.3 g
Vitamin A 7 mcg | Iron 0.5 mg | Zinc 0.27 mg

Cassava Porridge

(Uji wa Muhogo)



Cassava Porridge *(Uji wa Muhogo)*

The ancient cassava has been a traditional staple in most Kenyan communities, particularly Western and Coastal regions. Dried and ground into fine flour, cassava makes refreshing porridge for the entire family.

Ingredients

10 tbsp. (100 g) cassava flour
2 tbsp. (22 g) sugar
8 ½ cups (1840 g) water

Preparation 2 minutes | Cooking 20 minutes |

Serves 6

- Boil 6 cups of water in a pot for 6 minutes.
- In a separate bowl, add 2 ½ cups of water to the cassava flour and mix to a medium paste.
- Add the paste to the boiling water and stir continuously until the mixture boils to prevent lumps.
- Continue boiling for 13 minutes and add sugar.
- Stir, remove and serve the porridge.

Nutrition data per 100g of recipe:
Energy 121 kJ/ 28 kcal | Fat 0.0 g | Carbohydrates 6.8 g | Protein 0.1 g | Fibre 0.3 g
Vitamin A 0 mcg | Iron 0.1 mg | Zinc 0.05 mg

Finger Millet Porridge

(Uji wa Wimbi)



Finger Millet Porridge *(Uji wa Wimbi)*

This porridge is made from the tiny finger millet grain best known for its characteristic brown colour and good source of fibre. It is common in Western and Eastern parts of Kenya. This porridge is prepared from carefully cleaned and dried finger millet grains. It is commonly enriched with milk or sugar and serves children and adults alike.

Ingredients

1 cup (123 g) finger millet flour, whole
2 ½ tbsp. (35 g) sugar, white
7 cups (1509 g) water

Preparation 5 minutes | Cooking 20 minutes | Serves 4

- Boil 5 cups of water in a pot.
- In a separate bowl, add 2 cups of water to the finger millet flour and mix to a medium paste.
- Add the paste to the boiling water and stir to prevent lumps from forming (do this until the mixture boils).
- Leave to boil for 5 minutes and add sugar.
- Stir, remove and serve the porridge.

Nutrition data per 100g of recipe:
Energy 168 kJ/ 40 kcal | Fat 0.2 g | Carbohydrates 7.2 g | Protein 0.7 g | Fibre 2.1 g
Vitamin A 0 mcg | Iron 1.1 mg | Zinc 0.16 mg

Bulrush Millet Porridge

(Uji wa Mawele)



Bulrush Millet Porridge *(Uji wa Mawele)*

This recipe is common among the Bantu communities particularly in Eastern part of Kenya. Bulrush millet is a rich grain. Its porridge was traditionally a special treat during passage rites ceremonies for young boys. In modern times, this porridge is consumed by both children and adults.

Ingredients

- 1 1/3 cups (176 g) bulrush millet flour
- 2 tbsp. (29 g) sugar
- 4 1/3 cups (940 g) water

Preparation 5 minutes | Cooking 25 minutes |

Serves 4

- Put 3 1/3 cups of water in a pot and bring to a boil.
- In a separate bowl, add 1 cup of water to bulrush millet flour. Stir to a smooth light consistency.
- Add the paste/ mixture to the boiling water while stirring to prevent lumps. Stir until the mixture starts to boil.
- Add sugar after 5 minutes and continue stirring.
- Cook for 13 minutes and then remove from fire.

Nutrition data per 100g of recipe:
Energy 350 kJ/ 83 kcal | Fat 1.0 g | Carbohydrates 15.7 g | Protein 2 g | Fibre 1.6 g
Vitamin A 0 mcg | Iron 6 mg | Zinc 0.77 mg

Rice Flour Porridge

(Uji wa Mchele)



Rice Flour Porridge *(Uji wa Mchele)*

Rice flour porridge is a native infant porridge among the Swahilis in Kenya. It is wonderfully flavoured and enriched with coconut milk.

Ingredients

1 cup (140 g) rice flour
3 ½ tbsp. (49 g) sugar
½ tsp. (1 g) cardamom powder
2/3 cup (140 g) coconut milk
8 1/8 cups (1780 g) water

Preparation 5 minutes | Cooking 20 minutes |

Serves 6

- In a pot, mix 6 cups of water with cardamom powder and bring the mixture to a boil for 5 minutes.
- In a separate bowl, add 2 cups of water to the rice flour and mix to a smooth paste.
- Add the paste to the boiling water gradually and stir continuously to prevent lumps.
- Cook while stirring for 3 minutes then add the coconut milk.
- Stir and add sugar.
- Add 1/8 cup of water while stirring to a smooth medium consistency for 3 minutes.
- Remove from heat.

Nutrition data per 100g of recipe:
Energy 235 kJ/56 kcal | Fat 1.3 g | Carbohydrates 10.2 g | Protein 0.6 g | Fibre 0.2 g
Vitamin A 0 mcg | Iron 0.1 g | Zinc 0.11 mg

*Cassava, Finger Millet
& Sorghum Porridge*



Cassava, Millet & Sorghum Porridge

This recipe is common among communities that grow cassava. Dried and ground cassava is mixed with sorghum and millet flour to prepare the porridge. It is considered a family dish.

Ingredients

1/3 cup (46 g) cassava flour
2 ½ tbsp. (26 g) red sorghum flour
2 ½ tbsp. (25 g) finger millet flour
3 tbsp. (46 g) sugar
7 ½ cups (1607 g) water

Preparation 5 minutes | Cooking 25 minutes |

Serves 4

- Blend the cassava, red sorghum and finger millet flour evenly.
- Add 1 ½ cups of water to the blended flours gradually to a medium consistency.
- In a separate pot, bring 6 cups of water to a boil.
- Add the paste to the boiling water and stir until the mixture thickens and starts to bubble to prevent lumps from forming.
- Add sugar, stir and leave it to boil for 10 minutes.
- Remove from fire and serve hot.

Nutrition data per 100g of recipe:
Energy 194 kJ/ 46 kcal | Fat 0.1 g | Carbohydrates 10.2 g | Protein 0.5 g | Fibre 1.0 g
Vitamin A 0 mcg | Iron 0.4 mg | Zinc 0.12 mg

*Finger Millet &
Sorghum Porridge*



Finger Millet and Sorghum Porridge

A mixture of sorghum and finger millet grains provides a classic blend of nutrients in the porridge. Sometimes this porridge is enriched with sugar and milk. An excellent complementary food option in most communities in Kenya.

Ingredients

1 cup (128 g) finger millet flour
5½ tbsp. (56 g) sorghum flour
3 1/3 cups (749 g) milk
3 1/3 cups (733 g) water

Preparation 3-5 minutes | Cooking 15 minutes | Serves 4

- Boil 3 cups of the water in a pot.
- Mix the finger millet and the sorghum flour in a bowl, add 1 ½ cups of milk and stir to attain a smooth consistency without lumps.
- Add the mixture into the boiling water and stir continuously until it boils.
- Add the rest of the milk and water.
- Continue cooking while stirring until ready (8-10 minutes).
- Remove from heat.

Nutrition data per 100g of recipe:
Energy 311 kJ/ 74 kcal | Fat 2.2 g | Carbohydrates 9.7 g | Protein 2.7 g | Fibre 2.3 g
Vitamin A 22 mcg | Iron 1.1 mg | Zinc 0.54 mg

Oat Porridge

(Uji wa Shayiri)



Oat Porridge *(Uji wa Shayiri)*

Oat porridge provides a high satiety value to the family. Mainly an urban dish, it is growing in popularity as an infant dish but also serves as a breakfast option for adults.

Ingredients

5 tbsp. (107 g) oatmeal flour
½ cup (105 g) sugar
4 ½ cups (990 g) water
1½ cups (331 g) cow milk

Preparation 5 minutes | Cooking 10 minutes | Serves 4

- Put 1 ½ cups of water into a cup, add oat flour and stir to a smooth consistency.
- Put the rest of the water in a pot and bring to boil.
- Add the flour mixture into the boiling water and stir.
- Continue stirring while cooking for 2 minutes.
- Add milk and heat while stirring for 7 minutes.
- Add sugar and stir to mix.
- Remove and serve while hot.

Nutrition data per 100g of recipe:
Energy 363 kJ/ 86 kcal | Fat 1.6g | Carbohydrates 15.3 g | Protein 1.9 g | Fibre 1.4 g
Vitamin A 11 mcg | Iron 0.4 mg | Zinc 0.45 mg

“Busara”

(Whole Maize flour and Finger Millet porridge)



“Busara” *(Whole Maize and Finger Millet Porridge)*

A typically traditional recipe among the Kuria's, Busara is a very special porridge. Prepared from keenly sprouted finger millet grains, Busara has a distinct flavour and is served traditionally in a gourd. It is given as a special drink to lactating mothers. To date, Busara is the king of porridge in Kuria.

Ingredients

1 cup (130 g) maize flour, whole, white
 2 1/8 cups (273 g) finger millet flour
 1 1/2 cups (194 g) sprouted finger millet flour
 20 1/2 cups (4455 g) water

Preparation 5 minutes | Cooking 2 hours | Serves 4

- Heat 1 1/2 cups of water.
- Put the sprouted finger millet flour and 1 1/2 cups of hot water. Swirl the mixture and cover for 5 minutes.
- Mix the remaining dry ingredients (pure finger millet flour and whole maize flour).
- Add 6 cups of water into the dry ingredients and stir to achieve a smooth paste.
- In a cooking pot, add the rest of the water (13 cups) and bring to a boil.
- Add the paste into the boiling water, stir and bring to a boil. Cook for 2 minutes.
- Add the cooked porridge mixture to the sprouted millet mixture in the gourd and stir.
- Cover the gourd and set it aside for 1 hour 30 minutes.
- Serve cold.

Nutrition data per 100g of recipe:
 Energy 170 kJ/ 40 kcal | Fat 0.3 g | Carbohydrates 7.3 g | Protein 1 g | Fibre 2.5 g
 Vitamin A 0 mcg | Iron 1.9 mg | Zinc 0.22 mg

Wheat Flour Porridge

(Uji wa Ngano)



Wheat Flour Porridge *(Uji wa Ngano)*

The Nubian community in Kenya consider this recipe special to infant feeding. It is enriched with peanut butter and sugar to give a smooth sweet taste.

Ingredients

$\frac{3}{4}$ cup (112 g) wheat flour, refined
6 cups (1286 g) water
 $\frac{2}{3}$ cup (135 g) sugar
 $\frac{1}{2}$ cup (119 g) peanut butter

Preparation 5 minutes | Cooking 15 minutes |

Serves 4

- Put 4 cups of water into a pot and bring to a boil.
- Mix the wheat flour and 1 $\frac{1}{2}$ cups of water in a separate bowl to a smooth consistency.
- Add flour mixture into the boiling water and stir until it starts to bubble.
- Mix the peanut butter with $\frac{1}{2}$ cup of water and add gradually into the boiling porridge while stirring.
- Boil for 3 minutes and add sugar.
- Simmer for 4 minutes and serve.

Nutrition data per 100g of recipe:
Energy 468 kJ/ 111 kcal | Fat 3.9 g | Carbohydrates 16.1 g | Protein 2.5 g | Fibre 0.9 g
Vitamin A 7 mcg | Iron 0.9 mg | Zinc 0.24 mg

3.

Rice Dishes

3. Rice Dishes

Rice dishes are typical among the Swahili and urban communities. As such, most rice dishes are named in Kiswahili. For example, the rice dishes that incorporate ingredients like beans, green grams or potatoes are described as “Mseto”. Rice dishes are eaten in the rural areas occasionally. Pilau is the most common among the spicy rice recipes in Kenya. Plain rice recipes are also covered in this section. Some communities incorporate milk in rice recipes as is common among Kalenjin and Swahili communities.

[Process photos for recipes in this category will be added in this space]



Pilau

(Spiced Rice)



Pilau (Spiced Rice)

Pilau is the king of traditional rice cuisine among the Swahili community. Culturally, it is a must cook dish on Friday particularly during lunch. It is enjoyed by the entire family and often served with tomatoes, onions and chillies salad commonly known as (“kachumbari” or salsa) and accompanied with a ripe banana. This tastefully spiced dish is characterized by whole potatoes and meat chunks as key ingredients.

Ingredients

3 1/3 cups (595 g) raw white rice
 1/2 kg beef
 10 seeds (1 g) cardamom, whole
 5 sticks (3 g) cinnamon, whole
 5 seeds (1 g) black pepper, whole
 5 seeds (1 g) cloves, whole
 6 tsp. (30 g) salt, iodized
 2 tbsp. (11 g) cumin
 4 potatoes, unpeeled, raw (840 g)
 3 onions, red skinned, unpeeled, raw (387 g)
 5 cloves (17 g) garlic, whole
 1 root (23 g) ginger
 1/2 green capsicum (115 g)
 62 g coriander, fresh
 8 1/4 cups (1788 g) water
 1 1/2 cups (293 g) cooking oil

Preparation 20 minutes | Cooking 1 hour | Serves 4

- Cut meat into medium size chunks.
- Boil the meat in a large cooking pot with all the water for 30 minutes, drain the water and set both meat and water aside.
- Prepare and chop onions and potatoes, grate capsicum, pound coriander, crush garlic and ginger.
- Place each prepared ingredient in small separate bowls.
- Toast cumin seeds under medium heat on a dry pan until they start to brown. Remove from the heat and grind.
- Toast cardamom, cinnamon, cloves and black pepper together until they produce an aroma. Grind them.
- Put oil into the pan used to boil the meat.
- Add onions into the hot oil and cook for 5 minutes until they brown (a golden-brown colour).
- Add ginger and garlic. Stir.
- Add all browned spices; cumin, black pepper, cloves, cinnamon, cardamom after 3 minutes.
- Add capsicum, coriander and potatoes after 1 minute and stir. Meanwhile, wash the rice.
- Add rice and salt after 3 minutes and stir in to properly mix the ingredients.
- Add water drained from boiling the meat, stir the rice and bring the mixture to boil for 25 minutes.
- Add the cooked meat to the boiling mixture. Cook for 30 minutes and serve.

Nutrition data per 100g of recipe:
 Energy 895 kJ/213 kcal | Fat 9.4 g | Carbohydrates 24.8 g | Protein 6.9 g | Fibre 1.1 g
 Vitamin A 5 mcg | Iron 1.3 mg | Zinc 1.24 mg

Mseto wa Maharagwe

(Rice with Beans)



Mseto wa Maharagwe (Rice with Beans)

“Mseto wa Maharagwe” is the Swahili name for rice that is made with beans in one pot. It is a common recipe among many communities in Kenya. Mainly prepared as a main meal during lunch time, it is eaten by the whole family. Sometimes, this dish is eaten for supper.

Ingredients

3 cups (505 g) kidney beans, raw
21 ¼ cups (4600 g) water
4 cups (684 g) raw white rice, long grain
1 large onion, red skinned, raw, unpeeled (206 g)
2 tomatoes, red, ripe, raw (226 g)
1 ¼ cups (238 g) cooking oil
2 tbsp. (27 g) salt

Preparation 2 hours 45 minutes | Cooking 3 hours 45 minutes | Serves 6

- Soak the beans in 13 ¼ cups of water for 2 hours 35 minutes.
- Boil the soaked beans for 3 hours.
- Peel, wash and cut onions and tomatoes separately.
- Fry the onions in cooking oil until golden-brown, add the tomatoes until they have cooked down to a paste.
- Add salt to taste.
- Add the previously boiled beans and stir until evenly mixed and well coated with the tomatoes.
- Add 8 cups of water and let it boil.
- Wash rice until water runs clear.
- Add rice. When it starts boiling, reduce fire and let it cook on low heat for 20 minutes.
- Remove and serve hot.

Nutrition data per 100g of recipe:
Energy 807 kJ/ 193 kcal | Fat 7.9 g | Carbohydrates 23.5 g | Protein 5 g | Fibre 3.8 g
Vitamin A 3 mcg | Iron 1.3 mg | Zinc 0.76 mg

Mseto wa Ndengu

(Rice with Green Grams)



Mseto wa Ndengu (Rice with Green Grams)

This recipe is named in Swahili “Mseto wa Ndengu” meaning a mix of green grams and rice. It is uniquely prepared using freshly squeezed coconut milk. Very popular in the Kenyan coastal region, it is served to infants and adults alike as a main meal during lunch or dinner. In other communities, this recipe is prepared without coconut milk.

Ingredients

3 ½ cups (621 g) raw white rice
 1 ¼ cups (242 g) green grams
 ¾ cup (180 g) coconut milk
 1 onion, red skinned, raw, unpeeled (77 g)
 ½ tsp. (3 g) salt, iodized
 13 cups (2832 g) water

Preparation 15 minutes | Cooking 1 hour 30 minutes |

Serves 6

- Boil the green grams in 6 cups of water for 1 hour and set aside.
- Prepare and finely chop the onions.
- In a separate cooking pot, add 7 cups of water.
- Add chopped onion and salt to the water and bring to a boil for 10 minutes.
- Add the rice to the boiling mixture and cook until the water starts to dry up.
- Add the green grams and reduce heat. Cook for 8 minutes.
- Add the coconut milk and stir after 2 minutes.
- Leave covered over very low heat to dry for 10 minutes.
- Turn off the heat and serve hot.

Nutrition data per 100g of recipe:
 Energy 433 kJ/ 103 kcal | Fat 1.3 g | Carbohydrates 18.4 g | Protein 3.7 g | Fibre 1.5 g
 Vitamin A 1 mcg | Iron 0.8 mg | Zinc 0.48 mg

Swahili Biryani Rice



Swahili Biryani Rice

This dish is common among the Swahili community in Kenya. The cuisine is also meat based and special emphasis is given to finding the right kinds of rice, spices, meat and herbs. It is simply steamed rice eaten with Biryani stew. It is particularly made using the fragrant species of rice. This colourful dish can be served for lunch, dinner or during wedding occasions.

Ingredients

5 3/4 cups (1 kg) raw white rice
8 2/3 (1874 g) water
1 g food colour powder, egg yellow
2 tsp. (10 g) salt, iodized
7 tbsp. (85 g) cooking oil

Preparation 5 minutes | Cooking 25 minutes |

Serves 4

- Take out 2 tablespoons of water and put the rest of the water into a cooking pot, add salt and bring to a boil.
- Wash the rice and add into the boiling water. Cover to cook for 10 minutes.
- Meanwhile mix the food colour in the 2 tablespoons of water.
- Add oil and cook for another 2 minutes.
- Add the food colour and simmer for 13 minutes.
- Remove from heat.
- Serve with biryani stew.

Nutrition data per 100g of recipe:
Energy 641 kJ/ 152 kcal | Fat 3.2 g | Carbohydrates 27.9 g | Protein 2.7 g | Fibre 0.3 g
Vitamin A 0 mcg | Iron 0.3 mg | Zinc 0.47 mg

Wali wa Kuchemshwa

(Boiled Rice)



Wali wa Kuchemshwa *(Boiled Rice)*

One of the simplest ways that rice is cooked in Kenya is by boiling. This recipe is common in different communities in Kenya. It is eaten by the entire family often accompanied by a protein rich stew and vegetables

Ingredients

5 2/3 cups (1 kg) raw white rice
3 tsp. (15 g) salt, iodized
¼ cup (50 g) cooking oil
9 cups (1954 g) water

Preparation time 5 minutes | Cooking 40 minutes

Serves 4

- Sort and wash the rice.
- In a cooking pot, boil all the water for 2 minutes.
- Add salt and rice. Stir and boil for 10 more minutes.
- Reduce the heat and cover to simmer for 16 minutes.
- Add cooking oil to the rice and stir.
- Cover the rice and allow to simmer until it is ready.
- Cover with aluminium foil.
- Remove from the heat when ready and serve.

Nutrition data per 100g of recipe:

Energy 584 kJ/ 138 kcal | Fat 2.0 g | Carbohydrates 27.2 g | Protein 2.7 g | Fibre 0.2 g
Vitamin A 0 mcg | Iron 0.3 mg | Zinc 0.46 mg

Wali wa Yasmin

(Onion Fried Rice)



Wali wa Yasmin (Onion Fried Rice)

Commonly known as Wali wa Yasmin, this recipe is typical to the Swahili community. It is mainly prepared during special occasions. It is usually served as a main course accompanied by a variety of stews or broths. It is enjoyed by the whole family.

Ingredients

5 cups (898 g) raw white rice
4 onions, red skinned, raw, unpeeled (335g)
2/3 cup (134 g) cooking oil
3 tsp. (15 g) salt, iodized
7 ½ cups (1622 g) water

Preparation 35 minutes | Cooking 45 minutes |

Serves 4

- Wash the rice and soak in 2 cups of water for 30 minutes. Drain and discard the water.
- Peel, wash and chop the onions and fry them in a separate pan until golden brown.
- Boil 5 ½ cups of water in a pot.
- Add salt and the rice into the boiling water. Cover to cook for 10 minutes.
- Add onions with the oil with which it was fried in to the rice.
- Cover with aluminium foil and simmer for 11 minutes.
- Remove from fire.

Nutrition data per 100g of recipe:

Energy 779 kJ/ 185 kcal | Fat 5.1 g | Carbohydrates 31.2 g | Protein 3.2 g | Fibre 0.6 g
Vitamin A 0 mcg | Iron 0.5 mg | Zinc 0.53 mg

Mseto wa Viazi

(Potatoes in rice)



Mseto wa Viazi *(Potatoes in rice)*

This is a common recipe among Kenyan communities particularly those living in the agricultural areas. It is eaten as a main dish and can be accompanied by a vegetable side dish. Mseto wa viazi is a very basic rice dish and is loved for its ease of preparation. It is normally eaten by the entire family and serves as an infant dish as well.

Ingredients

5 potatoes, unpeeled, Irish, white, raw (468 g)
 3 carrots, orange, raw (379 g)
 2 onions, red skinned, raw, unpeeled (205 g)
 3 tomatoes, red, ripe (240 g)
 6 tbsp. (63 g) cooking fat
 5 cups (882 g) raw white rice
 11 1/3 cups (2412 g) water
 2 tsp. (9 g) salt, iodized

Preparation 10 minutes | Cooking 1 hour |

Serves 4

- Peel, wash and cut the potatoes into cubes.
- Peel, wash and chop the onions; wash and cut the tomatoes.
- Peel, wash and grate the carrots.
- Heat the oil in a cooking pot, add the onions and cook until golden brown.
- Add tomatoes, salt and stir; cook until tender.
- Add potatoes and stir. Add 1 1/3 cups of water; bring it to a boil.
- Add the grated carrots after 6 minutes.
- Add rest of water (10 cups), stir and bring the mixture to a boil.
- Wash the rice and set aside.
- Add the rice to the boiling mixture and stir.
- Leave the mixture to boil until all the water dries up.

Nutrition data per 100g of recipe:
 Energy 469 kJ/ 111 kcal | Fat 1.9 g | Carbohydrates 21.1 g | Protein 2.2 g | Fibre 0.5 g
 Vitamin A 2 mcg | Iron 0.4 mg | Zinc 0.38 mg

Steamed Rice

(Wali wa Mvuke)



Steamed Rice *(Wali wa Mvuke)*

The special step of soaking rice in this recipe gives a deliciously fluffy dish. Steamed rice is usually accompanied by a variety of stews including legume based stews. It is common among Kenyan Indians and the Swahilis. Usually eaten by the entire family and can serve as part of infant feeding.

Ingredients

1 cup (193 g) raw white rice
4 2/3 cups (1015 g) water
2 tsp. (9 g) salt, iodized

Preparation 35 minutes | Cooking 30 minutes | Serves 4

- Sort and soak the rice in 2 cups of water for 30 minutes.
- Drain and discard the water.
- Put the soaked rice into a cooking pot, add the rest of the water (2 2/3 cups) and salt.
- Bring to a boil and cook for 20 minutes.
- Drain the water when the rice is semi-cooked.
- Steam for 10 minutes on low heat.
- Remove from heat and serve.

Nutrition data per 100g of recipe:
Energy 513 kJ/ 121 kcal | Fat 0.3 g | Carbohydrates 26.7 g | Protein 2.6 g | Fibre 0.2 g
Vitamin A 0 mcg | Iron 0.3 mg | Zinc 0.45 mg

Micheleng

(Rice with milk)



Mcheleng *(Rice with milk)*

This creamy smooth dish is unique to the Kalenjin community and is commonly known as 'mcheleng'. It is made with milk and milk cream. Loved for its convenience, it is enjoyed by the entire family but mainly a delicacy for children. It is eaten mainly as a lunch or dinner dish often accompanied by a meat or legume stews.

Ingredients

2 $\frac{3}{4}$ cups (500 g) raw white rice
2 $\frac{1}{4}$ cups (488 g) water
2 $\frac{1}{4}$ cups (541 g) milk, cow
1 $\frac{1}{4}$ cups (284 g) milk cream, cow
1 tbsp. (14 g) salt, iodized

Preparation 10 minutes | Cooking 30 minutes | Serves 4

- Put milk, all the water and cream into a cooking pot.
- Add salt and bring the mixture to a boil.
- Add rice and cook for 20 minutes or until all the liquid dries up.
- Remove from heat and cover.
- Serve while hot.

Nutrition data per 100g of recipe:
Energy 74 kJ/ 176 kcal | Fat 5.7 g | Carbohydrates 27.2 g | Protein 3.9 g | Fibre 0.2 g
Vitamin A 44 mcg | Iron 0.4 mg | Zinc 0.64 mg

4.

Mashed Dishes

4. Mashed Dishes

This category comprises of those recipes which require mashing of all the ingredients together before serving. Different communities in Kenya traditionally mashed a combined set of ingredients together, perhaps as a coping mechanism or in order to save cooking time. These dishes were also believed to have a rich nutrient base and were eaten without any accompaniment. The most common ingredients used in these dishes were a root (such as potatoes or sweet potatoes or cassava), bananas (green or ripe), a green vegetable, maize, and a legume.

Different communities have different names for these dishes. For example, Mukimo is common among the Kikuyu and Meru communities, Mushenye among the Luhya communities, Kimanga among the Taita and coastal communities.

A very common practice across many communities in Kenya is that most infant dishes are made from this category. Infant dishes exclude use of hard ingredients such as maize.

[Process photos for recipes in this category will be added in this space]



Mukimo

(Fresh Maize, Potato & Pumpkin Leaves)



Mukimo

(Fresh Maize, Potatoes & Pumpkin Leaves)

This is a common dish among the Kikuyu, Meru and Embu communities. Often eaten for lunch or dinner, it can be served with meat stew. This dish is served as a main meal to the whole family.

Ingredients

6 potatoes, unpeeled, Irish, raw (876g)
4 bunches (31 g) pumpkin leaves
2 ½ cups (479 g) green maize, white, boiled
2 cups (453 g) water
2 ½ tsp. (12 g) salt, iodized

Preparation 15 minutes | Cooking 1 hour 15 minutes | Serves 4

- Peel the potatoes and wash.
- Wash the pumpkin leaves and chop finely.
- Put 2 cups of water into a pot. Add the potatoes, pumpkin leaves and salt.
- Cover the pot and boil the mixture for 20 minutes.
- Add the boiled maize and cover to cook for 10 minutes.
- Remove from fire and mash to serve.

Nutrition data per 100g of recipe:
Energy 457 kJ/ 109 kcal | Fat 1.0 g | Carbohydrates 18.5 g | Protein 3 g | Fibre 6.8 g
Vitamin A 14 mcg | Iron 1.6 mg | Zinc 0.93 mg

Mukimo

(Maize, Beans, Potatoes & Pumpkin Leaves)



Mukimo

(Maize, Beans, Potatoes & Pumpkin Leaves)

This recipe is a family dish common among the Kikuyu, Meru and Embu communities. It is served mainly for lunch or dinner.

Ingredients

10 potatoes, unpeeled, Irish, white (1386 g)
9 stalks (81 g) pumpkin leaves, raw
7 ½ cups (1182 g) white maize and kidney beans, cooked
4 2/3 cups (999 g) water
2 ½ tsp. (13 g) salt, iodized

Preparation 15 minutes | Cooking 1 hour |

Serves 4

- Peel, wash and cut the potatoes.
- Cut the pumpkin leaves.
- Meanwhile, measure 7 ½ cups of previously boiled maize and beans mixture (the ratio of maize to beans is 1:2).
- Put all the water into the empty cooking vessel. Add potatoes and salt.
- Boil the potatoes for 20 minutes and add the cut pumpkin leaves. Cover the pot and cook for 2 minutes.
- Add the cooked maize-bean mixture and cover to cook for 20 minutes.
- Remove from heat and mash the mixture.
- Serve while hot.

Nutrition data per 100g of recipe:
Energy 498 kJ/ 118 kcal | Fat 0.7 g | Carbohydrates 20.5 g | Protein 5 g | Fibre 4.8 g
Vitamin A 4 mcg | Iron 2.0 mg | Zinc 0.74 mg

Mukimo wa Njahi

(Black Beans, Green Bananas & Potatoes)



Mukimo wa Njahi (Black Beans, Green Bananas & Potatoes)

This is a delicacy among the Kikuyu community particularly in Nyeri. Commonly referred to as “Mukimo wa Njahi”, this dish was traditionally prepared for lactating mothers and during occasions like dowry ceremonies. In modern times it remains important as a family dish mainly served during lunch or dinner.

Ingredients

6 (1.2 kg) potatoes, unpeeled, Irish, raw
 6 green bananas, unpeeled, raw (1 kg)
 2 ½ cups (497 g) njahi, dolichos lablab, raw, dry
 25 ¾ cups (5611 g) water
 4 tsp. (20 g) salt, iodized

Preparation 20 minutes | Cooking 4 hours | Serves 4

- Boil 2 ½ cups of njahi (dolichos lablab) in 21 cups of water for 3 hours.
- Peel and wash the potatoes and green bananas in separate bowls, chop them.
- Put the rest of the water into a separate cooking pot.
- Add the chopped potatoes, green bananas and salt.
- Boil for 10 minutes.
- Add the cooked black beans, cover and cook for 20 minutes.
- Remove from fire and mash.

Nutrition data per 100g of recipe:

Energy 693 kJ/ 164 kcal | Fat 0.6 g | Carbohydrates 26.5 g | Protein 9.5 g | Fibre 7.2 g
 Vitamin A 0 mcg | Iron 3.2 mg | Zinc 1.06 mg

Mukimo wa Njahi

(Raw & Ripe Bananas)



Mukimo wa Njahi (Raw & Ripe Bananas)

This sweet Mukimo wa Njahi is prepared using ripe banana typical among the Kikuyu community. It was prepared mainly for lactating mothers and during dowry ceremonies. To date, this remains an important recipe among the Kikuyu community and is served mainly during Lunch.

Ingredients

5 1/8 cups (1 kg) njahi dolichos lablab, black beans, raw, dry
21 large (3 kg) raw, unpeeled bananas
12 large (1.2 kg) ripe, unpeeled bananas
5 tsp. (21 g) salt, iodized
28 3/4 cups (6037 g) water

Preparation 10 minutes | Cooking 4 hours 30 minutes | Serves 8

- Sort the black beans, wash and cook in 23 cups of water for 4 hours or until ready or soft.
- Mash the black beans until smooth.
- Meanwhile, peel the ripe bananas and set aside.
- Boil the green bananas in 2 1/2 cups of water until they are soft.
- Once ready, add the peeled ripe bananas. Add the rest of the water and salt into the mixture.
- Let the water come to a boil. Add this mixture into the mashed black beans.
- Mash until soft and serve while hot.

Nutrition data per 100g of recipe:

Energy 636 kJ/ 151 kcal | Fat 0.6 g | Carbohydrates 26.6 g | Protein 6.4 g | Fibre 6.5 g
Vitamin A 1 mcg | Iron 2.2 mg | Zinc 0.79 mg

*Mashed Potatoes
& Bananas*



Mashed Potato and Bananas

This recipe is common among the Kisii, Kikuyu and Meru communities due to the abundance of the bananas and potatoes in these communities. Sometimes it serves as an infant dish. When served as a main family dish, it can be eaten with a variety of stews or just a vegetable dish.

Ingredients

14 large potatoes, unpeeled, white, Irish, raw (2 kg)
7 bananas, raw, unpeeled (1.2 kg)
1 onion, red skinned, raw, unpeeled (134 g)
3 tomatoes, red, raw (321 g)
1 ¼ cups (186 g) cooking fat
2 tbsp. (35 g) salt, iodized
3 1/3 cups (734 g) water

Preparation 10 minutes | Cooking 45 minutes | Serves 4

- Peel, wash the potatoes and bananas into separate bowls.
- Peel, wash and chop the onion. Wash and cut the tomatoes.
- Heat the cooking fat in a pan. Add the onion into the pan and cook until golden brown.
- Add tomatoes and stir until the tomatoes are cooked or tender
- Cut the potatoes and bananas and add into the cooking pot.
- Add salt, cover and keep stirring at intervals.
- Add all the water and bring to a boil.
- Cook until the potatoes and the green bananas are tender.
- Mash to a smooth consistency and serve while food hot.

Nutrition data per 100g of recipe:
Energy 750 kJ/ 179 kcal | Fat 8.5 g | Carbohydrates 22.1 g | Protein 2.3 g | Fibre 2.6 g
Vitamin A 4 mcg | Iron 1.4 mg | Zinc 0.36 mg

Mushenye

(Green Maize and Sweet Potatoes)



Mushenye *(Green Maize and Sweet Potatoes)*

This dish is typical to the Luhya community. It is served as a main dish during lunch or dinner. Traditionally it was eaten plain but can be served with. It usually served with tea.

Ingredients

3 $\frac{3}{4}$ cups (757 g) beans, kidney, dry
2 cobs (917 g) green maize, with husks
4 sweet potatoes, unpeeled, pink skin, raw (1.6 kg)
4 tsp. (20 g) salt, iodized
1 $\frac{1}{3}$ cups (323 g) peanut butter
30 cups (6501 g) water

Preparation 20 minutes | Cooking 4 hours 40 minutes | Serves 4

- Boil beans for 2 hours in 21 cups of water.
- Remove husks and shell the maize grains into a bowl.
- Add the green maize and 4 cups of water to the cooked beans.
- Let the maize boil until it is cooked for about 1 hour.
- Meanwhile peel and wash the sweet potatoes.
- Add sweet potatoes, peanut butter, salt and the rest of the water.
- Cook the sweet potatoes in the maize-bean mixture for 1 hour 15 minutes.
- Once cooked, mash, remove from heat and serve.

Nutrition data per 100g of recipe:
Energy 641 kJ/ 153 kcal | Fat 4.1 g | Carbohydrates 17.6 g | Protein 7.1 g | Fibre 8.6 g
Vitamin A 1 mcg | Iron 2.3 mg | Zinc 1.07 mg

Mukunu

(Sweet Potatoes & Dehulled Black Beans)



Wukunu *(Sweet Potatoes & Dehulled Black Beans)*

Wukunu is a traditional dish common in Taita community. It was commonly served during ceremonies such as burials, weddings, or other special occasions. Traditionally, it was eaten without any accompaniment. The modern practice incorporates some vegetables or salad.

Ingredients

2¼ cups (384 g) black beans, dolichos lablab, raw, dry

7 sweet potatoes, unpeeled, pink skin, raw (1.8 kg)

13½ cups (2946 g) water

2 tsp. (11 g) salt, iodized

Preparation 15 minutes | Cooking 2 hours 30 minutes | Serves 4

- Sort the black beans and wash.
- Boil the beans in 9 cups of water for 1 hour 20 minutes (or until almost cooked).
- While the beans boil, peel the sweet potatoes and set aside covered with water.
- Remove the boiled beans from fire and set aside to cool.
- Once cool enough to handle, shell the beans (remove the outer skin)/ you can also blanch after cooling the beans to make shelling easier.
- Put the shelled black beans into a pot, add 4 ½ cups of water and boil for 4 minutes.
- Add the peeled sweet potatoes, salt and boil for 50 minutes or until the sweet potatoes are tender
- Remove from fire and mash to a smooth consistency.
- Serve.

Nutrition data per 100g of recipe:
 Energy 396 kJ/ 94 kcal | Fat 0.6 g | Carbohydrates 15.8 g | Protein 4.1 g | Fibre 4.6 g
 Vitamin A 1 mcg | Iron 1.5 mg | Zinc 0.41 mg

Kimanga Lha Ndizi

(Smoked Green Bananas and Kidney Beans)



Kimanga cha Ndizi (Smoked Green Bananas and Kidney Beans)

Kimanga is a traditional dish in the Taita community particularly in the highland part of Taita. It is commonly made from smoked green bananas that gives the dish its characteristic flavour. It is served during lunch or dinner as a main meal served to the entire family. Traditionally, it was preferred during drought period due to its filling effect and usually eaten plain.

Ingredients

1 $\frac{3}{4}$ cups (310 g) beans, kidney, dry
13 green bananas, peeled smoked (169g)
2 $\frac{1}{2}$ tsp. (12 g) salt, iodized
19 $\frac{1}{4}$ (4180 g) water

Preparation 1 week (for smoking the bananas using a charcoal stove) | Cooking 2 hours 20 minutes

| Serves 4

- Boil beans in all the water until they are ready.
- Without draining the water used to cook the beans, add the smoked bananas, cover and cook for 10 minutes.
- Add salt and stir. Cook until the bananas are soft.
- Remove and mash.
- Serve while hot.

Nutrition data per 100g of recipe:
Energy 614 kJ/ 146 kcal | Fat 0.9 g | Carbohydrates 24.1 g | Protein 6.5 g | Fibre 7.7 g
Vitamin A 2 mg | Iron 1.6 mg | Zinc 0.85 mg

Kimanga cha Mihogo

(Mashed Cassava and Pigeon Peas)



Kimanga cha Mihogo (Mashed Cassava and Pigeon Peas)

This is a variant of the traditional Kimanga among the lowland Taita community and other drier parts of Taita bordering the Kamba community. It was a choice meal during drought and was liked for its filling effect. In modern times it is still common and eaten as a main meal during lunch and dinner by the entire family.

Ingredients

1 ½ (1.3 kg) cassava, unpeeled, raw
 3 cups (541 g) pigeon peas, dry, raw
 4 tsp. (20 g) salt, iodized
 2 1/3 cups (4641 g) water

Preparation 10 minutes | Cooking 2 hours 45minutes |

Serves 4

- Sort the pigeon peas and wash.
- Boil 9 1/3 cups of water in a pot and add the pigeon peas. Boil the peas until soft or ready.
- Meanwhile as the pigeon peas boil, peel and cut the cassava into a separate bowl with water.
- Add 12 cups of water to the boiled peas and add the cut cassava, and cover.
- Boil for 15-20 minutes and add salt.
- Cover and cook until the cassava is tender and ready.
- Turn off the heat and mash.
- Serve hot.

Nutrition data per 100g of recipe:
 Energy 823 kJ/ 194 kcal | Fat 0.6 g | Carbohydrates 39.6 g | Protein 4.8 g | Fibre 5.8 g
 Vitamin A 4 mg | Iron 1.6 mg | Zinc 0.85 mg

Mashed Potatoes



Mashed Potatoes

This is a typical infant dish among many Kenyan communities. It is usually mashed to a light texture and sometimes served with added milk. Sometimes a green leafy vegetable may be added and mashed together.

Ingredients

7 potatoes, unpeeled, white, Irish, raw (1.25 kg)

2 $\frac{3}{4}$ cups (625 g) water

$\frac{1}{2}$ tbsp. (7 g) salt, iodized

Preparation 10 minutes | Cooking 25 minutes |

Serves 4

- Peel the potatoes and clean them.
- Put them in a cooking pot, add salt and cover with all the water.
- Bring to a boil and cook until the potatoes are ready and tender.
- Drain any excess water.
- Mash the potatoes to a smooth consistency and serve warm.

Nutrition data per 100g of recipe:

Energy 449 kJ/ 106 kcal | Fat 0.2 g | Carbohydrates 22.8 g | Protein 2.5 g | Fibre 1.7 g
Vitamin A 0 mcg | Iron 1.4 mg | Zinc 0.32 mg

*Mashed Bananas
Plain*



Mashed Bananas Plain

This is a typical infant dish among many Kenyan communities. It is usually mashed to a light texture and sometimes served with added milk. Sometimes a green leafy vegetable may be added and mashed together.

Ingredients

9 unpeeled bananas, green, raw (1 kg)

2 1/8 cups (465 g) water

1 tsp. (5 g) salt, iodized

Preparation 10 minutes | Cooking 45 minutes | Serves

4

- Peel the bananas and clean them.
- Put in a cooking pot, add all the water and salt.
- Bring them to boil until the bananas are tender.
- Mash and serve warm.

Nutrition data per 100g of recipe:
Energy 344 kJ/ 81 kcal | Fat 0.3 g | Carbohydrates 16.9 g | Protein 1.2 g | Fibre 3.0 g
Vitamin A 0 mcg | Iron 0.6 mg | Zinc 0.19 mg

Enriched Mashed Potatoes



Enriched Mashed Potatoes

This is a typical infant dish among many Kenyan communities. It is usually mashed to a light texture and sometimes served with added milk. Sometimes a green leafy vegetable may be added and mashed together.

Ingredients

7 potatoes, unpeeled, white, Irish, raw
(1 kg)
4 2/3 cups (1007 g) water
½ tsp. (3 g) salt, iodized
6 tbsp. (76 g) margarine

Preparation 10 minutes | Cooking 55 minutes |

Serves 4

- Peel the potatoes, wash and put into a pot.
- Add all the water and bring to a boil.
- Add salt and cook until the potatoes are tender and most water has evaporated. Leave a little water to help in mashing.
- Add margarine.
- Mash the potatoes into a smooth consistency.
- Remove from heat and serve warm.

Nutrition data per 100g of recipe:
Energy 591 kJ/ 141 kcal | Fat 6.2 g | Carbohydrates 18.6 g | Protein 2 g | Fibre 1.4 g
Vitamin A 51 mcg | Iron 1.1 mg | Zinc 0.26 mg

*Enriched Mashed
Bananas*



Enriched Mashed Bananas

This is a typical infant dish among many Kenyan communities. It is usually mashed to a light texture and sometimes served with added milk. Sometimes a green leafy vegetable may be added and mashed together.

Ingredients

14 green bananas, raw, unpeeled (1.2 kg)
3 ¼ cups (702 g) water
¾ tsp. (4 g) salt, iodized
8 ½ tbsp. (113 g) margarine

Preparation 10 minutes | Cooking 40 minutes |

Serves 4

- Peel the bananas, wash and put in a cooking pot.
- Add all the water and salt.
- Boil until the bananas are tender.
- Add margarine.
- Mash the bananas into a smooth consistency and serve warm.

Nutrition data per 100g of recipe:
Energy 568 kJ/ 136 kcal | Fat 7.8 g | Carbohydrates 14.3 g | Protein 1 g | Fibre 2.6 g
Vitamin A 63 mcg | Iron 0.5 mg | Zinc 0.16 mg

Kimito

(Mashed Beans & Potatoes)



Kimito

(Mashed Beans & Potatoes)

Kimito is common among the Embu, Kikuyu and Meru communities. It is served as a main dish during lunch or dinner and enjoyed by the entire family. Traditionally, this was eaten dry but in modern day this dish is sometimes accompanied by various stews. It is also served to infants above 6 months of age.

Ingredients

10 potatoes, unpeeled, Irish, white, raw
(1.9 kg)
3 cups (515 g) beans, kidney, raw, dry
4 tsp. (21 g) salt, iodized
½ tbsp. (7 g) cooking oil
36 1/3 cups (7898 g) water

Preparation 10 minutes | Cooking 3 hours | Serves 4

- Sort and wash the kidney beans.
- Put beans and 23 cups of water into a pot. Turn on the heat and boil until the beans are soft and ready; about 2 hours 30 minutes.
- Meanwhile, peel and wash the potatoes.
- Remove the boiled beans and transfer to a bowl.
- Put potatoes into a pot and spread the beans on top.
- Add the rest of the water and salt. Cover and cook for 50 minutes or until the potatoes are soft and tender.
- Drain the excess water if necessary.
- Add the cooking oil and mash the content to a smooth consistency.
- Serve while hot.

Nutrition data per 100g of recipe:
Energy 537 kJ/ 127 kcal | Fat 0.8 g | Carbohydrates 21.6 g | Protein 5.7 g | Fibre 5.4 g
Vitamin A 0 mcg | Iron 2.2 mg | Zinc 0.77 mg

Kimanga cha Viazi Vitamu

(Mashed Sweet Potatoes and Black Beans)



Kimanga cha Viazi Vitamu *(Mashed Sweet Potato & Black Beans)*

Kimanga is a common name for the mashed dishes among the Taita community. This recipe is particularly unique as it is a mix of sweet potato and black beans. It is usually eaten plain. It is common in both low-land and highland parts of Taita. To date, this serves as a main meal and is eaten during lunch or dinner.

Ingredients

4 brown skin sweet potatoes, unpeeled,
raw (1 kg)
2 cups (365 g) dolichos beans, black
2 tsp. (11 g) salt, iodized
28 $\frac{3}{4}$ cups (6239 g) water

Preparation 15 minutes | Cooking 3 hours | Serves 4

- Sort the black beans and wash.
- Put the washed black beans into the cooking pot and boil in 18 cups of water for 2 hours or until soft.
- In the meantime, peel and cut the sweet potatoes and put them in water.
- Add the peeled sweet potatoes, the rest of the water and salt onto the boiled black beans, cover and boil until the sweet potatoes are properly cooked or soft.
- Turn off the heat and mash.
- Serve hot.

Nutrition data per 100g of recipe:
Energy 472 kJ/ 112 kcal | Fat 0.5 g | Carbohydrates 18.9 g | Protein 5.4 g | Fibre 5.2 g
Vitamin A 4 mcg | Iron 1.6 mg | Zinc 0.63 mg

Enriched Matoke



Enriched Matoke

This is a typical infant dish among the Kisii community. It is wonderfully enriched with peanut butter paste to give it a smooth taste. Infants are fed on this from the age of 6 months onwards. Sometimes, this recipe is made with some green leafy vegetables.

Ingredients

9 green bananas, unpeeled, raw, unpeeled (1.5 kg)
¼ cup (68 g) peanut butter
1 tsp. (5 g) salt, iodized
4 ½ cups (968 g) water

Preparation 5 minutes | Cooking 25 minutes | Serves 4

- Peel and wash the bananas.
- Put the washed bananas into a pot, add salt and all the water, and bring to a boil.
- Cook until the bananas are ready and tender.
- Remove from heat; add the peanut butter and mash.
- Serve while hot.

Nutrition data per 100g of recipe:
Energy 465 kJ/ 111 kcal | Fat 3.5 g | Carbohydrates 15.8 g | Protein 2.4 g | Fibre 3.2 g
Vitamin A 0 mcg | Iron 0.9 mg | Zinc 0.32 mg

Nyenyi

(Mashed Pigeon Peas & Green Maize)



Nyenyi

(Mashed Pigeon Peas & Green Maize)

“Nyenyi” is a traditional delicacy among the Embu community. It is made of green maize mashed with potatoes and pigeon peas. It is eaten during lunch and dinner by the entire family. Sometimes, the left-over of this dish is eaten as breakfast. Traditionally, this dish was eaten dry but in modern times it is eaten with variety of stews.

Ingredients

2 ½ cups (474 g) pigeon peas, dry, raw
 6 potatoes, unpeeled, Irish, white (1.6 kg)
 200 g pumpkin leaves, raw
 3 maize cobs with kernels (750 g)
 4 tsp. (20 g) salt, iodized
 1/3 cup (61 g) margarine
 30 cups (6472 g) water

Preparation 10 minutes | Cooking 3 hours | Serves 4

- Sort and wash the pigeon peas. Put into a pot with 23 cups of water and cover.
- Boil to cook for 2 hours.
- Expose the maize kernels by pulling back the husks and carefully remove the silk.
- Remove kernels from the cobs by hand in rows or use a corn zipper.
- Wash the maize and add to the boiling pigeon peas. Continue boiling until both are tender and ready.
- Remove from heat, drain any remaining water and put into a bowl.
- Meanwhile, prepare and cut the potatoes.
- Remove the pumpkin stalks, wash and cut the pumpkin leaves and hand blend with salt.
- Put the cut potatoes, salted pumpkin leaves, followed by the boiled pigeon peas-maize mixture into a cooking pot.
- Add the rest of the water, cover and cook until the potatoes are ready and soft.
- Add margarine, remove from heat and mash
- Serve while hot.

Nutrition data per 100g of recipe:
 Energy 524 kJ/ 125 kcal | Fat 2.3 g | Carbohydrates 17.8 g | Protein 4.9 g | Fibre 6.5 g
 Vitamin A 23 mcg | Iron 1.8 mg | Zinc 0.89 mg

5.

Maize Dishes

5. Maize Dishes

This section features recipes that are made of maize as the key ingredient. They include the mixture of maize and beans usually prepared by sautéing previously boiled maize and beans. The common names for this dish include Githeri, Nyoyo, Mahenjera and Muthere. The other category of recipes here includes the pounded maize recipes where the outer skin is removed. They include Muthokoi, Ashir and chenga common among the Taita, Kamba and Meru communities.





Ashir



Ashir

This dish is typical to the Borana's. A delicious meal of huskless maize mixed with milk. The husks are removed prior to cooking by pounding with a mortar and pestle. The mixture is boiled with added sugar and salted for a tantalizing taste.

Ingredients

8 ½ cups (1536 g) pounded maize,
white, de-germed
13/4 cups (414 g) cow milk
6 ½ tbsp. (88 g) sugar
1 ½ tsp. (12 g) salt, iodized
29 2/3 cups (6430 g) water

Preparation 10 minutes Cooking 2 hours 15 minutes Serves 4

- Sort and wash the pounded maize.
- Put all the water in the cooking pot and add the pounded maize.
- Put it on heat and boil.
- Boil for 2 hours, remove from heat and strain excess water.
- After draining water put back on the heat, add salt, sugar, milk and stir.
- Simmer for 10 minutes and serve.

Nutrition data per 100g of recipe:
Energy 529 kJ/ 125 kcal | Fat 0.9 g | Carbohydrates 25.8 g | Protein 2.7 g | Fibre 1.2 g
Vitamin A 5 mcg | Iron 0.2 mg | Zinc 0.21 mg



Githeri

(Fresh Beans and Maize)



Githeri *(Fresh Beans and Maize)*

Stewed fresh maize and beans is commonly known as Githeri. This is a variant of the Githeri dishes that uses fresh maize and beans. It is popular among communities in agricultural areas such as Eastern, Central and Western. This recipe is common during the season when maize and beans are green about a month to harvesting. It is usually served as a main dish in most communities and as a breakfast dish among the Luhya communities.

Ingredients

4 green maize cobs with kernels, (2 kgs)
2.5 kg bean pods, red
9 ¼ cups (2005 g) water
1 stem (140 g) spring onion, unpeeled
1 ¼ cups (187 g) cooking fat
5 ½ tsp. (28 g) salt, iodized

Preparation 2 hours | Cooking 20 minutes | Serves 4

Preparation:

- Remove fresh beans from pods. Put in a bowl or container.
- Remove maize cobs with kernels from the husks.
- Remove maize kernels from the cobs by hand.
- Mix and wash the maize and beans.
- Boil in 9 ¼ cups of water for 2 hours until cooked.
- Prepare the onions and chop into a separate bowl.
- Stewing:
 - Heat cooking fat into a pan and add the spring onions.
 - Cook the spring onions until they soften.
 - Add the boiled maize-beans mixture. Cover with a pan.
 - Add salt and continue cooking while stirring periodically.
 - Once ready, remove from fire and serve.

Nutrition data per 100g of recipe:
Energy 751 kJ/ 180 kcal | Fat 7.6 g | Carbohydrates 15.1 g | Protein 7.8 g | Fibre 10.4 g
Vitamin A 6 mcg | Iron 1.7 mg | Zinc 1.21 mg



Githeri

(Stewed Maize & Beans)



Githeri

(Stewed Maize & Beans)

This is yet another variant of githeri. It is mainly prepared using dry maize and beans. It is common among most communities in Western, Central, Eastern and Rift Valley parts of Kenya. This variant of githeri is one among the most common staples in Kenya. It is mostly eaten as a main dish during lunch time and dinner by the entire family. It is well balanced in nutrients and is considered complete on its own.

Ingredients

11 cups (1730 g) maize and beans,
dry, boiled
1 onion, red skinned, raw, unpeeled
(132 g)
1/3 cup (69 g) cooking oil
3 tsp. (14 g) salt, iodized
1 3/4 cups (389 g) water

Preparation 10 minutes | Cooking 15 minutes |

Serves 4

- Measure 11 cups of previously boiled maize and beans mixture (the ratio of maize to beans is 1:2).
- Prepare, wash and chop the onion.
- Pour oil in a cooking pot over fire, add onions and cook for 2 minutes and add salt.
- Add the boiled maize-bean mixture.
- Stir and add 1 3/4 cups water.
- Cover and let the mixture to cook for 10 minutes.
- Serve while hot.

Nutrition data per 100g of recipe:
Energy 661 kJ/ 157 kcal | Fat 4.2 g | Carbohydrates 19.7 g | Protein 6.7 g | Fibre 7.2 g
Vitamin A 0 mcg | Iron 2.2 mg | Zinc 1.01 mg



Githeri

(Sautéed Fresh Maize & Beans)



Githeri *(Sautéed Fresh Maize & Beans)*

Another common variant of Githeri is this one that is prepared with fresh maize and dry beans. It is mainly eaten among communities that grow maize and is common during the green maize season. This is eaten as a main family dish and served during lunch and dinner.

Ingredients

4 green maize cobs with kernels (1.5 kg)
 4 ¼ cups (740 g) kidney beans, red, dry
 21 ¾ cups (4728 g) water
 1 onion, red skinned, raw, unpeeled (283 g)
 1 1/8 cups (173 g) cooking fat
 4 ½ tsp. (22 g) salt, iodized

Preparation 5 hours 30 minutes | Cooking 10 minutes | Serves 4

Preparation:

- Remove husks from the maize.
- Remove the maize kernels into a bowl.
- In the meantime, measure the required amount of beans and set aside to soak in 14 cups of water for 2 hours 15 minutes.
- Drain and discard the water.
- Add the rest of the water into a cooking pot, add the soaked beans and fresh maize.
- Place the cooking pot over fire and leave it to boil until it is cooked, and all the water dries up (about 3 hours).
- Set aside.

Stewing:

- Cut onion and put into a pot with cooking oil.
- Cook the onions until golden brown.
- Add the boiled maize and bean mixture.
- Add salt and keep mixing until ready in about 10 minutes.
- Remove and serve.

Nutrition data per 100g of recipe:
 Energy 773 kJ/ 185 kcal | Fat 7.2 g | Carbohydrates 17.8 g | Protein 6.9 g | Fibre 10.5 g
 Vitamin A 2 mcg | Iron 2.2 mg | Zinc 1.32 mg



Muthokoi

(Dehulled Maize and Beans)



Muthokoi (Dehulled Maize and Beans)

This is a traditional dish typical among the Kamba, Taita and Meru communities. The Borana have this dish by the name Ashir but it's preparation is unique to their community. The recipe is prepared from dehulled maize which is boiled together with dry beans. Once stewed it gives a delicious smooth taste. It is mainly eaten as a main dish during lunch or dinner.

Ingredients

2 ½ cups (440 g) maize, white, de-germed
 2 2/3 cups (474 g) beans, kidney, dry, raw
 21 1/3 cups (4646 g) water (to boil muthokoi)
 1 onion red skinned, raw, unpeeled (182 g)
 1 ¼ cups (185 g) cooking fat, shortening, commercial, vegetable fat
 4 ½ tsp. (22 g) salt, iodized

Preparation 2 hours 45 minutes | Cooking 15 minutes | Serves 4

Preparation:

- Put the maize and beans into a pot and boil in all the water for 2 hours 30 minutes or until cooked.
- Drain and keep the remaining water.
- Peel, wash and chop the onion into a separate bowl.

Stewing:

- Heat oil in a cooking pot for 1 minute.
- Add the chopped onions and cook until soft.
- Add muthokoi and salt; stir to mix.
- Add the water drained from the boiled muthokoi.
- Cover to cook for 3-5 minutes.
- Turn off the heat.
- Serve.

Nutrition data per 100g of recipe:
 Energy 677 kJ/ 161 kcal | Fat 5.9 g | Carbohydrates 19.8 g | Protein 5 g | Fibre 4.6 g
 Vitamin A 0 mcg | Iron 1.3 mg | Zinc 0.59 mg



Nchenga/ Nzenga
(Crushed Maize)



Nchenga/ Nzenga *(Crushed Maize)*

This ancient dish has been a delicacy among the Kamba, Taita and Meru communities for many years as a rice substitute. The maize is crushed to small size to mimic the size of rice grain, then it is carefully prepared to yield a rice-like dish with a distinct taste. Traditionally, it was eaten on its own or a legume stew and could also be prepared with a variety of ingredients including meats, legumes or vegetables. It is eaten by the entire family.

Ingredients

1 1/3 cups (231 g) crushed maize, white, dry
1 onion, red skinned, raw, unpeeled (115 g)
1 carrot, orange, raw (169 g)
2 1/2 tbsp. (28 g) cooking fat
2 1/2 tsp. (12 g) salt, iodized
4 2/3 cups (1004 g) water

Preparation 10-15 minutes | Cooking 1 hour | Serves 4

- Wash the crushed maize and boil in all the water until soft.
- Peel the carrot and grate. Wash, peel and chop the onion.
- Melt the cooking fat in a pot. Add onion and cook until golden brown.
- Add the grated carrot, salt and stir for 2-3 minutes.
- Add the boiled crushed maize, stir and cover to cook for 2-5 minutes.
- Turn off the heat.
- Serve hot.

Nutrition data per 100g of recipe:
Energy 542 kJ/ 129 kcal | Fat 3.9 g | Carbohydrates 20.3 g | Protein 2.2 g | Fibre 1.8 g
Vitamin A 87 mcg | Iron 0.3 mg | Zinc 0.16 mg

6.

Legume Dishes

6. Legume Dishes

This section features dishes that are made of the bean family, particularly the stews that are made of different kinds of beans, green grams, lentils or peas. Some bean dishes in this section are unique to certain communities such as Ndoto among the Taita community and Fiqe among the Burjis.



Mchuzi wa Maharagwe

(Bean Stew)



Mchuzi wa Maharagwe *(Bean Stew)*

The ancient bean stew is chief among the legume stews in Kenya. Different varieties of beans are used to prepare bean stew by different communities depending on availability. Most communities in Kenya utilize bean stew as an accompaniment to starchy dishes such as Ugali, rice or chapatti. It is commonly eaten for lunch or dinner.

Ingredients

2 2/3 cups (462 g) beans, kidney, dry
 10 3/4 cups (2333 g) water
 1 tomato, red, raw (140 g)
 1 onion, red, raw (92 g)
 ¼ cup (40 g) cooking oil
 2 ½ tsp. (13 g) salt, iodized
 9 stalks (56 g) coriander

Preparation 2 hours 40 minutes | Cooking 30 minutes |

Serves 4

- Boil all the beans in 9 cups of water for 2 hours 30 minutes.
- Prepare and cut the vegetables (coriander leaves, tomatoes and onions) into small pieces in separate bowls.
- In a pot, add ¼ cup of oil and turn on the heat.
- Add the onions and cook for 7 minutes in a covered pan on low heat.
- After 10 minutes, add the tomatoes and cook while stirring to mix.
- Add the coriander leaves and mix then add the beans.
- Add 1 3/4 cups of water followed by 1 tbsp. salt and cover the pot for 5 minutes. Stir to mix.
- Cover the vessel and cook for 4 minutes.
- Serve hot

Nutrition data per 100g of recipe:
 Energy 263 kJ/ 63 kcal | Fat 1.4 g | Carbohydrates 7.2 g | Protein 3.5 g | Fibre 3.7 g
 Vitamin A 4 mcg | Iron 1.0 mg | Zinc 0.44 mg

Mchuzi wa Ndengu Kamande

(Lentil Stew)



Mchuzi wa Ndengu Kamande (Lentil Stew)

Lentil stew is made from lentil grains which give a characteristic taste to the dish. It is quite aromatic and provides the desired fragrance as an accompaniment to starch dishes such as rice and chapatti. It is usually served during lunch or dinner and is common in most parts of the country.

Ingredients

- 2 1/3 cups (466 g) lentils, dry, raw
- 11 2/3 cups (2541 g) water
- 2 onions, red skinned, raw, unpeeled (161 g)
- 2 tomatoes, red, raw (258 g)
- 1/3 cup (63 g) cooking oil
- 3 tsp. (15 g) salt, iodized

Preparation 1 hour | Cooking 20 minutes | Serves 6

Preparation:

- Sort and wash all the dry lentils. Put in a cooking pot and boil in 9 cups of water for 1 hour.
- Remove from heat and set aside.
- Wash and cut tomatoes and onions in separate bowls.

Stewing:

- Add cooking oil into the vessel and heat for 1 minute.
- Add onions and cook for 6 minutes.
- Add tomatoes and salt.
- Cook for 7 minutes while stirring to mix.
- Add the pre-boiled lentils and mix.
- Add 2 2/3 cups of water.
- Cover the vessel and cook for 6 minutes.
- Remove from heat and serve.

Nutrition data per 100g of recipe:

Energy 455 kJ/ 108 kcal | Fat 3.0 g | Carbohydrates 11.1 g | Protein 7.1 g | Fibre 4.5 g
Vitamin A 3 mcg | Iron 2.0 mg | Zinc 0.93 mg

Mchuzi wa Ndengu

(Green Gram Stew)



Mchuzi wa Ndengu (Green Gram Stew)

Green gram stew is one of the most common legume stews in Kenya. Eaten across the country, it serves as an accompaniment to starches such as Ugali, rice or chapatti. Sometimes green grams (or Ndengu as they are commonly known) are used as a key ingredient in making rice dishes as well as mashed with infant dishes.

Ingredients

2 $\frac{3}{4}$ cups (544 g) green gram, dry, raw
 10 $\frac{3}{4}$ cups (2337 g) water
 1 onion, red skinned, raw, unpeeled (118 g)
 2 tomatoes, red, raw (155 g)
 7 tbsp. (84 g) cooking oil
 2 $\frac{1}{2}$ tsp. (13 g) salt, iodized

Preparation 1 hour | Cooking 30 minutes | Serves 4

Preparation:

- Sort and wash all the green grams.
- Add the raw green grams to a cooking pot and boil in 8 cups of water for 51 minutes.
- Drain and discard the excess water.
- Peel, wash and chop the onion and tomatoes.

Stewing:

- Add oil to a cooking pot and heat for 2 minutes. Add the onions.
- Cook onions for 3 minutes and then add the tomatoes.
- Cook for another 3 minutes and then add the boiled green grams.
- Add 2 $\frac{3}{4}$ cups of water. Add salt and mix.
- Cover the vessel and cook for 14 minutes.
- Remove from heat and serve.

Nutrition data per 100g of recipe:
 Energy 454 kJ/ 109 kcal | Fat 4.2 g | Carbohydrates 9.3 g | Protein 6.3 g | Fibre 4.0 g
 Vitamin A 4 mcg | Iron 1.6 mg | Zinc 0.57 mg

Bean Stew with Milk & Cream



Bean Stew with Milk and Cream

This dish is very typical to the Kalenjin community. It is usually served with a starch such as rice or Ugali and serves as a main meal for the whole family during lunch or dinner.

Ingredients

2 3/4 cups (500 g) beans, kidney, dry
29 1/2 cups (6385 g) water
1 bunch (58 g) spring onion, unpeeled
3 tomatoes, red, ripe (291 g)
3 tbsp. (34 g) cooking oil
2 1/4 cups (503 g) cow milk, pasteurized
2/3 cup (139 g) cow cream
2 tsp. (10 g) salt, iodized

Preparation 10 minutes | Cooking 2 hours 30 minutes

I Serve 4

- Sort and wash the beans and put into a cooking pot. Add all the water.
- Bring to a boil and cook until the beans are soft and ready. Drain and discard the excess water.
- Meanwhile, wash and chop the onion and tomatoes into separate bowls.
- In a separate cooking pot, heat oil, add the onions and fry until tender.
- Add tomatoes and salt and cook until the tomatoes are tender.
- Add the boiled beans, stir and cover. Cook for 2-5 minutes.
- Add milk and cream, stir, cover and cook for 10 minutes.
- Remove and serve.

Nutrition data per 100g of recipe:
Energy 584 kJ/ 139 kcal | Fat 4.5 g | Carbohydrates 14.3 g | Protein 7.2 g | Fibre 6.7 g
Vitamin A 25 mcg | Iron 1.9 mg | Zinc 0.96 mg

Black Bean Stew

(Njahi/Dolichos Bean Stew)



Black Bean Stew (Njahi/Dolichos Bean Stew)

Black bean stew popularly known as Njahi stew, is common among the Kikuyu, Kisii, Meru, Embu and Luhya communities. It is usually used as an accompaniment to a starch dish such as Ugali, Chapati or rice. Traditionally, this was a preserve of lactating moms as “njahis” were believed to enhance milk production.

Ingredients

2 ½ cups (501 g) black beans, dolichos
 2 onions, red skinned, raw, unpeeled (349 g)
 3 tomatoes, red, ripe (307 g)
 2 ½ tbsp. (27 g) cooking oil
 2 ½ tsp. (12 g) salt, iodized
 29 2/3 cups (6438 g) water

Preparation 10-15 | Cooking 3 hours 15 minutes |

Serves 4

- Sort the black beans and wash. Put the washed beans into a cooking pot and add 26 cups of water.
- Cook until ready or soft.
- Remove from heat and drain the excess water from the boiled black beans.
- Meanwhile, peel, wash and cut the onion and the tomatoes.
- Put oil in a cooking pot and heat for 2 minutes. Add onions and fry until tender.
- Add tomatoes, salt and cook until tender.
- Add the boiled black beans and simmer for 4 minutes.
- Add the rest of the water and simmer for 6 minutes.
- Remove from heat.
- Serve as desired.

Nutrition data per 100g of recipe:
 Energy 261 kJ/ 62 kcal | Fat 1.3 g | Carbohydrates 7.7 g | Protein 3.6 g | Fibre 2.8 g
 Vitamin A 3 mcg | Iron 1.2 mg | Zinc 0.42 mg

Mchuzi wa Mbaazi

(Pigeon Peas Stew)



Mchuzi wa Mbaazi (Pigeon Peas Stew)

Commonly known as “mbaazi” stew, this recipe is common among the Kamba community. It is eaten with starchy meals such as Ugali, rice or chapatti and often served during lunch or dinner. Other farming communities also utilize this recipe in a similar manner.

Ingredients

2.5 cups (434 g) pigeon peas, dried
1 onion, red skinned, raw, unpeeled (119 g)
2 tomatoes, red, ripe (167 g)
6 tbsp. (63 g) cooking fat
2 ½ tsp. (12 g) salt, iodized
18 2/3 cups (4048 g) water

Preparation 10 minutes | Cooking 2 hours 40 minutes | Serves 4

- Boil all the pigeon peas in all the water.
- Cook until ready or when the peas soften.
- Strain the water and keep; set aside the peas separately.
- Wash and chop the onions the tomatoes.
- Heat cooking fat in a cooking pot for 1 minute, add onions and cook until they turn golden brown.
- Add tomatoes, stir and cook until tender.
- Add the pigeon peas, stir and cook for 3-5 minutes.
- Add salt, water drained from the pigeon peas and stir.
- Cover and bring to a boil for 3-5 minutes.
- Turn off the heat.
- Serve

Nutrition data per 100g of recipe:
Energy 494 kJ/ 118 kcal | Fat 4.4 g | Carbohydrates 11.0 g | Protein 5.7 g | Fibre 6.1 g
Vitamin A 8 mcg | Iron 1.4 mg | Zinc 0.74 mg

Firinda

(Skinned Bean Stew)



Firinda

(Skinned Bean Stew)

Firinda is a dish unique to the Nubian community. It is specially made by skinning boiled beans then sautéed in spring onions. It is a popular accompaniment to starchy dishes like Ugali, mkate kuta and rice. It is served mainly during lunch and dinner to the entire family.

Ingredients

2 ¼ cups (400 g) beans, kidney, dry
1 ½ tbsp. (20 g) cooking oil
29 1/8 cups (6326 g) water
2 ½ tsp. (12 g) salt, iodized
8 stalks (67 g) spring onions, unpeeled

Preparation 3 hours 15 minutes | Cooking 2 hours |

Serves 4

- Sort and wash the beans.
- Soak in 14 cups of warm water for 3 hours.
- Drain the water soaking the beans.
- Remove and discard the skin.
- Put the beans into a cooking pot, add the rest of the water and bring to a boil for 2 hours.
- Meanwhile, peel, wash and chop the spring onion.
- Add the chopped onions, oil and salt into the boiling beans.
- Continue boiling until the beans are tender and well cooked.
- Serve.

Nutrition data per 100g of recipe:
Energy 390 kJ/ 93 kcal | Fat 2.3 g | Carbohydrates 10.2 g | Protein 5.2 g | Fibre 5.3 g
Vitamin A 2 mcg | Iron 1.6 mg | Zinc 0.70 mg

Ndoto

(Sautéed Red Kidney Beans & Red Sorghum)



Ndoto *(Sautéed Red Kidney Beans & Red Sorghum)*

Ndoto is a traditional dish among the Taita community. It was prepared during “Kuaikwa” (the Taita traditional initiation ceremony for girls to prepare them for marriage). It was also prepared during weddings.

Ingredients

- 3 cups (501 g) red sorghum
- 1 $\frac{3}{4}$ cups (308 g) red kidney beans
- 23 $\frac{1}{4}$ cups (5059 g) water
- 3 tsp. (14 g) salt, iodized
- 1 $\frac{1}{2}$ cups (176 g) onions, red skinned, raw, unpeeled
- $\frac{3}{4}$ cups (144 g) cooking oil

Preparation 5 hours 30 minutes | Cooking 10 minute | Serves 4

Preparation:

- Sort the beans. Wash and put on the fire in 21 cups of water. Let the beans boil until cooked (2 hours 30 minutes).
- As the beans are boiling, sort out the red sorghum.
- Once beans are ready, wash the red sorghum and add it into the mixture with the remaining water.
- Let the red sorghum boil until cooked (2 hours 50 minutes). Cook until all the liquid is almost dry. Remove from fire.

Frying:

- Peel and chop the onion.
- Put in a pot with the cooking oil and fry onion until golden brown.
- Add the boiled red sorghum, red kidney beans and salt.
- Cook for 6 minutes and remove from fire.

Nutrition data per 100g of recipe:
 Energy 806 kJ/ 193 kcal | Fat 7.9 g | Carbohydrates 21.3 g | Protein 5.7g | Fibre 7.0 g
 Vitamin A 0 mcg | Iron 1.8 mg | Zinc 0.89 mg

Fige

(Red Sorghum, Beans and Teff Flour)



Fige

(Red Sorghum, Beans and Teff Flour)

A mixture of sorghum flour and cooked beans stirred together as a paste and until firm. It is best enjoyed with a strong cup of black tea. Eaten by everybody. Can also be made with maize flour or any other grain flour. Traditionally, a bean and ghee must be added. In modern time normal cooking oil is used.

Ingredients

- 1 ½ cups (262 g) beans kidney, raw
- 1½ cups (207 g) red sorghum flour
- 2 cups (323 g) teff flour
- 1 medium-size bowl (611 g) sukuma wiki leaves, raw
- 1 ½ tbsp. (22 g) salt, iodized
- 7 tbsp. (88 g) ghee
- 8 2/3 cups (1882 g) water

Preparation 10 minutes | Cooking 2 hours 45 minutes | Serves 4

- Boil beans in 8 2/3 cups of water until cooked (1 hour).
- Wash and cut the sukuma wiki.
- Add diced sukuma wiki into the boiled beans in the same cooking pot and cook for 20 minutes.
- In a separate bowl, mix the teff flour and the red sorghum flour together.
- Add the mixed flour into the mixture of beans and kale. Add salt and stir gently until evenly mixed.
- Add ghee after 20 minutes and continue mixing for 10 minutes.
- Serve hot.

Nutrition data per 100g of recipe:
 Energy 807 kJ/ 192 kcal | Fat 5.8 g | Carbohydrates 24.2 g | Protein 7.2 g | Fibre 7.4 g
 Vitamin A 82 mcg | Iron 3.5 mg | Zinc 1.40 g

7.

Meats, Fish & Eggs

7. Meats, Fish & Eggs

This section features different kinds of meats, fish and egg recipes that are common in Kenya. The various methods of cooking these proteins are explained.



Beef Stew



Beef Stew

Beef stew is the most common animal protein based stew in Kenya. It is prepared in different ways with the standard ingredients featured in this recipe. It is usually eaten with starchy dishes such as Ugali, rice, potatoes, chapatti or mashed dishes. It is more common in urban areas than in rural areas. Often, it is served for lunch or dinner and is relished by the entire family.

Ingredients

- 1 kg beef, medium fat, without bone, raw
- 2 onions, red skinned, raw, unpeeled (164 g)
- 3 tomatoes, red, ripe (304 g)
- ½ tsp. (3 g) salt, iodized
- 1½ tbsp. (20 g) cooking oil
- 3 1/8 cups (682 g) water

Preparation 10 minutes | Cooking 25 minutes |

Serve 4

- Peel, wash and chop the onions and the tomatoes into separate bowls.
- Cut beef into small pieces and wash.
- Boil the meat in all the water until tender. Turn off the heat, strain the remaining water and place the meat in a separate bowl.
- Heat cooking oil in a cooking pot for 1 minute.
- Add onions and cook until soft.
- Add tomatoes and salt and cook until soft
- Add the boiled meat and stir.
- Add the liquid drained from boiling the meat, stir and cover to cook for 8 minutes.
- Turn off the heat.
- Serve.

Nutrition data per 100g of recipe:

Energy 756 kJ/ 181 kcal | Fat 10.4 g | Carbohydrates 3.8 g | Protein 17.7 g | Fibre 0.8 g
Vitamin A 14 mcg | Iron 11.2 mg | Zinc 3.48 mg

Stir Fried Goat Meat



Stir Fried Goat Meat

In most cases goat meat is stir fried rather than stewed. It is common in many communities across the country. It is eaten with starchy dishes including rice, Ugali among others.

Ingredients

- 1 kg meat, goat, medium fat, raw
- 1 onion, red skinned, raw, unpeeled (106 g)
- 3 tomatoes, red, ripe, chopped (336 g)
- 1/8 cup (27 g) cooking oil
- 1 ½ tsp. (7 g) salt, iodized
- 2 ¼ cups (494 g) water

Preparation 5-10 minutes | Cooking 1 hour 40 minutes | Serves 4

- Cut the goat meat into small pieces.
- Add the meat, all the water and salt into a cooking pot. Bring the mixture to a boil.
- Meanwhile, prepare and cut the onions and tomatoes into separate bowls.
- Add the onions and continue boiling.
- When all the water has dried, add oil and stir.
- Add tomatoes and stir.
- Simmer until ready.
- Serve while hot

Nutrition data per 100g of recipe:
Energy 1,597 kJ/ 383 kcal | Fat 23.3 g | Carbohydrates 10.4 g | Protein 32.1 g | Fibre 1.7 g
Vitamin A 42 mcg | Iron 4.1 mg | Zinc 5.74 mg

Stir Fried Beef



Stir Fried Beef

Stir fried beef is common across many communities in Kenya even though it is more popular among urban dwellers than rural dwellers. It is eaten with starchy foods such as Ugali, rice, potatoes or bananas. Often, it is enjoyed by the entire family and served during lunch or dinner.

Ingredients

1 kg beef, raw, medium fat
3 cups (646 g) water
2 onions, red skinned, raw, unpeeled (176 g)
3 tomatoes, red, ripe (295 g)
3 tbsp. (36 g) cooking oil
1 ½ tsp. (7 g) salt, iodized

Preparation time 10 minutes | Cooking 1 hour |

Serves 4

- Cut the beef into small pieces.
- Peel, wash and chop the onions and tomatoes into separate bowls.
- Put the meat into a cooking pot, add 3 cups of water and boil for 1 hour.
- Strain the remaining liquid and keep separately.
- Heat oil in a cooking pot, add onions and cook until golden brown.
- Add tomatoes and cook until tender.
- Add salt and meat then stir and cook for 7-10 minutes.
- Add half of the strained water then stir and cover to cook for 30 minutes.
- Add the rest of the strained water and cook until all the water dries.
- Turn off the heat.
- Serve hot.

Nutrition data per 100g of recipe:
Energy 1,066 kJ/ 255 kcal | Fat 14.1 g | Carbohydrates 5.0 g | Protein 26.7 g | Fibre 1.0 g
Vitamin A 19 mcg | Iron 16.4 mg | Zinc 5.13 mg

Swahili Biryani Stew

(Swahili Spiced Beef Stew)



Swahili Biryani Stew (Swahili Spiced Beef Stew)

Biryani stew is a traditional delicacy of the Swahili community. It is made with meat and heavily spiced to produce a rich tasty meal. This recipe is sometimes served during special occasions such as weddings or other social ceremonies. It is eaten by the whole family and can be served for lunch or dinner usually accompanied by a colourful biryani rice.

Ingredients

1 kg beef, raw, medium fat
 8 onions, red skinned, raw, unpeeled (806 g)
 2 potatoes, unpeeled Irish, white, raw (454 g)
 9 tomatoes, red, ripe (1.1 kg)
 1 cup (163 g) tomato paste, salted
 1 bunch (60 g) fresh coriander
 1 capsicum, green (242 g)
 2 1/3 cups (468 g) cooking oil
 1 piece (20 g) ginger
 1 garlic, whole (46 g)
 2 1/2 tbsp. (37 g) salt, iodized
 4 tbsp. (18 g) pilau masala
 1 cup (242 g) maziwa mala (fermented milk)
 1 1/4 tsp. (2 g) turmeric powder
 2 1/4 cups (511 g) water

Preparation 20 minutes | Cooking 1 hour 10 minutes | Serves 6

- Wash and cut the meat.
- Boil the meat in 1 cup of water for 20 minutes until meat is tender.
- Prepare and put coriander, capsicum, garlic, ginger and tomatoes into a blender and blend to a medium thick juice. Add 1 1/4 cups of water.
- Peel, wash and chop the onions into a separate bowl.
- Put oil into a cooking pot and heat for 1 minute. Add the chopped onions.
- Cook onions until golden brown.
- Add the blended paste and stir.
- Add meat, turmeric, tomato paste, potatoes, pilau masala and salt.
- Cover and simmer until the potatoes are cooked or soft.
- Add the fermented milk and continue to simmer for 5 minutes.
- Stir and remove from fire.
- Serve with the biryani rice.

Nutrition data per 100g of recipe:
 Energy 822 kJ/ 198 kcal | Fat 14.3 g | Carbohydrates 8.3 g | Protein 8.1 g | Fibre 1.9 g
 Vitamin A 24 mcg | Iron 5.2 mg | Zinc 1.58 mg

Minced Meat Balls



Minced Meat Balls

This recipe is common in many urban communities in Kenya. It is usually made from minced meat with various types of fresh spices. It is usually served as an accompaniment with starchy dishes such as potatoes, rice or spaghetti. As such it is eaten during lunch or dinner and enjoyed by the entire family.

Ingredients

1 kg minced raw beef, medium fat
 5 ½ cups (1207 g) water
 4 onions, red skinned, raw, unpeeled (376 g)
 5 tomatoes, red, ripe (439 g)
 1 bunch coriander leaves (51 g)
 2 ½ tsp. (12 g) salt, iodized
 ½ cup cooking oil (102 g)
 2 tsp. (4 g) cumin seeds
 1 ½ tsp. (3 g) curry powder
 4 Royco® cubes (8 g)
 1 whole garlic (39 g)
 ¼ cup (48 g) white raw rice

Preparation 30 minutes | Cooking 1 hour 15 minutes

| Serves 4

- Pound the minced meat in a mortar.
- Prepare and cut the onions as well as the tomatoes and chop into two separate bowls.
- Divide the onion, garlic, cumin seed and coriander in two equal portions. Mix and pound one half of each divided ingredient and add into the pounded meat.
- Add rice to the pounded mixture and crush the grains.
- Fry the other half of onions in ½ cup of cooking oil until they turn golden brown. Add salt and stir.
- Add tomatoes and all the water, and then simmer until the tomatoes are tender.
- Pound the rest of the garlic, cumin seeds and coriander into the pounded meat.
- Work the meat with palms to form balls using ¼ cup of cooking oil.
- Add the meat balls into the simmering tomato soup.
- Add garlic, curry powder and Royco® cubes.
- Simmer for 30 minutes until the meat balls are ready.

Nutrition data per 100g of recipe:

Energy 659 kJ/ 157 kcal | Fat 5.4 g | Carbohydrates 18.6 g | Protein 8.1 g | Fibre 0.8 g
 Vitamin A 9 mcg | Iron 4.4 mg | Zinc 1.55 mg

Stewed Dried Fish



Stewed Dried Fish

This dish is typical among the Luhya and Luo communities. It also commonly known as “Shivambala”. Frequently, fish that is previously dried (usually split open manner) is stewed with tomatoes and onions. It is mainly served with Ugali to the entire family either during lunch or dinner.

Ingredients

210 g dry fish
 3 tomatoes, red, ripe (319 g)
 1 whole onion, red skinned, raw, unpeeled (143g)
 ½ cup (104 g) cooking oil
 2 tbsp. (28 g) peanut butter
 1 g magadi (water and ash)
 1¾ cups (406 g) water

Preparation 15 minutes | Cooking time 25 minutes | Serves 4

- Soak the dried fish in ¾ cup of warm water for 10 minutes.
- Chop the onion, cut the tomatoes and place into separate bowls.
- Wash the dried fish in the soaking water and drain the water.
- In a cooking pot, heat cooking oil, add the onions and cook until they turn golden brown.
- Add peanut butter and the grated tomatoes and cook for 3 minutes while stirring at intervals.
- Add 1g of magadi and cook for another 2 minutes.
- Add salt and the rest of the water and bring the mixture to boil.
- Add the washed fish and cook for 10 minutes or until ready.
- Remove from heat and serve.

Nutrition data per 100g of recipe:
 Energy 1,374 kJ/ 330 kcal | Fat 23.2 g | Carbohydrates 3.9 g | Protein 25.7 g | Fibre 1.4 g
 Vitamin A 0 mcg | Iron 2.1 mg | Zinc 1.02 mg

Omena Stew

(Silver Sardine Stew)



“Omena Stew” (Silver Sardine Stew)

“Omena” as it is commonly known is a tiny fish mainly harvested at the Lake Victoria. As such it is a delicacy among the Luo community. However, other communities in Kenya have embraced it as a main protein dish. It is mainly eaten with Ugali.

Ingredients

- 2 cups (128 g) dried omena fish
- 2 onions, red skinned, raw, unpeeled (164 g)
- 2 cups (453 g) water
- 1 tbsp. (21 g) ghee, cow
- 2 ½ tsp. (12 g) salt, iodized
- 3 tomatoes, red, ripe (313 g)
- 2 ¼ cups (509 g) milk
- 1 cup (200 g) cooking oil

Preparation 15 minutes | Cooking 1 hour | Serves 4

- Sort the omena (do not wash).
- Into a clean pot, add omena, all the water and 1 tsp. salt.
- Start the fire, cover the pot and boil for 40 minutes.
- Remove from fire, drain and discard the water.
- Wash and cut the onions, and tomatoes into separate bowls.
- Into a clean pot, add cut onions and cooking oil. Cook for 10 minutes.
- Add tomatoes, cover and cook for 3 minutes.
- Add the remaining salt, mix, cover and cook for another 2 minutes.
- Mash the tomatoes with a fork.
- Add the boiled omena and mix.
- Add the milk, mix and cover.
- Add ghee, mix and heat for 3 minutes.
- Cook for another 10 minutes.

Nutrition data per 100g of recipe:
 Energy 747 kJ/ 180 kcal | Fat 13.3 g | Carbohydrates 6.0 g | Protein 8.8 g | Fibre 0.7 g
 Vitamin A 52 mcg | Iron 1.0 mg | Zinc 2.26 mg

Fried Tilapia



Fried Tilapia

Fried Tilapia is a delicacy that is traditionally relished among the Luo community. The current practice has seen many other communities adopt this recipe particularly in urban areas. It is usually eaten with Ugali and served during lunch or dinner to the entire family.

Ingredients

1 whole fresh tilapia, (approx.834 g)
4 ¼ cups (831 g) cooking oil
1 ½ tsp. salt (7 g)

Preparation 10 minutes | Cooking 30 minutes | Serves 4

- Prepare and wash the fresh fish.
- Score the length of the fish and sprinkle salt on the surface.
- Put oil into the pan and heat.
- Put in the salted fish into the hot oil and fry until it browns.
- Turn to cook the other side.
- Place on paper towel to drain the excess oil.

Nutrition data per 100g of recipe:
Energy 1821 kJ/ 437 kcal | Fat 28.1 g | Carbohydrates 0.3 g | Protein 45.7 g | Fibre 0.0 g
Vitamin A 24 mcg | Iron 6.2 mg | Zinc 1.16 mg

Hydrabadi Biryani



Hydrabadi Biryani

This dish is common among the Indian community in Kenya and is served with lightly flavoured steamed rice. The method of preparation is very key to this recipe and type of fish used. This super spiced king fish has superior taste and aroma which blends perfectly well with the fragrance of aromatic rice that is served with it. It is mainly eaten during lunch or dinner by the entire family.

Ingredients

2 cups (424 g) raw white rice
 ½ kg king fish
 1 ½ tsp. (5 g) red chilli powder
 ¼ tsp. (1 g) turmeric powder
 2 tsp. (6 g) coriander powder
 ½ tsp. (4 g) cumin seeds
 6 cloves (18 g) garlic
 1 piece (15 g) ginger
 3 green chillies (6 g)
 1 bunch (21 g) coriander leaves
 1 bunch (14 g) mint leaves
 4 ½ tbsp. (67 g) yoghurt
 6 anise (5 g) seeds
 ¼ tsp. (2 g) clove seeds
 8 cardamom seeds (2 g)
 6 sticks (3 g) cinnamon
 1 ½ tbsp. (21 g) salt, iodized
 1 bay leaf (1 g)
 ½ lemon (11 g)
 2/3 cup (126 g) cooking oil
 8 ¾ cups (1895 g) water

Preparation 45 minutes | Cooking 45 minutes | Serves 4

- Chop the green chillies and coriander leaves.
- Wash and cut the king fish.
- Marinade with the dry ingredients (1 ½ tsp. red chilli powder, ¼ tsp. turmeric powder, 2 tsp. coriander powder, ½ tsp. cumin seeds, pinch of cloves, 4 anise seeds, 3 cinnamon sticks, 4 cardamoms seeds, the salt, and 3 tbsp. cooking oil. Leave to stand.
- Crush ginger and garlic into a paste. Add the paste, coriander leaves, green chillies, lemon juice and yoghurt.
- Sort, wash and soak the rice in 4 ¾ cups of water for 30 minutes.
- Into a separate pot, add 4 cups of water and the soaked rice and start cooking.
- Add the cloves, bay leaf, cardamoms, anise seeds, cinnamon and the cumin seeds.
- Cover the rice and boil for 25 minutes until ready and soft.
- Remove from heat and drain the water if necessary.
- Into a separate pot, add the oil and heat for 1 minute. Add the marinated fish and shallow fry for 6 minutes.
- Into the pot used in frying the fish, add the boiled rice (do not stir).
- Cover the rice with the fried fish and garnish with mint and coriander leaves.
- Steam for 5 minutes.
- Remove from heat and serve.

Nutrition data per 100g of recipe:
 Energy 819 kJ/ 195 kcal | Fat 8.3 g | Carbohydrates 21.4 g | Protein 8.2 g | Fibre 0.9 g
 Vitamin A 13.0 mcg | Iron 1.0 mg | Zinc 0.62 mg

Stewed Nile Perch



Stewed Nile Perch

This dish is dominant among the Luo and Luhya communities. Other communities as well have embraced consumption of this recipe and is common in majority of homes in the rural areas. It is mainly served with Ugali and eaten during lunch or dinner.

Ingredients

1 kg Nile perch fish
1 onion, red skinned, raw, unpeeled (91 g)
3 tomatoes, red, ripe (293 g)
1/3 cup (67 g) cooking oil
3 ½ tsp. (18 g) salt, iodized
6 2/3 cups (1439 g) water

Preparation 5 minutes | Cooking 1 hour 20 minutes |

Serves 4

- Wash and cut the fish into 3-4 pieces.
- Wash and chop the onion and tomatoes into separate bowls.
- Put the fish in a pot and 3 2/3 cups of water.
- Turn on the heat and boil for 1 hour.
- In a separate cooking pot, add cooking oil and heat for 2 minutes.
- Add onions and cook until soft. Add tomatoes and cook until tender.
- Add salt, 3 cups of water and stir. Transfer the stewed onions and tomatoes into the boiled fish and stir.
- Allow to simmer for 20 minutes and remove from heat.
- Serve

Nutrition data per 100g of recipe:
Energy 522 kJ/ 125 kcal | Fat 6.3g | Carbohydrates 2.5 g | Protein 14.3 g | Fibre 0.5 g
Vitamin A 16 mcg | Iron 1.0 mg | Zinc 0.51 mg

Stewed Goat Meat



Stewed Goat Meat

Goat meat is common across the country both in rural and urban areas. This dish is usually eaten with a starchy dish such as Ugali, rice or chapatti. It is served during major meals and relished by the entire family.

Ingredients

1.2 kg goat meat, medium fat
1 onion, red skinned, raw, unpeeled (136 g)
3 tomatoes, red, ripe (319 g)
½ cup (89 g) cooking oil
4 tsp. (19 g) salt, iodized

Preparation 5-10 minutes | Cooking 45 minutes |

Serves 4

- Wash and cut the meat into small pieces.
- Heat oil in cooking a pot, add the chopped meat and salt.
- Cover and steam for 10-15 minutes to release water from the washed meat. Stir at intervals.
- Drain and keep the broth from the meat. Return on heat and cook for 5 minutes while stirring.
- Cover to dry. Add onion and cook for 10 minutes while stirring.
- Add tomatoes, stir and cook until the tomatoes are tender.
- Add the drained broth and stir. Cover and cook until ready.
- Remove from heat and serve.

Nutrition data per 100g of recipe:
Energy 925 kJ/ 222 kcal | Fat 14.6 g | Carbohydrates 5.2 g | Protein 17.1 g | Fibre 0.8 g
Vitamin A 21 mcg | Iron 2.1 mg | Zinc 3.04 mg

Nyirinyiri

(Camel Meat)



Nyirinyiri *(Camel Meat)*

Nyirinyiri is very tiny tender pieces of meat. It is stored in the oil that was cooked in and lasts very long without refrigeration. It can be eaten on its own as a breakfast snack or served with mandazi for special guests or even sprinkled on other foods to liven up the flavour. It is a typical dish among Borana, Gabra, Rendille, and other pastoralists' communities.

Ingredients

1½ kg camel meat
 ½ kg camel hump (544 g)
 1 tsp. (6 g) salt, iodized

Preparation 15 minutes | Cooking 1 hour 15 minutes |

Serves 4

- Cut camel hump into large pieces and put in a heated pan. This is to remove the oil from the hump which was then used in the Nyirinyiri.
- Cut the camel meat into small pieces and remove tendons and any other inedible part.
- Put the meat in a cooking pot and add a pinch of salt (this is optional as camel meat is usually salty.)
- Leave to boil. Before the meat juices runs out, add the prepared camel hump oil (257 g). Keep stirring so that it does not stick to the pan.
- Cook until ready then serve.

Nutrition data per 100g of recipe:
 Energy 2,171 kJ/ 521 kcal | Fat 33.6 g | Carbohydrates 20.0 g | Protein 34.6 g | Fibre 0.0 g
 Vitamin A 1 mcg | Iron 6.9 mg | Zinc 3.62 mg

Ikalanga

(Sheep Tail Fat)



Ikalanga *(Sheep Tail Fat)*

Ikalanga is very similar to Nyirinyiri. It is a loved dish eaten as an accompaniment to a starch such as rice or ugali during lunch or dinner. Rendille, Borana and Gabra, Maasai and other pastoralists communities. This is also commonly known as Kalanga.

Ingredients

894 g sheep fat
2 cups (420 g) water
1 tsp. (4 g) salt, iodized

Preparation 10 minutes | Cooking 40 minutes |

Serves 4

- Cut the sheep fat into small pieces.
- Put in a cooking pot with all the water and add salt.
- Boil until the sheep fat forms dry balls.
- Keep stirring until oil separates from the balls.
- Cook until ready.

No data was available for fresh sheep tail fat, so the nutrient content of this dish could not be estimated.

Lanchibelo

(Beef, Maize & Wheat Flour mix)



Qanchibelo *(Beef, Maize & Wheat Flour mix)*

Qanchibelo is a famous is a stew with balls of corn. The best Qanchibelo incorporates 'shalqeetha' (Moringa leaves) in the stew for a delightful and healthy meal. Alternatively, sukuma wiki (kale) may be used. It is a traditional dish among the Burji's. Qanchibelo is eaten by the whole family as a main dish during lunch or dinner.

Ingredients

1 ½ kg of beef, raw, medium fat
 12 ½ cups (2722 g) water
 514 g sukuma wiki
 1 tbsp. (16 g) salt, iodized
 1 tsp. (1 g) red chilli flakes
 1 tsp. (1 g) coriander powder
 ½ tsp. (1 g) black pepper
 ½ red capsicum (198 g)
 1 green capsicum (210 g)
 ½ yellow capsicum (227 g)
 1 onion, raw, red skinned, unpeeled (140 g)
 2 tomatoes, red, ripe (195 g)
 4 1/8 cups (478 g) wheat flour, atta
 2 2/3 cups (339 g) maize flour, white

Preparation 20 minutes | Cooking 2 hours | Serves 4

- Cut meat into bite size chunks.
- Cut the onion, green capsicum, yellow capsicum, red capsicum and tomatoes.
- Remove the stalks from sukuma wiki and tear. Meanwhile, put the meat to boil in 10 cups water for 1 hour 15 minutes or until it softens.
- Once the meat is cooked, add salt, red chilli, black pepper, onion, green capsicum, yellow capsicum, red capsicum and tomatoes. Cook for 2 minutes.
- Add the shredded sukuma wiki and continue simmering.
- Meanwhile, measure 4 1/8 cups atta flour and 2 2/3 cups maize flour into a bowl. Measure 2 ½ cups of water for the flour.
- Start mixing using hands until the dough is hard and properly mixed.
- Cut dough and press on the palm to oval shapes until all the dough has been used.
- Once done, add into the pan containing the meat.
- Keep turning periodically until cooked.

Nutrition data per 100g of recipe:
 Energy 560 kJ/ 133 kcal | Fat 3.1 g | Carbohydrates 15.7 g | Protein 9.6 g | Fibre 1.7 g
 Vitamin A 40 mcg | Iron 5.9 mg | Zinc 1.97 mg

Okra Meat Dish



Okra Meat Dish

This is traditional dish among the Nubian community. It is prepared with okra and meat giving it a smooth and soft appeal. The blend of garlic brings out a unique aroma to the dish which is enjoyed by the entire family. It is often eaten with rice.

Ingredients

367 g okra
2 red skinned onions, raw, unpeeled (208g)
5 tomatoes, red, ripe (435 g)
3 cloves (18 g) garlic
700 g meat, beef
¼ cup (40 g) cooking oil
2 ½ tsp. (13 g) salt, iodized
2 Royco® cubes (8 g)
1 tsp. (2 g) curry powder
65 g coriander leaves
1 1/8 cups (253 g) water

Preparation 15 minutes | Cooking 1 hour | Serves 4

- Wash and chop the onions, tomatoes, garlic and coriander leaves into separate bowls.
- Put the onions in cooking oil in a pot and cook until golden brown.
- Add meat followed by salt then stir and allow it to cook for 10 minutes.
- Add tomatoes and simmer until the tomatoes are tender.
- Add curry powder, 2 Royco® cubes and continue to simmer the meat.
- Add coriander, okra and all the water.
- Allow to simmer for 5-10 minutes
- Add garlic, stir and simmer for another 15 minutes or until ready.
- Serve.

Nutrition data per 100g of recipe:
Energy 394 kJ/ 94 kcal | Fat 5.1 g | Carbohydrates 3.2 g | Protein 8.2 g | Fibre 1.3 g
Vitamin A 15 mcg | Iron 5.2 mg | Zinc 1.65 mg

Isiswa

(Stewed Termites)



Tsiswa (Stewed Termites)

This is a traditional delicacy among the Luhya community. It was traditionally eaten by boys after circumcision. In modern practice, this dish is relished by the entire family due to its delicious taste, its satiety effect and its dense nutrient content. It is usually eaten with Ugali during lunch or dinner and as an all-day snack.

Ingredients

- 2 cups (335 g) dried termites, raw
- 1 onion, red skinned, raw, unpeeled (107g)
- 1 ¼ cups (271 g) cow's milk
- ½ tbsp. (7 g) salt, iodized

Preparation 10 minutes | Cooking 30 minutes |

Serves 4

- Wash the termites.
- Peel, wash and finely chop the onions.
- Put milk into a cooking pot and place on heat.
- Add onions and the washed termites.
- Add salt and stir to mix while heating.
- Continue stirring and intervals.
- Reduce the heat and cook until dry.
- Remove and serve.

Nutrition data per 100g of recipe:
Energy 2,136 kJ/ 515 kcal | Fat 38.8 g | Carbohydrates 7.3 g | Protein 31.6 g | Fibre 5.1 g
Vitamin A 95 mcg | Iron 29.8 mg | Zinc 0.41 mg

Omena wa Kukaanguwa

(Fried Omena)



Omena wa kukaangwa (Fried Omena)

“Omena” as it is commonly known is a tiny fish mainly harvested at the Lake Victoria. As such, it is a delicacy among the Luo community. However, other communities in Kenya have embraced it as a main protein dish. It is mainly eaten with Ugali.

Ingredients

120 g omena, dried, raw
 1 bunch (25 g) spring onion, raw, unpeeled
 2 tomatoes, red, ripe (270 g)
 1 cup (202 g) cooking oil
 ½ tsp. (3 g) salt, iodized

Preparation 10 minutes | Cooking 30 minutes | Serves 4

- Sort the omena and wash in hot water.
- Peel and wash the onion and tomatoes
- Cut the tomatoes, chop the onions and place into separate bowls.
- Heat cooking oil in a cooking pot; add the washed omena and leave to cook for 4-6 minutes without stirring.
- Stir to allow for the other side to fry as well.
- Remove from the heat and drain the excess cooking oil.
- Add the cut onions, turn on the heat and stir to mix evenly.
- Cook as you stir continuously to prevent the omena from burning.
- Add tomatoes, salt, and stir.
- Mash the tomatoes into the omena and continue cooking.
- Remove from heat and serve.

Nutrition data per 100g of recipe:
 Energy 1,863 kJ/ 450 kcal | Fat 39.3 g | Carbohydrates 4.6 g | Protein 19.2 g | Fibre 0.8 g
 Vitamin A 55 mcg | Iron 2.3 mg | Zinc 5.28 mg

Fried egg

(Mayai Ya Kukaangwa)



Fried Egg *(Mayai Ya Kukaangwa)*

A recipe packed with nutrients, with an old style of cooking, is the fried egg! Everybody in the family enjoys it with a dash of salt! Served mainly during breakfast, this recipe is an all-time favourite of many children.

Ingredients

- 1 egg, whole (59 g)
- 1 pinch (1 g) salt, iodized
- 1 tsp. (3 g) cooking oil

Preparation 5 minutes | Cooking 1 minute | Serves 1

- Break the egg into a clean bowl.
- Heat the cooking oil in a pan.
- Whisk the egg with a pinch of salt in the bowl.
- Pour the egg on the pan and fry for 30 seconds. Then turn and fry for another 30 seconds.
- Remove and serve.

Nutrition data per 100g of recipe:
Energy 926 kJ/ 223 kcal | Fat 17.9 g | Carbohydrates 2.5 g | Protein 13.1 g | Fibre 0 g
Vitamin A 192 mcg | Iron 1.8 mg | Zinc 1.16 mg

Omelette



Omelette

Omelette is one of the legendary dishes that have become popular in Kenya among urbanite communities. Even though it uses locally grown ingredients, it is still viewed as an exotic dish. Mainly served for breakfast, this recipe is enjoyed by the entire family.

Ingredients

4 eggs, whole (243 g)
2 tomatoes, red, ripe (288 g)
1 onion, red skinned, raw, unpeeled (179g)
1 pinch (1 g) salt, iodized
2 tbsp. (20 g) cooking oil

Preparation 5 minutes | Cooking 15 minutes |

Serves 4

- Break 4 eggs into a bowl.
- Heat a little oil on a pan.
- Peel, wash and cut the onion and tomatoes into small cubes.
- Whisk the eggs in a pinch of salt, add onions and tomatoes and continue whisking until well mixed.
- Pour the mixture into the heated greased pan and cook for 6 minutes, turn and cook for 6 minutes.
- Serve.

Nutrition data per 100g of recipe:
Energy 502 kJ/ 121 kcal | Fat 7.8 g | Carbohydrates 5.3 g | Protein 6.6 g | Fibre 1.5 g
Vitamin A 95 mcg | Iron 1.5 mg | Zinc 0.75 mg

Spanish Omelette



Spanish Omelette

This is a modification of the traditional Spanish omelette. Often made with a variety of chopped vegetables in beaten eggs, the Kenyan Spanish omelette does not include fried potatoes as is the case with the typical Spanish omelette. Sometimes, chillies are added for a peppery taste. Though exotic to Kenyan traditional recipes, it is rapidly gaining popularity among urban dwellers in Kenya as a breakfast favourite among the adult population.

Ingredients

4 eggs, whole (221 g)
1/8 cup (29 g) cooking oil
1/2 tsp. (3 g) salt, iodized
1/4 cup (33 g) onion, red, raw, peeled, chopped
1/2 cup (89 g) tomato, red, ripe, chopped
1/8 cup (16 g) yellow capsicum, chopped
1/8 cup (18 g) green capsicum, chopped
1/8 cup red (20 g) capsicum, chopped

Preparation 10 minutes | Cooking 20 minutes | Serves 4

- Break the eggs into a bowl and whisk them, then add a pinch of salt.
- Add the chopped ingredients and continue to whisk until evenly mixed.
- Heat the pan with a little oil for 2 minutes.
- Pour the mixture into the pan and allow to cook for 50 seconds.
- Then transfer into the oven and cook for 15 minutes.
- Remove from oven and serve.

Nutrition data per 100g of recipe:
Energy 667 kJ/ 161 kcal | Fat 12.9 g | Carbohydrates 3.2 g | Protein 7.5 g | Fibre 0.8 g
Vitamin A 110 mcg | Iron 1.3 mg | Zinc 0.75 mg

8.

Poultry

8. Poultry

Poultry meat is one of the key sources of complete protein in Kenya. This section is a review of two categories of poultry meat namely the true chicken and domesticated birds, guinea fowls and quails.



“*Ingokho*”

(Stewed Chicken)



“Ingokho”

(Stewed Chicken)

Stewed chicken is common among many communities in Kenya. It has different names but ingokho stands out due to the way this dish is special to the Luhya community. It is eaten as a protein to a main meal and served with Ugali or any other starch. It is savoured by the entire family.

Ingredients

1.4 kg chicken, whole
 2 red skinned onions, raw, unpeeled, (219g)
 ½ green capsicum (187 g)
 2 tsp. (11 g) salt, iodized
 4 tomatoes, red, ripe (504 g)

Preparation 15 minutes | Cooking 1 hour 15 minutes

| Serves 4

- Light a charcoal stove. Put a mesh over the fire to singe any thin feathers and lightly brown the skin of the chicken.
- After 12 minutes, cut the chicken into large chunks and continue roasting for another 5 minutes or until ready. Remove from the fire.
- Cut the chicken into smaller portions and return the pieces onto the fire for another 11 minutes.
- Put the chicken onto a heated pan. Cook the chicken without added oil/ fat to brown further. Keep turning for the chicken to cook evenly.
- Add salt to the chicken and keep turning.
- Add the whole green capsicum into the pan with chicken. Turn the stove to low heat and let it simmer for 9 minutes.
- Prepare the onions and tomatoes. Chop into small pieces in separate bowls.
- Add the onions, cover and continue cooking for another 25 minutes.
- Remove the whole green capsicum from the pot and immediately add tomatoes.
- Continue cooking for another 13 minutes.
- Remove from the fire.
- • Serve

Nutrition data per 100g of recipe:
 Energy 883 kJ/ 211 kcal | Fat 12.3 g | Carbohydrates 6.4 g | Protein 18.3 g | Fibre 1.1 g
 Vitamin A 63 mcg | Iron 2.7 mg | Zinc 1.01 mg

“Ingokho”

(Fried Chicken)



“Ingokho” *(Fried Chicken)*

“Ingokho” as it is commonly known among the Luhya community is such a special delicacy. Traditionally, it was eaten during special occasions such as dowry ceremonies. In modern practice, fried chicken is eaten as part of a main meal served during lunch or supper. It is relished by the entire family and can be eaten with Ugali, chapatti, or any other starch.

Ingredients

1.3 kg whole chicken
2 tsp. (10 g) salt, iodized
3 1/8 cups (623 g) cooking oil

Preparation 10 minutes | Cooking 1 hour | Serves 4

- Cut the chicken into large chunks.
- Wash the meat.
- Place a pan on fire and add oil.
- Add salt to the chicken and rub in.
- Heat oil for 6 minutes.
- Gently place the chicken pieces into the pan and turn every 3 minutes until the skin is golden brown.
- Serve hot.

Nutrition data per 100g of recipe:
Energy 2,218 kJ/ 532 kcal | Fat 35.3 g | Carbohydrates 9.1 g | Protein 44.6 g | Fibre 0.0 g
Vitamin A 134 mcg | Iron 5.6 mg | Zinc 2.13 mg

Aluru

(Stewed Quails)



Aluru (Stewed Quails)

Stewed quails commonly known as “Aluru” is a traditional dish typical to the Luhya and Luo communities. Aluru was prepared during special occasions. It is commonly known as Likhanga among the Luhya community.

Ingredients

- 3 quails, whole (507 g)
- 2 tomatoes, red, ripe (196 g)
- 1 onion, red skinned, raw, unpeeled (76 g)
- 2 tsp. (10 g) salt, iodized
- 2 cups (517 g) cow's milk
- 3 ½ cups (679 g) cooking oil

Preparation 10-15 minutes | Cooking 1 hour | Serves 4

- Roast the quails for 10 minutes and remove the innards.
- Add 3 cups of cooking oil onto a clean dry pot and heat.
- Put in the quails and fry for 11 minutes.
- Remove and use paper towels to drain the oil.
- Wash and chop the onion and tomatoes and place into separate bowls.
- Add ½ a cup of cooking oil into a separate cooking pot and the chopped onions.
- Cook until golden brown then add the tomatoes.
- Cook it for 3 minutes or until the tomatoes are tender.
- Add salt and stir. Cook for 5 minutes.
- Add milk followed by the fried quails.
- Cover and cook for 12 minutes.
- Remove from heat and serve.

Nutrition data per 100g of recipe:

Energy 809 kJ/ 195 kcal | Fat 14.2 g | Carbohydrates 5.2 g | Protein 11.3 g | Fibre 0.6 g
Vitamin A 51 mcg | Iron 1.6 mg | Zinc 1.24 mg

“ *Likhanga* ”

Stewed Guinea Fowl



“Likhanga”

(Stewed Guinea Fowl)

This is a typical Luhya dish eaten during special occasions especially by boys after circumcision.

Ingredients

665 g whole guinea fowl
 1 onion, red skinned, raw, unpeeled (69g)
 2 tomatoes, red, ripe (196g)
 ¼ cup (49 g) cooking oil
 3 tsp. (14 g) salt, iodized
 2 ½ cups (537 g) water

Preparation 30 minutes | Cooking 15 minutes |

Serves 4

- Lightly roast the fresh guinea fowl for 10-15 minutes and cut into small pieces.
- Put the pieces into a clean pot and add all the water.
- Add salt, cover and boil for 1 hour.
- Drain the water and keep in a separate bowl.
- Chop the onions, cut the tomatoes and place into separate bowls.
- Into the boiled guinea fowl, add onions and cook for 3- 5 minutes.
- Add cooking oil, stir and cook for 5-10 minutes
- Add tomatoes and cook for 2- 5 minutes while stirring.
- Add the drained water and cover to cook for 2-5 minutes.
- Turn off the heat and serve.

Nutrition data per 100g of recipe:
 Energy 642 kJ/ 154 kcal | Fat 9.0 g | Carbohydrates 2.0 g | Protein 15.8 g | Fibre 0.7 g
 Vitamin A 10 mcg | Iron 2.0 mg | Zinc 1.25 mg

9.

Blood Dishes

9. Blood Dishes

Blood dishes are traditional to a notable number of Kenyan communities. This section looks at the “Malesele” of the Luhya community, and other blood based dishes among the Maasai and Rendille communities.

[Process photos for recipes in this category will be added in this space]



Munono

(Cow Blood, Beef, Cow Fat)



Munono

(Cow Blood, Beef, Cow Fat)

Munono is a Maasai dish prepared when an animal is slaughtered and comprises of blood, beef and fat. It is eaten by the entire family and acts as a starter while the rest of meat is cooking. It is eaten immediately to avoid spoilage. Culturally, only men are allowed to prepare this dish as it is done at the point of slaughter (usually in a bush).

Ingredients

1 $\frac{3}{4}$ cups (392 g) cow's blood, fresh
695 g beef, medium fat
457 g cow's fat
2 cups (446 g) water

Preparation 10 minutes | Cooking 1 hour 30 minutes |

Serves 4

- Place the cow's fat, beef and water in a pot.
- Boil the mixture until all water dries up.
- Turn off the heat and drain the oil.
- Mix the drained oil with blood.
- Add the oil-blood mixture to the meat and stir.
- Turn on the heat, cook for 3-5 minutes and remove from heat.
- Serve while hot.

Nutrition data per 100g of recipe:
Energy 2,269 kJ/ 549 g | Fat 50.3 g | Carbohydrates 4.6 g | Protein 19.5 g | Fibre 0.0 g
Vitamin A *No data | Iron 16.6 mg | Zinc 3.19 mg
*No data on Vitamin A for fresh blood in the KFCT

Malesele

(Cow Blood with Sour Milk)



Malesele (Cow Blood with Sour Milk)

This dish is traditional among the Luhya community. It is prepared on special ceremonies such as dowry discussion.

Ingredients

117 g cow's fat
 4 ½ cups (1 kg) cow's blood, fresh
 2 onions, red skinned, raw, unpeeled (183 g)
 1¾ cups (466 g) sour milk, cow
 2 tsp. (9 g) salt, iodized
 3 tomatoes, red, ripe (363 g)

Preparation 5 minutes | Cooking 1 hour 15 minutes

| Serves 4

- Wash, cut and put the animal fat in a clean cooking pot.
- Peel onion, wash and chop. Add the onion into the cow's fat.
- Prepare the blood by removing the clots. Add the pure blood into the same pot, place on fire to boil for 15 minutes.
- Continue boiling until balls begin to form.
- Add salt and continue boiling until the mixture dries up.
- Add sour milk; bring to a boil while stirring at intervals until the sour milk dries up.
- Grate the tomatoes and add into the mixture and let it boil for 2 minutes and then remove from the fire.
- Serve.

Nutrition data per 100g of recipe:
 Energy 1,395 kJ/ 335 kcal | Fat 21.2 g | Carbohydrates 15.4 g | Protein 20 g | Fibre 1.0 g
 Vitamin A *No data | Iron 24.8 mg | Zinc 1.85 mg
 *No data on Vitamin A for fresh blood in the KFCT

“Mbuboyi”

(Blood Cooked in Fresh Milk)



“Mbuboyi”

(Blood Cooked in Fresh Milk)

Mbuboyi is a traditional dish typical to the Rendille community.

Ingredients

- 4 ½ cups (1 kg) fresh cow's blood
- 2 1/8 cups (492 g) fresh cow's milk

Preparation 5 minutes | Cooking 20 minutes |

Serves 4

- Pour the blood into a cooking vessel.
- Place over fire and cook the blood while stirring.
- Cook for 10 minutes and then add the fresh milk.
- Continue stirring and let it boil for 10 minutes.
- Remove from fire and serve.

Nutrition data per 100g of recipe:
Energy 410 kJ/ 97 kcal | Fat 2.0 g | Carbohydrates 8.3 g | Protein 11.5 g | Fibre 0.0 g
Vitamin A 65 (Retinol) mcg | Iron 13.9 mg | Zinc 1.08 mg

“Osarge Ogkole”

(Fresh Blood and Milk Soup)



“Osarge Oghole”

(Fresh Blood and Milk Soup)

This is a traditional dish typical to the pastoralist Maasai community. It is prepared immediately after slaughter of a cow. This soup was traditionally given to the sick to hasten their recovery. In modern day, this recipe is enjoyed by the entire family.

Ingredients

6 2/3 cups (1486 g) fresh cow's milk

1 1/2 cups (342 g) cow's blood, fresh

Preparation 5 minutes | Cooking 15 minutes |

Serves 4

- Boil the milk and turn off the heat.
- Add blood to the milk and whisk.
- Serve.

Nutrition data per 100g of recipe:
Energy 340 kJ/ 81 kcal | Fat 3.13 g | Carbohydrates 7.0 g | Protein 6.1 g | Fibre 0.0 g
Vitamin A *No data | Iron 4.7 mg | Zinc 0.79 mg
*No data on Vitamin A for fresh blood in the KFCT

10.

Vegetables Dishes

10. Vegetables Dishes

Kenya is home to numerous types of traditional vegetables. This section looks at some of the most common traditional and exotic vegetables in various communities in Kenya. Also featured is how they are eaten and by whom. Three types of leafy vegetables which are most common are not traditional to Kenya but exotic yet they have become part of Kenyan cuisine; these are Sukumawiki (kale), Spinach and Cabbage. Most of the other leafy vegetables featured are quite traditional and they include Jute mallow, Amaranth, Black nightshade, cowpea leaves, sweet potato leaves, spider plant, vine spinach and pumpkin leaves. Other vegetable dishes based on pumpkin, mushrooms and green peas are featured.



Sukuma Wiki

(Stir-fried Kales)



Sukuma Wiki (Stir-fried Kales)

Sukuma wiki is the most commonly used green vegetable in Kenya. It is commonly served with Ugali as a side dish.

Ingredients

sukuma wiki leaves raw (2667 g)
2 tomatoes, red, ripe (345 g)
1 onion, red skinned, raw, unpeeled (184 g)
¼ cup (45 g) cooking oil
½ tsp. (3 g) salt, iodized

Preparation 15 minutes | Cooking 20 minutes |

Serves 4

- Wash the sukuma wiki and then remove the stalks.
- Roll up a handful of sukuma wiki leaves into a bunch and chop them finely.
- Wash, prepare and cut the onion and tomatoes separately.
- Place a cooking pot on the fire. Add cooking oil.
- Cook the onion until golden brown.
- Add tomatoes into the pot.
- Cook tomatoes until ready.
- Add the chopped sukuma wiki and salt.
- Stir until evenly mixed.
- Simmer over low heat for 5 minutes.
- Serve hot.

Nutrition data per 100g of recipe:
Energy 225 kJ/ 54 kcal | Fat 3.2 g | Carbohydrates 2.1 g | Protein 2.5 g | Fibre 3.8 g
Vitamin A 122 mcg | Iron 2.3 mg | Zinc 0.42 mg

Stir-fried Cabbage



Stir-fried Cabbage

Stir fried cabbage is common in many communities in Kenya. It is served with various starchy dishes as a side dish.

Ingredients

1 124 g cabbage, white, raw
½ onion, red skinned, raw, unpeeled (139g)
½ cup (83 g) cooking oil
2 ½ tsp. (12 g) salt, iodized

Preparation 10 minutes | Cooking 15 minutes |

Serves 4

- Prepare and cut the onions and the cabbage into separate bowls.
- Add the cooking oil into a cooking pot over fire and then put the chopped onions. Stir the onion and cook for 2 minutes.
- Add the cabbage and stir.
- Add salt and continue to stir the cabbage to cook it evenly.
- Cook for an additional 5 minutes.
- Remove and serve.

Nutrition data per 100g of recipe:
Energy 411 kJ/ 100kcal | Fat 8.6 g | Carbohydrates 3.1 g | Protein 1.2 g | Fibre 2.4 g
Vitamin A 0 mcg | Iron 0.6 mg | Zinc 0.24 mg

“Mrenda and Seveve”

(Jute Mallow & Pumpkin Leaves)



“Mrenda and Seveve” (Jute Mallow & Pumpkin Leaves)

This blend of “mrenda” and pumpkin leaves is a traditional vegetable dish among the Luhya community. It is usually served with Ugali.

Ingredients

316 g jute mallow leaves, raw
 74 g pumpkin leaves, raw
 1 onion, red skinned, raw, unpeeled (75 g)
 ½ tsp. (3 g) salt, iodized
 2/3 cup (134 g) water
 1 tomato, red, ripe (145 g)
 1 ¾ cups (410 g) cow's milk

Preparation 15 minutes | Cooking 30 minutes |

Serves 4

- Wash and pluck the leaves from the stalks of the jute mallow.
- Wash and chop the pumpkin leaves.
- Prepare, wash and cut the onion and tomato into separate bowls.
- Boil all the water and put the leafy vegetables into the boiling water and cook on low heat for 5 minutes.
- Stir the vegetables; add salt, onion and tomato.
- Cook for 5 minutes and then add all the milk.
- Stir and cook for another 5 minutes.
- Serve.

Nutrition data per 100g of recipe:
 Energy 249 kJ/ 59 kcal | Fat 2.3 g | Carbohydrates 5.4 g | Protein 3.4 g | Fibre 2.0 g
 Vitamin A 72 mcg | Iron 1.8 mg | Zinc 0.62 mg

Pumpkin Leaves



Pumpkin Leaves

Pumpkin leaves are rich in nutrients and are loved by many communities in Kenya. When stir fried, they are served with Ugali and at times pumpkin leaves are added to mashed dishes.

Ingredients

14 stalks (110 g) pumpkin leaves, raw
1 onion, red skinned, raw, unpeeled (44 g)
1 tomato, red, ripe (91 g)
1 tbsp. (12 g) cooking oil
2/3 cup (132 g) cow milk
½ tsp. (3 g) salt, iodized

Preparation 10 minutes | Cooking 20 minutes |

Serves 4

- Wash the pumpkin leaves.
- Wash, prepare and chop the onion and tomato into separate bowls.
- Put cooking oil in a pan, heat, and add the chopped onions until they brown lightly.
- Add tomatoes into the cooking pot and cook for 5 minutes.
- Add the pumpkin leaves, salt and the milk gradually while stirring.
- Cook for 5 minutes.
- Serve.

Nutrition data per 100g of recipe:
Energy 410 kJ/ 99 kcal | Fat 6.7 g | Carbohydrates 5.5 g | Protein 3.2 g | Fibre 1.5 g
Vitamin A 61 mcg | Iron 2.0 mg | Zinc 0.67 mg

“*Saget, Jerere
& Managu*”

(Stewed Spider Plant, Amaranth & African Nightshade Leaves)



“Saget, Terere & Managu”

(Spider plant, Amaranth & African Nightshade leaves)

The mix of saget, terere and managu is a typical way of preparing a deliciously rich vegetable dish among the Kisii and Luhya communities. This blend of vegetables is served with Ugali.

Ingredients

451 g spider plant leaves, raw
 1022 g African nightshade leaves, raw
 551 g amaranth leaves
 1 onion, red skinned, raw, unpeeled (126g)
 2 ¼ cups (511 g) cow's milk
 ½ tsp. (3 g) salt, iodized
 2 ½ cups (539 g) water

Preparation 15 minutes | Cooking 20 minutes |

Serves 4

- Wash and remove the leaves from the stalks.
- Prepare and cut the onions.
- Bring 2 ½ cups of water to a boil and add the vegetables to the boiling water. Cover and boil for 10 minutes. Do not stir the vegetables until they are fully covered by the water.
- Turn off the heat. Strain and discard the excess water.
- Add salt to the boiled vegetables, turn on the heat.
- Add half the milk and the onion.
- Stir the mixture. Cover and simmer on low heat.
- Stir frequently to prevent the vegetables from clumping.
- Add the rest of the milk and cook for 3 minutes.
- Remove from heat.

Nutrition data per 100g of recipe:
 Energy 251 kJ/ 60 kcal | Fat 1.9 g | Carbohydrates 4.5 g | Protein 4.3 g | Fibre 3.8 g
 Vitamin A 132 mcg | Iron 3.3 mg | Zinc 0.70 mg

“*Nderema*”

(Vine Spinach)



“Nderema” (Vine Spinach)

Vine spinach commonly referred to as “Nderema” is traditional to the Luhya and Kuria communities. It is usually eaten with Ugali.

Ingredients

417 g vine spinach leaves, fresh
2 tomatoes, red, ripe (182 g)
1 onion, red skinned, raw, unpeeled (139g)
½ tsp. (3 g) salt, iodized
3 tbsp. (39 g) ghee

Preparation 15 minutes | Cooking 20 minutes |

Serves 4

- Peel, wash and cut the onions and the tomatoes separately.
- Put ghee in the cooking pot and heat for 1 minute on medium heat.
- Add the onions and cook for 5 minutes until golden-brown.
- Add the tomatoes then the vine spinach and cover the cooking pot.
- Cook for 10 minutes then stir the contents.
- Add salt, cover and cook for 1 minute.
- Serve hot.

Nutrition data per 100g of recipe:
Energy 299 kJ/ 72 kcal | Fat 5.2 g | Carbohydrates 1.4 g | Protein 3.2 g | Fibre 3.5 g
Vitamin A 166 mcg | Iron 9.5 mg | Zinc 0.41 mg

“Jerere”

(Stir-fried Amaranth Leaves)



“Jerere” (Stir-fried Amaranth Leaves)

Amaranth leaves commonly known as “Terere” is an indigenous vegetable that used to grow as a weed. Nowadays, it is cultivated and eaten across all communities in Kenya. When cooked, amaranth leaves have a distinct aroma and a soft appeal. Most communities use amaranth leaves in mashed infant dishes but also as a side dish that is eaten with Ugali.

Ingredients

1585 g amaranth leaves, raw
2 tomatoes, red, ripe (289 g)
1 onion, red skinned, raw, unpeeled (105g)
½ tsp. (3 g) salt, iodized
¼ cup (45 g) cooking oil

Preparation 10 minutes | Cooking 20 minutes |

Serves 4

- Peel, wash, and cut the onion and tomatoes separately.
- Put the cooking pot on the fire and pour in the oil, add the onion and cook until golden brown.
- Put the tomatoes into the cooking pot. Continue stirring until the tomatoes are cooked.
- Add the amaranth and salt then mix well.
- Cover and simmer. Stir momentarily.
- Remove from fire when ready; about 10 minutes.

Nutrition data per 100g of recipe:
Energy 342 kJ/ 83 kcal | Fat 5.3 g | Carbohydrates 2.9 g | Protein 3 g | Fibre 5.5 g
Vitamin A 209 mcg | Iron 4.9 mg | Zinc 0.75 mg

*Mashed Pumpkin
& Black Nightshade
Leaves*



Mashed Pumpkin & Black Nightshade leaves

This vegetable dish is popular among the Kisii community. The added pumpkin gives it a sweet taste to balance the bitterness of “managu”. It is eaten with Ugali as a side dish.

Ingredients

752 g black night shade leaves, raw
1.1 kg pumpkin, raw
1 tsp. (4 g) salt, iodized
1/8 cup (24 g) cooking oil
4 ½ cups (998 g) water

Preparation 5 minutes | Cooking 1 hour | Serves 4

- Peel the pumpkin and wash.
- Pluck the leaves from the stalks and wash.
- Put the pumpkin into a cooking pot, add all the water and salt.
- Cook the pumpkin for 30 minutes.
- Add oil and the black nightshade. Cover and cook for 20 minutes.
- Remove from the heat and mash into a smooth consistency.
- Serve.

Nutrition data per 100g of recipe:
Energy 277 kJ/ 67 kcal | Fat 2.4 g | Carbohydrates 4.9 g | Protein 3.8 g | Fibre 5.1 g
Vitamin A 88 mcg | Iron 6.7 mg | Zinc 0.66 mg

Ihabai / Ihaa

(Stinging Nettle Leaves)



“Thabai / Thaa” *(Stinging Nettle leaves)*

Stinging nettle commonly known as “thabai” or “thaa” is a traditional vegetable popular among the Kikuyu and Meru communities. It is usually eaten with ugali as a side dish during lunch or dinner. Sometimes it is added to mashed food to enrich with nutrients.

Ingredients

267 g stinging nettle leaves, raw
1 onion, red skinned, raw, unpeeled (96 g)
2 tbsp. (25 g) cooking oil
1 ½ tsp. (7 g) salt, iodized
4 ½ cups (994 g) water

Preparation 15 minutes | Cooking 45 minutes |

Serves 4

- Cut the stinging nettle leaves from the stalks.
- Wash the leaves.
- Put the leaves in a pot and add 3 ½ cups of water.
- Bring the mixture to a boil until tender.
- In a separate cooking pot, heatcooking oil for 1 minute.
- Peel, wash and chop the onion.
- Add the chopped onion and cook until they are soft.
- Add the boiled stinging nettle and salt then stir.
- Add the rest of the water after 1 minute.
- Cover the pot and bring to a boil for 8 minutes.
- Remove from the fire.

Nutrition data per 100g of recipe:
Energy 143 kJ/ 34.4 kcal | Fat 2.4 g | Carbohydrates 1.9 g | Protein 1.2 g | Fibre 0.6 g
Vitamin A 0 mcg | Iron 1.4 mg | Zinc 0.14 mg

“Rhikhuwi”

(Stewed Cowpea Leaves)



“Rhikhuwi”

(Stewed Cowpea Leaves)

Cowpea leaves are among the most common green vegetables in Kenya. Most common among the Kam-ba community but also consumed in communities that grow cowpeas. It is usually served with Ugali as a side dish during lunch or dinner. It is eaten by the entire family.

Ingredients

871 g cow pea leaves, raw
 ½ onion, red skinned, raw, unpeeled (79 g)
 1/3 cup (59 g) cooking oil
 1 ½ tsp. (8 g) salt, iodized
 1/8 cup (38 g) “msherekha” (wood ash and water)
 2/3 cup (149 g) milk
 ¾ cup (201 g) water

Preparation 10 Minutes | Cooking 30 Minutes |

Serves 4

- Prepare the vegetables by removing the stalks. Do not cut the leaves.
- Wash the vegetables.
- Boil ¾ cup of water in a cooking pot and add the uncut vegetables and turn. Add 1/8 cup of msherekha.
- Cover the pot and boil for 20 minutes. Stir at intervals.
- Turn off the heat.
- Strain the water and discard.
- Add onions and cooking oil to a cooking pot.
- Cook onions for 2 minutes and then add the vegetables.
- Stir then add the milk and salt.
- Cover the pot and cook for 2 minutes.
- Remove from heat and serve.

Nutrition data per 100g of recipe:
 Energy 630 kJ/ 152 kcal | Fat 13.3 g | Carbohydrates 3.5 g | Protein 3.2 g | Fibre 3.2 g
 Vitamin A 32 mcg | Iron 1.3 mg | Zinc 0.53 mg

“Kunde & Mrenda”

(Stewed Cowpeas Leaves and Jute Mallow leaves)



“Kunde & Mrenda”

(Stewed Cowpeas Leaves and Jute Mallow leaves)

This vegetable blend is most common among the Luhya communities. It is usually eaten as a side dish with Ugali. Therefore, it is mostly consumed during lunch or dinner. It is garnished with milk to give a smooth and creamy taste.

Ingredients

79 g cow- pea leaves, raw
 232 g jute mallow leaves
 1/8 cup (24 g) “magadi” (water and ash, optional)
 1 tsp. (4 g) salt, iodized
 2/3 cup (159 g) milk

Preparation 10 minutes | Cooking 30 minutes | Serves

4

- Prepare the vegetables by removing the stalks.
- Mix the leaves together and wash properly. Do not cut.
- Add 1/8 cup of “magadi” (ash and water solution).
- Add the uncut vegetables and cover the pot.
- Cover and start cooking on low heat. Do not add water.
- Steam for 5 minutes.
- Add salt and stir.
- Add milk, stir, and cover to cook for 5 minutes.
- Turn off the heat and serve.

Nutrition data per 100g of recipe:
 Energy 238 kJ/ 57 kcal | Fat 2.0 g | Carbohydrates 4.4 g | Protein 3.7 g | Fibre 3.3 g
 Vitamin A 84 mcg | Iron 2.4 mg | Zinc 0.64 mg

Stir-Fried Spinach



Stir-fried Spinach

This is one of the most common green vegetable dishes available in Kenya. It is consumed across all communities in Kenya especially those living in urban areas. It is mainly eaten with Ugali or any other starchy meal as a side dish. Sometimes, it is cooked together with other green vegetables.

Ingredients

675 g spinach leaves, raw
1 onion, red skinned, raw, unpeeled
(123 g)
1/8 cup (25 g) cooking oil
½ tsp. (2 g) salt, iodized

Preparation 10 minutes | Cooking 15 minutes | Serves

4

- Remove the stalks from the spinach and wash.
- Cut the spinach.
- Peel, wash and chop the onions.
- Heat cooking oil in a pan for 1 minute and add the chopped onions. Cook for 4 minutes.
- Add spinach and salt. Cover and let it simmer for 10 minutes.
- Remove from heat.

Nutrition data per 100g of recipe:
Energy 307 kJ/ 74 kcal | Fat 5.4 g | Carbohydrates 2.0 g | Protein 2.8 g | Fibre 3.3 g
Vitamin A 142 mcg | Iron 3.7 mg | Zinc 0.62 mg

Kitojo

(Sweet Potato Leaves)



Kitojo

(Sweet Potato Leaves)

“Kitojo” as it is commonly called among the Taita community, is a delicious dish made from sweet potato leaves. It is commonly eaten with Ugali.

Ingredients

835 g fresh sweet potato leaves, raw
1 onion, red skinned, raw, unpeeled (81 g)
¼ cup (44 g) cooking oil
1 tsp. (6 g) salt, iodized

Preparation time 5-10 | Cooking time 15 minutes |

Serves 4

- Remove the leaves from the vines and wash thoroughly.
- Cut the leaves into small strips.
- Prepare and chop the onion.
- Add cooking oil in a pot, add the chopped onions and fry until golden brown.
- Add the vegetables and salt. Stir and cook until ready or soft.
- Serve.

Nutrition data per 100g of recipe:
Energy 596 kJ/ 144 kcal | Fat 12.7 g | Carbohydrates 1.4 g | Protein 3.9 g | Fibre 4.6 g
Vitamin A 138 mcg | Iron 0.9 mg | Zinc 0.26 mg

Obobwa

(Stewed Mushroom in Peanut Butter)



Obobwa *(Stewed Mushrooms in Peanut Butter)*

Stewed mushroom commonly known as “Obobwa” is a traditional dish typical to the Luhya community.

Ingredients

400g mushrooms, raw
 1 onion, red skinned, raw, unpeeled (187 g)
 3 ½ tbsp. (55 g) peanut butter
 1 tomato, red, raw (140 g)
 2 tsp. (11 g) salt, iodized
 1 g “msherekha” (wood ash and water mixture)
 ¾ cup (157 g) water

Preparation 15 minutes | Cooking 1 hour 10 minutes

I Serves 4

- Wash and cut the fresh mushroom into ¼ (quarter) pieces.
- Peel, wash and finely chop the onion.
- Place the onions, mushrooms, tomatoes and peanut butter into a clean cooking pot.
- Add ¾ cup of water and salt, turn on the heat and cover the pot.
- Cook for 11 minutes and add 1 g of “msherekha” (ash: water ratio is 1:9).
- Cover the pot and cook further for 5-8 minutes.
- Stir, turn to low heat and continue cooking for 25-30 minutes.
- Remove from heat and serve hot.

Nutrition data per 100g of recipe:
 Energy 487 kJ/ 117 kcal | Fat 6.3 g | Carbohydrates 8.3 g | Protein 4.9 g | Fibre 3.8 g
 Vitamin A 6 mcg | Iron 1.4 mg | Zinc 0.54 mg

Potato Curry



Potato Curry

Potato curry is a spiced recipe that makes part of a full meal platter and served during a main meal. It is typical to the Kenyan Indian community and is relished by the entire family.

Ingredients

2 potatoes, unpeeled, Irish, white, raw (558 g)
 2 tomatoes, red, ripe (223 g)
 2 tsp. (9 g) salt, iodized
 ¼ tsp. (1 g) turmeric powder
 2 tsp. (6 g) coriander powder
 ¼ tsp. (1 g) red chilli powder
 3 ½ tbsp. (42 g) cooking oil
 ¼ tsp. (1 g) fenugreek seeds, raw
 1 tsp. (3 g) mustard seeds, raw
 ½ tsp. (3 g) cumin seeds, raw
 ½ bunch (2 g) curry leaves
 ¼ lemon, fresh (5 g)
 2 tsp. (9 g) sugar
 1 1/3 cups (299 g) water

Preparation 15 minutes | Cooking 30 minutes |

Serves 4

- Peel wash and cut the potatoes.
- Blend tomatoes, turmeric powder, coriander powder, red chilli powder, 1 tablespoon of cooking oil.
- Put 2 ½ tablespoons of cooking oil in a cooking pot and heat for 3 minutes.
- Add the fenugreek, mustard seeds, curry leaves and cumin seeds.
- Stir and cook for 2 minutes.
- Add the blended ingredients, mix and cook for 2 minutes.
- Add salt and all the water and cook for 10 minutes.
- Meanwhile, mix the sugar and lemon juice into a separate cup.
- Add the potatoes and stir. Add the sugar-lemon juice solution.
- Cover to cook for 16 minutes or until the potatoes are tender.
- Remove from heat and serve.

Nutrition data per 100g of recipe:
 Energy 608 kJ/ 145 kcal | Fat 7.0 g | Carbohydrates 17.3 g | Protein 2.2 g | Fibre 2.2 g
 Vitamin A 10 mcg | Iron 1.7 mg | Zinc 0.41 mg

Peas & Brinjal Curry



Peas and Brinjal Curry

Green peas prepared with brinjals is a curry that makes part of a full meal platter referred to as Thali. It is traditional to Kenyan Indian community and is served as a side dish during lunch or dinner.

Ingredients

1 cup (186 g) garden peas, raw
 3 egg plants (brinjals), raw (169 g)
 2 tomatoes, red, ripe (161 g)
 1 bunch (40 g) coriander leaves
 3 cloves (10 g) garlic
 2 chillies, fresh, raw (5 g)
 1 piece ginger (7 g)
 1 tsp. (3 g) fenugreek seeds, raw
 1 tsp. (3 g) mustard seeds, raw
 ¼ tsp. (1 g) cumin seeds, raw
 2 tsp. (8 g) coriander powder
 ¼ tsp. (1 g) turmeric powder
 ¼ tsp. (1 g) red chilli powder
 1 ½ tsp. (7 g) salt, iodized
 ½ cup (113 g) water
 3 tbsp. (39 g) cooking oil

Preparation 5 minutes | Cooking 25 minutes | Serves 4

- Blend all the ingredients together; except garden peas, eggplants, water and cooking oil.
- Cut the eggplant and mix with garden peas in a separate bowl.
- Into a clean pot, add the cooking oil and heat for 2 minutes.
- Add the blended ingredients and stir. Cook for 3 minutes.
- Add the peas and egg plants, and stir.
- Add ½ cup water.
- Cover and cook for 20 minutes.
- Remove from heat and serve.

Nutrition data per 100g of recipe:

Energy 544 kJ/ 131 kcal | Fat 8.5 g | Carbohydrates 6.6 g | Protein 4.2 g | Fibre 5.8 g

Vitamin A 29 mcg | Iron 2.1 mg | Zinc 1.96 mg

Split Dal Stewed



Stewed Split Dal

This recipe is part of an assortment of dishes that make up a meal platter and is traditional to the Kenyan Indian community. The dal stew is heavily spiced to give a tantalizing taste. It is served as a family dish during lunch or dinner as a side dish.

Ingredients

1 cup (176 g) yellow split dal, raw
 3 tomatoes, red, raw diced (246 g)
 2 tsp. (12 g) salt, iodized
 ¾ tsp. (2 g) turmeric powder
 ¼ tsp. (1 g) red chilli powder
 ½ tbsp. (17 g) tomato paste, salted
 2 tbsp. (22 g) cooking oil
 1 tsp. (3 g) fenugreek seeds, raw
 1 tsp. (4 g) mustard seeds, raw
 1 tsp. (2 g) cumin seeds, raw
 1 bunch (3 g) curry leaves
 1 lemon, fresh (3 g)
 1 ½ tbsp. (22 g) sugar, white
 8 ½ cups (1835 g) water

Preparation 1 hour | Cooking 1 hour | Serves 4

- Soak the dal for 50 minutes and wash.
- Put the soaked dal into a cooking pot. Add 4 ½ cups of water and 2 teaspoons of salt. Cook for 40 minutes while stirring at intervals.
- Meanwhile, weigh and mix tomatoes, turmeric, red chilli powder, tomato paste and fenugreek seeds.
- Put cooking oil, mustard seeds and cumin seeds into a pot and cook for 1 minute.
- Add the mixed ingredients cook for 2 minutes.
- Add 4 cups of water and curry leaves then stir.
- Boil for 5 minutes.
- Add juice of lemon and sugar then stir.
- Meanwhile grind the boiled dal (sieve it if necessary)
- Add the ground dal into the pot and stir.
- Cover to cook for 12 minutes.
- Remove from heat and serve

Nutrition data per 100g of recipe:
 Energy 291 kJ/ 69 kcal | Fat 1.9 g | Carbohydrates 8.1 g | Protein 3.7 g | Fibre 2.7 g
 Vitamin A 9 mcg | Iron 1.2 mg | Zinc 0.42 mg

Chick Peas Curry



Chick Peas Curry

This is a vegetable curry typical to Kenyan Indian community. The soaking step is a must if you desire soft and crunchy appeal and for a full release of nutrients. This deliciously spicy dish is commonly referred to as "Chole" and is eaten with fried bread called "Bhature" made from soft wheat flour. Chick peas curry is eaten as part of a main meal during lunch or dinner and is savoured by the entire family.

Ingredients

1 2/3 cups (294 g) chick peas, raw
 1 tsp. (10 g) red chilli powder
 ½ tsp. (3 g) turmeric powder
 ½ tsp. (6 g) chole masala
 3 tomatoes, red, ripe (220 g)
 1 tbsp. (20 g) tomato paste, salted
 1 onion, red skinned, raw, unpeeled (113 g)
 3 tbsp. (43 g) cooking oil
 4 cloves (16 g) garlic
 1 piece (9 g) ginger
 20 g coriander leaves
 1 tbsp. (11 g) coriander powder
 6 sticks (1 g) cinnamon
 2 ½ tsp. (13 g) salt, iodized
 ½ bay leaf (1 g)
 4 sticks (2 g) cloves
 1 tsp. (2 g) cumin seeds, raw
 1 lemon wedge (7 g)
 3 cups (643 g) water
 1 tsp. (1 g) anise seeds, raw

Preparation overnight (for soaking chick peas) |

Cooking 40 minutes | Serves 4

- Sort and soak the chick peas overnight.
- Wash and boil the chick peas in 2 cups water until the chick peas are ready and tender. Add 1 tea-spoon of salt to taste.
- Prepare, wash and cut the onion, tomatoes and coriander leaves.
- Heat the oil in a cooking pot, add cinnamon, cumin, cloves, onion and stir.
- Cook for 3 minutes.
- Add the cut tomatoes, ginger, garlic and coriander powder. Stir.
- Add the tomato paste, red Chilli powder, 1 ½ tea-spoon of salt, turmeric powder, cinnamon, bay leaf, lemon juice, anise seeds and chole masala.
- Stir and cover to cook for 5-10 minutes.
- Add the coriander leaves.
- Add the boiled chick peas and 1 cup of water.
- Cover to cook for 5 minutes.
- Remove from heat and serve.

Nutrition data per 100g of recipe:
 Energy 524 kJ/ 126 kcal | Fat 5.1 g | Carbohydrates 10.3 g | Protein 6 g | Fibre 7.3 g
 Vitamin A 12 mcg | Iron 2.5 mg | Zinc 0.96 mg

11.

Root & Banana Dishes

11. Root & Banana Dishes

Kenyan cuisine encompasses the variety of root-based recipes usually mixed with other roots, vegetables or bananas. Some of the root recipes are almost extinct due to reduced emphasis at crop production level. For instance, the yams and cassava are hardly available at market level which implies reduced cultivation. However, yam dish continues to dominate household meals where this is typical. Roots like arrowroots have seen more utilization as a result of increased emphasis at production level. Irish potatoes are the most abundantly available in Kenya followed by Sweet potato roots. Promotion of the orange fleshed sweet potato has seen increased utilization as a common recipe in most Kenyan communities.

[Process photos for recipes in this category will be added in this space]



Stewed Potatoes & Arrowroots



Stewed Potatoes & Arrowroots

Stewed arrowroots is a nostalgic dish traditional to the arrowroot growing regions. The Kikuyu, Meru and Embu communities are key to this recipe. It is eaten as a main meal during lunch or supper and is relished by the entire family.

Ingredients

9 potatoes, unpeeled, Irish, white (1 kg)
 3 arrowroots, unpeeled, raw (1.7 kg)
 6 green bananas, unpeeled, raw (1.2 kg)
 1 onion, red skinned, raw, unpeeled (185 g)
 3 tomatoes, red, ripe (511 g)
 1/3 cup (69 g) cooking oil
 3 tsp. (15 g) salt, iodized
 7 cups (1534 g) water

Preparation 15 minutes | Cooking 1 hour |

Serves 4

- Peel and wash the potatoes, arrowroots, onions and tomatoes.
- Cut the washed ingredients into cubes in separate bowls.
- Peel and wash the bananas and keep them in a separate bowl with water (this water is not for cooking but to prevent bananas from browning).
- Heat the cooking oil in a cooking vessel for 2 minutes and add onions, cook for 12 minutes until golden brown.
- Add tomatoes and cook for 8 minutes.
- Add the salt and stir.
- Add the chopped potatoes and stir.
- Add 4 cups of water and cook for another 4 minutes.
- Add cut arrowroots and cover to cook for 17 minutes.
- Add the bananas and 3 cups of water then stir and let to it cook for 13 minutes. Serve.

Nutrition data per 100g of recipe:
 Energy 380 kJ/ 90 kcal | Fat 2.1 g | Carbohydrates 15.0 g | Protein 1.9 g | Fibre 1.8 g
 Vitamin A 3 mcg | Iron 0.9 mg | Zinc 0.44 mg

Yam Stew



Yam Stew

The ancient yam is among the oldest roots in Kenya. It is a traditional delicacy of the Meru community. To date, yams are eaten as a stew as indicated in this recipe. It can also be prepared with meat or other protein. Loved for its filling effect, yam stew is packed with good wholesome starch ideal for the health conscious. It can be eaten during lunch or dinner as a main dish served to the whole family.

Ingredients

1 yam, white, raw (2 kg)
 6 potatoes, unpeeled, Irish, white (908 g)
 1 onion, red skinned, raw, unpeeled (175 g)
 2 tomatoes, red, ripe (209 g)
 2 carrots, orange, raw (245 g)
 1 ½ tbsp. (22 g) salt, iodized
 1/3 cup (76 g) cooking oil
 4 ¾ cups (1036 g) water

Preparation 20 minutes | Cooking 1 hour |

Serves 4

- Peel, wash and cut the yam into small pieces.
- Peel and wash the potatoes in water.
- Cut the potatoes into small cubes.
- Peel, wash and cut the tomatoes, carrots and the onions.
- Heat the oil for 1 minute then add the onions.
- Add tomatoes after 3 minutes.
- Add salt after 5 minutes. After 6 minutes add the cut yam and stir.
- After 8 minutes add all the water and cover the pot.
- After 6 minutes add potatoes, stir and cover.
- Add carrots after 8 minutes.
- Heat for 20 minutes and remove from the fire.
- Serve hot.

Nutrition data per 100g of recipe:
 Energy 394 kJ/ 94 kcal | Fat 2.4 g | Carbohydrates 15.3 g | Protein 1.5 g | Fibre 2.5 g
 Vitamin A 34 mcg | Iron 0.7 mg | Zinc 0.21 mg

Pumpkins with Peanut Butter



Pumpkins with Peanut Butter

This sweet, buttery recipe is an infant dish served typically for lunch or dinner by the urban communities.

Ingredients

1.5 kg pumpkin raw unpeeled
7 tbsp. (109 g) peanut butter
4 tsp. (16 g) cooking oil
2 1/8 cups (466 g) water
1 1/2 tsp. (7 g) salt, iodized

Preparation 5 minutes | Cooking 45 minutes |

Serves 4

- Peel and wash the pumpkin.
- In a separate bowl mix the peanut butter with 1/8 cup of water.
- Put the pumpkin into a cooking pot and add the rest of the water.
- Bring to boil, add salt and cooking oil.
- When the pumpkin has cooked, add the peanut paste.
- Cover and simmer for 9 minutes.
- Serve.

Nutrition data per 100g of recipe:
Energy 359 kJ/ 86 kcal | Fat 5.5 g | Carbohydrates 5.4 g | Protein 2.6 g | Fibre 2.6 g
Vitamin A 91 mcg | Iron 0.6 mg | Zinc 0.36 mg

*Sweet Potatoes
with Peanut Butter*



Sweet Potatoes with Peanut Butter

This is a recipe originally common among the Nubian community. It is eaten for breakfast with tea. It is loved for its filling effect due to the combined effect of peanut butter and sweet potatoes.

Ingredients

5 sweet potatoes, unpeeled, raw, orange
fleshed (1.6 kg)
1 onion, red skinned, unpeeled, raw (71 g)
2 tomatoes, Red, ripe (296 g)
3 tbsp. (36 g) cooking oil
6 tbsp. (100 g) peanut butter
1 ½ tsp. (7 g) salt, iodized
4 2/3 cups (1004 g) water

Preparation 5-10 minutes | Cooking 1 hour | Serves 4

- Peel, wash and cut the sweet potatoes into desirable sizes.
- Peel and chop the onion and fry with oil in a cooking pot until golden brown.
- Grate tomatoes and add into the golden-brown onions, stir and simmer until the tomatoes are well cooked or tender.
- Add the sweet potatoes and salt. Mix and cover to simmer.
- Add 4 cups of water and continue simmering.
- Meanwhile, mix the peanut butter with 2/3 cup of water in a separate bowl.
- Add the peanut mixture into the sweet potatoes mixture and stir.
- Simmer for 3 minutes and serve.

Nutrition data per 100g of recipe:
Energy 373 kJ/ 89 kcal | Fat 4.4 g | Carbohydrates 9.3 g | Protein 2.2 g | Fibre 2.2 g
Vitamin A 263 mcg | Iron 0.7 mg | Zinc 0.42 mg

Arrowroot Stew



Arrowroot Stew

This dish is typical among the communities that grow arrowroots and bananas which include the Kisii, Kikuyu, Meru and Embu communities. Often served as a main meal, this recipe is eaten by the whole family and at times fed to infants above the age of 9 months.

Ingredients

4 potatoes, unpeeled, white, Irish (916 g)
 3 arrowroots, unpeeled, raw (1.6 kg)
 3 green bananas, unpeeled (393 g)
 3 carrots, orange (342 g)
 2 red skinned, onions, unpeeled (188 g)
 3 tomatoes, red, ripe (286 g)
 1/3 cup (64 g) cooking oil
 4 tsp. (20 g) salt, iodized
 7 cups (1522 g) water

Preparation 10-15 minutes | Cooking 1 hour | Serves 4

- Peel, wash and cut the potatoes, arrowroots and bananas into large chunks. Place them in separate bowls and cover with water.
- Peel, wash, cut the carrots and tomatoes and place in separate bowls.
- Chop the onions and put into a clean pot, add cooking oil and cook the onion until it starts to brown
- Add tomatoes, cook while stirring until tender
- Add the cut arrowroots, stir and cook for 3 minutes.
- Add the cut carrots, 4 cups of water and stir. Cook for 4 minutes.
- Add potatoes, salt and stir.
- Cover and leave to cook for 15-20 minutes while stirring at intervals.
- Add the chopped green bananas and cook for 2 minutes. Add 3 cups of water.
- Cover and cook until ready.
- Remove from heat and serve.

Nutrition data per 100g of recipe:
 Energy 383 kJ/ 91 kcal | Fat 2.3 g | Carbohydrates 14.9 g | Protein 1.9 g | Fibre 1.8 g
 Vitamin A 48 mcg | Iron 0.9 mg | Zinc 0.44 mg

Pan Fried Arrowroots



Pan Fried Arrowroots

Pan fried arrowroots is a breakfast dish typical among urban dwellers but originally eaten among the Kikuyu and Meru communities. It is usually eaten with tea.

Ingredients

- 1 arrowroot, unpeeled, raw (574 g)
- 1 cup (209 g) cooking oil
- 5 cups (1085g) water
- 1 tsp. (5 g) salt, iodized

Preparation 5 minutes | Cooking 30 minutes | Serves

4

- Peel and wash the arrowroots.
- Put the arrowroots into a cooking pot; add all the water and salt bring to a boil for 15 minutes.
- Drain the excess water.
- Dice the boiled arrowroots into thin circular shapes.
- Add cooking oil into a clean pan and heat for 3 minutes.
- Place the boiled arrowroots on the pan. Fry for 7 minutes, while turning at intervals.
- Remove from pan and place onto paper towels to drain the oil.
- Serve while hot.

Nutrition data per 100g of recipe:
Energy 761 kJ/ 181 kcal | Fat 5.2 g | Carbohydrates 28.3 g | Protein 4.1 g | Fibre 2.5 g
Vitamin A 2 mcg | Iron 1.3 mg | Zinc 1.09 mg

Pan Fried Sweet Potatoes



Pan Fried Sweet Potatoes

This delicious recipe is a typical breakfast dish common among urban dwellers but originally from Kisii community. It is usually eaten with a cup of tea.

Ingredients

6 sweet potatoes, unpeeled, orange
fleshed (1.9 kg)
4 ½ cups (996 g) water
1 cup (191 g) oil

Preparation 5 minutes | Cooking 1 hour 15 minutes

| Serves 4

- Peel the sweet potatoes and wash.
- Chop them into large chunks.
- Put the sweet potatoes into a cooking pot, add all the water and place on heat.
- Bring the sweet potatoes to a boil until tender. (Do not overcook)
- Drain the excess water.
- Heat cooking oil in a pan for 2 minutes.
- Gently place the sweet potatoes onto the oil, fry until they turn golden brown and crispy.
- Turn to fry the other side.
- Remove from heat.
- Serve.

Nutrition data per 100g of recipe:
Energy 1,035 kJ/ 248 kcal | Fat 13.9 g | Carbohydrates 25.3 g | Protein 3.1 g | Fibre 4.9 g
Vitamin A 796 mcg | Iron 0.8 mg | Zinc 0.73 mg

Potato Bhajia



Potato Bhajia

This is a spicy recipe common among Kenyan Indian community. It is served as part of a main meal and is eaten by the entire family.

Ingredients

3 potatoes, unpeeled, white, Irish (809 g)
 1 small piece of ginger (11 g)
 4 cloves garlic (14 g)
 4 green chillies (8 g)
 1 bunch (30 g) coriander leaves
 1 cups (133 g) gram flour
 1 ½ tsp. (8 g) salt, iodized
 1 tsp. (2 g) red chilli powder
 1 tsp. (2 g) turmeric powder
 Juice of ½ lemon (2 g)
 4 1/8 cups (818 g) cooking oil
 1/3 cup (68 g) water
 1 pinch (1 g) bicarbonate of soda

Preparation 10 minutes | Cooking 40 minutes |

Serves 4

- Peel the potatoes, wash, cut into round shapes and put aside.
- Crush the garlic, ginger and green chilli. Cut the coriander leaves.
- Into a clean dry bowl, add all the ingredients and mix (gram flour, ginger, garlic, red chilli, green chillies, coriander leaves, salt, turmeric powder, lemon juice and bicarbonate of soda).
- Into the mixed ingredients, add cut potatoes and mix to evenly coat the potatoes.
- Add a little water if necessary.
- Put cooking oil into a cooking pot and heat for 7 minutes.
- Put in the coated potatoes and fry for 8 minutes.
- Remove from oil and place onto paper towels to drain the oil.
- Serve while hot.

Nutrition data per 100g of recipe:
 Energy 1,960 kJ/ 471 kcal | Fat 31.0 g | Carbohydrates 37.1 g | Protein 8.6 g | Fibre 4.8 g
 Vitamin A 5 mcg | Iron 3.0 mg | Zinc 0.78 mg

Potato Chips



Potato Chips

This is typically an urban dish in many parts of Kenya. It is served to the whole family mainly during lunch. It is eaten with a protein dish such as fried chicken, stir fried beef or sausages. It can also be eaten plain or with vegetables.

Ingredients

6 potatoes, unpeeled, Irish, white (1.1 kg)
4 ½ cups (867 g) cooking oil

Preparation 5 minutes | Cooking 30 minutes | Serves 4

- Peel the potatoes, wash and cut lengthways into thin stripes
- Heat cooking oil in a pot for 7-10 minutes or until the oil is hot enough.
- Add the cut potatoes and fry for 10 minutes and turn. Allow to cook for another 10 minutes or until ready.
- Remove from oil and place on paper towels to drain the oil.
- Serve while hot.

Nutrition data per 100g of recipe:
Energy 1,365 kJ/ 326 kcal | Fat 13.6 g | Carbohydrates 44.4 g | Protein 4.8 g | Fibre 3.3 g
Vitamin A 0 mcg | Iron 2.7 mg | Zinc 0.63 mg

Stewed Green Bananas



Stewed Green Bananas

This dish is typical among the Kisii community but also popular in other parts of the country. It serves the whole family and is usually used as an infant dish. Stewed green bananas are eaten for lunch or dinner.

Ingredients

12 green bananas, unpeeled, raw (2.1 kg)
2 onions, red skinned, raw, unpeeled (256 g)
6 tomatoes, red, ripe (633 g)
1 tsp. (4 g) salt, iodized
½ cup (80 g) cooking oil
4 2/3 cups (1019 g) water

Preparation 10 minutes | Cooking 1 hour | Serves 4

- Peel the onions, wash and cut into a bowl.
- Wash the tomatoes and cut into a separate bowl.
- Peel and clean the bananas
- Heat oil in a cooking pot, add the onions and fry until golden brown.
- Add the tomatoes, salt and stir
- Add the bananas and stir.
- Put all the water and allow to simmer until ready.
- Serve hot.

Nutrition data per 100g of recipe:
Energy 350 kJ/ 84 kcal | Fat 3.8 g | Carbohydrates 10.4 g | Protein 1 g | Fibre 2.2 g
Vitamin A 6 mcg | Iron 0.7 mg | Zinc 0.21 mg

Matoke

(Stewed Green Bananas with Meat)



Matoke (Stewed Green Bananas with Meat)

Matoke is central to Kisii community cuisines. Being the major source of bananas, Kisii community has learnt over many years numerous ways of preparing “matoke”. In this recipe, the combination of the variety of green bananas with meat yields a very tasty dish that is savoured by the entire family. It is mainly eaten without accompaniment and served during lunch or dinner.

Ingredients

456 g beef, medium fat
 1.5 kg green bananas, unpeeled, raw
 1 onion, unpeeled, red skinned, raw (184 g)
 3 tomatoes, red, ripe (329 g)
 106 g coriander leaves
 8 potatoes, unpeeled, Irish, white (1.1 kg)
 1 ½ tbsp. (24 g) salt, iodized
 ¼ cup (44 g) cooking fat, white
 8 ¼ cups (1810 g) water

Preparation 20 minutes | Cooking 2 hours 30 minutes

| Serves 4

- Cut the meat into bite size chunks and boil in 4 cups of water for 50 minutes.
- Meanwhile, peel and wash the onions and tomatoes; cut into small cubes.
- Peel potatoes and bananas separately.
- Cut coriander leaves and set aside.
- Add onions to the meat and stir until the meat dries.
- Add oil, tomatoes, potatoes and bananas and finally the coriander leaves.
- Add salt to taste.
- Continue to stir while adding the rest of the water for 13 minutes.
- Cover with a lid.
- Cook for another hour.

Nutrition data per 100g of recipe:
 Energy 494 kJ/ 118 kcal | Fat 4.1 g | Carbohydrates 13.3 g | Protein 6 g | Fibre 1.8 g
 Vitamin A 19 mcg | Iron 3.9 mg | Zinc 1.12 mg

12.

Ugali

12. Ugali

Ugali is the common name given to various flour dishes that are prepared by boiling ingredients together and mixing to a semi solid a paste. It is eaten across all communities in Kenya. Therefore, it was important to look at different Ugali variants that are common in Kenya. All Ugalis are made from grain flours except cassava Ugali which is made from dried cassava flour. All the grain based flours featured in this section are whole except the refined maize flour Ugali.



*Whole Maize
Flour Ugali*



Whole Maize Flour Ugali

This recipe represents the most consumed Ugali in all communities in Kenya. It is eaten as a main dish during lunch or supper usually accompanied by a vegetable or protein dish.

Ingredients

3 2/3 cups (495 g) whole maize flour, white

4 3/4 cups (1026 g) water

Preparation 5 minutes | Cooking 25 minutes |

Serves 4

- Measure water and flour into separate bowls.
- Put all the water into a cooking pot, cover and bring to a boil.
- Add flour into the boiling water and keep mixing while pressing against the wall of the cooking pot until the mixture is smooth without lumps.
- Once properly mixed, reduce the fire and simmer for 13 minutes.
- Serve as desired.

Nutrition data per 100g of recipe:
Energy 596 kJ/ 141 kcal | Fat 1.8 g | Carbohydrates 26 g | Protein 3.3 g | Fibre 3.8 g
Vitamin A 0 mcg | Iron 1.1 mg | Zinc 0.77 mg

*Maize & Finger
Millet Flour Ugali*



Maize and Finger Millet Flour Ugali

This variant of Ugali is prepared from a combination of finger millet and whole maize flour. It is common among the Kisii, Luhya, Kamba, Kalenjin and Luo communities. It is served as a main dish accompanied by a vegetable or meat dish.

Ingredients

2 cups (253 g) whole maize flour, white
2 cups (262 g) finger millet flour
5 cups (1149 g) water

Preparation 5 minutes | Cooking 30 minutes |

Serves 4

- Mix the dry ingredients together; whole maize meal and finger millet flour, until an even colour is obtained.
- Boil all the water in a cooking pot.
- Pour $\frac{3}{4}$ of the mixed flour into the cooking pot and slowly start mixing.
- Continue mixing for 2 minutes.
- Add the remaining quarter of the flour while mixing. Mix while pressing the mixture against the wall of the pot to avoid forming lumps. Continue mixing until smooth.
- Reduce the fire after 2 minutes of cooking and simmer for 17 minutes until ready.
- While simmering, keep mixing periodically.
- Remove from fire, turn over onto a plate and serve hot.

Nutrition data per 100g of recipe:
Energy 562 kJ/ 133 kcal | Fat 1.3 g | Carbohydrates 24 g | Protein 3.1 g | Fibre 6.6 g
Vitamin A 0 mcg | Iron 2.9 mg | Zinc 0.73 mg

*Maize, Red
Sorghum & Finger
Millet Flour Ugali*



Maize, Red Sorghum and Finger Millet flour Ugali

This variant of Ugali is common as a traditional dish among the Kalenjin, the Luhya and Luo communities. It is served as a main dish often accompanied by a vegetable dish or a meat/fish dish.

Ingredients

2 cups (255 g) whole maize flour, white
1 cup (132 g) red sorghum flour
1 cup finger millet (113 g) flour
5 cups (1139 g) water

Preparation 5 minutes | Cooking 25 minutes |

Serves 4

- Put all the water into a cooking pot and bring to a boil.
- Meanwhile, mix the dry ingredients; whole maize flour, finger millet, red sorghum until an even colour is attained.
- Pour the dry mixture all at once into the cooking pot and slowly start mixing everything.
- Mix while pressing the mixture against the walls of the pot to avoid forming lumps.
- Continue mixing the paste until smooth.
- Reduce the fire and simmer for 8 minutes.
- Remove from fire, turn over onto a plate and serve hot.

Nutrition data per 100g of recipe:
Energy 543 kJ/ 129 kcal | Fat 1.4 g | Carbohydrates 23.3 g | Protein 3.1 g | Fibre 5.3 g
Vitamin A 0 mcg | Iron 1.9 mg | Zinc 0.72 mg

*Cassava & Red
Sorghum Flour Ugali*



Cassava & Red Sorghum Flour Ugali

This variant of Ugali is common in Western part of Kenya particularly Kuria, Luhya and Luo communities. It is eaten during lunch or dinner as a main dish and is usually accompanied by a vegetable and protein dish.

Ingredients

- 1 1/3 cups (174 g) cassava flour
- 1 3/4 cups (237 g) red sorghum flour
- 5 1/4 cups (1164 g) water

Preparation 5 minutes | Cooking 25 minutes |

Serves 4

- Put all the water in a cooking pot and bring to a boil.
- Mix the dry ingredients; cassava and red sorghum flour, together.
- Add all the dry mixture into the boiling water.
- Slowly start mixing the contents while pressing the mixture against the wall of the pot to prevent the flour from forming lumps.
- Continue mixing the paste until smooth.
- Reduce the fire to low and simmer for 10 minutes.
- Remove from fire, turn over onto a plate and serve hot.

Nutrition data per 100g of recipe:
Energy 489 kJ/ 116 kcal | Fat 0.8 g | Carbohydrates 23.4 g | Protein 2.1 g | Fibre 3.4 g
Vitamin A 0 mcg | Iron 0.9 mg | Zinc 0.50 g

*Refined Maize
Flour Ugali*



Refined Maize Flour Ugali

This type of Ugali is common across the entire country. It is made of refined maize flour, usually bought from retail shops. It is the predominant ugali in urban areas. It is eaten as a main dish accompanied by a protein and /or green vegetables.

Ingredients

3 ½ cups (488 g) refined, white, maize flour

4 ¼ cups (921 g) water

Preparation 5 minutes | Cooking 20 minutes |

Serves 4

- Bring all the water to a boil.
- Add the maize flour gradually to the boiling water (not all at once).
- Stir continuously with a wooden spoon until desired consistency is achieved.
- Keep turning periodically until cooked and cover the pot at intervals.
- Remove from fire, turn over onto a plate and serve hot.

Nutrition data per 100g of recipe:
Energy 626 kJ/ 148 kcal | Fat 1.9 g | Carbohydrates 27.3 g | Protein 3.4 g | Fibre 4.0 g
Vitamin A 0 mcg | Iron 1.1 mg | Zinc 0.81 mg

*Red Sorghum, Finger
Millet & Refined Maize
Flour Ugali*



Sorghum, Finger Millet and Refined Maize Flour Ugali

This type of Ugali is common in several communities including Luhya, Kalenjin and Luo. It is eaten as a main dish accompanied by a traditional vegetable and/ or a protein dish.

Ingredients

3 ½ cups (444 g) red sorghum flour
1¼ cups (154 g) finger millet flour
4 ½ cups (570 g) maize flour, refined, white,
7 cups (1531 g) water

Preparation 5 minutes | Cooking 20 minutes |

Serves 4

- Mix the dry ingredients evenly.
- In a separate cooking pot, bring all the water to a boil.
- Add the flour mixture into the boiling water and stir continuously for 6 minutes or until the mixture is firm.
- Simmer and allow to cook for 15 minutes.
- Remove from fire, turn over onto a plate and serve hot.

Nutrition data per 100g of recipe:
Energy 634 kJ/ 150 kcal | Fat 0.7 g | Carbohydrates 32.1 g | Protein 1.9 g | Fibre 3.6 g
Vitamin A 0 mcg | Iron 1.3 mg | Zinc 0.44 mg

*Cassava Flour
Ugali*



Cassava Flour Ugali

Cassava Ugali is prepared from dried cassava flour. It is common among the Luo community. It is usually eaten as a main course with a vegetable dish accompaniment.

Ingredients

1 cup (125 g) cassava flour

1 ¼ cups (268 g) water

Preparation 5 minutes | Cooking 20 minutes |

Serves 2

- Put all the water in a cooking pot and place on the fire.
- When the water boils, add the cassava flour gradually.
- Keep stirring and turning until it becomes firm.
- Once it is firm, allow to simmer for 10 minutes.
- Remove from the fire and turn over onto a plate to serve.

Nutrition data per 100g of recipe:
Energy 788 kJ/ 186 kcal | Fat 0.3 g | Carbohydrates 43.7 g | Protein 1.1 g | Fibre 2.2 g
Vitamin A 1 mcg | Iron 0.8 mg | Zinc 0.41 mg

*Cassava, Finger Millet
& Sorghum Flour
Ugali*



Cassava, Finger Millet & Sorghum Flour Ugali

This type of Ugali is typical among the Luhya, Kuria and Luo communities. It is eaten with a stew or a vegetable dish.

Ingredients

6 cups (780 g) cassava flour
2 1/3 cups (313 g) finger millet flour
2 1/2 cups (345 g) sorghum flour
9 cups (1998 g) water

Preparation 5 minutes | Cooking 30 minutes |

Serves 4

- Add all the water to a cooking vessel/pot and heat to boil.
- Mix the flours together in a bowl.
- Add the mixture of flours into the boiling water while stirring continuously for 10 minutes.
- Keep turning periodically until cooked and cover the pot at intervals.
- Remove from fire, turn over onto a plate and serve hot.

Nutrition data per 100g of recipe:
Energy 613 kJ/ 145 kcal | Fat 0.6 g | Carbohydrates 30.7 g | Protein 2 g | Fibre 4.3 g
Vitamin A 0 mcg | Iron 1.7 mg | Zinc 0.53 mg

Gurdo, Marqa

(Ugali in Sour Milk)



Gurdo, Marqa *(Ugali in Sour Milk)*

This is a unique type of Ugali that is common among the Burji community. It is prepared with teff and sorghum flour in sour milk. It is eaten as a main dish and is served to the entire family.

Ingredients

- 1 cup (126 g) teff flour
- 2 ¼ cups (288 g) red sorghum flour
- 3 1/3 cups (771 g) fermented milk
- 1 ½ tsp. (7 g) salt, iodized
- 4½ tbsp. (59 g) ghee
- 1 cup (232 g) water

Preparation 5 minutes | Cooking 30 minutes |

Serves 4

- Put the fermented milk in a cooking vessel and add all the water.
- Begin to heat while stirring.
- Add a pinch of salt and continue stirring.
- In a separate bowl, mix the teff and sorghum flour evenly.
- After 6 minutes add the flour mixture. Stir until evenly consistent.
- Cook for 20 minutes then add ghee.
- Continue turning until cooked; 4 minutes.

Nutrition data per 100g of recipe:
Energy 1,015 kJ/ 242 kcal | Fat 9.6 g | Carbohydrates 29.7 g | Protein 6.6 g | Fibre 5.11 g
Vitamin A 65 mcg | Iron 2.2 mg | Zinc 1.36 mg

Vinolo

(Banana and Maize Flour Ugali)



Vinolo

(Banana and Maize Flour Ugali)

This is a typical dish to the Mijikenda community. It is a unique type of Ugali that incorporates bananas. It is eaten as a main meal with an accompanying stew.

Ingredients

4 bananas, green, raw, unpeeled (710 g)
2 cups (257 g) maize flour, white
4 cups (890 g) water

Preparation 5 minutes | Cooking 40 minutes |

Serves 4

- Peel the bananas, wash and cover with water.
- Boil the bananas in a separate cooking pot.
- Mash the bananas until smooth.
- Meanwhile, boil all the water in a cooking pot.
- Add half the flour into the boiling water and stir until smooth.
- Add the mashed bananas and continue stirring.
- Add the remaining flour gradually as you stir until you achieve the desired consistency.
- Remove from heat and wrap in aluminium foil.
- Dip into boiling water and turn after 7 minutes.
- Remove from the water after 5 minutes.
- Serve hot.

Nutrition data per 100g of recipe:
Energy 524 kJ/ 124 kcal | Fat 0.9 g | Carbohydrates 25.5 g | Protein 2.2 g | Fibre 2.5 g
Vitamin A 16 mcg | Iron 1.2 mg | Zinc 1.16 mg

*Finger Millet
Flour Ugali*



Finger Millet Flour Ugali

This type of Ugali is typical among the Kisii community. It is prepared using pure finger millet flour. It is eaten together with a vegetable dish and a suitable meat or legume stew.

Ingredients

7 3/4 cups (993 g) finger millet flour

4 2/3 cups (1007 g) water

Preparation time 5 minutes | Cooking time 15 minutes |

Serves 4

- Put all the water into the pot over fire and bring to a boil.
- Into the boiling water, add the finger millet flour gradually while stirring to a soft consistency.
- Continue stirring for 3- 5 minutes while turning for cook evenly.
- Remove from heat.
- Serve while hot.

Nutrition data per 100g of recipe:
Energy 505 kJ/ 120 kcal | Fat 0.7 g | Carbohydrates 21.0 g | Protein 2.9 g | Fibre 8.9 g
Vitamin A 0 mcg | Iron 4.4 mg | Zinc 0.67 mg

13.

Accompaniments

13. Accompaniments

This section looks at mixed recipes that are usually served as accompaniments to several other dishes either stews or beverages.



White Chapati



White Chapati

This dish is common in many communities in Kenya and even more popular in the urban communities. The white chapatti is made from refined wheat flour and is eaten with a meat, legume or vegetable stew. Chapatti is often made during special occasions. It is served as an accompaniment during lunch or dinner and at times eaten with tea for breakfast.

Ingredients

4 1/3 cups (576 g) wheat flour, refined, fortified
 1 1/2 cups (318 g) water
 1 tsp. (5 g) white sugar
 1/2 tsp. (2 g) salt, iodized
 3/4 cup (168 g) cooking oil

Preparation 30 minutes | Cooking 30 minutes |

Makes 6

- Measure flour, salt, sugar, cooking oil and water into separate bowls.
- Mix the dry ingredients; flour, sugar and salt.
- Warm all the water and add into the dry ingredients mixture.
- Knead the mixture to soft dough for 6 minutes.
- Set the dough aside and cover for 16 minutes before use.
- Place the cast iron pan over the fire and heat.
- Dust the working surface lightly with flour and start rolling the dough to desired thickness.
- Apply 1/4 cup oil on top, cut into strips and roll strips into balls of desired size.
- Cover with cling film or a clean kitchen towel and let the dough rest.
- Cooking oil is added into the mixture either in water, in dry ingredients or when kneading. You can also use oil to cover the dough to prevent it from drying/ crusting. Oil can also be applied on top.
- Start rolling each ball on a lightly floured work surface into a disc shape.
- Cook each chapati on the pan one at a time until lightly browned on both sides.
- Lightly oil each side and turn before removing it from the heat. Repeat for all the chapati's.
- Stack up the cooked chapati as you remove them from the pan. Keep covered.

Nutrition data per 100g of recipe:
 Energy 1,774 kJ/ 424 kcal | Fat 21.1 g | Carbohydrates 49.6 g | Protein 7.8 g | Fibre 2.5 g
 Vitamin A 59 mcg | Iron 3.9 mg | Zinc 0.61 mg

Brown Chapati



Brown Chapati

Brown chapatti is another variant of chapatti and is common among many communities in Kenya. It is preferred for the health-conscious people due to the high fibre content as it is made of whole wheat flour. It is served as an accompaniment during lunch, dinner or breakfast.

Ingredients

3 2/3 cups (414 g) wheat flour, whole,
atta
1 cup (198 g) water
1 tsp. (5 g) sugar, white
½ tsp. (2 g) salt, iodized
2/3 cup (134 g) cooking oil

Preparation 30 minutes | Cooking 30 minutes |

Makes 7

- Measure flour, salt, sugar, cooking oil and water into separate bowls.
- Heat all water for 4 minutes. The water should be warm not boiling.
- Mix the ingredients; flour, sugar and salt into a mixing bowl.
- Pour all the warm water into the dry mixture.
- Knead the mixture to soft dough.
- Set the dough into a bowl and cover for 15 minutes before use.
- Put the pan over fire and heat.
- Dust the working surface with flour and start rolling the dough to desired thickness.
- Cut the rolled into strips and roll the strips into round balls.
- Cover with cling film, damp cloth or any suitable material to prevent the dough from drying and/ or forming a crust.
- Roll out the balls one at a time into a disc shape.
- Cook each the chapati on the pan, turning to cook on both sides. Lightly, oil each side and fry until browned.
- Each chapati cooks for 3 minutes until golden brown.
- Remove from fire and stack them up. Keep covered.

Nutrition data per 100g of recipe:

Energy 1,723 kJ/ 413 kcal | Fat 22.9 g | Carbohydrates 40.9 g | Protein 7.3 g | Fibre 7.2 g
Vitamin A 1 mcg | Iron 2.4 mg | Zinc 1.50 mg

Roti

(Indian Chapati)



Roti

(Indian Chapati)

Roti is the Indian version of chapatti. It is common among the Kenyan Indian community. Usually, Roti is part of an assortment of dishes that make up a platter for a main meal. It is eaten as an accompaniment.

Ingredients

1 3/4 cups (227 g) wheat flour, whole
1/2 tsp. (3 g) salt, iodized
3/4 cup (163 g) water
2 tbsp. (26 g) cooking oil
2 1/2 tbsp. (34 g) cow ghee

Preparation 3 hours | Cooking 21 minutes | Serves 4

- Put wheat flour into a bowl, add salt and ghee.
- Add 3/4 cup of water while kneading.
- Knead the mixture into soft dough.
- Cover and leave to rest for 3 hours.
- Heat a pan for 2 minutes. Put a drop of cooking oil.
- Roll the dough into circular discs of desired sizes and place them on the pan.
- Fry for 3 minutes until they turn brown or while turning continuously.
- Add a little oil if necessary.
- Remove and repeat the process for all the pieces.

Nutrition data per 100g of recipe:
Energy 1,560 kJ/ 374 kcal | Fat 16.7 g | Carbohydrates 43.8 g | Protein 8 g | Fibre 7.9 g
Vitamin A 44 mcg | Iron 2.7 mg | Zinc 1.64 mg

Bhature

(Fried Indian Bread)



Bhature *(Fried Indian Bread)*

This fried Indian bread is traditional to the Kenyan Indian community. It is eaten as an accompaniment to the spicy chole (chick pea) dish.

Ingredients

2 1/3 cups (304 g) self-raising wheat flour
1 1/2 tsp. (8 g) salt, iodized
1 1/2 tsp. (9 g) sugar
1 1/2 tbsp. (17 g) ghee
3 3/4 cups (419 g) cooking oil
Handful (7 g) fenugreek leaves
3/4 cup (178 g) natural yoghurt
1/2 cup (103 g) water
19 g coriander leaves

Preparation 1 hour 15 minutes | Cooking 30 minutes |

Serves 4

- Into a dry bowl, put the self-raising wheat flour, sugar, salt and ghee. Sprinkle the fenugreek leaves, coriander leaves and add yoghurt.
- Start kneading while adding all the water in small amounts. Knead to achieve soft dough.
- Cover the dough let it stand for 1 hour.
- Cut and roll the dough into desired sizes and shapes.
- Put a little cooking oil at a time into a dry pan and heat for 4 minutes.
- Gently drop the rolled-out dough and fry for 2 minutes.
- Remove and repeat the process for all the dough pieces.
- Let it cool and serve.

Nutrition data per 100g of recipe:

Energy 1,408 kJ/ 337 kcal | Fat 18.5 g | Carbohydrates 35.9 g | Protein 5.9 g | Fibre 1.7 g
Vitamin A 73 mcg | Iron 2.8 mg | Zinc 0.50 mg

14.

Desserts and Sauces

14. Desserts and Sauces

There are few communities in Kenya that have desserts and sauces that are traditional to them.



Vimumunya vya Sukari

(Sweetened Pumpkin & Coconut Milk)



Vimumunya vya Sukari (Sweetened Pumpkin & Coconut Milk)

This is a famous Swahili dessert that is served after meals. It is eaten by the entire family.

Ingredients

pumpkin, unpeeled (1.7 kg)
1 tsp. (1 g) cardamoms, powder
½ cup (113 g) sugar
1 ½ cups (400 g) coconut milk
3 ¾ cups (810 g) water

Preparation 5 minutes | Cooking 45 minutes |

Serves 4

- Peel pumpkin and cut into large chunks.
- Put the pumpkin onto a cooking pot, add all the water and put on heat.
- Bring to a boil for 17 minutes.
- Add half the amount of coconut milk and boil for 6 minutes.
- Add sugar and cardamoms.
- Add the rest of the coconut milk. Cover and cook for 18 more minutes.
- Remove from heat.

Nutrition data per 100g of recipe:
Energy 390 kJ/ 93 kcal | Fat 3.0 g | Carbohydrates 14.5 g | Protein 1.1 g | Fibre 1.8 g
Vitamin A 81 mcg | Iron 0.3 mg | Zinc 0.21 mg

Siro

(Semolina & Nuts)



Siro *(Semolina & Nuts)*

Siro is a sweet desert that is served after a main meal. It is traditional to the Kenyan Indian community.

Ingredients

- 1 cup (145 g) semolina flour
- 1 cup (177 g) cow ghee
- 2 1/8 cups (472 g) cow milk
- 1 cup (188 g) sugar
- 15 pistachio nuts, raw (22 g)
- 1 tbsp. almonds, nuts, raw (10 g)
- 1 tsp. (1 g) cardamoms, powder

Preparation 15 minutes | Cooking 30 minutes | Serves 4

- Into a clean pot, add semolina flour and ghee.
- Heat for 15 minutes while stirring continuously.
- Put milk into a separate pot and bring to a boil
- Add cardamoms into the milk and boil.
- Add the boiled milk into the semolina flour mixture and stir.
- Add sugar and stir, cook for another 7 minutes
- Remove from heat and garnish with almonds and pistachio nuts.
- Serve.

Nutrition data per 100g of recipe:
Energy 1,716 kJ/ 412 kcal | Fat 26.1 g | Carbohydrates 39.4 g | Protein 4.3 g | Fibre 1.1 g
Vitamin A 196 mcg | Iron 0.5 mg | Zinc 0.66 mg

Chhaas

(Diluted Yoghurt)



Chhaas *(Diluted Yoghurt)*

Chhaas is simply diluted yoghurt with a pinch of salt. It is served after a main meal among the Kenyan Indian community.

Ingredients

2 cups (450 g) natural yoghurt
¾ cup (169 g) water
1 tsp. (4 g) salt, iodized

Preparation 5 minutes | Serves 2

- Add natural yoghurt, all the water and salt and whisk
- Serve

Nutrition data per 100g of recipe:
Energy 252 kJ/ 60 kcal | Fat 2.2 g | Carbohydrates 8.0 g | Protein 2 g | Fibre 0.0 g
Vitamin A 24 mcg | Iron 0.1 mg | Zinc 0.24 mg

Groundnut Sauce



Groundnut Sauce

This rich and smooth recipe is unique to the Luhya and Luo communities. It is usually fed to older infants and children.

Ingredients

3 1/3 cups (472 g) groundnuts, raw, with skin
2 1/2 tsp. (12 g) salt, iodized
4 1/3 cups (979 g) sour milk
1/2 cup (119 g) water

Preparation 5 minutes | Cooking 1 hour 40 minutes

I Serves 4

- Place a saucepan over fire and let it preheat.
- Add the groundnuts, salt and 1/2 a cup of water or as desired.
- Cook until the water evaporates as you stir gradually. When ready, the nuts produce a pop sound.
- Once they pop, turn down the heat and continue stirring until the groundnuts are dry (about 13 minutes).
- Remove from heat and allow it to cool down.
- Using a blender, blend the nuts into a paste. A pestle and mortar can be used in the absence of a blender.
- Put the groundnut paste into a bowl, add sour milk and stir into thick paste. Water or fresh milk can be used in place of the sour milk.
- Once ready, put another pan on the heat, add the peanut paste and stir.
- Stir until it is smooth but not too thick.
- Serve hot with green leafy vegetables of your choice, fish, sweet potatoes, green bananas, ugali, etc.

Nutrition data per 100g of recipe:
Energy 1,237 kJ/ 298 kcal | Fat 23.4 g | Carbohydrates 9.6 g | Protein 10.6 g | Fibre 3.5 g
Vitamin A 28 mcg | Iron 2.3 mg | Zinc 1.20 mg

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ANNEX 1

Energy, proximates, minerals and vitamins. All values expressed per 100 g of Edible Portion on Fresh Weight Basis (EP)

Code	Food Name	Edible conversion factor	Energy (kJ)	Energy (kcal)	Water (g)	Protein (g)	Fat (g)	Carbohydrate available (g)	Fibre (g)	Ash (g)
15	Mixed dishes									
15001	Maize Porridge (Uji wa Mahindi)		221	52	87.5	1.5	1.1	8.5	1.1	0.3
15002	Sorghum, Finger Millet and Maize Porridge		174	41	89.8	1.3	0.9	6.3	1.3	0.4
15003	Kaimati (Fried Dumplings)		1795	429	18.8	4.6	21.8	52.8	1.6	0.4
15004	Mahamri (Swahili Doughnuts)		1728	413	22.8	6.0	22.1	46.6	2.1	0.4
15005	Whole Maize Flour Ugali		596	141	64.5	3.3	1.8	26.0	3.8	0.5
15006	Maize and Finger Millet Flour Ugali		562	133	64.0	3.1	1.3	24.0	6.6	1.0
15007	Maize, Red Sorghum and Finger Millet Ugali		543	129	66.2	3.1	1.4	23.3	5.3	0.8
15008	Cassava and Red Sorghum Ugali		489	116	69.6	2.1	0.8	23.4	3.4	0.7
15009	Refined Maize Flour Ugali		626	148	62.8	3.4	1.9	27.3	4.0	0.6
15010	Sorghum, Maize flour & Finger Millet Ugali		634	150	61.0	1.9	0.7	32.1	3.6	0.7
15011	Cassava Flour Ugali		788	186	51.6	1.1	0.3	43.7	2.2	1.3
15012	Cassava, Millet & Sorghum Porridge		194	46	87.9	0.5	0.1	10.2	1.0	0.3
15013	Cassava Porridge (Uji wa Muhogo)		121	28	92.6	0.1	0.0	6.8	0.3	0.2
15014	Finger Millet Porridge (Uji wa Wimbi)		168	40	88.8	0.7	0.2	7.8	2.1	0.4
15015	Bulrush Millet Porridge (Uji wa Mawele)		350	83	79.2	2.0	1.0	15.7	1.6	0.6
15016	Rice Flour Porridge (Uji wa Mchele)		235	56	87.5	0.6	1.3	10.2	0.2	0.1
15017	Omena Stew		747	180	68.5	8.8	13.3	6.0	0.7	2.7
15018	"Busara" (Whole Maize and Finger Millet Porridge)		170	40	88.6	1.0	0.3	7.3	2.5	0.4
15019	White Chapati		1774	424	18.4	7.8	21.1	49.6	2.5	0.7
15020	Brown Chapati		1723	413	20.5	7.3	22.9	40.9	7.2	1.2
15022	Fried Egg (Mayai ya Kukaangwa)		926	223	64.2	13.1	17.9	2.5	0.0	2.4
15023	Omelette		502	121	77.6	6.6	7.8	5.3	1.5	1.2
15024	Spanish Omelette		667	161	74.0	7.5	12.9	3.2	0.8	1.6
15025	Meat Samosa (Sambusa ya Nyama)		1854	443	13.9	18.8	22.2	40.5	3.1	1.6
15026	Vegetable Samosa (Sambusa ya Mboga)		1361	325	30.2	8.5	13.1	40.2	6.2	1.7
15027	Pancakes (Chapati za Maji)		1136	270	41.5	8.3	8.5	39.2	1.7	0.8
15028	Tosti Mayai (Egg Toast)		1175	280	40.3	12.5	10.7	32.4	1.9	2.1

Code	Food name	Ca (mg)	Fe (mg)	Mg (mg)	P (mg)	K (mg)	Na (mg)	Zn (mg)	Se (mcg)
15	Mixed recipes								
15001	Maize Porridge (Uji wa Mahindi)	25	0.3	12	64	50	10	0.33	2
15002	Sorghum, Finger Millet and Maize Porridge	33	0.5	14	47	57	10	0.27	2
15003	Kaimati (Fried Dumplings)	17	2.1	16	93	81	4	0.45	0
15004	Mahamri (Swahili Doughnuts)	20	2.8	19	113	101	4	0.56	0
15005	Whole Maize Flour Ugali	12	1.1	31	150	93	7	0.77	4
15006	Maize and Finger Millet Flour Ugali	79	2.9	48	112	158	6	0.73	5
15007	Maize, Red Sorghum and Finger Millet Ugali	39	1.9	44	118	131	6	0.72	5
15008	Cassava and Red Sorghum Ugali	24	0.9	38	74	163	9	0.50	5
15009	Refined Maize Flour Ugali	12	1.1	33	158	97	8	0.81	4
15010	Sorghum, Maize flour & Finger Millet Ugali	26	1.3	33	61	92	5	0.44	5
15011	Cassava Flour Ugali	79	0.8	26	57	326	20	0.41	1
15012	Cassava, Millet & Sorghum Porridge	18	0.4	10	15	47	6	0.12	1
15013	Cassava Porridge (Uji wa Muhogo)	12	0.1	4	7	39	5	0.05	0
15014	Finger Millet Porridge (Uji wa Wimbi)	35	1.1	16	17	52	4	0.16	2
15015	Bulrush Millet Porridge (Uji wa Maweale)	9	6.0	17	49	55	5	0.77	7
15016	Rice Flour Porridge (Uji wa Mchele)	4	0.1	5	17	26	5	0.11	1
15017	Omena Stew	378	1.0	20	333	188	449	2.26	4
15018	"Busara" (Whole Maize and Finger Millet Porridge)	60	1.9	20	32	41	4	0.22	2
15019	White Chapati	25	3.9	22	126	90	100	0.61	0
15020	Brown Chapati	23	2.4	76	182	213	120	1.50	25
15022	Fried Egg Mayai ya Kukaangwa)	56	1.8	14	186	132	717	1.16	23
15023	Omelette	36	1.5	17	105	169	189	0.75	10
15024	Spanish Omelette	35	1.3	13	112	135	409	0.75	12
15025	Meat Samosa (Sambusa ya Nyama)	96	11.5	37	288	302	175	2.99	13
15026	Vegetable Samosa (Sambusa ya Mboga)	55	3.8	35	144	333	243	1.76	1
15027	Pancakes (Chapati za Maji)	77	2.9	22	163	138	37	0.83	4
15028	Tosti Mayai (Egg Toast)	56	2.1	25	167	152	587	1.20	20

Code	Food name	Vit A RAE (mcg)	Vit A RE (mcg)	Retinol (mcg)	β-carotene equivalent (mcg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Dietary Folate Eq. (mcg)	Food folate (mcg)	Vit B12 (mcg)	Vit C (mg)
15	Mixed dishes											
15001	Maize Porridge (Uji wa Mahindi)	7	7	7	3	0.02	0.05	0.2	7	7	0.09	0.0
15002	Sorghum, Finger Millet and Maize Porridge	7	7	7	3	0.02	0.05	0.3	5	5	0.09	0.0
15003	Kaimati (Fried Dumplings)	30	30	30	1	0.33	0.25	2.0	209*	76	0.25	0.0
15004	Mahamri (Swahili Doughnuts)	41	42	41	1	0.43	0.30	2.7	243*	60	0.34	0.1
15005	Whole Maize Flour Ugali	0	0	0	0	0.08	0.04	0.8	20	20	0.00	0.0
15006	Maize and Finger Millet Flour Ugali	0	0	0	0	0.07	0.02	1.2	24	24	0.00	0.0
15007	Maize, Red Sorghum and Finger Millet Ugali	0	0	0	0	0.07	0.03	1.0	20	20	0.00	0.0
15008	Cassava and Red Sorghum Ugali	0	0	0	3	0.05	0.04	0.7	14	14	0.00	0.5
15009	Refined Maize Flour Ugali	0	0	0	0	0.09	0.04	0.8	21	21	0.00	0.0
15010	Sorghum, Maize flour & Finger Millet Ugali	0	0	0	1	0.04	0.02	0.7	11	11	0.00	0.0
15011	Cassava Flour Ugali	1	1	0	7	0.03	0.05	0.6	18	18	0.00	1.8
15012	Cassava, Millet & Sorghum Porridge	0	0	0	1	0.01	0.01	0.2	4	4	0.00	0.1
15013	Cassava Porridge (Uji wa Muhogo)	0	0	0	1	0.00	0.01	0.1	2	2	0.00	0.2
15014	Finger Millet Porridge (Uji wa Wimbi)	0	0	0	0	0.01	0.00	0.4	6	6	0.00	0.0
15015	Bulrush Millet Porridge (Uji wa Maweale)	0	0	0	0	0.04	0.03	0.3	21	21	0.00	0.4
15016	Rice Flour Porridge (Uji wa Mchele)	0	0	0	0	0.01	0.00	0.2	1	1	0.00	0.1
15017	Omena Stew	52	60	44	94	0.04	0.18	1.6	12	12	5.61	6.4
15018	“Busara” (Whole Maize and Finger Millet Porridge)	0	0	0	0	0.02	0.01	0.5	8	8	0.00	0.0
15019	White Chapati	59	59	58	1	0.56	0.36	3.6	280	20	0.48	0.0
15020	Brown Chapati	1	1	1	1	0.29	0.08	2.0	36*	0	0.00	0.0
15022	Fried Egg (Mayai ya Kukaangwa)	192	192	192	0	0.11	0.50	0.0	60	60	1.66	0.0
15023	Omelette	95	109	81	165	0.08	0.25	0.4	38	38	0.70	13.4
15024	Spanish Omelette	110	119	102	102	0.08	0.28	0.2	40	40	0.88	20.3
15025	Meat Samosa (Sambusa ya Nyama)	66	85	48	223	0.47	0.42	5.1	222*	32	1.19	7.4
15026	Vegetable Samosa (Sambusa ya Mboga)	138	237	39	1185	0.46	0.31	3.2	227*	52	0.33	18.3
15027	Pancakes (Chapati za Maji)	77	78	76	8	0.40	0.40	2.5	203*	24	0.77	23.7
15028	Tosti Mayai (Egg Toast)	106	106	106	0	0.14	0.29	2.2	47	47	1.00	0.0

* (15003) includes 78 mcg of FOLAC; (15004) includes 108 mcg of FOLAC; (15020) includes 21 mcg of FOLAC; (15025) includes 112 mcg of FOLAC; (15026) includes 103 mcg of FOLAC; (15027) includes 105 mcg of FOLAC

Code	Food Name	Edible conversion factor	Energy (kJ)	Energy (kcal)	Water (g)	Protein (g)	Fat (g)	Carbohydrate available (g)	Fibre (g)	Ash (g)
15	Mixed dishes									
15029	Drop Scones		1869	449	23.5	7.1	29.8	37.4	1.4	0.9
15030	"Terere" (Stir-fried Amaranth Leaves)		342	83	80.6	3.0	5.3	2.9	5.5	2.7
15031	Sukumawiki (Stir-fried Kales)		225	54	87.0	2.5	3.2	2.1	3.8	1.5
15032	Stir-fried Cabbage		411	100	82.7	1.2	8.6	3.1	2.4	1.9
15033	Mrenda & Seveve (Jute Mallow & Pumpkin Leaves)		249	59	85.3	3.4	2.3	5.4	2.0	1.6
15034	Pumpkin Leaves		410	99	80.8	3.2	6.7	5.5	1.5	2.3
15035	Saget, Terere & Managu (Spider plant, Amaranth & African Nightshade Leaves)		251	60	83.0	4.3	1.9	4.5	3.8	2.5
15036	Pilau (Spiced Rice)		895	213	56.3	6.9	9.4	24.8	1.1	1.5
15037	Mseto wa Ndengu (Rice with green grams)		433	103	74.5	3.7	1.3	18.4	1.5	0.6
15038	Mseto wa Maharagwe (Rice with beans)		807	193	58.2	5.0	7.9	23.5	3.8	1.7
15039	Nderema (Vine Spinach)		299	72	84.7	3.2	5.2	1.4	3.5	1.9
15040	Fiqe (Red Sorghum, Beans and Teff Flour)		807	192	52.5	7.2	5.8	24.2	7.4	2.9
15041	Qanchibelo (Beef, Maize & Wheat Flour)		560	133	68.6	9.6	3.1	15.7	1.7	1.3
15042	Qita "Maize & wheat flour pancake"		1017	241	44.3	5.1	5.6	41.2	2.8	0.9
15043	Gurdo, Marqa (Ugali in Sour Milk)		1015	242	46.9	6.6	9.6	29.7	5.1	2.0
15044	Mchuzi wa Ndengu (Green Gram Stew)		454	109	74.4	6.3	4.2	9.3	4.0	1.7
15045	Mchuzi wa Maharagwe (Bean Stew)		263	63	83.1	3.5	1.4	7.2	3.7	1.1
15046	Mchuzi wa Ndengu Kamande (Lentil Stew)		455	108	72.8	7.1	3.0	11.1	4.5	1.6
15047	Nyirinyiri (Camel Meat)		2171	521	8.5	34.6	33.6	20.0	0.0	3.3
15048	Mbuboyi (Blood Cooked in Fresh Milk)		410	97	76.2	11.5	2.0	8.3	0.0	2.0
15049	Ashir		529	125	68.2	2.7	0.9	25.8	1.2	1.2
15051	Cassava, Fingermillet and Sorghum Flour Ugali		613	145	61.3	2.0	0.6	30.7	4.3	1.1
15052	Yam Stew		394	94	76.7	1.5	2.4	15.3	2.5	1.6
15053	Githeri (Stewed Maize & Beans)		661	157	60.4	6.7	4.2	19.7	7.2	1.8
15054	Mukimo (Maize, Beans, Potatoes & Pumpkin Leaves)		498	118	67.1	5.0	0.7	20.5	4.8	1.9
15055	Githeri (Sauteed Fresh Maize & Beans)		773	185	55.3	6.9	7.2	17.8	10.5	2.2
15056	Matoke (Stewed Green Bananas & Meat)		494	118	72.9	6.0	4.1	13.3	1.8	1.9

Code	Food name	Ca (mg)	Fe (mg)	Mg (mg)	P (mg)	K (mg)	Na (mg)	Zn (mg)	Se (mcg)
15	Mixed recipes								
15029	Drop Scones	61	2.4	18	135	112	116	0.69	4
15030	“Terere” (Stir-fried Amaranth Leaves)	192	4.9	87	72	442	161	0.75	14
15031	Sukumawiki (Stir-fried Kales)	291	2.3	33	56	198	123	0.42	0
15032	Stir-fried Cabbage	48	0.6	11	43	305	510	0.24	1
15033	Mrenda & Seveve (Jute Mallow & Pumpkin Leaves)	141	1.8	26	105	197	180	0.62	2
15034	Pumpkin Leaves	166	2.0	51	101	236	332	0.67	2
15035	Saget, Terere & Managu (Spider plant, Amaranth & African Nightshade Leaves)	184	3.3	39	104	244	174	0.70	8
15036	Pilau (Spiced Rice)	19	1.3	20	138	285	349	1.24	3
15037	Mseto wa Ndengu (Rice with green grams)	19	0.8	23	53	101	59	0.48	2
15038	Mseto wa Maharagwe (Rice with Beans)	27	1.3	24	129	172	356	0.76	1
15039	Nderema (Vine Spinach)	233	9.5	37	55	389	170	0.41	0
15040	Fiqe (Red Sorghum, Beans and Teff Flour)	170	3.5	77	214	315	495	1.40	4
15041	Qanchibelo (Beef, Maize & Wheat Flour)	62	5.9	24	156	169	225	1.97	8
15042	Qita “Maize & wheat flour pancake”	24	2.8	28	131	105	158	1.81	0
15043	Gurdo, Marqa (Ugali in Sour Milk)	103	2.2	78	246	264	268	1.36	9
15044	Mchuzi wa Ndengu (Green Gram Stew)	33	1.6	43	61	184	243	0.57	5
15045	Mchuzi wa Maharagwe (Bean Stew)	20	1.0	17	92	125	165	0.44	1
15046	Mchuzi wa Ndengu Kamande (Lentil Stew)	26	2.0	28	81	183	275	0.93	8
15047	Nyirinyiri (Camel Meat)	7	6.9	21	213	407	346	3.62	17
15048	Mbuboyi (Blood Cooked in Fresh Milk)	56	13.9	8	62	199	361	1.08	17
15049	Ashir	18	0.2	9	29	39	128	0.21	1
15051	Cassava, Fingermillet and Sorghum Flour Ugali	69	1.7	40	70	236	11	0.53	4
15052	Yam Stew	13	0.7	14	46	279	347	0.21	0
15053	Githeri (Stewed Maize & Beans)	39	2.2	41	214	281	233	1.01	2
15054	Mukimo (Maize, Beans, Potatoes & Pumpkin Leaves)	38	2.0	36	159	436	266	0.74	2
15055	Githeri (Sautéed Fresh Maize & Beans)	41	2.2	43	222	308	335	1.32	3
15056	Matoke (Stewed Green Bananas & Meat)	16	3.9	22	105	380	381	1.12	5

Code	Food name	Vit A RAE (mcg)	Vit A RE (mcg)	Retinol (mcg)	β -carotene equivalent (mcg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Dietary Folate Eq. (mcg)	Food folate (mcg)	Vit B12 (mcg)	Vit C (mg)
15	Mixed dishes											
15029	Drop Scones	88	89	86	21	0.33	0.33	2.0	166*	21	0.66	0.0
15030	“Terere” (Stir-fried Amaranth Leaves)	209	418	0	2508	0.03	0.16	0.6	37	37	0.00	49.3
15031	Sukumawiki (Stir-fried Kales)	122	243	0	1460	0.08	0.10	0.8	35	35	0.00	82.1
15032	Stir-fried Cabbage	0	0	0	1	0.04	0.04	0.4	11	11	0.00	38.6
15033	Mrenda & Seveve (Jute Mallow & Pumpkin Leaves)	72	121	24	580	0.03	0.22	0.3	21	21	0.31	9.2
15034	Pumpkin Leaves	61	107	16	548	0.03	0.16	0.6	17	17	0.24	10.7
15035	Saget, Terere & Managu (Spider plant, Amaranth & African Nightshade Leaves)	132	244	19	1350	0.02	0.22	0.4	80	80	0.25	16.1
15036	Pilau (Spiced Rice)	5	8	2	39	0.04	0.10	1.5	12	12	0.40	5.9
15037	Mseto wa Ndengu (Rice with green grams)	1	1	0	9	0.04	0.04	0.3	30	30	0.00	0.3
15038	Mseto wa Maharagwe (Rice with Beans)	3	5	0	27	0.06	0.06	0.6	29	29	0.00	2.3
15039	Nderema (Vine Spinach)	166	313	20	1759	0.05	0.17	0.8	44	44	0.00	56.7
15040	Fiqe (Red Sorghum, Beans and Teff Flour)	82	131	34	584	0.15	0.12	1.4	62	62	0.00	24.0
15041	Qanchibelo (Beef, Maize & Wheat Flour)	40	63	18	270	0.14	0.18	2.4	85*	13	0.56	19.3
15042	Qita “Maize & wheat flour pancake”	62	63	61	10	0.35	0.23	2.4	234*	28	0.15	0.2
15043	Gurdo, Marqa (Ugali in Sour Milk)	65	67	63	24	0.10	0.20	1.3	31	31	0.15	0.4
15044	Mchuzi wa Ndengu (Green Gram Stew)	4	8	0	46	0.08	0.04	0.4	71	71	0.00	2.1
15045	Mchuzi wa Maharagwe (Bean Stew)	4	8	0	50	0.04	0.03	0.3	24	24	0.00	1.5
15046	Mchuzi wa Ndengu Kamande (Lentil Stew)	3	7	0	40	0.08	0.05	0.6	22	22	0.00	4.3
15047	Nyirinyiri (Camel Meat)	1	3	0	15	0.04	0.31	8.3	12	12	2.31	0.0
15048	Mbuboyi (Blood Cooked in Fresh Milk)			65		0.05	0.17	0.2				
15049	Ashir	5	5	5	2	0.02	0.03	0.1	3	3	0.06	0.0
15051	Cassava, Finger millet and Sorghum Flour Ugali	0	1	0	4	0.05	0.04	0.9	18	18	0.00	0.8
15052	Yam Stew	34	67	0	404	0.06	0.02	0.4	15	15	0.00	5.2
15053	Githeri (Stewed Maize & Beans)	0	1	0	2	0.10	0.06	0.8	52	52	0.00	0.5
15054	Mukimo (Maize, Beans, Potatoes & Pumpkin Leaves)	4	9	0	52	0.08	0.05	0.9	48	48	0.00	2.7
15055	Githeri (Sauteed Fresh Maize & Beans)	2	5	0	27	0.12	0.08	1.0	57	57	0.00	0.8
15056	Matoke (Stewed Green Bananas & Meat)	19	36	2	208	0.05	0.08	1.4	22	22	0.34	9.8

*(15029) includes 86 mcg of FOLAC; (15041) includes 43 mcg of FOLAC; (15042) includes 121 mcg of FOLAC

Code	Food Name	Edible conversion factor	Energy (kJ)	Energy (kcal)	Water (g)	Protein (g)	Fat (g)	Carbohydrate available (g)	Fibre (g)	Ash (g)
15	Mixed dishes									
15057	Mukimo (Fresh Maize, Potatoes & Pumpkin Leaves)		457	109	68.8	3.0	1.0	18.5	6.8	1.9
15058	Stewed Potatoes & Arrowroots		380	90	78.0	1.9	2.1	15.0	1.8	1.2
15059	Mukimo wa Njahi (Black Beans, Green Bananas & Potatoes)		693	164	53.7	9.5	0.6	26.5	7.2	2.4
15060	Githeri (Fresh beans and Maize)		751	180	57.0	7.8	7.6	15.1	10.4	2.2
15061	Mashed Potato and Bananas		750	179	62.1	2.3	8.5	22.1	2.6	2.4
15062	Mukimo wa Njahi (Raw & Ripe Bananas)		636	151	57.7	6.4	0.6	26.6	6.5	2.2
15063	Groundnut Sauce		1237	298	50.2	10.6	23.4	9.6	3.5	2.7
15064	Vimumunya vya Chumvi (Pumpkin & Coconut Milk)		297	72	85.8	1.3	4.9	4.6	1.9	1.5
15065	Vinolo (Banana and Maize Flour Ugali)		524	124	68.4	2.2	0.9	25.5	2.5	0.6
15066r	Biryani rice		641	152	65.3	2.7	3.2	27.9	0.3	0.6
15066s	Biryani Stew (Swahili Spiced beef Stew)		822	198	65.3	8.1	14.3	8.3	1.9	2.1
15067	Vimumunya vya Sukari (Sweetened Pumpkin & Coconut Milk)		390	93	79.0	1.10	3.0	14.5	1.8	0.6
15068	Wukunu (Sweet potatoes & Dehulled Black Beans)		396	94	73.0	4.1	0.6	15.8	4.6	1.9
15069	Mushenye (Green Maize and Sweet Potatoes)		641	153	60.4	7.1	4.1	17.6	8.6	2.1
15070	Ingokho (Stewed Chicken)		883	211	59.7	18.3	12.3	6.4	1.1	2.3
15071	Malesele (Cow Blood with Sour Milk)		1395	335	37.5	20.0	21.2	15.4	1.0	4.9
15072	Tsiswa (Stewed Termites)		2136	515	10.5	31.6	38.8	7.3	5.1	6.8
15073	Ingokho (Fried Chicken)		2218	532	6.8	44.6	35.3	9.1	0.0	4.3
15074	Wali wa Kuchemshwa (Boiled Rice)		584	138	67.1	2.7	2.0	27.2	0.2	0.7
15075	Wali wa Yasmin (Onion fried Rice)		779	185	58.9	3.1	5.1	31.2	0.6	1.0
15076	Stir-fried Spinach		307	74	84.4	2.8	5.4	2.0	3.3	2.1
15077	Thabai / Thaa (Stinging Nettle Leaves)		143	34	92.3	1.2	2.4	1.9	0.6	1.8
15078	Rhikhuvi (Stewed Cowpea Leaves)		630	152	74.1	3.2	13.3	3.5	3.2	2.8
15079	Kunde and Mrenda (Stewed Cowpeas and Jute Mallow leaves)		238	57	83.5	3.7	2.0	4.4	3.3	3.1
15080	Obwoba (Stewed Mushrooms in Peanut Butter)		487	117	73.3	4.9	6.3	8.3	3.8	3.4
15081	Chai ya Maziwa (Mixed Tea)		153	36	92.1	1.1	1.2	5.4	0.0	0.3

Code	Food name	Ca (mg)	Fe (mg)	Mg (mg)	P (mg)	K (mg)	Na (mg)	Zn (mg)	Se (mcg)
15	Mixed recipes								
15057	Mukimo (Fresh Maize, Potatoes & Pumpkin Leaves)	44	1.6	35	116	404	336	0.93	2
15058	Stewed Potatoes & Arrowroots	8	0.9	17	38	401	173	0.44	1
15059	Mukimo wa Njahi (Black Beans, Green Bananas & Potatoes)	31	3.2	65	152	606	273	1.06	4
15060	Githeri (Fresh beans and Maize)	17	1.7	24	119	319	433	1.21	3
15061	Mashed Potato and Bananas	12	1.4	23	70	551	544	0.36	1
15062	Mukimo wa Njahi (Raw & Ripe Bananas)	24	2.2	54	103	437	229	0.79	3
15063	Groundnut Sauce	132	2.3	101	209	366	492	1.20	7
15064	Vimumunya vya Chumvi (Pumpkin & Coconut Milk)	16	0.3	13	39	183	325	0.25	1
15065	Vinolo (Banana and Maize Flour Ugali)	9	1.2	22	68	147	9	1.16	0
15066r	Biryani rice	9	0.3	9	52	22	180	0.47	0
15066s	Biryani Stew (Swahili Spiced beef Stew)	28	5.2	24	139	332	480	1.58	8
15067	Vimumunya vya Sukari (Sweetened Pumpkin & Coconut Milk)	14	0.3	11	31	155	15	0.21	1
15068	Wukunu (Sweet potatoes & Dehulled Black Beans)	21	1.5	33	82	288	229	0.41	1
15069	Mushenye (Green Maize and Sweet Potatoes)	44	2.3	51	196	340	242	1.07	3
15070	Ingokho (Stewed Chicken)	21	2.7	23	211	210	482	1.01	16
15071	Malesele (Cow Blood with Sour Milk)	85	24.8	19	123	410	1065	1.85	29
15072	Tsiswa (Stewed Termites)	137	29.8	13	584	412	2277	0.41	5
15073	Ingokho (Fried Chicken)	31	5.6	38	492	328	932	2.13	39
15074	Wali wa Kuchemshwa (Boiled Rice)	9	0.3	9	50	21	216	0.46	0
15075	Wali wa Yasmin (Onion fried Rice)	13	0.5	12	61	46	275	0.53	1
15076	Stir-fried Spinach	99	3.7	66	47	299	870	0.62	1
15077	Thabai / Thaa (Stinging Nettle Leaves)	132	1.4	28	26	113	312	0.14	1
15078	Rhikhuvi (Stewed Cowpea Leaves)	146	1.3	23	49	202	660	0.53	1
15079	Kunde and Mrenda (Stewed Cowpeas and Jute Mallow leaves)	158	2.4	23	93	244	761	0.64	2
15080	Obwoba (Stewed Mushrooms in Peanut Butter)	38	1.4	47	130	408	822	0.54	15
15081	Chai ya Maziwa (Mixed Tea)	42	0.0	5	40	45	15	0.21	1

Code	Food name	Vit A RAE (mcg)	Vit A RE (mcg)	Retinol (mcg)	β -carotene equivalent (mcg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Dietary Folate Eq. (mcg)	Food folate (mcg)	Vit B12 (mcg)	Vit C (mg)
15	Mixed dishes											
15057	Mukimo (Fresh Maize, Potatoes & Pumpkin Leaves)	14	27	0	163	0.09	0.06	1.2	36	36	0	3.7
15058	Stewed Potatoes & Arrowroots	3	7	0	40	0.08	0.05	1.0	12	12	0	7.1
15059	Mukimo wa Njahi (Black Beans, Green Bananas & Potatoes)	0	0	0	2	0.2	0.08	1.2	19	19	0	4.2
15060	Githeri (Fresh beans and Maize)	6	13	0	76	0.13	0.09	1.4	54	54	0	9.2
15061	Mashed Potato and Bananas	4	8	0	49	0.06	0.04	0.9	35	35	0	12.6
15062	Mukimo wa Njahi (Raw & Ripe Bananas)	1	2	0	12	0.15	0.07	0.8	14	14	0.	9.8
15063	Groundnut Sauce	28	28	28	2	0.28	0.21	5	27	27	0.17	0
15064	Vimumunya vya Chumvi (Pumpkin & Coconut Milk)	88	176	0	1057	0.05	0.05	0.6	22	22	0	5.5
15065	Vinolo (Banana and Maize Flour Ugali)	16	16	16	1	0.12	0.08	0.9	96	8	0	6.2
15066r	Biryani rice	0	0	0	0	0.02	0.04	0.4	3	3	0	0
15066s	Biryani Stew (Swahili Spiced beef Stew)	24	43	6	225	0.04	0.13	1.8	14	14	0.47	14.5
15067	Vimumunya vya Sukari (Sweetened Pumpkin & Coconut Milk)	81	162	0	973	0.05	0.04	0.5	19	19	0	5
15068	Wukunu (Sweet potatoes & Dehulled Black Beans)	1	1	0	8	0.10	0.04	0.7	9	9	0	12.6
15069	Mushenye (Green Maize and Sweet Potatoes)	1	3	0	16	0.15	0.07	1.6	50	50	0	5.9
15070	Ingokho (Stewed Chicken)	63	74	53	125	0.11	0.13	5.1	14	14	0.38	18.4
15071	Malesele (Cow Blood with Sour Milk)	-	-	106	-	0.1	0.25	0.7	-	-	-	-
15072	Tsiswa (Stewed Termites)	95	96	94	10	0.05	3.15	2.9	4	4	0.25	1.3
15073	Ingokho (Fried Chicken)	134	134	134	0	0.18	0.25	12.3	13	13	0.97	2.3
15074	Wali wa Kuchemshwa (Boiled Rice)	0	0	0	0	0.02	0.04	0.4	3	3	0	0
15075	Wali wa Yasmin (Onion fried Rice)	0	0	0	1	0.02	0.05	0.5	4	4	0	0.9
15076	Stir-fried Spinach	142	284	0	1701	0.02	0.08	0.5	70	70	0	16.9
15077	Thabai / Thaa (Stinging Nettle Leaves)	0	1	0	4	0.01	0.06	0.2	62	62	0	1
15078	Rhikhuvi (Stewed Cowpea Leaves)	32	52	12	239	0.19	0.22	0.7	31	31	0.15	12.6
15079	Kunde and Mrenda (Stewed Cowpeas and Jute Mallow leaves)	84	147	21	757	0.1	0.29	0.4	38	38	0.28	13.1
15080	Obwoba (Stewed Mushrooms in Peanut Butter)	6	12	0	69	0.17	0.35	2.2	27	27	0	6.7
15081	Chai ya Maziwa (Mixed Tea)	14	14	13	6	0	0	0.0	1	1	0.17	0

Code	Food Name	Edible conversion factor	Energy (kJ)	Energy (kcal)	Water (g)	Protein (g)	Fat (g)	Carbohydrate available (g)	Fibre (g)	Ash (g)
15	Mixed dishes									
15082	Stewed Dried Fish		1374	330	42.7	25.7	23.2	3.9	1.4	3.0
15083	Kimanga cha Ndizi (Smoked Green Bananas and Kidney Beans)		614	146	57.7	6.5	0.9	24.1	7.7	3.1
15084	Kimanga Cha Mihogo (Mashed Cassava and Pigeon peas)		823	194	46.8	4.8	0.6	39.6	5.8	2.4
15085	Ndoto (Sauteed Red Kidney Beans & Red Sorghum)		806	193	56.4	5.7	7.9	21.3	7.0	1.9
15086	Muthokoi (Dehulled Maize and Beans)		677	161	62.7	5.0	5.9	19.8	4.6	2.0
15087	Beef Stew		756	181	65.7	17.7	10.4	3.8	0.8	1.7
15088	Munono (Cow blood, beef, cow fat)		2269	549	23.9	19.5	50.3	4.6	0.0	1.8
15089	Osarge Ogkole (Fresh blood and Fresh milk)		340	81	82.5	6.1	3.1	7.0	0.0	1.2
15090	Kimanga cha Viasi Vitamu (Mashed Sweet Potato & Black Beans)		472	112	68.0	5.4	0.5	18.9	5.2	2.1
15091	Kitojo (Sweet Potato Leaves)		596	144	74.6	3.9	12.7	1.4	4.6	2.9
15092	Mchuzi wa Mbaazi (Pigeon Peas Stew)		494	118	70.9	5.7	4.4	11.0	6.1	1.9
15093	Nchenga/ Nzenga (Crushed Maize)		542	129	69.5	2.2	3.9	20.3	1.8	2.2
15094	Mseto wa Viasi (Potatoes in Rice)		469	111	73.7	2.2	1.9	21.1	0.5	0.6
15095	Likhanga (Stewed Guinea Fowl)		642	154	69.7	15.8	9.0	2.0	0.7	2.7
15096	Fried tilapia		1821	437	23.5	45.7	28.1	0.3	0.0	2.5
15097	Stewed Green Bananas		350	84	81.8	1.0	3.8	10.4	2.2	0.8
15098	Stir Fried Beef		1066	255	50.3	26.7	14.1	5.0	1.0	3.1
15099	Stir Fried Goat Meat		1597	383	30.2	32.1	23.3	10.4	1.7	2.3
15100	Finger Millet Ugali		505	120	65.1	2.9	0.7	21.0	8.9	1.4
15101	Omena wa Kukaangwa (Fried Omena)		1863	450	32.8	19.2	39.3	4.6	0.8	3.4
15102	Aluru (Stewed Quails)		809	195	65.9	11.3	14.2	5.2	0.6	2.9
15103	Mashed Potatoes		449	106	71.0	2.5	0.2	22.8	1.7	1.8
15104	Mashed Bananas		344	81	76.9	1.2	0.3	16.9	3.0	1.7
15105	Enriched Mashed Potatoes		591	141	70.4	2.0	6.2	18.6	1.4	1.4
15106	Enriched Mashed Bananas		568	136	72.9	1.0	7.8	14.3	2.6	1.5
15107	Stewed Nile Perch		522	125	74.0	14.3	6.3	2.5	0.5	2.4
15108	Stewed Goat Meat		925	222	59.4	17.1	14.6	5.2	0.8	2.9

Code	Food name	Ca (mg)	Fe (mg)	Mg (mg)	P (mg)	K (mg)	Na (mg)	Zn (mg)	Se (mcg)
15	Mixed recipes								
15082	Stewed Dried Fish	189	2.1	57	395	403	572	1.02	29
15083	Kimanga cha Ndizi (Smoked Green Bananas and Kidney Beans)	46	1.6	43	188	401	485	0.85	2
15084	Kimanga Cha Mihogo (Mashed Cassava and Pigeon peas)	94	1.6	44	93	469	303	0.85	4
15085	Ndoto (Sauteed Red Kidney Beans & Red Sorghum)	25	1.8	53	162	211	270	0.89	6
15086	Muthokoi (Dehulled Maize and Beans)	27	1.3	25	120	185	325	0.59	1
15087	Beef Stew	12	11.2	27	257	264	315	3.48	18
15088	Munono (Cow blood, beef, cow fat)	10	16.6	19	203	245	286	3.19	23
15089	Osarge Ogkole (Fresh blood and Fresh milk)	101	4.7	11	105	161	148	0.79	8
15090	Kimanga cha Viazi Vitamu (Mashed Sweet Potato & Black Beans)	32	1.6	38	78	388	276	0.63	2
15091	Kitojo (Sweet Potato Leaves)	97	0.9	51	31	500	648	0.26	1
15092	Mchuzi wa Mbaazi (Pigeon Peas Stew)	47	1.4	33	69	260	281	0.74	4
15093	Nchenga/ Nzenga (Crushed Maize)	13	0.3	11	22	85	552	0.16	0
15094	Mseto wa Viazi (Potatoes in Rice)	9	0.4	9	45	92	131	0.38	0
15095	Likhanga (Stewed Guinea Fowl)	31	2.0	22	152	240	736	1.25	18
15096	Fried tilapia	252	6.2	40	387	349	149	1.16	39
15097	Stewed Green Bananas	9	0.7	15	24	175	100	0.21	1
15098	Stir Fried Beef	16	16.4	40	422	483	682	5.13	27
15099	Stir Fried Goat Meat	33	4.1	50	424	465	221	5.74	43
15100	Finger Millet Ugali	137	4.4	61	72	212	3	0.67	6
15101	Omena wa Kukaangwa (Fried Omena)	879	2.3	33	782	281	90	5.28	7
15102	Aluru (Stewed Quails)	90	1.6	23	202	302	761	1.24	9
15103	Mashed Potatoes	10	1.4	20	82	650	330	0.32	1
15104	Mashed Bananas	8	0.6	20	25	245	348	0.19	1
15105	Enriched Mashed Potatoes	10	1.1	16	67	529	209	0.26	1
15106	Enriched Mashed Bananas	8	0.5	17	22	207	276	0.16	1
15107	Stewed Nile Perch	105	1.0	26	216	203	596	0.51	16
15108	Stewed Goat Meat	16	2.1	25	225	235	783	3.04	23

Code	Food name	Vit A RAE (mcg)	Vit A RE (mcg)	Retinol (mcg)	β -carotene equivalent (mcg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Dietary Folate Eq. (mcg)	Food folate (mcg)	Vit B12 (mcg)	Vit C (mg)
15	Mixed dishes											
15082	Stewed Dried Fish	0	0	57	124	0.05	0.03	3.3	0	19	1.52	10.4
15083	Kimanga cha Ndizi (Smoked Green Bananas and Kidney Beans)	2	3	0	20	0.10	0.09	0.9	48	48	0.00	0.8
15084	Kimanga Cha Mihogo (Mashed Cassava and Pigeon peas)	4	8	0	49	0.13	0.07	0.8	52	52	0.00	1.5
15085	Ndoto (Sauteed Red Kidney Beans & Red Sorghum)	0	1	0	3	0.08	0.05	1.0	35	35	0.00	0.4
15086	Muthokoi (Dehulled Maize and Beans)	0	0	0	2	0.07	0.04	0.4	31	31	0.00	0.4
15087	Beef Stew	14	21	7	89	0.01	0.20	3.3	7	7	1.16	7.7
15088	Munono (Cow blood, beef, cow fat)	-	-	34	-	0.03	0.18	2.6	-	-	-	-
15089	Osarge Ogkole (Fresh blood and Fresh milk)			49		0.02	0.23	0.1				
15090	Kimanga cha Viazi Vitamu (Mashed Sweet Potato & Black Beans)	4	8	0	49	0.12	0.05	0.8	9	9	0.00	7.8
15091	Kitojo (Sweet Potato Leaves)	138	276	0	1653	0.07	0.26	0.9	2	2	0.00	8.1
15092	Mchuzi wa Mbaazi (Pigeon Peas Stew)	8	16	0	93	0.13	0.03	0.5	47	47	0.00	2.9
15093	Nchenga/ Nzenga (Crushed Maize)	87	173	0	1038	0.03	0.01	0.2	5	5	0.00	1.5
15094	Mseto wa Viazi (Potatoes in Rice)	2	4	0	23	0.02	0.03	0.4	7	7	0.00	2.5
15095	Likhanga (Stewed Guinea Fowl)	10	18	2	96	0.02	0.15	2.4	7	7	0.14	8.4
15096	Fried tilapia	24	24	24	0	0.09	0.35	7.5	12	12	3.50	0
15097	Stewed Green Bananas	6	13	0	75	0.03	0.03	0.3	10	10	0.00	13.2
15098	Stir Fried Beef	19	28	10	107	0.02	0.31	5.1	10	10	1.86	9.4
15099	Stir Fried Goat Meat	42	60	24	214	0.20	0.33	5.4	14	14	2.84	18.7
15100	Finger Millet Ugali	0	0	0	1	0.06	0.01	1.6	26	26	0.00	0.0
15101	Omena wa Kukaangwa (Fried Omena)	55	69	41	171	0.11	0.17	5.4	22	22	16.78	10.9
15102	Aluru (Stewed Quails)	51	58	44	80	0.06	0.36	2.7	9	9	0.61	7.9
15103	Mashed Potatoes	0	0	0	0	0.06	0.03	1.1	42	42	0.00	6.0
15104	Mashed Bananas	0	0	0	2	0.04	0.03	0.2	11	11	0.00	13.7
15105	Enriched Mashed Potatoes	51	54	48	38	0.05	0.03	0.9	34	34	0.00	4.9
15106	Enriched Mashed Bananas	63	67	59	48	0.03	0.03	0.2	9	9	0.01	11.6
15107	Stewed Nile Perch	16	22	10	68	0.01	0.01	1.6	9	9	0.86	5.2
15108	Stewed Goat Meat	21	29	13	94	0.11	0.17	2.9	8	8	1.52	8.2

Code	Food Name	Energy (kJ)	Energy (kcal)	Water (g)	Protein (g)	Fat (g)	Carbohydrate available (g)	Fibre (g)	Ash (g)
15	Mixed dishes								
15109	Pan Fried Sweet Potatoes	1035	248	51.7	3.1	13.9	25.3	4.9	1.2
15110	Potato Chips	1365	326	32.1	4.8	13.6	44.4	3.3	1.9
15111	Kimito (Mashed Beans & Potatoes)	537	127	64.1	5.7	0.8	21.6	5.4	2.3
15112	Arrowroot Stew	383	91	77.8	1.9	2.3	14.9	1.8	1.4
15113	Sweet Potatoes with Peanut Butter	373	89	81.1	2.2	4.4	9.3	2.2	0.9
15114	Black Bean Stew (Dolichos/ Njahi Stew)	261	62	83.6	3.6	1.3	7.7	2.8	1.1
15115	Bean Stew with Milk and Cream	584	139	65.2	7.2	4.5	14.3	6.7	2.2
15116	Mcheleng (Rice with Milk)	741	176	61.5	3.9	5.7	27.2	0.2	1.4
15117	Pan Fried Arrowroots	761	181	56.9	4.1	5.2	28.3	2.5	3.1
15118	Nyenyi (Mashed Pigeon Peas & Green Maize)	524	125	66.4	4.9	2.3	17.8	6.5	2.0
15119	Finger Millet and Sorghum Porridge	311	74	82.3	2.7	2.2	9.7	2.3	0.8
15120	Mashed Pumpkin and Black Nightshade Leaves	277	67	80.8	3.8	2.4	4.9	5.1	3.0
15121	Enriched Matoke	465	111	73.7	2.4	3.5	15.8	3.2	1.4
15122	Oatmeal	351	83	78.3	2.4	1.7	12.9	3.5	1.2
15123	Uji wa Shayiri (Oat Porridge)	363	86	79.3	1.9	1.6	15.3	1.4	0.5
15124	Enriched Mandazi (East African Doughnuts; Enriched)	1590	379	23.5	7.6	16.1	49.9	2.2	0.8
15125	Basic Mandazi (East African Doughnuts; Basic)	1430	340	28.2	6.4	12.9	48.7	2.1	1.7
15126	Stewed Split Dal	291	69	81.8	3.7	1.9	8.1	2.7	1.9
15127	Potato Curry	608	145	69.0	2.2	7.0	17.3	2.2	2.3
15128	Peas and Brinjal Curry	544	131	72.5	4.2	8.5	6.6	5.8	2.4
15129	Wali wa Mvuke (Steamed Rice)	513	121	68.6	2.6	0.3	26.7	0.2	1.5
15130	Roti (Indian Chapati)	1560	374	21.6	8.0	16.7	43.8	7.9	2.0
15131	Potato Bhajia	1960	471	15.1	8.6	31.0	37.1	4.8	3.5
15132	Chaas (Diluted Yoghurt)	252	60	86.6	2.0	2.2	8.0	0.0	1.1
15133	Siro (Semolina & Nuts)	1716	412	28.4	4.3	26.1	39.4	1.1	0.8
15134	Minced Meat Balls	659	157	65.9	8.1	5.4	18.6	0.8	1.3
15136	Uji wa Ngano (Wheat Flour Porridge)	468	111	76.3	2.5	3.9	16.1	0.9	0.3
15137	Okra Meat Dish	394	94	80.1	8.2	5.1	3.2	1.3	2.1

Code	Food name	Ca (mg)	Fe (mg)	Mg (mg)	P (mg)	K (mg)	Na (mg)	Zn (mg)	Se (mcg)
15	Mixed recipes								
15109	Pan Fried Sweet Potatoes	44	0.8	21	50	325	16	0.73	1
15110	Potato Chips	17	2.7	37	159	1262	13	0.63	1
15111	Kimito (Mashed Beans & Potatoes)	35	2.2	36	173	557	359	0.77	2
15112	Arrowroot Stew	11	0.9	18	41	431	250	0.44	1
15113	Sweet Potatoes with Peanut Butter	23	0.7	21	33	179	130	0.42	1
15114	Black Bean Stew (Dolichos/ Njahi Stew)	17	1.2	26	55	175	164	0.42	2
15115	Bean Stew with Milk and Cream	66	1.9	34	197	259	273	0.96	2
15116	Mcheleng (Rice with Milk)	53	0.4	12	96	73	419	0.64	1
15117	Pan Fried Arrowroots	8	1.3	29	50	696	616	1.09	1
15118	Nyenyi (Mashed Pigeon Peas & Green Maize)	56	1.8	41	106	479	273	0.89	4
15119	Finger Millet and Sorghum Porridge	93	1.1	24	91	130	23	0.54	4
15120	Mashed Pumpkin and Black Nightshade Leaves	91	6.7	41	75	456	411	0.66	1
15121	Enriched Matoke	15	0.9	33	37	256	220	0.32	2
15122	Oatmeal	15	1.0	35	110	82	209	0.71	10
15123	Uji wa Shayiri (Oat Porridge)	39	0.4	18	77	69	14	0.45	5
15124	Enriched Mandazi (East African Doughnuts; Enriched)	45	3.3	21	134	105	80	0.66	2
15125	Basic Mandazi (East African Doughnuts; Basic)	136	3.5	19	331	350	241	0.52	0
15126	Stewed Split Dal	22	1.2	21	54	142	459	0.42	6
15127	Potato Curry	25	1.7	22	68	475	537	0.41	1
15128	Peas and Brinjal Curry	38	2.1	30	71	253	520	1.96	2
15129	Wali wa Mvuke (Steamed Rice)	10	0.3	9	49	22	521	0.45	1
15130	Roti (Indian Chapati)	25	2.7	83	199	234	354	1.64	27
15131	Potato Bhajia	29	3.0	39	132	783	587	0.78	2
15132	Chaas (Diluted Yoghurt)	106	0.1	8	66	93	262	0.24	2
15133	Siro (Semolina & Nuts)	81	0.5	19	105	140	24	0.66	4
15134	Minced Meat Balls	14	4.4	17	126	133	321	1.55	7
15136	Uji wa Ngano (Wheat Flour Porridge)	14	0.9	21	32	60	3	0.24	1
15137	Okra Meat Dish	23	5.2	24	126	199	559	1.65	8

Code	Food name	Vit A RAE (mcg)	Vit A RE (mcg)	Retinol (mcg)	β -carotene equivalent (mcg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Dietary Folate Eq. (mcg)	Food folate (mcg)	Vit B12 (mcg)	Vit C (mg)
15	Mixed dishes											
15109	Pan Fried Sweet Potatoes	796	1592	0	9547	0.04	0.07	1.2	11	11	0.00	35.2
15110	Potato Chips	0	0	0	0	0.11	0.07	2.3	82	82	0.00	12.0
15111	Kimito (Mashed Beans & Potatoes)	0	0	0	1	0.09	0.06	1.0	58	58	0.00	3.4
15112	Arrowroot Stew	48	95	0	570	0.09	0.05	1.1	13	13	0.00	5.3
15113	Sweet Potatoes with Peanut Butter	263	526	0	3155	0.05	0.04	1.1	10	10	0.00	17.0
15114	Black Bean Stew (Dolichos/ Njahi Stew)	3	5	0	30	0.07	0.03	0.4	4	4	0.00	2.6
15115	Bean Stew with Milk and Cream	25	32	19	77	0.08	0.11	0.6	47	47	0.12	4.4
15116	Mcheleng (Rice with Milk)	44	47	42	27	0.02	0.14	0.3	9	9	0.20	0.0
15117	Pan Fried Arrowroots	2	3	0	20	0.21	0.10	2.4	0	0	0.00	1.7
15118	Nyenyi (Mashed Pigeon Peas & Green Maize)	23	34	12	130	0.14	0.05	1.0	54	54	0.00	2.9
15119	Finger Millet and Sorghum Porridge	22	23	22	10	0.02	0.14	0.4	9	9	0.28	0.0
15120	Mashed Pumpkin and Black Nightshade Leaves	88	176	0	1053	0.09	0.27	1.4	233	233	0.00	21.5
15121	Enriched Matoke	0	0	0	2	0.08	0.04	1.0	14	14	0.00	12.0
15122	Oatmeal	0	0	0	0	0.13	0.03	0.2	6	6	0.00	0.0
15123	Uji wa Shayiri (Oat Porridge)	11	11	11	5	0.05	0.08	0.1	3	3	0.14	0.0
15124	Enriched Mandazi (East African Doughnuts; Enriched)	90	92	88	24	0.47	0.36	3.0	236*	21	0.57	0.7
15125	Basic Mandazi (East African Doughnuts; Basic)	48	48	48	1	0.46	0.29	3.0	230*	17	0.40	0.0
15126	Stewed Split Dal	9	18	0	105	0.05	0.03	0.3	31	31	0.00	4.8
15127	Potato Curry	10	20	0	120	0.06	0.04	0.9	32	32	0.00	11.4
15128	Peas and Brinjal Curry	29	58	0	348	0.13	0.09	1.1	56	56	0.00	16.8
15129	Wali wa Mvuke (Steamed Rice)	0	0	0	0	0.02	0.04	0.4	2	2	0.00	0.0
15130	Roti (Indian Chapati)	44	46	42	25	0.32	0.09	2.2	39*	0	0.00	0.0
15131	Potato Bhajia	5	9	1	50	0.17	0.09	1.8	81	81	0.00	8.2
15132	Chaas (Diluted Yoghurt)	24	26	23	16	0.04	0.11	0.0	0	0	0.12	0.0
15133	Siro (Semolina & Nuts)	196	205	187	105	0.03	0.18	0.3	9	9	0.32	0.0
15134	Minced Meat Balls	9	16	2	79	0.02	0.10	1.4	5	5	0.43	4.1
15136	Uji wa Ngano (Wheat Flour Porridge)	7	7	7	0	0.11	0.05	1.4	37*	7	0.06	0.0
15137	Okra Meat Dish	15	28	3	151	0.03	0.10	1.7	13	13	0.51	9.3

* (15124) includes 127 mcg of FOLAC; (15125) includes 125 mcg of FOLAC; (15130) includes 23 mcg of FOLAC; (15136) includes 17 mcg of FOLAC

Code	Food Name	Energy (kJ)	Energy (kcal)	Water (g)	Protein (g)	Fat (g)	Carbohydrate available (g)	Fibre (g)	Ash (g)
15	Mixed dishes								
15138	Hydrabadi Biryani	819	195	59.3	8.2	8.3	21.4	0.9	1.9
15139	Chick Peas Curry	524	126	69.2	6.0	5.1	10.3	7.3	2.1
15140	Bhature (Fried Indian Bread)	1408	337	36.1	5.9	18.5	35.9	1.7	1.9
15141	Pumpkins with Peanut Butter	359	86	82.7	2.6	5.5	5.4	2.6	1.3
15142	Firinda (Skinned Bean Stew)	390	93	74.9	5.2	2.3	10.2	5.3	2.1

Code	Food name	Ca (mg)	Fe (mg)	Mg (mg)	P (mg)	K (mg)	Na (mg)	Zn (mg)	Se (mcg)
15	Mixed recipes								
15138	Hydrabadi Biryani	35	1.0	22	115	187	457	0.62	15
15139	Chick Peas Curry	77	2.5	48	83	329	426	0.96	11
15140	Bhature (Fried Indian Bread)	62	2.8	18	108	109	518	0.50	1
15141	Pumpkins with Peanut Butter	24	0.6	29	44	195	196	0.36	1
15142	Firinda (Skinned Bean Stew)	43	1.6	32	150	229	355	0.70	2

Code	Food name	Vit A RAE (mcg)	Vit A RE (mcg)	Retinol (mcg)	β -carotene equivalent (mcg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Dietary Folate Eq. (mcg)	Food folate (mcg)	Vit B12 (mcg)	Vit C (mg)
15	Mixed dishes											
15138	Hydrabadi Biryani	13	19	8	65	0.06	0.09	1.2	4	4	1.08	1.9
15139	Chick Peas Curry	12	23	0	140	0.11	0.06	0.6	61	61	0.00	5.5
15140	Bhature (Fried Indian Bread)	73	87	58	170	0.38	0.27	2.4	180*	15	0.35	1.4
15141	Pumpkins with Peanut Butter	91	182	0	1092	0.10	0.06	1.6	26	26	0.00	5.5
15142	Firinda (Skinned Bean Stew)	2	4	0	24	0.09	0.05	0.6	69	69	0.00	1.0

*(15140) includes 97 mcg of FOLAC

* (15003) includes 78 mcg of FOLAC; (15004) includes 108 mcg of FOLAC; (15020) includes 21 mcg of FOLAC; (15025) includes 112 mcg of FOLAC; (15026) includes 103 mcg of FOLAC; (15027) includes 105 mcg of FOLAC

ANNEX 2**List of participants:**

S/N	NAME	COMMUNITY	S/N	NAME	COMMUNITY
1.	Benedetha Chacha	Kuria	30.	Linet Nyakobo	Kisii
2.	Immaculate Mwikwabe	Kuria	31.	Mercy Kinyua	Embu
3.	Christine Boke	Kuria	32.	Esther Njoki	Embu
4.	Martha Lalo	Burji	33.	Ruttoh Cherotich	Kalenjin
5.	Esther Kila	Burji	34.	Jessicah Kerono	Kalenjin
6.	Magdalene Surmat	Rendille	35.	Vane Bosibori	Kisii
7.	Rose Mukami	Meru	36.	Judy Moraa	Kisii
8.	Mercy Mwenda	Meru	37.	Sejal Solanki	Asian
9.	Salome Kendi	Meru	38.	Pushpa Solanki	Asian
10.	Muraguri Wangui Ann	Kikuyu	39.	Jaswanti Modasia	Asian
11.	Agnes Ng'ang'a	Kikuyu	40.	Fatuma Galgalo	Borana
12.	Leah Kiarie	Kikuyu	41.	Fatuma Adan	Borana
13.	Getruda Makokha	Luhya	42.	Batul Musa	Nubian
14.	Inviolata Shitiabayi	Luhya	43.	Wahida Daudi	Swahili
15.	Veronica Lutta	Luhya	44.	Patience Kambi	Giriama
16.	Layla Saum	Bajuni	45.	Judy Matano	Mijikenda
17.	Zaituni Kagwiria	Swahili	46.	Susan Otieno	Luo
18.	Aisha Daudi	Giriama	47.	Jacinta Akoth	Luo
19.	Patience Mwambela	Taita	48.	Diana Ikiara	Meru
20.	Mary Msaghe	Taita	49.	Wilfred Mugambi	Meru
21.	Jane Wawuda	Taita	50.	Eusebia Mbelenga	Taita
22.	Jane Naikuni	Masaai	51.	Lynet Mdali	Taita
23.	Kipingot Rotiken	Masaai	52.	Biddy Wangari	Kikuyu
24.	Onesmus Matunga	Kamba	53.	Catherine Litabass	Luhya
25.	Opar Janet	Luo	54.	Alice Wambui	Kikuyu
26.	Esther Sophia Atieno	Luo			
27.	Evelyn Ajiambo	Luo			
28.	Esther Mong'are	Kisii			
29.	Irene Mbotto	Kisii			

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