



Mamake Bobo Jikoni

RECIPE BOOK

BREAKFAST | MAIN DISHES | SALADS & DIPS



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Breakfast Snacks



Bhajia



Final Outcome

Another breakfast snack. I will do a pictorial recipe for easier understanding.

1. In a bowl mix a tablespoon of finely chopped red onion, 1 medium size potato-peeled and grated and 4 finely sliced spinach leaves. Combine these well.



2. In a separate bowl combine 2 cups gram flour (unga wa dengu), 1 tablespoon baking powder, a pinch of salt and a teaspoon red chilli powder or chilli flakes.



3. Combine the contents of the two bowls then add a cup of water and combine well until you get a smooth consistency. You can add more water if need be but the end result should be a smooth thick paste. The paste should have the consistency of very thick porridge. Let this mix sit undisturbed for about 30 minutes before deep frying it.

4. After the wait, scoop the mix with your hand and drop it in the medium hot oil (or you can use two spoons. one to scope the content from the bowl and the other to help drop the content in the oil.) Fry until golden brown.

Let them cool down then serve with your preferred dip. I served mine with tamarind sauce (ukwaju).

Enjoy your meal



Bread Upma



Final Outcome

This is a great way of making left over bread exciting for you and your family. Try it.

Ingredients

- One bread roughly chopped
- Red onions finely chopped
- Ripe tomatoes finely diced
- 2 cloves of garlic minced
- Cooking oil
- 1/2 teaspoon mustard seeds/powder
- 1/4 teaspoon black pepper
- 1/2 teaspoon turmeric powder
- 1/2 teaspoon red chilli powder
- 1/2 teaspoon cumin powder
- Royco diluted in a tablespoon of water.
- Salt
- Dhania

Procedure

- Add oil in to the heated pan and toast the mustard seeds and the cumin seeds for 30 seconds then add the onions and minced garlic. Sweat the onions for 2 minutes then add the tomatoes.
- Add all the powdered spices and salt then cover the pan and let the tomatoes cook until soft.
- Gently mash the tomatoes with your spatula until

you get a thick paste. Now add the diluted royco and give it a good stir.

- Cover this for another minute to allow for the royco to cook. Taste then adjust the seasoning. Stir once more then add the roughly chopped bread.
- Mix well and fast to prevent the bread pieces from becoming soggy.
- Sprinkle dhania then serve.
- You can sprinkle some grated parmesan cheese on top for that amazing creamy taste.

Besides, everything tastes better with cheese, right??

Enjoy



Basic Cake Recipe



Final Outcome

If you are looking to start baking then here is a recipe you can start with. My first trial turned out okay (cracked a little bit) but the flavour was incredible.

Recipe

- One 1/2cup floor.
- 1/2 cup sugar.
- 1tsp vanilla essence.
- 2tsp baking powder.
- 1/2cup melted margarine.
- 1/2 cup milk.
- 2 eggs

Procedure

- Mix together and bake @180° for 25mins to 30mins.
- If you want a bigger cake do double portions, and bake for 40 to 45 mins.
- You can adjust the sugar to 3/4 cup if you have a sweet tooth...I don't so 1/2cup is just fine by me.

Enjoy



Mkate Wa Tandoori



Final Outcome

Ingredients

- 1/2kg All purpose flour
- 1 tablespoon instant dry yeast
- 1 tablespoon margarine/butter
- 1 tablespoon sugar
- 1 egg
- A pinch of salt
- Milk

Procedure

- Combine all the dry ingredients in a bowl and mix.



- Now add your margarine or butter (sometimes I use both at the same time) and thoroughly mix with the flour mix. See pic below for what to expect.



- Add the raw egg and mix. immediately after, add the milk little by little as you combine with the contents in the bowl. Continue adding the milk until everything comes together. Knead this
- as you would chapati dough until you get a soft non sticky dough.
- Cover this and let it sit for 30 minutes undisturbed.



- After the wait, divide this in to the number of pieces you want.



- Now roll out each piece in to roughly the size of a disc. (DVD/CD) approximately a diameter of 8cm.
- Heat a heavy non stick pan until hot then lower the heat to low. Place these rolled out patties on the pan and let them cook. No oil is needed.
- Check if the bottom side is well cooked before turning. If you must use oil to fry them then use margarine/butter...but this is unnecessary in my opinion. They cook beautifully even without additional butter.
- Turn and let the other side cook as well.
- Serve.

I served mine with minced meat stew.



Kaimati



Final Outcome

Ingredients

- All purpose flour 1/2kg
- Yeast 1 tablespoon(instant dry yeast)
- 2 tablespoons sugar
- 2 tablespoons cooking oil
- A pinch of cardamom (optional)
- Water.
- Oil for deep frying

Procedure

- Mix the flour, yeast, sugar, cardamom and the cooking oil.



- Add the water little by little as you whisk the ingredients until everything comes together.



- Add more water and continue whisking until you get a smooth mixture with this consistency. Softer than chapati dough but thicker than pancakes mix.
- Cover this and let it remain undisturbed for 45 minutes. It will double in size and form bubbles. When you touch it this is how it should look.
- In a wok heat oil to medium temperature then either using your hands or spoons drop small balls of the dough in to the oil
- Let them cook in the medium heated oil until



they turn golden brown.

- Remove and place on a paper towel.
- Add 1/2 cup of water to a sufuria and immediately add 1 cup sugar. Stir this in an attempt to dissolve the sugar and bring it to a boil. Let it boil completely as you stir occasionally.
- Keep at it until the mixture thickens and starts to stick to the stirring object.
- Turn off the heat.
- Add the dumplings to the caramel and toss in the air so that they get covered by it.
- Continue with the tossing until the sugar starts to crystallise on top of the dumplings.
- When the sugar completely crystallises they are ready to serve.



Potatoe Frittata



Final Outcome

A frittata is basically a loaded omelette. Here is one way of doing this with few readily available ingredients. Thank me later :-)

Recipe

- Potatoes
- Eggs
- Cheese (optional)
- Onions
- Oil and butter.
- Dhania (cilantro)
- Spices
- Salt

Procedure

- Peel, slice the potatoes thinly then boil until well done but not mushy. Drain and let them cool for a few minutes.
- In a large bowl beat eggs (I used 4). Add salt and your preferred spices and mix.
- Add your chopped dhania and grated cheese (I used parmesan) and combine well.
- Finally add the potatoes in and mix.
- In a large heavy nonstick pan add some cooking oil and coat the base of the pan. Heat this then pour in your mixture.
- Lower the heat to low and cook covered for about 10 minutes.
- Uncover and check the progress. By now the base should have settled and browned slightly.

- Take the pan off the heat, cover it with a flat item then carefully overturn it so that the cooked side of the fritata is on top.
- Now return the pan on heat and again carefully slide the content back on to the pan. (You have now turned it without breaking it).
- Let this cook uncovered for about 5 minutes on medium to low heat. Lift carefully the sides of the fritata and slide slices of butter underneath it. This helps it cook without sticking to the pan.



- When ready place it on a surface, slice it as you like and serve.

Bon appetit !!!



Perfectly Done Egg Rolls



Final Outcome

I have noted with concern that most people are willing to get adventurous with their lunches and dinners but not with their breakfast meals. So I am on a mission to make breakfast interesting for those who consider it the most important meal of the day. This is a simple recipe for eggs.

Ingredients

- 4 eggs
- 1/4 cup milk
- 1 grated carrot (not too fine though)
- 1 tablespoon chopped dhania
- 1 tablespoon chopped scallions (kitunguu ya majani)
- Salt
- Red chilli powder
- Oil for frying

Procedure

- Mix all the above ingredients in a bowl.
- On a heated pan (on medium to low heat) add a tablespoon of oil and swirl the pan so that the base is well oiled.
- Scoop half cup of the mix and again swirl the pan to thinly spread the mix on the base of the pan.
- Give it 30 seconds to just form a base so it can lift off the pan without breaking, but not done on the upper side.
- Make a small fold on one side of the 'omelet' and

continue folding until no more folds can be done. Let this rolled piece remain on one end of the pan, with the last bit (that could not be rolled over) facing the unoccupied part of the pan. (This is very hard for me to explain but I hope you will understand.)

- Now oil the remaining part of the pan and add another scoope of the egg mix. Make sure it touches the last bit of the rolled piece in a way that it integrates like a continuous piece.
- Give it 30 seconds then start rolling again but this time start from the side with the rolled piece. As you continue folding the piece will get bigger and bigger thus easier to roll.
- Once no more folds can be done, push it to one side and repeat the above process until the egg mix is finished.

Tip: Do a maximum of 3 scoops including the initial one then put it aside and start the process again if you need more eggs - instead of trying to do a huge roll. A big roll is hard to manage which results in breaks and a resulting ugly egg roll.

- When done, place them on a plate and cover it. Let them sit for 5-10 minutes before cutting the roll in to desired pieces/size. The wait allows the egg to continue cooking even after taking it off the heat, resulting in a perfectly cooked egg roll.

Fried Tomatoes



Final Outcome

Ingredients

- Green tomatoes or firm semi ripe ones
- All purpose flour
- 1 egg
- 1/4 cup milk (I use mala for better flavour)
- Corn/maize flour
- Breadcrumbs
- Red chilli powder
- Black pepper
- Salt
- Oil for shallow frying.

Procedures

- Clean and chop the tomatoes as shown in the pic Bowl 1. Add the all purpose flour and season it with salt.
- Bowl 2 mix the milk and the egg and lightly beat the mixture.
- Bowl 3 mix the maize flour, breadcrumbs, salt, black pepper and the red pepper. Combine well.
- Take the tomato pieces one by one and place in the first bowl and coat well with the flour. Proceed then to the second bowl and again coat well then finally roll it in the third bowl until well coated. Shallow fry in a pan until lightly browned and crisp.
- Serve with your preferred dip.



Enjoy

Garlic Bread



Final Outcome

Ingredients

- Bread slices.
- 2 cloves garlic-minced
- 1 heaped tablespoon of blue band or butter
- 1 bunch of dhania - finely chopped
- Grated cheddar or parmesan cheese.

Procedure

- Mix the butter/blue band with the dhania and minced garlic until you get a smooth paste.
- Spread this on each slice (one side only) then place these slices on a baking tray.
- Sprinkle a generous amount of the cheese on top of the slices and place these on a preheated oven.
- Bake for 6-8 minutes at 180°C.
- The results should be a scrumptious crunchy flavored bread.
- Serve with your preferred beverage.

Enjoy



Breakfast Snack

Makobe



Final Outcome

#1. Boil eggs. 10 Pieces (or to suit your guests).

#2. Boil your potatoes in a pinch of salt.



#3. Fry your minced meat. Add garlic, salt and a teaspoon of pilau masala. Cook until ready.



#4. Mash the potatoes. Chop onions finely, 3 large ones.

#5. Mix the minced meat with the onions. You can add dhania at this point if you like.



#6. Now add In the mashed potatoes and combine.

#7. Peel your eggs.

#8. Carefully coat them with the mashed mixture and ensure an even coating.



#9 Roll the ball on maize flour... yes, I said maize flour. Do that for all the balls and place them on a tray.

#10 Now beat two eggs in a bowl and dip the balls one at a time and make sure they are coated well.

#11 Immediately place them in medium hot oil. It's shallow frying.

#12 Carefully turn them as need be to ensure an even cook on all sides.



#13 When ready drain them on a paper towel.

Let them cool for about 10 minutes before slicing them. Enjoy!!! And thank me later!



Honey Banana Pancakes



Final Outcome

Ingredients

- 1 cup all purpose flour.
- 1/2 tablespoon baking powder.
- 1 cup milk.
- 2 ripe bananas.
- 2 tablespoons of honey.
- 1 egg.

Procedure

- On a dish add the flour, the baking powder and the egg. Add half the milk and mix well.
- In a blender add the bananas, honey and the remaining milk. Process this until smooth.
- Pour the blended mixture in the dish and mix with the flour mix.
- Whisk this until you have a smooth consistency and no lumps can be seen. You can add water if need be to control the thickness.
- Fry this as you would the basic pancakes. I used unsalted butter but vegetable oil is equally good.

Enjoy

Mandazi Recipe



Final Outcome

Ingredients

- All purpose flour
- Sugar
- Blue band (margarine)
- Milk
- Water
- Yeast
- Baking powder.

Procedure

- Add 5 cups of flour to a bowl and mix with 3/4 cup of sugar. Using your hand mix them well.
- Add a teaspoon of yeast and a tea spoon baking powder. (This is just my trick you can use the baking powder only but you increase the quantity. I add yeast as it brings a unique lovely taste to the mandazi) mix well in the bowl until all ingredients come together.
- Add 3 tablespoons of margarine and mix with the sugar flour mixture. Rub it well so that it breaks in to small chunks and mixes with the flour.
- Now pour in the milk little by little as you mix with the flour. You can add a glass of milk then add water for kneeding the flour or you can use milk only.

- Knead the flour until you have a smooth soft dough. This should take 10 to 15 minutes.
- When the dough is ready cover it with a piece of cloth and let it sit for an hour.
- After the wait, cut the dough in to small chunks and make balls. Roll each ball in to a small circle then cut in to four triangles.
- Deep fry these in medium high heat until they turn golden brown. Keep covered.
- Serve when they cool down.
- Variations.
- You can add lemon zest to the flour to give it flavour, you can add natural yoghurt in place of milk, you can spice with cardamon, you can add yellow food colour and you can use coconut milk in place of milk. I hope this helped.

Enjoy

Potatoe Snack



Final Outcome

Procedure

- Boil potatoes in salty water until they are well done.
- Drain them and let them cool down a bit before lightly crushing them between the palm of your hands. Careful not to crush them completely.
- Take them out and deep them in the sauce.

To prepare the sauce:

- Add 1 heaped tablespoon of mayonnaise, 3 tablespoons of ketchup, 1 tablespoon vinegar, 1/2 tablespoon red chilli powder and 1 tablespoon finely chopped red onions.
- Mix well then coat the potatoes with it.
- Sprinkle dhania then serve.

Enjoy



Samosa Recipe



Final Outcome

This is how to make the samosa wraps. I will cover how to prepare the filling on another recipe.

#1 Add flour, a pinch of salt and a table spoon of oil in a bowl. Add some water and mix it with the flour. Keep adding more water as you combine until all the flour comes together. Now start the kneading like you would the chapati or mandazi dough. Sprinkle more flour if it's too sticky and continue kneading until you obtain a firm dough that doesn't stick to your hands or the bowl. Keep this aside, cover with a cloth for about 10-15 minutes. You can use this time to prepare the filling



#2. Cut the dough in to small balls..kinda like the size of golf balls.



#3 Take each ball and on a lightly floured surface roll each ball in to a small circle ... approximately 12cm in diameter. Oil the surface well.



#4 Keep the first one aside and start rolling the second.



#5 When done oil it on the top surface then place it on top of the first one. This way, the oiled part of the first one is covered by the Un-oiled part of the second. Repeat this process and keep stacking them until the last. Do not oil the last one Just place it on top.



#6 Now on a lightly floured surface roll out the stacked patties into one big one. Approximately 26cm diameter.



#7 It is important for these patties to be of the same size otherwise they will be a nightmare to separate. To ensure they are of the same size, use a circular item to use in cutting out. I use a big plate.



#8 Cut around your circular item and discard the waste.



#9 So now you have your perfect circle of same size patties.



#10 Place a pan on heat. Do not oil it. Once it's heated well place the circular patty on it and reduce the heat. Let it sit for about a minute



#11 After a minute or two turn it so you have the heated side on top.



#12 Now try to peel the top most layer and do it carefully not to burn yourself or tear it.



#13 Peel it and put aside. After this turn them again so you get the heated part on top. Again peel this and place on the first one. Repeat this process until you have separated them all.



#14 Place them on a surface and quarter them. Each quarter will make a samosa.



#15 Now take one quarter at a time and place it with the tip facing away from you.



#16 Fold the left side first...Then apply the sticky dough glue that you prepare by mixing all purpose flour and water to achieve a very thick consistency.



#17 Now fold the right side to overlap the left that you have already folded. And there you have it...A pocket.



#18 Scoop in a tablespoon of your preferred filling...Start by tucking the short side in...Then apply the glue on the flap. Then carefully but firmly lower it to seal the pocket. And there you have it folks, a perfect samosa wrap.



Thank me later.

Vishete



Final Outcome

Ingredients

- 3 cups all purpose flour
- 1 tablespoon baking powder
- 1/2 a teaspoon cardamom (iliki)
- 1. 5 tablespoons melted margarine
- 1 cup of water (but I use diluted coconut milk for better flavour).

Procedure

- Mix the flour, baking powder and the cardamon. Mix well then add the melted margarine.
- Add the water in bits as you combine with the flour. Continue adding until the flour is ready for kneading. Knead same as you would chapati or mandazi flour. When it's ready keep it aside and let it sit for 15 minutes.
- After the wait knead the flour on a lightly floured surface. Roll out the dough until you have half inch thickness.
- Cut the dough in to strips then in to squares and deep fry in medium hot oil(not too hot) Stir occasionally to make sure they cook evenly until they all turn golden brown. Take them out.



- Let them cool for about 10 minutes.
- Meanwhile add a cup of sugar and a 1/4 cup of water in a sufuria. Place this on heat and bring to a boil with an occasional stir. Let it boil until all you can see are bubbles (large and small ones).
- Turn off the heat and let this cool for a few minutes and turns in to a clear liquid.
- Now add the vishete and combine well. Not sure what to call this technique- hold the sufuria with both hands and lightly toss the vishete in the air. Repeat this until all are covered in sugar. Let them air well so the sugar can crystallise. If possible spread them on a large surface.
- Let them cool down then serve.

Main Meals



Beef Stew



Final Outcome

I'm not saying that our parents lied to us but maaaaan...did they constrict our diet! Most of us have been led to believe there is only one or two ways to prepare beef stew but that is so far from the truth. I am going to share a different way of preparing the best beef you have ever tasted...at least in your house hehehe :-). Thank me later.

Ingredients

- 1kg chopped beef
- 10 cloves garlic
- 2 large onions
- 1/4 cup vinegar
- 1/4 cup light soy sauce
- Teaspoon black pepper
- Teaspoon red ground chilli
- Teaspoon coriander powder
- Dhania.

Procedure

- Add about 4-5 tablespoons oil to a sufuria and heat it then add all the minced garlic.
- Let it cook for 30 seconds (not to brown) then add the meat (not

boiled). Mix the meat and the garlic until it's well coated.

- Keep stirring until the meat loses the reddish colour and starts to brown. Let it cook for 3 minutes with an occasional stir.
- Now add the vinegar, soy sauce, black pepper, red pepper and the coriander powder. DO NOT STIR.
- Cover the sufuria then lower the heat to medium-low. Let this cook for about 15 minutes or until the beef dries.
- Add half a cup of water, cover the sufuria and let it cook for another 10 minutes or until dry.
- Now add the ringed onions (cut in to rings) and stir well. Keep at it until the onions turn translucent or brown depending on your preference (I like mine translucent).
- Add the dhania then serve.

Enjoy!

Biryani



Final Outcome

Ingredients

- 1 kg beef (1 chop them into big chunks so that I serve 2 pieces per plate).
- ginger & garlic
- 8 medium size tomatoes
- 15 medium to large size onions
- 4 large hohos
- 10 medium size carrots.
- 10 large potatoes
- Tomato paste
- 1 packet 500ml mala. (Natural yoghurt).
- Pilau masala
- Salt.
- Vegetable oil.

Preparation

- Cut beef in to big chunks such that you serve only 2 per plate. (They cook better). Boil in salt and 2 cloves crushed garlic.
- Peel and half the potatoes. Wash them well and add a bit of yellow food colour. Put them aside.
- Finely grate ginger and garlic.
- Chop all the onions.
- Chop the tomatoes into big chunks
- Chop the hohos into big chunks
- Finely grate all the carrots.
- In a blender add the tomatoes, hohos and some onions (equivalent to 4 chopped onions). Blend on the lowest speed provided by your blender. – this is to make sure the mixture is not too fine.
- If you don't have a blender then finely grate everything.
- Method.
- After the meat has boiled, take the sufuria off the heat. Add the ginger & garlic mix and hand mix it with the meat. Then pour the blended mixture in the sufuria. On top of this add the grated carrots, a tablespoon of salt, 3-4 tablespoons of pilau masala and finally pour the mala. Do not stir.
- Place this on heat and cook covered.
- As the above mixture is cooking, deep fry the potatoes until they brown and the skin crisps. Remove them and put aside.
- On the same hot oil, add all the chopped onions and fry them till they brown.
- After cooking the meat mixture for 40 or so minutes you can stir and taste to check if the salt is enough. If so, add the potatoes and the onions to the mixture, add the tomato paste and 3/4 or all the deep frying oil then stir well. By now everything should be fragrant and the colour should have changed as a result of the tomato paste. Let this cook for a few minutes then turn off the heat.
- Serve.

P'S. Note that you add a lot of oil because you don't add water to Biryani.

Chicken Curry



Ingredients

- 1/2 chicken
- 3 cloves of garlic crushed.
- 2 beef cubes
- 1 medium size onion - chopped
- 2 tablespoon tomato paste
- Black pepper

- Chilli flakes
- Breadcrumbs
- Ketchup
- Salt to taste

Method

- In a sufuria place the chicken, add the crushed garlic, a teaspoon of black pepper, the two beef cubes then mix well and turn on the heat.
- Let the chicken cook in the flavours as you stir when necessary.
- After 5 mins add the chopped onion, the chilli flakes, stir and let the chicken continue cooking. If it starts to stick, add a glass of water and cover the sufuria and let the chicken continue cooking in

the medium heat.

- Use a fork to check if the chicken is ready. If so, add the breadcrumbs, ketchup and the tomato paste.
- Add half a glass of water then stir so that the flavours can come together. lower the heat and let the mixture cook slowly for about 3 minutes.
- You can add dania and a squeeze of lemon, give it one last good stir then turn off the heat.
- Serve.

There you have it, my version of chicken curry!

Final Outcome

Chinnese Rice



Final Outcome

Ingredients

- 1/2 kg Rice
- 1/2 kg meat. (Beef or pork or chicken) I used pork.
- 6 sausages
- 1 glass of green peas (minji)
- 5 medium carrots.
- 1 green hoho
- 1 red hoho
- 2 eggs
- 2 large onions
- 3 cloves garlic
- Dhania
- Salt
- Oil
- Cumin powder
- Tablespoon black pepper
- Tablespoon red chilli powder
- Tablespoon sugar
- Dark and light soy sauce.

Preparation

- Boil the rice in less water. The ratio of 1 : 1.75 instead of 1:2. This ensures that the rice is not completely cooked (it's 2-3 minutes away from being well done.

Put aside.

- Boil the green peas
- Fry the sausages then thinly slice them.
- Boil the meat of your choice I salt and garlic until it's tender. (pork takes 8 minutes). Make sure the slices of your meat are almost equal in size to those of sausages.
- Chop the green and red hohos in to cubes.
- Cube the carrots(the size should be the same of that of the cubed hohos)
- Chop the dhania.
- Finely chop the onions
- Crush the garlic.

Procedure

- Add the onions, garlic and oil in a wok or sufuria. Fry this until the onion turns translucent or lightly starts to brown then add your meat. Fry it in the onions for about a minute then add

the carrots and the hohos. Let this cook for about 2 minutes as you constantly stir. Now add the green peas and continue stirring. When they get heated through and everything is fragrant, push the mixture aside (inside the wok or sufuria) so as to make space for the eggs. (I will post a pic to demonstrate this)

- Crack the 2 eggs in that space and let them cook for 30seconds then scramble them. Keep scrambling the eggs until they are well done then mix with the rest of the Ingredients. (if you can't do this well, just scramble them on a pan then add to your wok.)
- Mix the eggs well then add the salt, black pepper, red chilli powder and cumin powder. Mix well and let this cook for a minute then add the chopped sausages. Mix.
- Finally add the rice and the tablespoon of sugar and give it one good mix so that all the ingredients come together.
- Add 2 tablespoons of dark soy sauce and 4 tablespoons of the light soy sauce. Mix well until you get the right colour. Taste, adjust the seasoning , sprinkle dhania then serve.
- I served mine with kachumbari and chutney.

Enjoy



Fried Spaghetti Sausages



Final Outcome

Ingredients

- Sausages
- Spaghetti
- Onions
- Garlic
- Hohos
- Pilipili (optional)
- Tomatoes
- Tomato paste
- Royco
- Dhania.

Procedure

- Boil spaghetti until Al dente. (Cooked but still firm)
- Fry the sausages then chop them in desired shapes and sizes.
- In a wok fry the onions and garlic until translucent..This should take 2 minutes. Add the chopped hohos – I used the red hohos as they were available but you can use the green ones or yellow ones or all for better colour.
- Sauté these in high heat for about a minute then add the chopped tomatoes and lower the heat to medium. Season with salt and

pepper then cover the pot and let the tomatoes cook down until soft. Add a tablespoon of the tomato paste then stir.

- Add the royco and 4 tablespoons of water then stir again to dissolve the royco. Let this cook for a minute or two then add the chopped sausages. Give it a good stir then finally add the spaghetti.
- Add the dhania and give it one good mix then serve.

Bon appetit!

Potato Ratatouille



Final Outcome

Who said you must have beef to make a tasty stew? Here is a recipe to make the best potato ratatouille ever!! As usual, thank me later. :-)

Ingredients

- 3 tablespoon vegetable oil.
- 1 medium onion, chopped
- 3 cloves garlic, crushed.
- 5 medium potatoes, quartered.
- 4 tomatoes, pureed
- 1 tablespoon sugar

- 2 tablespoons tomato paste.
- 1 medium hoho.
- A pinch of thyme, red chilli powder, black pepper, roycos and salt.
- 2 medium size zucchini (courgette), sliced.
- Dhania, sliced.

Preparation

- Heat oil in pan, add onion, garlic and let them cook for 30 seconds, until the red onions turn translucent (not cooked).
- Add the potatoes and let this cook, stirring occasionally for 8 minutes or until the potatoes start to brown and the onions are golden brown.
- Add the pureed tomatoes, sugar, salt, paste, hohos, red chilli powder, black pepper, thyme and cover your sufuria. Let this cook for about 20 minutes on

medium to low heat.

- Add zucchini and stir then let it cook for another 10 minutes or until the zucchini is well done and the potatoes have cooked through. Add roycos and half a glass of water and let this cook for 2 minutes. Add dhania then take the sufuria off the heat.
- Serve.

Oh by the way zucchini is courgette.

Potatoes Croquettes



Final Outcome

Ingredients

- Potatoes
- Spices
- Red onion, finely chopped
- Dhania (cilantro, finely chopped).
- All purpose flour
- Eggs
- Breadcrumbs
- Salt
- Oil for deep frying.

Procedure

- Peel and boil potatoes in your preferred spices until done. Drain and mash them.
- Add the onions and the dhania to the mash and combine well.



- Scoop about 3 tablespoons of the mash and mould in to a sausage like shape using your hands. Keep these a



- side.
- When done shaping them all, place them in a freezer. (This is my little trick that makes them harden and

hold together in the process).

- Have three plates in place. The first with all purpose flour that you season with salt and pepper if you desire, the second with beaten eggs with a pinch of

salt and the third with breadcrumbs.

- Roll the potatoes in the flour then gently shake off the excess flour.
- Next roll them in the beaten eggs..
- This helps the breadcrumbs stick.
- Finally roll them in the breadcrumbs and gently shake off the excess breadcrumbs before deep frying.



- Final step is to deep fry in medium to hot oil.
- Once they turn golden brown take them out and place on paper towels to drain the excess oil.

Serve

Potatoes & Bacon



Final Outcome

Know those days when you are too tired to prepare a complex meal and you are wondering what you can prepare in 20 minutes? ?? Well here is a yummy simple quick fix just for you. #highcaloriealert.

Procedure

- Boil the unpeeled potatoes in salt, garlic and roycos until almost done. Make sure you clean the potatoes really well since you will be having them with the skin on. Meanwhile pan fry your bacon until crisp. Chop one red onion and mince one clove of garlic.
- Drain the potatoes when ready then pour them on the pan- where you fried the bacon then add a bit of oil. Dry fry them until they start browning then add the onions and the garlic. Keep stirring until the onions are golden brown. Now add the bacon, mix well, adjust seasoning to your preference, sprinkle dhanias then serve.
- I served mine with a mix of 1000 island dressing, ketchup and a bit of mustard.

#foodpornatitsbest!

Soft Layered Chapatis



Final Outcome

Here's a detailed recipe and tips on how to make soft and sweet layered chapatis.

Ingredients

- All purpose flour (I find EX easier to work with.)
- Sugar and/or salt
- Vegetable oil

- Water and/or milk. (room temperature or slightly warm). (Where I have indicated and/or ,you can use either one or both depending on the availability or preference)

Procedure

- Combine 4 cups of all purpose flour, 1/4 cup of sugar, a 1/2 a teaspoon of salt and 1/2 cup of vegetable oil in a bowl. Using your hands or flour mixer, mix these ingredients well until they all come together.
- Add water in bits with one hand as the other hand continuously combines it with the flour mix. Continue this until most of the dough is sticky then stop. Now knead the dough on a lightly floured surface for about 10 to 15 minutes until you get a firm dough. If the dough is sticky, alternate between sprinkling some more flour and applying the salad oil to your hands. when you apply the oil to your hands the dough stops sticking to your hands hence making the kneading process easier. Continue this until the dough is smooth and you can knead without it sticking to your hands or the surface.

** my tip on testing if the flour is ready: put a finger through the dough until you touch the bottom then take it out. If it comes out clean or with very minimal dough stuck to it then its ready.*

- Place the dough in a bowl and cover it with a piece of cloth and let it rest for about an hour.
- After the wait, cut the dough in to equal balls and place them on a floured surface.
- On a lightly floured surface roll out the dough until you achieve a diameter of about 16cm. Add 1/2 a tablespoon of oil and spread

it on top of the rolled out dough. Make a cut from the centre to the top part of the dough then lift the right side of the cut and roll the chapatti in to a cone. Tuck the last bit at the bottom of the cone and tuck the tip of the cone towards the centre by placing a finger at the tip and pressing it downwards. Repeat this process until all the balls are done.

- On a lightly floured surface ,roll out each cone at a time and place it on a heated pan. Let it sit for about a minute or two or until bubbles can be seen forming . Turn it and spread 1/2 a tablespoon of oil on the surface then turn it back. Now apply oil to the upper part of the chapati and using a spoon lift it partly to check if the bottom side is well done. If so, turn it once more and let the other side cook. When done, remove the chapati from the heat and place it on a dry surface and keep covered with a clean piece of cloth. Repeat this until all the chapatis are done.

And there you have it, sweet,soft layered chapatis.

Southern Fried Chicken



Final Outcome

Ingredients

Chicken pieces. (I used half chicken)

A) Marinade

- Milk 500 ml
- 2 eggs
- Salt.

B) 2nd coating

- 1 cup all purpose flour (unga ngano)
- Garlic powder

- Coriander powder
- Red ground pepper
- Salt

Procedure

- Beat 2 eggs and salt in a bowl then add the milk little by little as you keep stirring. This mixture will form a creamy paste. Add the chicken pieces in the milk mixture such that all the pieces are completely covered in the milk. Store this in the fridge and let it sit undisturbed for 2-3 hours.
- Remove the chicken pieces from the marinade and place them on a tray.
- On a separate plate, mix all the ingredients for the 2nd coating, listed above.
- Sprinkle salt on the chicken pieces then one by one place them on the floured plate and coat nicely. Place these coated pieces on a separate plate.
- In a wok, heat about half a litre of oil for deep frying.
- Now do a second coating on the chicken pieces. Take each piece and roll it in the flour again then place it in the hot oil. Repeat this process until all the pieces are done.
- Deep fry them till golden brown then remove from the pan. Let them cool down then serve. (Do not over crowd the pan. Do the chicken in batches).

All the best!

Sweet and Sour Chicken



Final Outcome

Ingredients

- Boneless chicken (you can work with bone and debone it). Chop it in to small pieces.
- Soy sauce
- Vinegar
- Sugar
- Corn flour
- All purpose flour (unga wa ngano)
- Pineapple
- 1 onion
- 2 cloves crushed garlic
- salt
- Garlic powder
- Black pepper
- Red chilli powder
- Coriander powder
- Fresh dhania
- Red, yellow and green hohos. (for the green ones use the female ones- they are sweeter).
- Salt
- Oil for deep frying.

Preparation

- Put the cut chicken pieces in a bowl, add 3 tablespoons of soy sauce, a tablespoon of vinegar,

- 2 tablespoons corn starch, black pepper and red chilli powder to taste. Mix these ingredients well and let them sit for 5-10 minutes.
- Meanwhile in a separate bowl, mix 4 tablespoons of all purpose flour with some salt, black pepper, garlic powder, coriander powder, and red chilli powder.
- Divide the pineapple in to two. Chop one half in to cubes the size of the hohos and squeeze the other half to get pineapple juice.
- In a cup, add the pineapple juice, 2 tablespoons of soy sauce, 1 tablespoon vinegar, 1 tablespoon of sugar and 1 tablespoon of corn starch. Stir this well until the sugar and the corn starch dissolve.
- Procedure.
- Add some oil to a skillet and heat it.
- Place the marinated chicken pieces in the flour mix and coat well. Make sure the chicken pieces are well coated in the flour then put them in the heated oil.

Deep fry them until they turn golden brown. This should take about 10 minutes.

- On a pan/ sufuria, add a chopped onions and the crushed garlic then add 3 tablespoons of oil. Fry this until the onion turns translucent or lightly starts to brown then add the chopped hohos. (Chop them in big chunks like in the photo).
- Turn up the heat and sauté the hohos for a few minutes. If you do this on low heat they will cook and that's not what we want. This should take a maximum of 4 minutes. Keep stirring.
- Add the juice mix we prepared earlier and stir. Lower the heat and let this cook for a minute then add the chicken pieces. Mix.
- In case your pineapple juice mix was too much and the mix is runny (too watery) add a tablespoon of corn starch and let it cook for about 2 minutes. It's a thickening agent so the stew should be thick now.
- Finally add the pineapple medium-low pieces, give the mix one last stir and let it cook for one minute before turning off the heat. Sprinkle dhania then cover it to simmer for 3 minutes then serve.

Enjoy.

Tandoori chicken



Final Outcome

Ingredients

- Chicken
- Ginger and garlic paste
- Natural yoghurt
- Coriander powder
- Red chilli powder
- Turmeric powder
- Cumin powder
- Salt
- Garam masala/ pilau masala
- Food colour . orange or yellow.
- Lemon juice.

Procedure

- Make slits on the chicken pieces so that the marinade can go inside and deep them in the marinade.
- For the marinade, combined all the other listed ingredients and mix to form a smooth paste.
- Add the chicken pieces and make sure each piece is well covered in the marinade.

- Let this sit in the fridge for a minimum of 2 hours but over night for best results.
- After the wait take the pieces out of the marinade and place them on a greased baking tray and bake them at 180° for 45 minutes.
- Then take the chicken pieces out of the baking tray and gently place c them on the oven mesh.
- Bake them for another 10 to 15 minutes at 230° or until they start to brown and form a crust.

Serve and enjoy.

Teriyaki chicken



Final Outcome

Procedure

- Marinate the chicken with freshly grated ginger for like 30 mins. In medium to low heat, oil a pan and fry the chicken till brown. Start with the skin side then flip to cook the other side until it browns too.
- On a separate pan/sufuria, mix honey, Soy sauce and crushed garlic then cook on medium heat. Stir constantly as you bring the mixture to a boil. Add water if the mixture gets too thick.
- When the chicken is all brown and the aroma is inviting, pour the soy sauce mixture (teriyaki sauce) in the pan and reduce the heat to low. Let the chicken cook complete in the sauce for like 10 mins. Test with a fork to see if the chicken is well done, if so, turn off the heat. Serve the chicken with rice and pour the remaining sauce on top.

Teriyaki Pork



Final Outcome

Ingredients

- 1/2 kg pork
- 1 hoho
- 2 red onions
- Garlic
- Worcestershire sauce or teriyaki sauce. (if you don't have either of these, mix 1/4 cup honey and 3 tablespoons dark soy sauce. Put this mixture in a pan and bring it to a boil- there you have it, teriyaki sauce.)

- Red chilli powder
- Black pepper
- Dhania
- 3 tablespoons of ketchup

Procedure

- On a heated sufuria add the pork and let it cook for two minutes as you stir it until it browns or loses the red colour. Add salt, garlic powder or crushed garlic and a glass of water. Cover the sufuria and let this cook until the water dries.
- Meanwhile chop the onions in to rings and cut the hoho julienne style. Place a pan on heat and let it get hot. Add a tablespoon of cooking oil then add the onions and hohos. On high heat sweat the onion and the hohos for about 2 minutes. Stir constantly to ensure they are evenly cooked. Add the red and black pepper to this mix then turn off the heat.
- When the pork water dries out, the pork will be oily. Continue frying it in its own oil, constantly stirring until you get a good golden brown colour. Now add the teriyaki sauce and ketchup. Mix well and let it cook for a minute.
- Now add the sautéed onions and hohos, mix well, sprinkle and serve!
- If using more than one flame, this should take about 20 minutes to prepare.

Vegetable Rice



Final Outcome

I know it's that time of the month when we tone down our expenses and that take out meal suddenly seems too extravagant. The good thing is that you can actually get a taste of fine dining in your own kitchen with very little effort and most importantly with very minimal expenditure.

Here is a very fast and easy way to turn your otherwise boring rice dish in to a tasty and exciting dish.

Ingredients

- 1 kg rice
- 1 tablespoon salt.
- 2 tablespoons oil
- 1 green and 1 red hoho. (Red and Green bell peppers)
- Dhania (coriander leaves)
- 2 red onions
- 2 cloves crushed garlic.
- 5 tablespoons dark soy sauce.

Procedure

- Measure the rice water in the ratio of 1:1.75 water instead of 1:2. This ensures that the rice

is 1 minute away from being completely ready.

- In a wok or sufuria, add 2 tablespoons of oil, the garlic and the finely chopped red onion. Sweat this for about 2 minutes then add the finely chopped red and green hohos. Mix this for 1.5 minutes then add the already boiled rice. Mix well then add the soy sauce to just one side of the wok or sufuria. (A quarter of the sufuria). Let this cook for about 2 minutes then add dhania and mix well. The brown rice from the dark soy sauce will mix with the white rice while the dhania will remain green. Turn off the heat and serve the rice.
- You can serve this with any stew you can afford.

Enjoy

2 Pilau Recipes



Final Outcome

Pilau recipe 1

Ingredients

- Boiled 1/2 kg beef(boil in salt and garlic)
- Rice 1/2 kg
- 2 large red onions chopped
- 6 cloves garlic crushed
- 5 medium size potatoes peeled and halved.
- 2 tablespoons pilau masala..ground.
- 2 tablespoons tomato paste
- Salt to taste

Procedure

- Add the oil in a sufuria and let it heat up before adding the diced red onions and garlic. Let this cook until brown (not golden brown nor burnt) then add the already boiled beef. Let it fry in the mix for a minute then add the potatoes. Mix well and let the potatoes fry for a minute then add 1/8 glass of water - this is to avoid the onions from burning – cover the sufuria and let the mixture cook for two minutes then add the pilau masala, salt and the tomato paste. Mix well and let the mixture continue cooking until it starts sticking to the bottom. This should take maximum 2 minutes and by now everything should be fragrant.
- Now add cold rice water in the ratio of 1 : 1.75 (instead of 1:2). This usually works perfectly but you can adjust depending on the rice you are using.

- Cover this and let it come to a boil. Taste the water for salt. It should be slightly over salted- this will come down to perfection when you add the rice. Key word is slightly.
- If the salt is to your liking add the washed rice. Give it one stir then leave it alone. Let this cook until the water level reduces to below the content level. Meaning the rice, beef and potatoes are above the water level.
- Give it a light stir then reduce the heat to low and cover it. (stirring should always be done from the edge of the sufuria moving to the centre and never from the centre towards the end.)
- Let it cook for about 5 minutes on low heat then turn off the heat and let it stay covered for another 10 minutes. This helps the rice steam in

its own heat until perfectly done.

- Give it one stir, careful not to break the potatoes then serve. If the rice is not completely done, continue covering it for another 10 minutes or if using jiko add some hot charcoal on the lid and let it continues cooking for 15 minutes.

Pilau recipe 2

Ingredients

- 1/2 kg beef
- 1/2 kg Rice
- 2 large onions diced
- 6 cloves garlic crushed
- 1/4 cup vinegar
- 1/8 cup dark soy sauce
- 2 tablespoons tomato paste
- 2 tablespoons pilau masala.
- Salt to taste.
- 6 tablespoons cooking oil

Procedure

- Add the oil to a sufuria and let it heat up before adding the diced red onions and garlic. Let this cook until golden brown then add the beef (not boiled). Mix well so that the beef is well mixed with the onions. Keep at it until the beef loses its red colour and turns brown.



- Add the vinegar and the soy sauce and cover the sufuria. Let this cook until it dries up or starts sticking to the sufuria. Add 1/2 a glass of water and let it continue cooking covered until it dries again.
- Now add the potatoes and stir well. Add the pilau masala and the tomato paste and let this cook for a few minutes. The mix should be very dark by now and fragrant.
- Now add the rice water in the ratio of 1 : 1.75 (instead of 1 : 2). Bring this to a boil then taste. Soy sauce is very salty thus advisable to not add salt in the early stages. If need be, add the salt to your liking then add your washed rice and stir.
- Let this cook uncovered until the water level reduces to below the content level. (you can now see the potatoes, beef and the rice).
- Stir carefully then reduce the heat to low. Cover the sufuria and let it cook for about 5 minutes. Turn off the heat then let it remain covered for another 10-15 minutes.
-

Give it one last stir, care not to break the potatoes then serve.

Enjoy

Served mine with mango chutney, kachumbari and fried okra.

Easy Deep Fried Chicken



Final Outcome

Ingredients

- Chicken pieces
- Ginger, garlic and salt.
- All purpose flour
- Eggs
- Breadcrumbs.
- Oil for deep frying.

Procedure

- Wash your chicken pieces and drain. Place them in a sufuria. Add salt, ginger and garlic and using your hands rub the ginger & garlic mix on the chicken.
- Place the sufuria on medium to low heat and cover it. Let the chicken cook in its own water. Keep an eye on it so it doesn't dry out and burn. Stir only when/if necessary.
- When it finally dries out, take it off the heat.
- Now place the all purpose flour on a plate and season it with salt.



On a second plate add two or more eggs (depending on the number of chicken pieces), add a pinch of salt and beat them. On a third plate pour your breadcrumbs.

- Roll the chicken pieces on the all purpose flour first and shake off the excess flour.
- Next step is to cover them in the beaten eggs.



- Shake off the excess egg mix then roll in the breadcrumbs.
- Shake off the excess breadcrumbs then deep fry in medium to hot oil until crisp.
- When ready place on paper towels to drain excess oil.

Enjoy!!



Korean Chicken



Final Outcome

Procedure

- Place the chicken pieces on a bowl and add salt, black pepper, garlic powder and any other spice you may want. Mix well so that the chicken is well coated in the spices.
- Pour some corn starch on a plate and roll the chicken pieces in it. Cover the chicken pieces well with the corn flour then deep fry in hot oil.
- Let this fry until the pieces start to brown. This could take 15 minutes or more. After they have nicely browned, take them out of the oil for about 2 minutes then return them to the hot oil and let them continue

Main Ingredients



- cooking for another 4 minutes. Remove from hot oil and take the oil off the heat.
- On a wok or sufuria, fry finely chopped red onions and 1 clove garlic until golden brown. Add 2 tablespoons of the corn starch that remained after coating and stir. Add a tablespoon of vinegar, 1 tablespoon of Worcestershire sauce and 3 tablespoons light soy sauce. (if you don't have Worcestershire sauce, just add 1/2 tablespoon of sugar to the soy sauce then use).
- Mix this well then add 1/8 cup of water. Just enough to dissolve the corn starch. Let this mixture come to a boil then add the chicken pieces. Coat them well with the sauce and serve.

I served mine with rice and guacamole

Easy Yummy Meatballs



Final Outcome

Spare that extra cash you are about to spend buying meatballs in a supermarket or a hotel and make them yourself. The beauty of this is that you can customize them to suit your palate (taste) by playing around with the ingredients.

Ingredients

- 1/2 kg minced meat.
- 1 egg
- 1/4 cup bread crumbs
- 1/2 finely chopped red onion
- 2 cloves crushed garlic

- Tablespoon of finely chopped dhania.
- Black pepper
- Red chilli powder
- Salt to taste

Procedure

- Pour all the above ingredients in a bowl and hand mix them till you get a good consistency.
- Make small balls from the mixture and put aside.
- On the heat, place a pan and add 4 tablespoons of oil to cover the base.
- When the oil heats up, place the meat balls on the pan and lower the heat to medium.
- Let the meat balls brown on each side before turning. Repeat this until all the sides are brown. This could take up to 30 minutes.
- Put them aside.



Step 2

Ingredients

- Oil
- Onion
- 4 tomatoes
- One bell pepper.
- 2 cloves crushed garlic.
- Dhania
- Salt to taste
- Place the tomatoes and the bell peppers(hohos) in a food processor or blender and process them to form a paste.If you don't have, finely grate the tomatoes and the hohos.
- On a sufuria, add a chopped red onion, garlic and add oil.
- Fry this until it browns then add the blended mixture. Let this cook for about 5 minutes with the lid on.
- Add salt and your preferred spices (royco for me) and add 2 glasses of water.
- Bring this to a boil then add the meat balls then lower the heat to low. Let this cook for about 15 minutes on low heat to allow the meat balls to cook through.
- When ready add your chopped dhania and take off the heat.



Serve with RICE or SPAGHETTI.

Spicy Potatoes



Final Outcome

Ingredients

Potatoes
Onions
Your preferred spices
Pilau masala/garam masala
Oil
Salt
Dhania (cilantro).

Procedure

Clean and boil your unpeeled potatoes then boil them in salt, garlic and turmeric powder till done.
Drain the excess water and let them cool down for a few minutes then chop them to your desired shapes and sizes.



On a pan heat some oil and add your ringed onions. Cook them for about 2 minutes or until they became translucent. Now add the spices of your choice. These are the ones I used...



Let the spices cook for about 3 minutes on reduced heat. This is what you should have..



I added green chillies to mine because I wanted them spicy and hot. Now add a teaspoon of tomato paste to the mix and stir. This is what to expect... Cook this for a bout a minute or two then add your potatoes and mix to coat well. Finally sprinkle your dhania (cilantro) and serve.

Enjoy



Potato Hash



Final Outcome

Recipe is easy. You cook everything separately then combine.

Step#1 Boil your meat in ginger and garlic paste, salt and any other spice you want. Let it dry completely then pan fry it with little oil until it starts to brown. Place it in a bowl.

Step #2 Chop the potatoes, boil them in spices- I did mine in garlic, royco, salt, and pepper. I added a tablespoon of vinegar to prevent them from falling apart incase they overcook. When done place them on a heated pan, add 3 tablespoons of oil and fry them until they crisp and start to brown. Add them to the bowl.

Step#3 Chop carrots and boil them in a covered sufuria for about 4 minutes, drain the water then add honey and let them cook in the honey for about 3 minutes. Take them out and add in the bowl.

Step#4 Stir fry your hoho and onions in high heat so they don't cook but maintain their crispness. When they also start to brown take them out and pour in the bowl.

Step#5 Poach an egg or two and add to the bowl. You can fry them or boil if you prefer.

Step#6 Garnish with your preferred topping. I added avocado and dhania on top. You can squeeze in a lemon if you like.

Serve this with a sauce of your liking. I served mine with pineapple sauce with an Asian twist.

Salads & Dips



Kachumbari



Final Outcome

Ingredients

- Red onion
- Tomatoes
- Lime juice
- Cilantro (dhania) optional
- Salt.

Preparation

- Chop the red onion and soak in warm salty water for about 5 minutes. Alternatively you can add a teaspoon of salt to the chopped onions and rub for about a minute then add water to dissolve the salt then drain.
- Chop the tomatoes- do not use the over ripened tomatoes.
- Chop the cilantro.

Procedure

Combine all the prepared ingredients in a bowl then add the salt and lime juice to taste.

You can also add pepper if you want some heat.

Enjoy!

Coleslaw Salad



Final Outcome

Ingredients

Cabbage finely chopped
Carrots, grated
Red onions, finely chopped
Dressing
Sugar
Mayonnaise/natural yoghurt
White vinegar
Salt.

Procedure

Mix the cabbage, carrots and the onions well.
Combine the ingredients for the dressing then pour over the cabbage mixture.
Combine well and refrigerate for about 30 minutes before serving.

Enjoy!

Custard Recipe



Final Outcome

Preparation

Bring 500ml of milk to a boil.

Mix 2 tablespoons of custard powder with 1/8 cup of milk. Mix until you get a smooth solution. (If using unflavoured custard powder you can add vanilla extract/essence to the milk).



Add the solution to the milk as you stir. Keep stirring to avoid formation of lumps. As soon as the solution starts to thicken add 1/4 cup of sugar and stir to dissolve the sugar. You can adjust the sugar to suit your taste.

Lower the heat and let this cook for about 8 minutes with an occasional stir. Taste to see if it's ready. If ready pour in a bowl and let it cool down before serving. I serve mine chilled with fruits.



Guacamole



Final Outcome

Ingredients

- Avocado
- Tomatoes
- Red onions
- Bell peppers
- Cilantro
- Lime juice
- Salt.

Procedure

- Chop first five ingredients in to your desired size then combine all the ingredients in a bowl.
- Adjust the salt and the lime juice until you achieve a balance.

Enjoy

Potato Salad



Final Outcome

Ingredients

- Potatoes
- Salt
- Garlic powder
- Turmeric
- Black pepper
- Dressing
- Mustard
- Mayonnaise
- Vinegar
- Garnish
- Red chilli powder
- Freshly chopped dhania

Procedure.

- Boil the unpeeled potatoes in the listed spices until well done.
- Meanwhile combine the dressing ingredients until smooth.
- Drain the potatoes, chop them in to bite sizes then place them in a bowl.
- Sprinkle the red chilli powder then add the dhania.
- Finally pour the dressing on top and mix well. You can adjust the salt or sprinkle some sugar to suit your taste. I usually throw in sultanas/raisins but didn't have this time.



Sweet & Sour Chutney



Final Outcome



Ingredients

- Sliced raw mangoes
- Chopped pepper
- 1 tomato
- 1 tablespoon tomato paste
- 1 sliced onion
- 2 cloves crushed garlic
- Lemon
- Salt

Procedure

- Put all ingredients - except the tomato and the tomato paste - in a sufuria and add two glasses of water. Let this cook until the water dries and the mangoes are soft enough to be mashed.
- Now add the chopped tomato and 3 tablespoons of oil and let it cook for a minute or two. Add the tomato paste and stir. Keep stirring as you mash the mangoes until you get a smooth paste. Squeeze in the lemon. Adjust the seasoning then take off the heat.

Serve

Cilantro Lime Dip



Final Outcome

Procedure

- Combine lime juice, lemon zest, sugar, salt, honey, chopped fresh cilantro and mayonnaise.
- Blend these until smooth.
- Refrigerate then serve.

Mango Salsa



Final Outcome

A twist to your usual kachumbari.

Ingredients

- Ripe mangoes chopped in to cubes.
- Onions- diced and soaked in salty water to reduce the bitterness.
- Tomatoes- chopped
- Dhania (cilantro) chopped
- Lemon juice
- 2 tablespoons of honey. (Adjust to your liking).
- 1/2 pepper (pilipili) for some
- heat.
- A pinch of salt.

Procedure

- Combine all the above ingredients and adjust the seasoning.



Pineapple Sause



Final Outcome

Preparation

- Combine pineapple juice, teriyaki sauce(Worcestershire sauce), soy sauce, lemon juice, pineapple, sugar, and garlic powder in a saucepan over medium heat; cook until the liquid has reduced to a syrup, about 5 minutes.
- Stir the water through the mixture; continue cooking until the mixture thickens again.
- Remove from heat and serve immediately.



Happy Cooking