

*Recipes from "Mom" Margaret Mugo from Kenya  
Served at Harambee II April 2, 2011*

**Kachumbari Salad** (Serves 6)

4 Roma Tomatoes diced  
1/2 Red Onion diced  
1/2 bunch of chopped Coriander  
Juice of 1 Fresh Lemon  
Salt to taste

**Instructions:** Mix tomatoes, onion, coriander and salt into a mixing bowl. Drizzle lemon juice over the mixture and serve as a side dish to be eaten with main meal.

**Kuku Paka** Coconut Chicken served with white rice (Serves 6)

3 pounds of Chicken cut into pieces  
1 chopped Onion  
2 Tablespoons Ginger Powder  
2 Tablespoons of chopped Garlic  
1/4 cup Vegetable Oil  
1 Tablespoon Curry Powder  
2 Teaspoons Cumin Powder  
2 cups of chopped Tomatoes or Tomato Sauce  
2 cups or 1, 15 oz. can of Coconut Milk  
1/2 cup chopped Cilantro  
Salt and Pepper to taste

**Instructions:**

1. Add the onion, ginger and garlic to a food processor or blender and process until smooth. Add a little water if necessary.
  2. Heat the oil in a large pot or wok over medium flame. Add the onion puree, curry powder and cumin and sauté, stirring frequently, for 5 to 8 minutes, or until cooked down.
  3. Stir in the tomatoes and simmer for 3 to 4 minutes. Then add the chicken, coconut milk, salt and pepper. Reduce heat to low and simmer, covered, until the chicken is cooked through and tender, anywhere from 30 minutes to an hour. Add more water as needed.
- Adjust seasoning with salt and pepper and serve with with rice or chapatti.

**Samosa:** (makes 20 pieces)

1 pkg. empanada discs  
1/4 pound ground beef  
1/4 medium sized onion  
1/4 cup peas  
1 garlic clove

**Instructions** Heat the oil in a frying pan, add the onion and garlic, mix in the spices and fry until soft. Add the beef and cook. Add the peas , seasoning and stir well until coated. Add the stock, cover and simmer for 30 minutes until cooked. Scoop the cooked mixture onto the empanadas. Deep fry the samosas in hot oil until crisp and brown. Take out and drain on a paper towel.

**Note:** In order to make this a vegetarian dish, you can substitute the 1/4 ground beef with potatoes

**Githeri:** white corn, beans, carrots, potatoes (Serves 6)

1 can white corn  
1 medium sized red onion  
3 cloves garlic (Crushed)  
1 can red kidney beans  
3 medium sized potatoes  
2 diced tomatoes  
1 cube beef bouillon  
3 tbsp olive oil  
4 cups water

**Instructions:** Wash and peel potatoes, Cut into cubes and boil them for about 10 minutes in lightly salted water.

Add olive oil to a sauce pan, add onions and fry lightly, then add garlic and fry for one minute

Add corn, beans, tomatoes, bouillon cube and water

Let the mixture come to a boil, stir to break down the bouillon cube

Reduce heat and simmer for about 10 minutes-

Serve with bread

**Kaimati (Fried dough)-** Makes 20 small pieces

1.5 cups all purpose flour  
Yeast 1 tsp  
Sugar 1 Tbsp  
5 Cardamom pods powdered  
3 cups coconut powdered sugar

**Instructions:** Mix the first 5 ingredients into a custardy like batter, beating with hand until it's soft but not runny. It's important to get the consistency right.

Cover the dough with cling film and leave to rise for at least 45mins.

Heat oil in a pan, Wet your hand with water and just take a little dough and dip it into the hot oil. The kaimatis will fluff and get the round shape. You will get it automatically with a few trials. **But your hand should be wet with water first before every dip of batter into oil.**

Coat with powdered sugar and serve.

**Pilau (Rice Pilaf)** Serves 6

3 cups of rice preferably basmati  
6 cups of water  
Pilau Mix spices-see note below on Pilau mix  
2 garlic cloves - minced  
1 tsp ginger  
1 large onion (finely chopped )  
Tomato paste/sauce/or two chopped tomatoes  
1/2 pound stew beef  
2 chopped carrots  
Salt to taste  
Oil for frying - any kind

**Instructions:** Brown the beef, remove from pan and set aside

On medium heat, Saute the onion in the oil until soft

Add garlic and ginger and continue frying and stirring

Add rice and stir until the rice is very well mixed with the oil

Add the pilau mix spices and mix well with the rice

Add the browned beef

Add the water and stir

Add the tomatoes

Cover and simmer and let it cook. Check on it occasionally and when all the water is done, it is cooked.

You can also check if the rice is cooked and if not, add some hot water.

**Note on Pilau Mix**, It is available in the USA from Ethnic Indian Food stores- example brands are Shan Pilau Biryani Mix or

you can create your own pilau mix spices by combining the following:

1/4 tsp cumin

1/4 tsp cloves (not garlic cloves)

1/2 tsp cardamon (remove the cardamom seeds from the pod and grind them into powder)

1/4 tsp black pepper

1/4 tsp Cinnamon

You may also substitute chicken for the beef or substitute potatoes for meat to make this a vegetarian meal.