



Kachumbari

Ingredients

- 1 medium red onion
- 2 tomatoes
- 1 avocados
- 1 small pepper (optional)
- 1 tsp salt
- 1/2 lemon juice
- Coriander leaves

Preparation

1. Place the diced onion in a small bowl and soak the onions into salty water. Cover the salted onions with water and let stand for 30 min.
2. Meanwhile, dice the tomatoes, avocado, mangoes and chili. Place them in a medium bowl.
3. Drain the onions and add them to the vegetables.
4. Finish by adding the lemon juice and fresh coriander leaves.
5. Mix well and taste the salad. Add salt or more lime juice if desired.

Dengu – Mong beans

Ingredients

- 200g dengu (Mong bean)
- 1x red paprika
- 2 carrots
- 1x tomatoes
- 1x medium red onion
- 1x bunch fresh coriander
- 1x small vegetable oil
- Curry powder
- Salt

Preparation

1. Heat oil in a saucepan over medium heat, and then add onions stir for about 2 minutes or until brown. Add coriander, carrots, tomatoes, paprika and salt. Let it cook while stirring for 3 min.



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BEYOND THE BOUNDARIES OF TASTE

2. Add dengu and water to the neck of the mixture. Bring to a boil and let it simmer stirring frequently to prevent any burns for about 35 minutes.
3. Next, add the peanut butter, chicken and 2 cups of water, season with, salt and cayenne pepper. Let it simmer for about 10 minutes or more
4. Adjust the soup thickness with water if necessary and let simmer to desired thickness

Chicken in groundnut sauce

Ingredients

- 2 tbsp olive or sunflower oil
- 500g chicken breast
- 1 fresh paprika
- 1 fresh tomato
- 2 carrots
- 1 medium onion chopped
- 100g crushed groundnuts
- Coriandar
- Salt and pepper to taste

Preparation

1. Heat oil in a saucepan over medium heat, and then add the chicken and brown on both sides about 5-10 minutes. Remove chicken and set aside. Add remaining onions to the saucepan, stir for about 2 minutes then add tomatoes and paprika.
2. Bring to a boil and let it simmer stirring frequently to prevent any burns- about 5 minutes.
3. Next, add the peanut butter, chicken and 2 cups of water, season with, salt and cayenne pepper. Let it simmer for about 10 minutes or more
4. Adjust the soup thickness with water if necessary and let simmer to desired thickness

Mokimo

Ingredients

- 500 Irish potatoes (select fresh for better taste)
- Some of pumpkin leaves/spinach(soft and fresh)
- 100g soft or parboiled maize off the cob
- Salt to taste



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Preparation

1. Peel the potatoes and slice them into cubes, wash them clean and set aside.
2. Prepare the pumpkin leaves by removing the stalk and shred them into sizeable pieces. You can also blend them for richer colour. If you are using spinach you just need to shred a little as well.
3. In a deep pot, put in the potatoes, salt and water reaching the neck of the potatoes and boil until soft. When the potatoes get soft, add pumpkin leaves or spinach, maize and potatoes. Add some water if necessary just enough for everything to cook well.
4. Reduce the heat and mush everything together using a wooden spoon until all blends in well. Remove from heat and set aside.

Tropical fruit salad

Ingredients

- 1x small pawpaw
- 1x mango
- 1x orange
- 1/2 lemon juice

Preparation

Peel and seed all the fruits. Cut into cubes and put all in one bowl. Add lemon juice, mix well and serve as dessert.