

PILAU



Pilau is a specialty along the Swahili Coast in which Rice is flavoured with spices and cooked in a well seasoned broth of Meat, Poultry or Fish. It is also a festive Dish which never misses at every special occasion...

Ingredients

- 1/2 kg Basmati rice, washed (for better results I highly recommend Basmati reis)
- 1/2 kg potatoes – peeled, washed, and coarsely chopped
- 1/2 kg beef, chicken, or fish filet – cubed
- 1 small cup sunflower oil (or any other liquid oil)
- 4 cups of hot water or broth
- 1 onion, chopped
- 5 cloves of Garlic, crushed
- 1 fresh Ginger, crushed
- 2 fresh Tomatoes, sliced
- 2-3 teaspoon Pilau spices
- Salt and pepper to taste

Pilau masala ingredients

- | | | |
|--------------|---|-------------------|
| Cumin seeds | - | Kreuzkümmel |
| Black pepper | - | Schwarzer Pfeffer |
| Cinnamon | - | Zimt |
| Cardamons | - | Kardamom |
| Cloves | - | Nelken |

Instructions

Boil beef or chicken with ginger for 10 minutes. Add potatoes and let them boil for 5 minutes then set aside (separate the cooked ingredients from the broth so you can use it later)

Heat oil and fry onions till light brown, add garlic and Pilau spices and on a low heat, fry for 1 minute

Add tomatoes meat/chicken with potatoes and cook till tender

Add rice and ensure to mix everything very well before adding your broth or hot water then stir the mixture very well

Add salt and pepper to taste then cover the pot and cook on medium heat

When the Food is nearly dry, lower down the heat to very low, cover your Pilau with aluminium paper (please avoid newspapers or polythene papers) and place the lid on top.

Leave to cook for 10 minutes.

*Here you are, your Pilau is ready!

Serve your Pilau hot with Kachumbari and Pilipili ya Maembe

A banana can also be used for garnishing

*Some like to serve it with a tasty tomato sauce or beef/chicken stew on the side which is also very nice....

Kachumbari (Kenyan Salad / Kenyan Salsa)



Kachumbari is an east African tomato and onion salad eaten mainly in Kenya but also prevalent in the neighbouring countries like Tanzania, Uganda, and Zanzibar. This Kenyan salad is made of tomatoes and onions as the main components but may contain other ingredients like cucumber and avocado.

Course	Salad
Cuisine	African, Indian
Prep Time	10 minutes
Total Time	10 minutes
Servings	4 people
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Ingredients

- 1 medium red onion
- 300 g red cherry tomatoes (or 2 to 3 large tomatoes)
- 1 ripe avocado
- 1 handful fresh coriander leaves
- 2 tbsp fresh lime juice
- 1/2 tsp sea salt (to taste)
- 1 tbsp olive oil
- 1 small chili (optional)

for preparing the onion

- 1 tsp sea salt
- 200 ml water

Instructions

Add 1 tsp of sea salt in a bowl with 200 ml of water, mix till dissolved and set aside.

Meanwhile, finely dice the onion. Place the onion in the bowl of salty water and massage for 30 seconds and then allow soak for about 5 minutes. This process will help in the reduction of the pungent onion flavour.

Drain the onions thoroughly and transfer to a medium bowl.

Finely dice the tomatoes, the cilantro and avocado. Add them to the onions.

Using plastic gloves deseed the chili and chop finely.

Add the chili to the rest of the vegetables

Finish by adding the ½ tsp salt (or salt to taste), olive oil and the lime juice.

Mix well and adjust the seasoning to your taste.

Serve kachumbari with pilau rice or any other dish of choice.

Notes

Deseed the chili before chopping to cut the spiciness.

MAHAMRI (Bonus 😊)



Mahamri is a type of doughnut whose special ingredients include Coconut milk and cardamom. This authentic type of snack originated from the Swahili coastal regions of Kenya and Tanzania and is still very popular in both regions. Normally, it is accompanied by pigeon peas cooked in Coconut milk or a cup of typical Kenyan Chai.

Due to its special exotic taste, Mahamri is considered as one of Kenyan's Delicacies...

For a perfect Sunday Brunch or that special occasion or just for your family and friends, try this simple Recipe!

Ingredients

- 3 cups of flour
- 8 -10 tablespoons of brown sugar (depending on how sweet you wish your Mahamris to be)
- 1 teaspoon of instant yeast
- 1 teaspoon of cardamom
- 1 teaspoon of ghee, butter or margarine
- 1 medium Egg – (optional)
- cup of coconut milk for kneading the dough
- Vegetable oil for deep frying

Instructions

In a mixing bowl add flour, sugar, yeast and cardamom, ghee/butter/margarine and the egg. Mix the ingredients together with either clean hands or a mixture. Slowly add coconut milk little at a time, as you knead the dough

If you are using your hands to knead the dough, knead it for a minimum of 15-20 minutes until it's soft, smooth, and not sticky in either your hands or the walls of your bowl. Place the dough in a container and cover it with either a lid or a clean cloth. Let it rest and rise for at least 3-4 hours in room temperature. I normally leave mine overnight! The dough should double in size.

Using a dough cutter or a knife, divide the dough into 4-5 equal balls. Coat each ball of dough with flour, cover them again with a clean cloth for 15 minutes and let them puff/rise.

Sprinkle some flour on a clean surface and using a rolling pin, roll each ball of dough into a circle of about 6 inches. Move with the dough and if needed use more flour to prevent the dough from sticking on the surface and on the rolling pin.

Cut each rolled dough into 4 pieces.

Heat up the vegetable oil in a frying pan on a wok.

Test your oil by gently dropping a small piece of dough into the oil. If the dough stays at the bottom for a couple of seconds, then rises to the surface, then your oil is ready for frying but if it rises up immediately after dropping it into the oil, then your oil is too hot, and you need to reduce the heat otherwise your mahamris will burn and end up not being cooked inside.

Fry 4 mahamris at a time (depending on the size of your pan or wok). Use your strainer to splash oil over the top of the mahamris to help them puff up. As soon as you see the bottom side of the mahamris has turned light-gold brown turn them over.

Keep turning the mahamris until they have a nice golden-brown colour on both sides. Remove them from the hot oil and place them in a serving plate lined with paper towels to absorb any excess oil.

Repeat this process until all the dough pieces have been fried.

Allow them to cool for a few minutes and enjoy!!

Serve for breakfast with pigeon peas cooked in coconut milk and or with a cup of typical Kenyan Chai ;-)...

Tips

For healthier Mahamris I recommend whole wheat flour or half white and half whole.

If you do not like using coconut milk for whatever the reason might be, normal milk may be used. The taste will be slightly different, but they are as equal as delicious!

This authentic Recipe is normally prepared in tropical climate. In other climates, you may need to add a little bit of instant yeast than the one mentioned on this Recipe.