

FUTARI

SWEET POTATO, BUTTERNUT AND COCONUT STEW

In a frying pan, heat oil and stir-fry onion until tender. Stir in all the other ingredients and bring to the boil. Reduce the heat, cover and simmer, stirring occasionally, for 40 minutes or until the vegetables are tender.

Serves 8

splash of cooking oil
1 onion, chopped
1 butternut, peeled and cubed
1 sweet potato, peeled and cubed
240 ml coconut milk
5 ml ground cinnamon
2 ml ground cloves
salt and pepper to taste

CHAPATTIS

Rub 150 g butter into the flour with your fingertips. Add salt. Slowly add the hot water and mix to form a soft dough. Knead the dough into a ball and allow to rest on the counter for at least 5 minutes. On a kitchen surface sprinkled with flour, roll out the dough to a thin disc. Paint the melted butter on the rolled-out dough. Starting from one edge, roll the dough into a long, tight coil. Divide the dough into small (20 g) balls and flatten into discs. Roll each disc into a 15 cm round chapatti. Cook in a heated pan with a small amount of oil or butter until golden brown on both sides.

Makes about 4-6

150 g butter at room temperature
240 g cake wheat flour
salt to taste
150-200 ml hot water
100 g butter, melted
oil or butter for frying

UGALI

MAIZE MEAL PORRIDGE

Heat water in a pot until boiling. Mix half of the flour with just enough cold water to get the consistency of a thick smoothie. Mix this into the boiling water and continue to stir while slowly adding the rest of flour. Add butter and salt, and cook for another 3 minutes.

Serves 8

480 ml water
240 g white maize meal
15 ml butter
pinch of salt

