



# Traditional Recipes from Western Kenya

Busia County



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**Convention on  
Biological Diversity**

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Credit: Lusike Wasilwa, BFN Project Kenya

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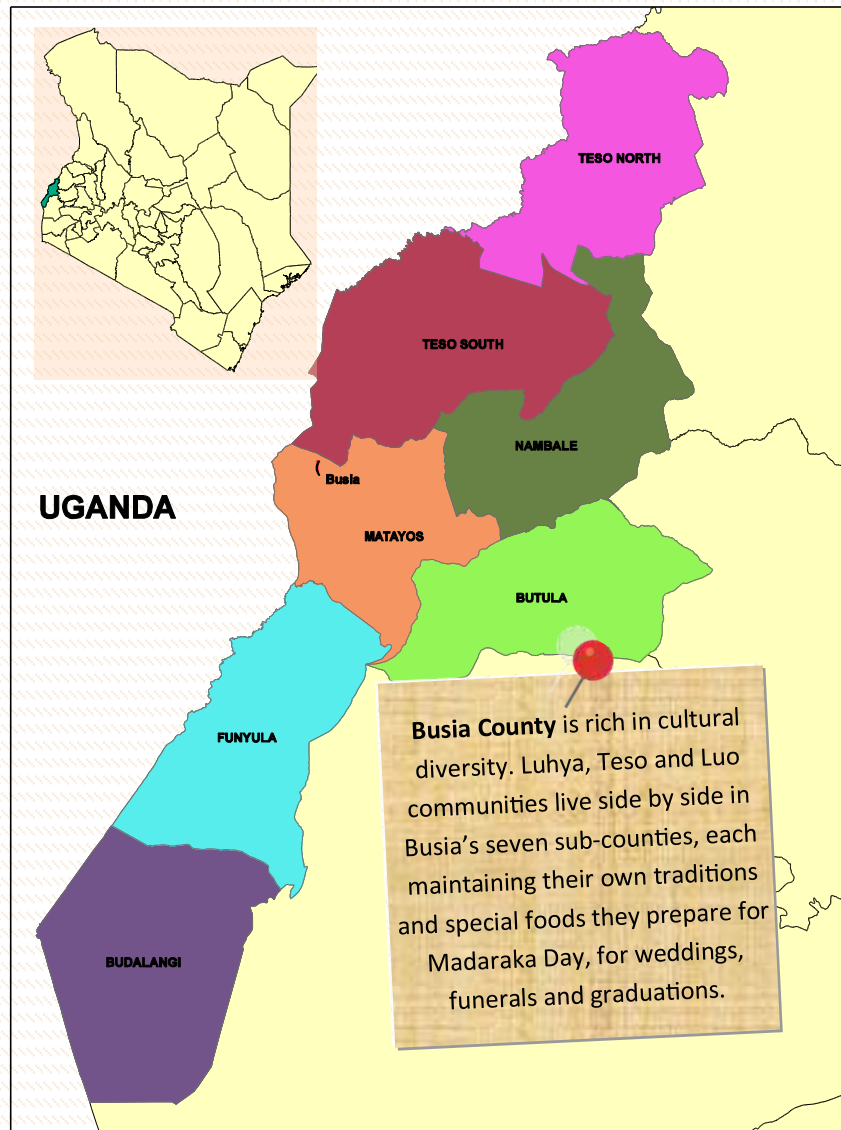




# Busia County and its challenges

Situated at the extreme western border of Kenya, at the gateway with Uganda and close to Lake Victoria, Busia County is rich in cultural diversity. Luhya, Teso and Luo communities share Busia's seven sub-counties, most of them making a living as small-scale farmers and fishermen.

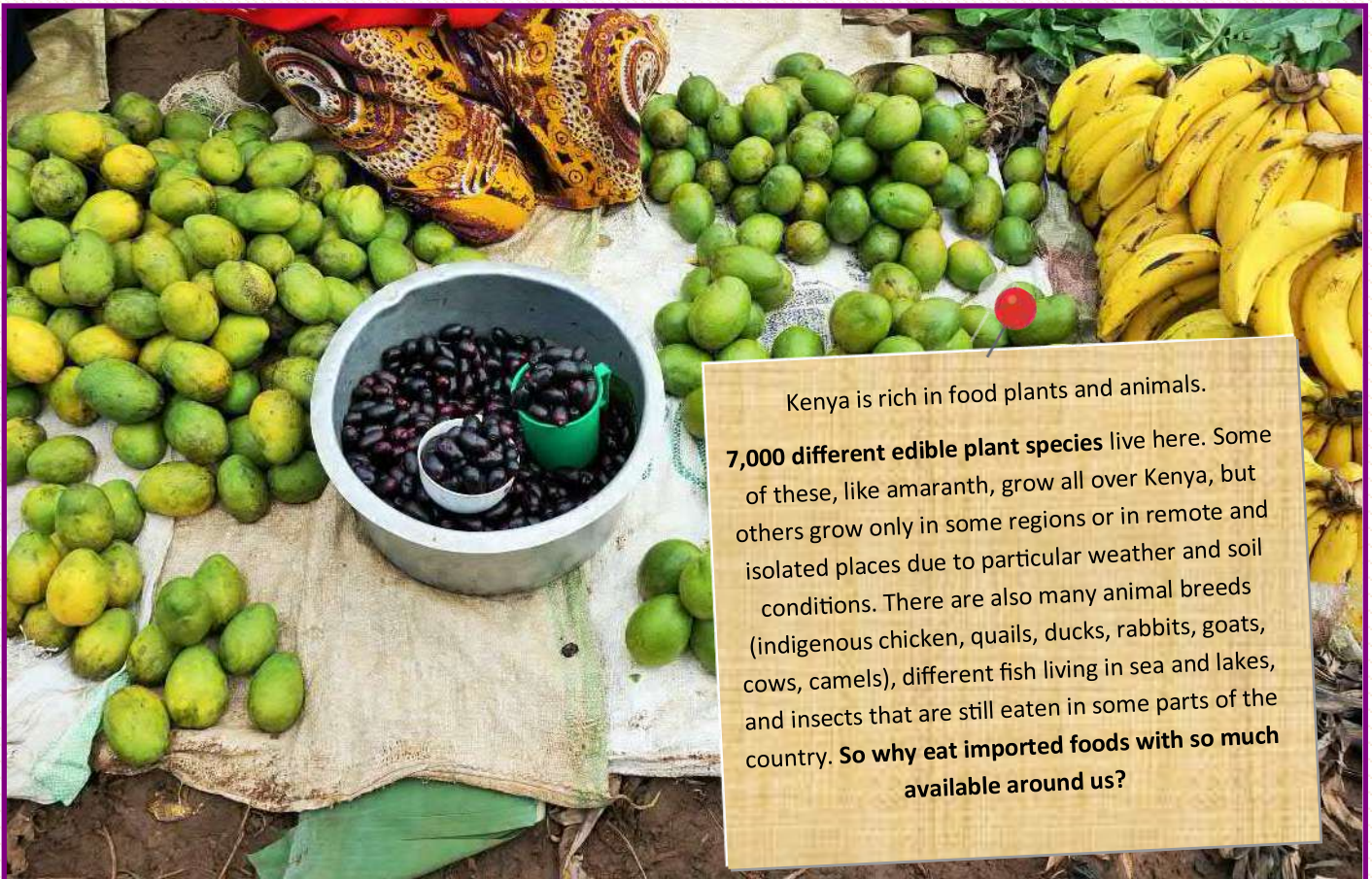
Despite the favourable climate and relatively fertile soils, plant and animal diversity in Busia is rapidly disappearing. Most of the large landowners practice intensive agriculture and have devoted large portions of land to sugarcane farming which is destroying the natural environment. Smaller landowners (average farm size 0.5 ha) grow mainly beans and improved maize varieties, which have replaced the traditional landraces that are better adapted to the environment. When crops fail and farmers wish to revert to cultivating their landraces, these have long been lost and seeds are hard to come by. Poverty rates in Busia range from 63% to 74% and over two-thirds of the population is unable to meet its basic food minimum requirements.



# Introduction

**“Habari za asubuhi!”** Another day begins in Busia County in Western Kenya and most families will be sitting down to a cup of sweet milk tea or chai, accompanied by wheat bread with margarine and jam. The younger children might have a thin maize porridge called *uji*, while preferred starchy alternatives include *chapati* (a flat wheat bread) or a fried doughnut called *mandazi*.

Although we are used to these foods now, the ingredients they are made with did not always grow in Kenya, but were introduced from foreign lands many years ago. So what did our ancestors eat before the great explorers brought in maize from the Americas, tea from China and wheat from Central Asia?



Credit: Alessandra Grasso, BFN Project Kenya

Description: Fruits of the waterpear (*Syzygium* spp.), known locally as *mzambarau*, are occasionally found for sale when in season. The pulp is sucked and the skin and seed discarded. Rich in vitamin B, the fruit has antibacterial properties also used to cure diarrheal infections.



# Introduction

Before wheat was available for making bread, starchy staples in our grandparents' diets included sorghum and finger millet, a cereal that contains high levels of calcium for bone health, iron for vitality and energy and methionine for joint health. Their meals included many other indigenous vegetables and fruits that are rich in energy, minerals and vitamins or have medicinal properties that are missing from many imported foods. For example, the Benghal dayflower or Wandering Jew (known respectively as *linyolonyolo/sinyolonyolo/ekiliokiti* among the Khayo, Samia and the Teso communities) cures fever and inflammation. Compared to exotic species, indigenous plants and breeds are naturally hardy; many are pest and disease resistant, drought-tolerant and are strategically available when other foods are not ready for harvest or food is scarce.

The problem is that many of these species are disappearing due partly to land degradation and habitat destruction, but also to neglect and changing food habits. Traditional knowledge linked to the cultivation/breeding or collection/hunting and preparation of these "forgotten foods" is also disappearing as youth are attracted to more Western-style diets and perceive these foods as "inferior" or "backwards". Kenyans in general do not eat enough food of all kinds, a habit that is particularly harmful for children's nutrition.

We argue that indigenous foods are hip and wholesome, but more importantly that they offer a sustainable and affordable option for diversifying diets.

This book is intended as a celebration of the traditional food system of the Khayo, Samia and the Teso communities of Busia County in Western Kenya and is a testimony to those farmers that still value, consume and conserve these traditional species. We hope it will help you to appreciate our incredible food culture, learn to recognize the different species, and know more about their nutritional properties and the proper way of preparing or preserving these foods.

Let us celebrate traditional Kenyan food and culture by preparing these dishes at home!



Credit: Alessandra Grasso, BFN Project Kenya



## Traditional knowledge

Food is not just nourishment. As well as providing energy and nutrients to our bodies, it helps keep local traditions and cultural identity alive. Traditional delicacies such as *wimbi* (finger millet, page 23), *chimbande* (Bambara groundnut, page 110), *tsisaka* (spider plant, page 46), and *omurere* (jute mallow, page 52) are still consumed in Busia, but mostly during cultural and religious festivals or other special occasions.

As Kenya steps into the globalized world and imported convenience foods become more common, much of the food culture is being lost along with knowledge about collection and preparation. Traditional foods help us remember who we are and where we come from.



Credit: Danny Hunter, BFN Project Global

Description: The annual Busia Food Fair is a celebration of traditional food culture and is helping raise awareness of the rich diversity of foods from all of Busia's sub-counties.





# Traditional knowledge

## Weddings

Weddings call for *kuku kienyeji* - family-reared, indigenous chickens - that are killed and prepared for the big occasion. Chicken is accompanied by *ugali*, home-made samosas, beans, bananas and strongly brewed sweet Kenyan tea. Graduations and the like also call for goat, beef, fish, chapati, rice, and hidden gems such as *likhubi* (cowpea leaves, page 77) and *lidodo* (amaranth) to recognize the achievements and efforts of loved ones.

## Family Farewells

Before the lengthy goodbyes commence, one last family meal is shared and enjoyed as a send-off and token of continued support from afar. The vast array of foods cleverly pieced together include rice, chapati, chicken, beef, fish, saga (page 46), papaya, mango and guava. Upon leaving, whether it be across the hills or the ocean, the connection with and appreciation for the diverse Kenyan landscape that provided this final supper only grows.

In a place where the regular use of the mother tongue and the donning of traditional attire are considered vital for identification and community pride, diverse and nutritious local food intertwines itself into Busia's rich cultural values, traditions, and deep-rooted history. A budding landscape offering the purest of ingredients is cared for and cherished, and *chakula* shared is a community united.





# Eat enough food of all kinds

Eating as many different foods as possible in our meals helps us and our families stay healthy. Local foods contain the same (sometimes more) of the nutrients that help us stay strong and fight off sickness. Different foods perform different functions in our body:

- \* **Starchy foods** like rice, maize, give our body energy to move, work and think — **GO FOODS**
- \* **Animal proteins** like fish, meat, eggs and insects help our bodies grow, build muscle and repair themselves — **GROW FOODS**
- \* **Fruits and vegetables** contain vitamins and minerals that protect our bodies from disease and help fight infection — **GLOW FOODS**

Most of these foods are available around us. We may have forgotten they exist and the ways in which they are prepared, so recognizing the different foods and knowing to which group they belong helps us decide what to eat and what to prepare for our loved ones.

In this recipe book you will find photos to help you recognize the main ingredients of a dish.

Under the photo of the ingredient, you will find a description of the traditional knowledge linked to the food and a summary of its nutritional properties (i.e. the nutrients it contains).

Recipes are then given for each ingredient. Next to the recipe you will find some symbols corresponding to the different food groups:

## GO (Energy-giving)



## GROW (Body-building)



## GLOW (Protective)



This will help you decide which food to cook for what purpose. Ideally, you will want to have **ALL** food groups in your meal. If possible, try and vary the foods within those food groups so that you don't eat the same food every day. For example, in the **GO** group eat Rice on Monday, Ugali on Tuesday, Cassava on Wednesday and so on. On page 14 you will also find suggested menus for each day to help you vary your diets and obtain all the nutrients you need to keep your family healthy.

We suggest you read through the book once and familiarize yourself with the foods you don't know well and learn to recognize the food group to which they belong.



# Your plate should look like...

To be healthy you need a balanced diet which contains **carbohydrates, proteins, fats, vitamins, minerals** and **fiber** in the right quantities. A healthy diet contains different types of foods that perform different functions in our body. This is an example of how your plate should look.



## GROW Foods

**Body building foods** contain **proteins** (plant and animal)

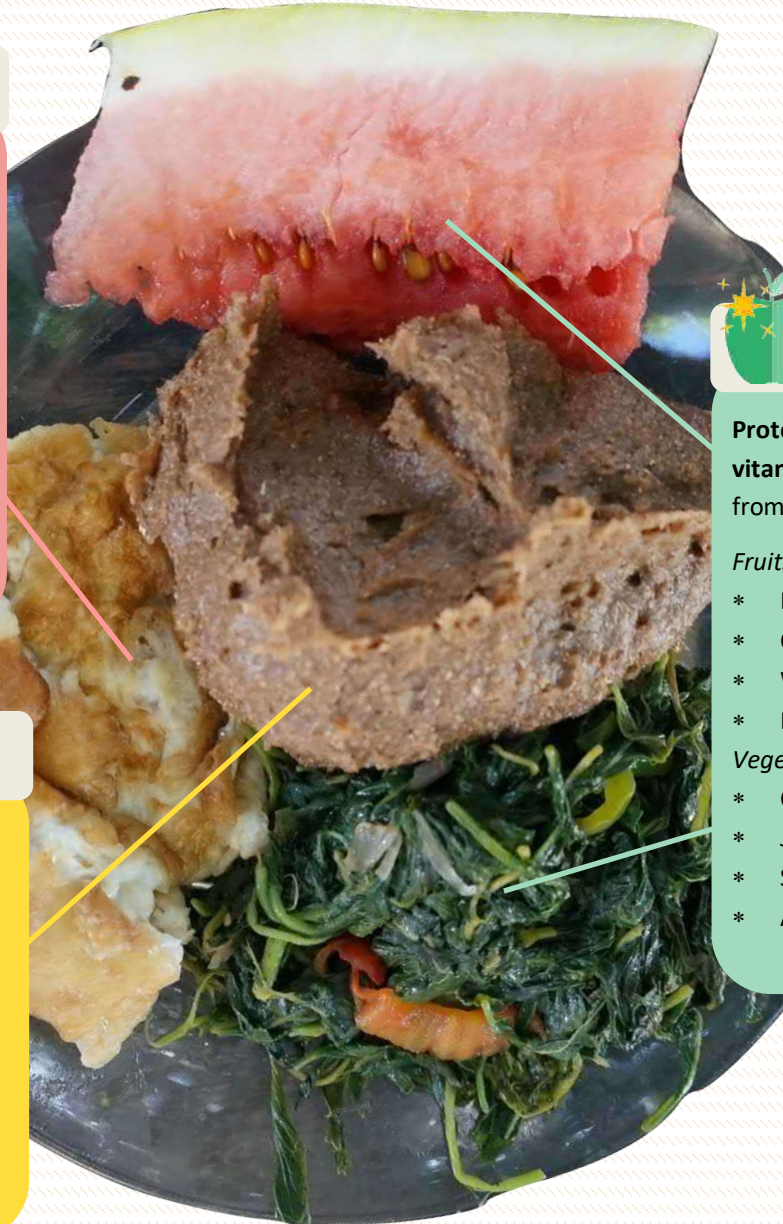
- \* Eggs, omelettes
- \* Fish (e.g. omena)
- \* Meat
- \* Milk
- \* Chicken
- \* Insects (e.g. *chiswa*)
- \* Beans
- \* Green grams
- \* Peas



## GO Foods

**Energy-rich foods** contain **carbohydrates** and include:

- \* Brown ugali
- \* Potatoes
- \* Cassava
- \* Matoke
- \* Rice
- \* Arrowroot
- \* Yam
- \* Bananas



## GLOW Foods

**Protective foods** contain **vitamins** that protect the body from disease. They include:

### Fruits

- \* Mangoes
- \* Oranges
- \* Watermelon
- \* Papaya

### Vegetables

- \* Cowpea leaves (*kunde*)
- \* Jute mallow (*murenda*)
- \* Spider plant (*lisaka*)
- \* Amaranth (*dodo*)



## Before we begin

### Hygiene in preparation

To stop illness spreading between family members, children and communities there are **6** important safety steps to remember before you handle food:

1. Wash your hands with soap and clean water, especially after visiting the toilet, blowing your nose, plaiting hair, coming from the farm and handling animals.
2. Wash cooking equipment with soap and clean water before and after use and when preparing different foods using the same equipment.
3. Wash fruit and vegetables in clean, safe water very well to remove all dirt that may cause diarrhea or gastric upset (vomiting) as well as fertilizers, and pesticides.
4. Prepare raw and cooked food separately; use separate chopping boards and utensils where possible. This prevents cross-contamination, or transferring micro-organisms from contaminated food to uncontaminated food (by hands, utensils, or storage).
5. Minimize time food is left at unsafe (warm) temperatures during preparation.
6. Ensure animal products are well-cooked to avoid food-borne infections (i.e. diarrhea).

### To preserve all the goodness

- First wash and then chop leafy greens, or important nutrients will be lost in the water.
- If you need to chop leafy green vegetables, do not chop them too finely as this will reduce the amounts of nutrients when cooking.
- Do not over-cook vegetables, as this will also increase nutrient loss.
- When slow cooking, cover food to retain nutrients and save energy.
- Only remove skin off fruit and vegetables if necessary or inedible as they also contain vitamins.
- Pre-soak legumes and pulses to release nutrients and save on fuel since soaked legumes and pulses take a shorter time to cook.



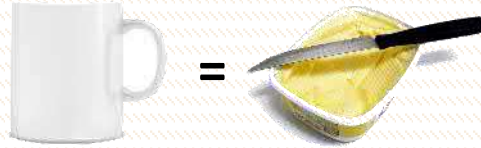




# Suggested portions






## Serving size recommendations

1 CUP = 1 TUB = 2 servings (250g)



tblsp.    tablespoon

tsp.    teaspoon

	 <b>GO FOODS</b>	 <b>GLOW FOODS</b>	 <b>GROW FOODS</b>		
Serving Sizes	<i>Cereals, Grains, Tubers and Roots</i>	<i>Vegetables</i>	<i>Fruits</i>	<i>Animal</i>	<i>Plant</i>
Each day per <b>Adult</b> 	3-5 cups (6-11 servings)	1.5–2.5 cups (3-5 servings) cooked	1-2 cups (2-4 servings) of chopped or whole fruit	80g-120g ( $\frac{1}{3}$ - $\frac{1}{2}$ ) cup	1-2 cups (2-4 servings)
Each day per <b>Child</b> 	3 cups ( 6 servings)	1.5 cups ( 3 servings)	1 cup (2 servings)	1 cup (2 servings)	

## Advice

- Children from 6-8 months of age should have mashed vegetables
- Children from 9-23 months of age should have finely chopped or mashed vegetables
- Children from 24 months- 3 years old should have chopped vegetables

*Stock up on vitamins  
and fight disease!*

Choose at least **5** different colours of vegetables each day and **2** varieties of fruit to receive a variety of vitamins and minerals.





## Suggested menu



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<p>Finger millet porridge ugali (page 24)</p> <p>Scrambled egg</p> <p>Glass of milk</p>	<p>Roasted sweet potato (page 28)</p> <p>Banana</p> <p>Tea with milk</p>	<p>Pigeon pea and maize (page 118)</p> <p>Watermelon</p> <p>Glass of milk</p>	<p>Mushrooms with peanut butter (page 125)</p> <p>Waterpear (mzambarau)</p> <p>Tea with milk</p>	<p>Banana ugali (pages 32 and 33)</p> <p>Boiled eggs (page 92)</p> <p>Tamarind juice (page 132)</p>
Lunch	<p>Roasted groundnut (page 108)</p> <p>Murenda (page 52)</p> <p>Pawpaw</p>	<p>Omushenye prepared from green grams (page 123)</p> <p>Boiled cowpea leaves (pages 78)</p>	<p>Steamed banana (page 34)</p> <p>Akoro chicken (page 90)</p>	<p>Cassava leaves with groundnut paste (page 72)</p> <p>Omushenye bean dish (page 118)</p>	<p>Pumpkin leaves in fresh milk (page 61)</p> <p>Fresh mushrooms fried in tomato sauce (page 127)</p>
Dinner	<p>Guinea fowl with ugali (page 95)</p> <p>African nightshade cooked in fresh milk (page 44)</p> <p>Lemon grass tea (page 130)</p>	<p>Sweet potato leaves spiced with groundnut paste (page 69)</p> <p>Tilapia (page 101)</p> <p>Mango</p>	<p>Sorghum ugali (page 38)</p> <p>Roasted sesame (page 121)</p> <p>Roselle juice (page 131)</p>	<p>Cassava ugali (page 30)</p> <p>Fresh omena (page 104)</p> <p>Avocado</p>	<p>Rabbit meat with sauce (page 97)</p> <p>Boiled pumpkin fruit (page 64)</p> <p>Pawpaw</p>





# Seasonal Charts

These charts show the availability of some of the more common foods given in this recipe book, and is a useful tool when meal planning.



## GO Foods

Staples	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Cassava (p. 29)												
Sweet potato (p. 27)												
Maize												
Sorghum (p. 37)												
Millet (p. 23)												
Yams												
Rice												



## GROW Foods

Legumes, nuts and seeds	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Cowpeas (p. 77)												
Pigeon peas (p. 113)												
Green grams (p. 122)												
Groundnuts (p. 110)												
Sesame (p. 120)												

■ Available in large quantities
 ■ Available in small quantities
 ■ Not available

Fruits	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
Pawpaw													
Avocado													
Banana (p. 31)													
Jackfruit													
Pineapple													
Orange													
Watermelon													
Tamarind (p. 132)													





## Traditional preparations: Flour

The recipes in this book use preparation methods that are traditional to the Samia, Khayo and Teso communities. On the following pages are the instructions for how to traditionally prepare finger millet, cassava tubers, lye, and ghee.



### Processing finger millet (*Eleusine coracana*)

- Finger millet and sorghum grains are first roasted on a pan before milling. Roasting improves flavour and also makes the flour easier to knead, overall enhancing texture of the final ugali
- The cereals like millet can be ground using a stone. Grind the flour for three hours to make a fine flour
- Throw a little the flour on wall, if it sticks on the wall then it is finely ground
- If mixing flours, use this ratio  
cassava : finger millet : sorghum = 2Kg : ¼ Kg : ¼ Kg

### Processing cassava tubers to flour

- Harvest and peel the cassava tubers
- Dry them in the sun
- Ferment the tubers by storing them in a sack for 3 days (removes cyanide). Alternatively cover the cassava tubers with banana leaves and put a stone on top
- Mould forms during fermentation, scrape to remove the mould
- Break the cassava into smaller pieces and dry them in the sun
- The tubers are ready for milling

### Processing fermented cassava (*fundia*) to flour

- Harvest and peel the cassava tubers
- Ferment the tubers by keeping them in a sack for 3 days, mould will form
- After 3 days, remove the tubers and scrape off the mould
- Dry the tubers in the sun for 2 days and then cut them into small pieces
- Mix the tubers with dry sorghum and finger millet grain
- Mill them to a flour using a grinding stone or a posho mill



## Traditional preparations: Lye

Traditional lye is used across the communities in cooking vegetables to tenderize vegetables, fix the deep green colour, and shorten cooking time which is essential in retention of vital vitamins and minerals. Traditionally, vegetables are boiled or blanched in traditional lye, seasoned with salt and other food additives then served with ugali (a type of stiff porridge) or with boiled tubers.

It is also used medicinally to treat tapeworms by drinking 2 tablespoons in the morning and evening, and to treat coughs by drinking ½ small cup. To treat acidity and nausea, you can add salt to the ash and lick it. It is also believed to clear bacterial infections.



### Preparation of traditional lye (*mukherekha*) Luhya style

- Obtain maize cobs or bean pods
- Dry the plant material for 5 days until completely dry
- Burn the plants and filter the ash using a perforated tin of traditional *olukherekho*
- Use the lye to cook *murenda* or other vegetables like cowpea, *mitoo*, *nderema*
- Traditional lye retains the deep green colour of *murenda* and helps preserve the cooked vegetable longer. It also enhances the slimy texture of *murenda* when cooking. The vegetables also cook for a shorter time because it is a tenderizer





## Traditional preparations: Lye

### Traditional lye (*mukherekha*) Samia style

#### Plants used

- Bean pods and leaves
- Banana peels
- Finger millet straws
- *Lukhafwa* (grass)
- Maize cobs (used as firewood but do not mix)

#### Preparation

- Dry the plants for one day
- Burn the plants to a white ash
- Lump the ash together
- Filter the ash to obtain an even consistency that is brownish in colour. Filter using a perforated container or *olusherekho*
- The leftover maize cob ash can be collected from the fire place and used as well. Maize cob filtrate is more potent.



### Traditional lye (*abalang*) Teso style

#### Plants used

- Dry maize cobs (*abolei*)
- Bean pods
- Cassava stems
- Leaves and stems of groundnut plant
- *Emelait*
- Green banana peelings (dry)
- *Makora*
- Leaves of pawpaw
- *Abigito* (grass growing on the mountain)
- *Esamai* (type of grass from marshy areas)
- Sweet potato vines
- Maize stalks

The plant should be dry (if they've been rained on previously, the *abalang* will not be concentrated). Burn the plant while stirring to get an even mixture for 4 hours. Leave the plant to burn over night and collect the ash in the morning. The best filtrate is obtained from banana peelings, bean pods and groundnut plant.

If you chose, you can mix the ash of two different plants together.

Filter the ash using a perforated tin at the bottom and collect *abalang* in another container.





## Traditional preparations: Salt

### Traditional salt (*mukhebano*) Khayo style

- Cut the reeds (*maduru*) and leave them to dry for 5 days
- Burn the reeds using fire while singing so that it burns well
- Collect the ash, filtrate it using a perforated tin
- Put the filtrate in a clean pot (*nungiro*) and cover
- Boil the filtrate till it evaporates to get white crystals. The result is traditional salt, called *mukhebano*. Leave it to dry to remove the remaining water
- Use the traditional salt as a tenderizer for cooking beef, dried fish or chicken, or to add flavour.



### Traditional medicinal uses

- Fights throat infection
- Relieves heart burn
- Eases coughing in children
- Protects against osteoporosis
- Removes fat from the body
- Helps with hypertension



## Traditional preparations: Ghee

Ghee is made from milk and is used in the preparation of many traditional dishes as flavouring as it can reduce bitterness, or as a source of oil.

Animal fat and ghee contribute towards the provision of dietary fat.



### Preparation of ghee

- Obtain fresh milk from a cow and put it into a gourd (*sisabo*)
- Shake the gourd (*kusacha*) to separate the ghee from the milk
- Look inside the gourd to see if the ghee has collected. If so, remove the milk and leave the fat
- When using a new *sisabo*, add fresh milk and shake directly. If using a *sisabo* that already has leftover milk in it, put it in the sun to melt the old ghee for one hour before shaking
- Repeat the first four steps every day for 3 days. Fat should accumulate in the gourd
- On day 4, pour the fat into an *esikae* (pot with a very wide mouth). Add water to clean the fat
- Meanwhile heat another empty pot
- Remove the fat from the *esikae* and put it in another container, leaving the water behind
- Put the fat in the heating pot (*nungiro*) and stir
- Wash the pot (*esikae*) and dry it, then pour the heated fat into the *esikae*
- When the hardened pieces from the fat settle down, carefully remove the heated fat from the *esikae* and leave the hardened pieces behind
- Serve the hard pieces with soft ugali. It is a delicacy for children. Traditional spoons made from crocodile scales called *masari* are used to eat hard ghee left overs

# GO FOODS

Credit: Teresa Borelli, BFN Project Global





# Finger millet - Akima (Teso)

*Eleusine coracana*



## Food Facts

Finger millet is rich in dietary fibre and is one of the easiest grains to digest. It is digested at a slower rate and so makes you feel fuller for longer. This drought-tolerant African cereal is high in calcium, rich in iron and contains the amino acid methionine, important for joint health. Used in porridge it is ideal for feeding to infants and the elderly, but can also be used in many sweet and savoury dishes.

## Nutritional value

- ◇ Fibre
- ◇ Calcium
- ◇ Riboflavin
- ◇ Iron

## FINGER MILLET

*Edoso sour milk ugali***How to pick**

Sour milk is collected within one week after cow has given birth.

**How to preserve**

Store grains in an air-tight container.

*Ingredients*

- Sour milk
- Finger millet flour

*Preparation*

- Prepare sour milk by putting it in a gourd (*etuo*) to ferment for 5 days
- Shake the milk well and put it in a *sufuria*
- Boil the milk until it boils and add finger millet flour
- Stir vigorously to make ugali using a wooden spoon (*mwiko*)
- Let the ugali cook for 20 minutes over a medium fire so that it doesn't burn
- Serve the ugali with tea



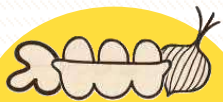


## FINGER MILLET

### *Akiria*



**How to preserve**  
Store grains in an  
air-tight container.



### Ingredients

- Maize flour
- Finger millet flour



### Preparation

- Mill maize and finger millet cereal to a flour
- Ferment the flour for 3 days
- Roast the fermented flour on a pan to get *akiria*
- Eat *akiria* as a snack





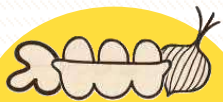
#### Note

Tamarind juice needs to be prepared in advance, see recipe on page 132.



## FINGER MILLET

### Obusera



### Ingredients

- 3 tbsps. of finger millet flour
- 1 tbsp. of cassava flour
- 2 tbsps. of sorghum flour
- 6 tamarind fruits (*mukhuwa*)
- No sugar added



### Preparation

- Place clean water in a pan or *sufuria* and bring to a boil
- Mix all the flour ingredients together and add to the boiling water
- Stir well to prevent lumps from forming. Cook for 10 minutes
- In the meantime, prepare the tamarind juice
- Add the tamarind juice to the cooking flour mixture and stir well
- Simmer for another 5 minutes
- Serve warm with boiled sweet potatoes or cassava

# Sweet potato

*Ipomoea batata*



## Food Facts

In times of drought sweet potatoes become an important source of nourishment. They can be boiled or fried, and their leaves are nutritious, too. Eating orange-fleshed sweet potatoes is a good source of beta carotene, an antioxidant important for the immune system.

## Nutritional value

- ◇ Vitamins A, C & E
- ◇ Beta Carotene
- ◇ Fibre (in the skin)
- ◇ Manganese





## SWEET POTATO

### Roasted sweet potatoes



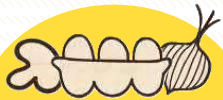
#### How to pick

Harvest from the ground right before cooking.



#### How to preserve

Preserve in the ground until ready, otherwise store in a cool, dry place.



### Ingredients

- Fresh sweet potatoes
- Salt to taste

### Preparation

- Roast the sweet potatoes for 20 minutes with the skin
- Peel them and season with salt
- Serve with tea or porridge as a snack



# Cassava - Mihogo (Swahili)

*Manihot esculenta*



## Food Facts

Like sweet potatoes, cassava are another important source of nourishment during droughts. They can be milled to a flour, mashed and mixed with vegetables, or turned into infant food. They are high in calories but low in micronutrient content. The leaves can also be consumed (page 71), but both leaves and roots must be cooked well in order to eliminate toxicity.

## Nutritional value

- ◇ Carbohydrates
- ◇ Thiamine
- ◇ Calcium
- ◇ Phosphorus

## CASSAVA

*Obusuma Ugali***How to preserve**

Preserve in the ground until ready, otherwise store in a cool, dry place.

*Ingredients*

- Cassava flour
- Finger millet flour
- Sorghum flour

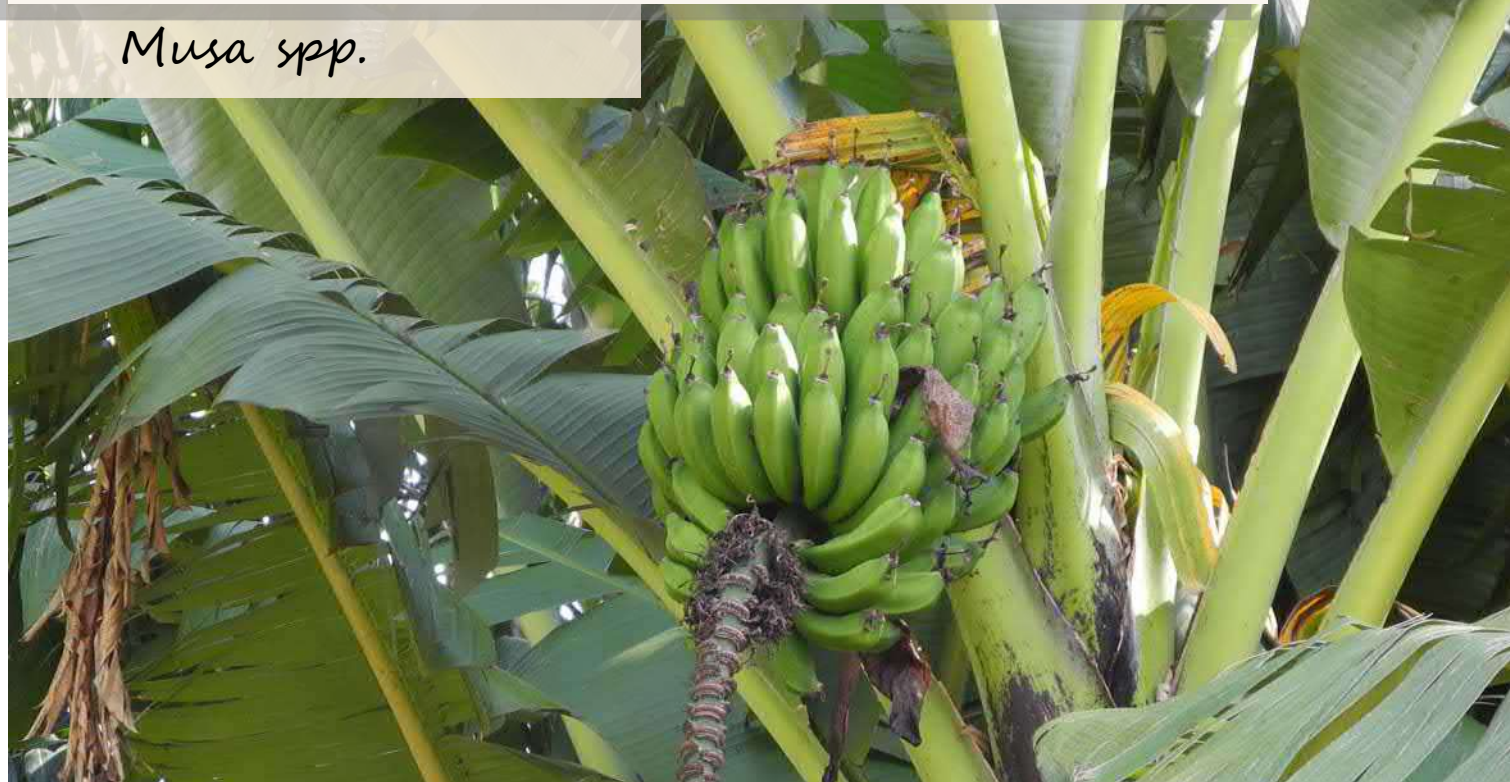
*Preparation*

- Bring water in a *nyafuka* pot to a boil
- Sieve the three flours well
- Add all flour at once to the boiling water and leave it to cook for 5 minutes
- Stir the mixture slowly to ensure there are no lumps. Be careful when breaking the lumps as to not break the pot
- Leave to cook for 15 minutes
- Remove the pot from fire and smooth the ugali to a round shape
- Serve warm with vegetable sauce or meat



# Banana - Maramwa (Khayo)

*Musa spp.*



## Food Facts

Bananas can be steamed, stewed, mashed, or mixed with flour to make ugali. When mashed it can be fed to infants. The leaves of the banana plant can be used for food storage by wrapping foods or covering pots, also known as *ndakala* or *matemwa* in Samia.

## Nutritional value

- ◇ Potassium
- ◇ Vitamins B6 & C
- ◇ Magnesium
- ◇ Fibre



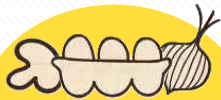
## BANANA

*Obusuma bwe matemwa Banana ugali***How to pick**

Harvest when the bananas turn from dark green to light green. Allow them to continue ripening at home.

**How to preserve**

Keep bananas in a cool, dry place away from other fruits.

*Ingredients*

- Ripe bananas (bokiboki type)
- Flour

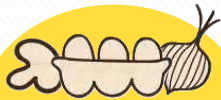
*Preparation*

- Boil the ripe, peeled bananas in water until well cooked, ensuring that some water remains
- Pour in the flour and stir vigorously to make ugali
- Cook for 15 minutes
- Mould the ugali to a round shape using a wooden spoon (*mwiko*)
- Serve with vegetables, meat sauce or tea

## BANANA

*Akudume Banana ugali***How to pick**

Harvest when the bananas turn from dark green to light green. Allow them to continue ripening at home. Bokiboki bananas should be ripened to a yellow colour before cooking.

**Ingredients**

- Ripe bananas (bokiboki type)
- Flour

**Preparation**

- Peel the matured bananas and split them lengthwise to quicken dry
- Dry for 3 days
- Mill dried banana and finger millet grain to flour. You can use sorghum flour instead of finger millet flour if need be
- Put water in *atikwa* (pot) to boil
- Add flour, leave it to boil for 2 minutes, then use a wooden spoon (*mwiko*) to stir
- Cook for 10 minutes
- Serve the ugali or keep it wrapped in banana leaves for later use
- To heat, use *ekukutu* (*kisiki*) firewood which lasts a long time
- Serve with vegetable sauce or meat

## BANANA

*Matemwa Steamed banana***How to pick**

Harvest when the bananas turn from dark green to light green. Allow them to continue ripening at home.

**How to preserve**

Keep bananas in a cool, dry place away from other fruits.

*Ingredients*

- Cooking green banana fruit (*matemwa*)

*Preparation*

- Peel the banana fruits
- Wrap the peeled banana in banana leaves
- Tie the banana leaves and put in boiling water in a pot (*nungiro*)
- Cook for 40 minutes
- Remove the banana leaves containing cooked banana and put aside
- Press the cooked banana to mash while still in the leaves
- Serve warm with meat stew or tea



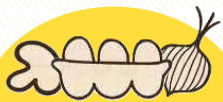
## BANANA

*Matemwa madekhe***How to pick**

Harvest when the bananas turn from dark green to light green. Allow them to continue ripening at home.

**How to preserve**

Keep bananas in a cool, dry place away from other fruits.

*Ingredients*

- 10 mature green cooking bananas

*Preparation*

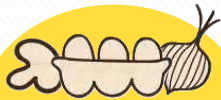
- Put the whole bananas in the *sufuria* with enough water for cooking. Do not peel them
- Cover the *sufuria* tightly with a lid of banana fibres
- Cook for 20 minutes until soft
- Remove from fire, peel the cooked banana, salt to taste
- Serve with tea or porridge

## BANANA

## Boiled bokiboki bananas

**How to pick**

Harvest when the bananas turn from dark green to light green. Allow them to continue ripening at home. Bokiboki bananas should be ripened to a yellow colour before cooking.



## Ingredients

- Ripe bananas (bokiboki type)
- Salt



## Preparation

- Put the bananas in a *sufuria* (do not peel the bananas)
- Add enough cooking water
- Cover the *sufuria* with banana leaves and place another lid on top
- Cook the bananas for 30 minutes when the water dries up
- Remove the *sufuria* from heat source and place it aside for the bananas to cool a little
- Peel the bananas, and sprinkle salt (optional)
- Serve warm with tea



# Sorghum - Imwa (Teso)

*Sorghum bicolor*



## Food Facts

Sorghum is a drought tolerant grass, used widely as animal feed as well as for human consumption. Is a powerhouse in terms of nutrients, providing vitamins like niacin, thiamin, riboflavin and of magnesium, iron, copper, calcium, phosphorus, potassium as well as a significant amount of dietary fiber. Its antioxidant properties have been directly connected to a reduced chance of developing various types of cancer. Can be eaten safely by those suffering from celiac disease since it is gluten free. It is used in the preparation of foods such as couscous, sorghum flour, porridge and molasses and distilled beverages.

## Nutritional value

- ◇ Carbohydrates
- ◇ Calcium
- ◇ Phosphorus
- ◇ Potassium





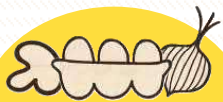
## SORGHUM

### Atap kimwa Sorghum ugali



#### How to preserve

Preserve in the ground until ready, otherwise store in a cool, dry place.



### Ingredients

- Sorghum flour



### Preparation

- Boil enough cooking water in a *sufuria*
- Add the sorghum flour and stir vigorously
- Leave it to cook for 20 minutes over a medium fire while stirring it occasionally
- Mould it well and remove the ugali from the *sufuria*
- Serve warm with meat sauce or traditional vegetable sauce





# GLOW FOODS





# Vine spinach - Nderema (Khayo)

*Basella alba*



## Food Facts

A fast-growing, soft-stemmed vine whose thick, semi-succulent, heart-shaped leaves are widely used as a vegetable. The leaves have a mild flavour and mucilaginous texture and are a good source of protein, fibre, vitamins, riboflavin, niacin, thiamine and minerals such as calcium, magnesium and iron. They can be boiled to thicken soups or stir fried with garlic and chili peppers.

## Nutritional value

- ◇ Vitamins A, C, E K & B9 (folic acid)
- ◇ Calcium
- ◇ Magnesium
- ◇ Fibre



## VINE SPINACH

*Nderema flavoured with fresh milk***Note**

*Nderema* can be mixed with pumpkin or cowpea leaves and cooked in traditional lye. It is a succulent vegetable hence little water is used when cooking. When cooking *nderema* one is advised not to talk to anyone.

**Ingredients**

- 5 handfuls of *nderema* (vine spinach)
- 1/4 cup of traditional lye (*mukherekha*)
- cup of fresh milk
- 2 tbsps. of ghee
- Salt to taste

**Preparation**

- Pluck the leaves from stems, wash them well
- Boil 1 cup of water in a pot and add traditional lye
- Add the vegetable and cook for 10 minutes while stirring
- Stir well as the lye will cause the mixture to foam
- Add fresh milk and ghee (optional)
- Add chili peppers (optional)

## VINE SPINACH

*Ekabose, amase and nderema***How to pick**

Vine spinach is available all year round. Harvest it frequently to keep the plant small and bushy.

**Ingredients**

- Ekabose leaves (*Momordica*)
- Amase leaves
- *Nderema* (vine spinach)
- Groundnut paste
- Traditional lye (*abalang*)

**Preparation**

- Pluck the leaves from their stems
- Wash the vegetables well
- Mix them and set them aside
- Put traditional lye in a *sufuria* and add salt to taste
- Add the vegetables and boil until all water dries up
- Add groundnut paste, stir well
- Remove and serve with cassava and sorghum ugali (see page 31)



# Ethiopian Kale - Kanzira (Khayo)

*Brassica carinata*



## Food Facts

A member of the cabbage family, this plant is characterized by good levels of beta-carotene, calcium, iron and vitamin E, and is a rich source of folic acid and vitamin C. Leaves and tender stems are boiled, pickled, or eaten in salads.

## Nutritional value

- ◇ Iron
- ◇ Calcium
- ◇ Vitamins C & E



## ETHIOPIAN KALE

*African nightshade cooked in fresh milk*

**How to pick**  
Ethiopian kale  
is available  
from March to  
December.

**Ingredients**

- 4 handfuls of nightshade (*lisutsa*)
- 2 handfuls of Ethiopian kale (*kanzira*)
- 2 handfuls of amaranth (*chimboka*)
- ½ cup of fresh milk

**Preparation**

- Pluck the leaves from stems of the vegetables and clean them well> Shred the *kanzira* finely
- Mix the three vegetables
- Add cold water to the vegetables and boil directly for 5 minutes with the pot covered tightly with banana leaves
- Do not stir while cooking to avoid developing a bitter flavour from the nightshade. The colour of the vegetable turns to brown
- Cook for 20 minutes
- Add salt and fresh milk, stir once and simmer for 5 minutes
- Remove and serve with ugali

## ETHIOPIAN KALE

*Ekadakada mixed with Ethiopian kale***How to pick**

Ethiopian kale is available from March to December.

**Note**

This dish can also be mixed with the wild vegetable *ekapulu*.

**Ingredients**

- 1 handful of *ekadakada*
- 3 bunches of Ethiopian kale
- 1 small sized onion
- 3 cherry tomatoes

**Preparation**

- Harvest the vegetables and put them in the open air to remove insects
- Wash the vegetables well to remove soil
- Shred/cut the Ethiopian kale finely
- Pluck leaves of *ekadakada* but do not shred
- Boil the vegetable for 10 minutes in 2 cups of water
- Fry the vegetable in onion and tomato
- Serve with ugali



# Spider plant - Saga (Teso)

*Cleome gynandra*



## Food Facts

This plant has many names in Busia county, including *ofsaga*, *saga*, *lisaga* and *lisaka*. Spider plant is high in beta-carotene, folic acid, vitamin C and calcium and a good source of vitamin E, iron and oxalic acid. Leaves and shoots are usually boiled or used to prepare soups.

## Nutritional value

- ◇ Calcium
- ◇ Vitamins C & E
- ◇ Iron
- ◇ Folic acid



## SPIDER PLANT

### Spider plant in sour milk sauce



#### How to preserve

Add sour milk daily when warming to keep the dish longer and to reduce bitterness.



### Ingredients

- 5 handfuls of *ofsaga* (spider plant)
- 1/2 cup of sour milk



### Preparation

- Harvest the vegetable and put it in open air to remove insects
- Pluck the leaves from the stems and clean them well
- Boil the vegetables in 2 cups of water for 10 minutes
- Add sour milk and simmer for 5 minutes
- Do not add salt, as it is a bitter vegetable
- Serve with ugali

## SPIDER PLANT

### Spider plant and amaranth in sour milk sauce



#### How to preserve

Vegetables can be cooked in large amounts to be eaten for several days. The sour milk can even preserve the vegetable for up to two weeks.



#### Note

*Lisaka* is mixed with *chimboka* to neutralize the bitterness.



## Ingredients

- 2 handfuls of *chimboka* (amaranth)
- 3 handfuls of *lisaka* (spider plant)
- No salt is added
- Sour milk



## Preparation

- Pluck the leaves from stems and wash them well
- Put the mixed vegetables in a pot with enough water, cover to cook
- Don't stir the vegetables as to avoid developing a bitter flavour
- Cook for 20 minutes, then uncover the pot and add sour milk, stir once
- Do not add salt as it is a bitter vegetable
- Serve the cooked vegetables the following day with ugali



# Wandering Jew - Linyolonyolo (Khayo)

*Commelina benghalensis*



## Food Facts

This wild plant's young leaves are often eaten as a relish in Kenya. It is also known as *ekiliokiti* in the Teso language. *Linyolonyolo* is used medicinally to relieve constipation and rheumatic pain.

## Nutritional value

- ◇ Protein
- ◇ Fibre
- ◇ Carbohydrates
- ◇ Iron

## WANDERING JEW

*Linyolonyolo*

**How to pick**  
*Linyolonyolo* is a wild plant and is available nearly all year round. Pick when the leaves are young for the best flavour.



### Ingredients

- *Linyolonyolo*
- *Nderema*  
(vine spinach)
- *Chimboka* (amaranth)
- *Murere* (jute mallow)
- ¼ cup of traditional lye  
(*mukherekha*)



### Preparation

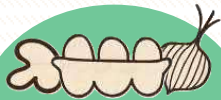
- Harvest the vegetables and put them on a woven tray to remove insects
- Pluck the leaves from stems, discard the stems
- Wash the vegetables well
- Boil water, add traditional lye
- Add the mixed vegetables and cook for 15 minutes
- Add salt to taste, simmer for 5 minutes
- Remove and serve



## WANDERING JEW

*Ekiliokiti mixed with cowpea leaves***Note**

*Linyolonyolo* can be mixed with murenda instead of cowpeas. Fresh milk can be added while cooking the vegetables towards the end to improve taste and add nutrients.

**Ingredients**

- 6 bunches of cowpea leaves
- 4 handfuls of *linyolonyolo*
- 1/2 cup of traditional lye (*abalang*)

**Preparation**

- Harvest the vegetables and put them in open air to remove insects
- Pluck leaves from stalks of both vegetables
- Clean the vegetables well in water to remove the soil
- Boil water and add *abalang*
- Cook for 15 minutes and stir well so that the vegetables cook evenly
- Add salt to taste, simmer for 2 minutes
- Serve directly or fry with onion and tomatoes to add flavour

# Jute mallow - Murenda (Khayo)

*Corchorus olitorius*



## Food Facts

With high levels of beta-carotene, vitamin C, folic acid, calcium and iron, jute mallow (also known as jew's mallow) is a valuable and versatile indigenous vegetable. In Khayo, it is called either *murenda* or *murere*, and the leaves and tender stems are eaten boiled, stewed, stir-fried, or made into soup.

## Nutritional value

- ◇ Calcium
- ◇ Iron
- ◇ Vitamin C



## JUTE MALLOW

*Murenda***How to pick**

Jute mallow is available all year round.

**Note**

*Murenda* can also be mixed with cowpea or *mitoo* and served with ugali.

*Ingredients*

- 5 handfuls of jute mallow (*murenda*)
- 1/2 cup of traditional lye (*mukherekha*)
- Salt to taste

*Preparation*

- Pluck leaves from the stalks and wash well
- Boil traditional lye in 3 cups of water
- Add the vegetable and cook for 15 minutes (it produces a lot of foam when cooking so uncover the pot a little to keep it from spilling over)
- Add salt to taste, simmer for 3 minutes
- Remove and serve with boiled cassava, sweet potatoes or green banana

## JUTE MALLOW

### Red pepper leaves mixed with murenda



#### How to pick

Jute mallow is available all year round.



#### Note

Harvest the red pepper leaves and spread them on a woven tray for 10 minutes to remove insects.



## Ingredients

- 6 handfuls of red pepper leaves (*ekauleru*)
- 3 handfuls of *murenda*
- ½ cup of traditional lye (*abalang*)
- 1 small sized onion
- 3 cherry tomatoes



## Preparation

- Pluck leaves from the stalks of *murenda*, clean them well
- Pluck the leaves of red pepper and clean them well
- Mix both vegetables (any ratio can be used)
- Boil water in a pot and add *abalang*
- Add the vegetables and cook for 15 minutes while stirring, ensuring that it doesn't spill over
- Fry the vegetables with onions and tomatoes, add salt to taste and simmer for 3 minutes. Serve with ugali



## JUTE MALLOW

*Okra leaves sauce***How to pick**

When the first blossoms appear, harvest one of every three leaves.

**Note**

The vegetable's slimy texture is good for treating constipation. This texture is enhanced by using traditional lye.

**Ingredients**

- 5 handfuls of jute mallow and okra leaves
- 1/2 cup of traditional lye
- Salt to taste

**Preparation**

- Pluck and wash the leaves well and cut/shred them roughly
- Bring water in a pot to boil and add traditional lye
- Add the vegetables to the boiling lye and cover the pot to cook
- Ensure that the vegetables don't spill over as it tends to produce foam when cooked with the lye
- Cook for 10 minutes
- Add salt to taste, simmer for 5 minutes
- Remove and serve with ugali

# Redflower ragleaf - Khafululu (Khayo)

*Crassocephalum crepidioides*



## Food Facts

This wild plant is eaten for its leaves and is edible raw or cooked. When cooked it is used in soups or stews. The leaves are also used for medicinal purposes, such as for indigestion or headaches. It can be bought commercially or easily cultivated in home gardens, where it thrives in shady areas.

## Nutritional value

- ◇ Vitamin A
- ◇ Calcium
- ◇ Protein
- ◇ Potassium



## REDFLOWER RAGLEAF

### Khafululu



#### How to pick

This vegetable is available in the dry season.



#### How to preserve

This dish can be eaten over several days. Add fresh milk daily then warm to eat.



### Ingredients

- 3 handfuls of *khafululu*
- 3 handfuls of amaranth (*dodo*)
- 1/2 cup of fresh milk
- Salt to taste



### Preparation

- Pluck the leaves from the stalk and wash the leaves well
- Boil water in a pot, add the vegetable mixture to cook for 10 minutes, season to taste
- Add fresh milk to enhance flavour
- Cook for another 10 minutes
- Remove and serve with ugali

# Bitter leaf - Mitoo (Samia)

*Crotalaria brevidens*



## Food Facts

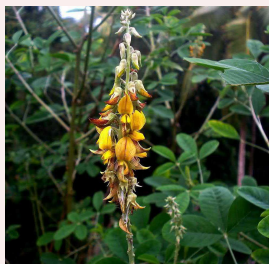
This plant is often boiled or fried in oil. To reduce its bitterness, it can be cooked with jute mallow (page 52). In Kenya, bitter leaf is also used medicinally to treat stomach aches, swelling and sore throat. The shoots can be fed to livestock and the seeds to poultry.

## Nutritional value

- ◇ Calcium
- ◇ Fibre
- ◇ Vitamin A



## BITTER LEAF

*Mitoo***How to preserve**

Keep till the following day, just add fresh milk, warm and serve.

**Note**

It is advisable not to eat a lot of *mitoo* because it is said to cause *chifuk* (kidney problems).

**Ingredients**

- 5 bunches of *mitoo*
- 1/2 cup of traditional lye (*mukherekha*)
- 1 cup of fresh milk

**Preparation**

- Pluck leaves, wash them well and discard the stems
- Mix water and traditional lye and boil
- Add vegetables, cook for 10 minutes, stir
- Add fresh milk and salt to taste, simmer for 5 minutes

# Pumpkin leaves - Lisebebe (Samia)

*Cucurbita moschata*



## Food Facts

Pumpkin is an important food because most plant parts are edible. In Kenya, it is grown for its tender leaves, fruit and seeds.

## Nutritional value

- ◇ Vitamins A & K
- ◇ Iron
- ◇ Fibre



## PUMPKIN LEAVES

*Pumpkin leaves in fresh milk***How to pick**

Harvest the leaves when young and put them on a woven tray to remove insects.

**Note**

Best when eaten the following day.

**Ingredients**

- 6 handfuls of pumpkin leaves (*lisebebe*)
- 1/4 cup of traditional lye
- 1 cup of fresh milk

**Preparation**

- Peel the stems of the pumpkin leaves and wash
- Cut the leaves and the peeled stems roughly
- Boil water in a pot and add lye (*mukherekha*)
- Add the vegetable to the boiling lye and cook for 15 minutes, stirring occasionally as lye creates foam
- When the water reduces add fresh milk and salt, stir well and simmer for 5 minutes
- Serve with ugali or sweet potatoes

## PUMPKIN LEAVES

*Pumpkin vegetable sauce***Note**

Find the traditional lye recipe on page 18 and the groundnut paste recipe on page 112.

*Ingredients*

- 3 handfuls of Ereng (wild leaves in teso)
- 3 handfuls of pumpkin leaves
- 3 tbsps. of groundnut paste (or sesame paste or fresh milk)
- 1/2 cup of traditional lye (abalang)

*Preparation*

- Pluck the leaves from the stems and then peel the stems
- Wash the vegetables and cut the pumpkin leaves and stems roughly
- Boil water in a pot and add traditional lye
- Add the leaves to the pot to cook for 15 minutes
- Add groundnut paste
- Season to taste
- Simmer for 5 minutes
- Remove and serve



# Pumpkin Fruit - Liondo (Samia)

*Cucurbita moschata*



## Food Facts

Pumpkin is rich in carotenoids, which help keep the immune system healthy. The fruit's orange color is due to beta-carotene, an important antioxidant and anti-inflammatory. The high fibre content helps improve bowel health.

## Nutritional value

- ◇ Fibre
- ◇ Potassium
- ◇ Zinc

## PUMPKIN

## Boiled pumpkin fruit

**Note**

Seeds are used to line the pot to prevent the food from burning. The seeds also add a nice taste and should be eaten.

**Ingredients**

- 1 medium sized pumpkin fruit (*liondo*)

**Preparation**

- Cut the pumpkin into small cubes (pieces), do not peel the skin
- Wash the pumpkin pieces
- Line the inner bottom of the pot or *sufuria* with pumpkin seeds
- Put the pumpkin pieces in the *sufuria* pot and add 1/2 cup of water
- Cover the pot with banana leaves tightly
- Cook for 20 minutes
- Remove the pot from fire
- Serve with tea



# Sirietso

*Erythrococca bongensis*



## Food Facts

The wild shrub can grow to 3.5 metres tall and besides being a source of food, its strong base is used as wood. It also has traditional medicinal uses.

## Nutritional value

- ◇ Fibre
- ◇ Phosphorus
- ◇ Calcium

## SIRIETSO

*Sirietso with sour milk***How to pick**

Harvest the vegetables from the wild and put them in the open air to remove insects.

**How to preserve**

Vegetables can keep for one week because of addition of sour milk.

*Ingredients*

- *Sirietso*
- *Nasigumba*
- Amaranth (*lidodo*)
- 1 cup of sour milk

*Preparation*

- Remove the stems and discard them. Wash the leaves well
- Put the mixed vegetables in a pot with water to cook for 10 minutes
- Add sour milk, stir well
- Simmer for 10 minutes, remove and serve the following day
- When ready to be eaten, add sour milk, warm and serve



## SIRIETSO

*Namudokolo***Note**

*Namudokolo* refers to a mixture of many types of vegetables cooked together. It's the perfect recipe for when you have a small quantity of each vegetable.

*Ingredients*

- *Sirietsa*
- *Sutsa* (nightshade)
- *Saka* (spider plant)
- *Kanzira* (Ethiopian kale)
- *Marika mosi*
- Rosemary leaves

*Preparation*

- Remove the stems and discard them. Wash the leaves well
- Put the mixed vegetables in a pot with water to cook for 10 minutes
- Add a few rosemary leaves for flavour
- Add salt to taste, simmer for 5 minutes
- Remove and serve with ugali

# Sweet Potato leaves - Obumuwo (Samia)

*Ipomoea batatas*



## Food Facts

The leaves of the sweet potato are a great source of nutrients and fibre, and unlike other leafy greens, they take little water to produce. In Teso the plant is called *amudokolo* or *achok*.

## Nutritional value

- ◇ Vitamins A & C
- ◇ Iron
- ◇ Folic Acid
- ◇ Potassium



## POTATO LEAVES

### Sweet potato leaves spiced with groundnut paste



#### Note

Find the groundnut paste recipe on page 112.



### Ingredients

- 6 handfuls of sweet potato leaves (*obumuwo*)
- 1/4 cup of traditional lye (*mukherekha*)
- 6 Cherry tomatoes
- 2 tbsps. of groundnut paste



### Preparation

- Pluck leaves
- Boil water in a pot and add traditional lye
- Cut the leaves roughly with hands and wash them well
- Add the vegetables to the boiling lye, cook for 10 minutes
- Add groundnut flour and stir well
- Add cherry tomatoes and simmer for 5 minutes before serving

## POTATO LEAVES

### Sweet potato leaves



#### Note

Sour milk can be replaced with 4 tbsps. of groundnut paste, recipe on page 112.



### Ingredients

- Sweet potato leaves (*amudokolo* or *achok*)
- 1/2 cup of sour milk



### Preparation

- Pluck the leaves from the stalks and wash them well
- Dry the leaves in the sun for 10 minutes to remove excess water which causes bitterness
- Put water in a pot to boil, add salt and leaves. Cover to cook
- After cooking for 10 minutes, squeeze the remaining water out and throw it away. This reduces the bitter flavour
- Return the pot with the leaves to the fire
- Add sour milk and boil for 10 minutes
- Serve warm with ugali



# Cassava leaves – Matawi ya mihogo (Swahili)

*Manihot esculenta*



## Food Facts

Cassava leaves are a good source of nutrients but must be prepared properly to avoid consuming anti-nutrients. Proper cooking includes sun-drying, oven-drying, steaming, shredding and steeping, or a combination of these methods.

## Nutritional value

- ◇ Vitamins A, B & C
- ◇ Protein
- ◇ Fibre

## CASSAVA LEAVES

### *Cassava leaves with groundnut paste*



#### Note

Cassava leaves are coarse in texture, so pounding them is important to cut down on cooking time.



### Ingredients

- Cassava leaves (red stemmed variety)
- 1/2 sour milk or 3 tbsps. of groundnut paste
- Salt to taste



### Preparation

- Pluck the tender leaves from stalks and shred the leaves by hand
- Put the leaves in a mortar and using a pestle, pound them until soft
- Put the pounded leaves in a pot with boiling water and cook for 20 minutes
- Squeeze out excess water
- Add sour milk or groundnut paste
- Cook for 10 minutes, add salt to taste
- Serve while hot



# Nightshade - Emai (Teso)

*Solanum nigrum*



## Food Facts

While some varieties of nightshade are toxic, other strains are edible when cultivated and cooked properly, and even provide a good source of nutrients, such as iron, which makes it an especially helpful food for women. In Khayo nightshade is called *lisutsa*. Leaves should be thoroughly boiled to avoid toxicity.

## Nutritional value

- ◇ Vitamin A
- ◇ Fibre
- ◇ Iron
- ◇ Calcium

## NIGHTSHADE

*Nightshade cooked in fresh milk***How to pick**

Nightshade leaves are available all year round. If consuming the berries, they should be picked and eaten only when completely ripe.

*Ingredients*

- 4 handfuls of nightshade (*lisutsa*)
- 2 handfuls amaranth (*chimboka*)
- 2 handfuls Ethiopian kale (*kanzira*)
- 1/2 cup of fresh milk

*Preparation*

- Pluck the leaves from stems of the vegetables
- Clean the vegetables well and shred the *kanzira* finely
- Mix the three vegetables and put them in cold water
- Boil for 5 minutes with the pot covered tightly with banana leaves
- Do not stir to avoid bitterness
- Cook for 20 minutes, the colour will turn brown
- Add salt and fresh milk, stir once and simmer for 5 minutes
- Remove and serve with ugali



# Goat Head - Esukuro (Khayo)

*Tribulus terrestris*



## Food Facts

This wild plant is eaten for its leaves and fruits, both edible when cooked. It has a number of medicinal properties, including urinary health, glucose intolerance and libido.

## Nutritional value

- ◇ Protein
- ◇ Calcium
- ◇ Vitamin C

## GOAT HEAD LEAVES

*Esukuru***How to pick**

Be sure to avoid the thorns when harvesting this plant!

*Ingredients*

- 4 handfuls of *esukuru* leaves
- 1 cup of sour milk

*Preparation*

- Pluck the leaves from the stalks
- Put sour milk in the pot and place it on the fire, bring to a boil
- Add the *esukuru*
- Stir well and leave it to cook for 15 minutes
- Add salt to taste
- Serve warm with ugali



# Cowpea leaves - Kunde (Khayo)

*Vigna unguiculata*



## Food Facts

Available year-round in Kenya, the leaves are a good source of protein and calcium, which are important for muscle strength and bone development. They are called *ebo* in the Teso language and *kunde* in both Khayo and Swahili.

## Nutritional value

- ◇ Iron
- ◇ Beta-carotene
- ◇ Omega 3 & 6 fatty acids

## COWPEA LEAVES

*Cowpea leaves boiled in traditional lye***Note**

See page 51 for more cowpea recipes.

*Ingredients*

- 6 handfuls cowpea leaves
- 5 cherry tomatoes
- 1/2 cup of traditional lye
- Salt to taste

*Preparation*

- Pluck the leaves from the stalks
- If the leaves are coarse shred them by hand
- Wash the vegetable in water to remove soil and dirt
- Boil 3 cups of water, add traditional lye
- Add the clean vegetable to the boiling lye
- Cook for 10 minutes while covered and stir occasionally so that the vegetable cooks evenly
- Wash and add the cherry tomatoes, cover to cook for 3 minutes
- Add salt to taste, remove and serve with ugali



## COWPEA LEAVES

*Aboka mixed vegetable sauce*

**How to pick**  
Cowpeas are available from April to September and in November and December.

*Ingredients*

- Cowpea leaves (*kunde*)
- Bean leaves
- Ethiopian Kale (*kanzira*)
- Amaranth (*chimboka* or *dodo*)

*Preparation*

- Pluck the leaves from the stems and clean them well
- Line the inner bottom of the pot with fresh banana leaves
- Add the vegetables to the pot (do not cut them)
- Cover the pot with bean leaves then place a plate on top to cover tightly
- Cook the vegetables for 10 minutes then uncover the pot and stir them to cook evenly. They leaves should start sticking together
- Do not add salt
- Remove and serve with ugali





# GROW FOODS

Credit: John M. Ndungu, BFN Project Kenya



# Cow - Emolokony (Teso)

*Bos taurus*



## Food Facts

The most common breed of cattle in Busia county is the zebu. Beef is often cooked over an open fire and served with ugali, but is also commonly made into a stew. Many parts of the cow are used, including the blood, to make delicious protein-rich meals, important for a healthy diet.

## Nutritional value

- ◇ Protein
- ◇ Fat

COW

*Emolokony***Note**

*Emolokony*  
means cow leg  
in the Teso  
language.

*Ingredients*

- Cow leg
- 1 cup of sour milk

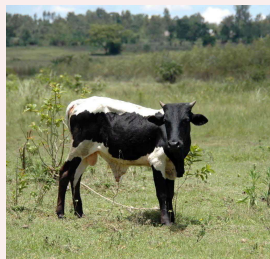
*Preparation*

- Bring water in a pot to a boil
- To clean, put the cow leg into the pot until the hair can be easily removed
- Remove the cow leg from the water and put it on the fireplace to dry
- Split the leg from between the hooves (*esipokolo*) and put it on the fire, allowing the excessive fat to drip
- Return the cow leg to a boiling pot of water for 2-3 hours (allow more time if there is less fat)
- Cook until all the water dries up, add sour milk before serving



## COW

## Cowpea leaves cooked in blood meal

**How to pick**

Pluck the cowpea leaves in the evening.

**Note**

When cooking the blood meal, the blood becomes like jelly. Turn it so that it cooks on both sides.

**Ingredients**

- 3 handfuls of cowpea leaves (*kunde*)
- 2 cups of blood
- Traditional lye (*abalang*)
- Salt to taste

**Preparation**

- Harvest the vegetables and wrap them in banana leaves (*akwiyet*) and leave them overnight
- Leave the cow's blood in a container overnight
- The next day, boil the *kunde* in *abalang* and salt for 10 to 20 minutes, or until well cooked
- To make the blood meal, boil with water and lye
- Add the blood meal to the *kunde*, stir well to mix
- Cook for 10 minutes and serve

# Duck - Bata (Swahili)

*Cairina moschata*



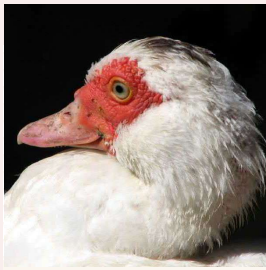
## Food Facts

This animal is also known as *liyoyo* in Khayo and *eyoyo* in Samia. Besides being an important source of protein, poultry farming in general is an important source of income for small scale farmers. Ducks in particular are easier to raise than chickens and produce more eggs.

## Nutritional value

- ◇ Protein
- ◇ Iron
- ◇ Vitamin B
- ◇ Zinc





## DUCK

### *Duck boiled in traditional lye*



#### Note

This dish is used medicinally as a way to prevent leprosy, itching between fingers, and scabies.



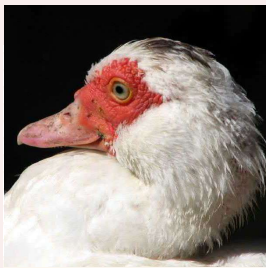
### Ingredients

- 1 mature duck
- Traditional salt (*mukhebano*)



### Preparation

- Boil plenty of water in a *sufuria*
- Slaughter the duck by cutting off the neck, and put it immediately in hot water and let it stay for 5-10 minutes while turning to detach the feathers from the skin
- Put the meat on a wire mesh and roast on fire to remove remaining feathers, then split the duck to remove intestines and other inedible parts
- Wash the duck and roast it again to dry it off
- Bring water in a pot to a boil, add the meat to cook for 30 minutes
- Add traditional salt (to improve flavour)



## DUCK

### *Duck with cherry tomatoes*



#### Note

Leftover broth from cooking the duck can be eaten as a soup for children, served with ugali.



### Ingredients

- 1 mature duck
- 6 cherry tomatoes
- 1/2 cup of traditional lye (*mukherekha*)
- Leafy onion
- 1 tbsp. of ghee
- Salt to taste



### Preparation

- Follow instructions on page 85 for preparation
- Clean the cherry tomatoes and add them to the cooking duck
- Add leafy onion, traditional lye and ghee (to add flavour and taste to the final meal)
- Cook for one hour
- Add salt to taste
- Once the duck is cooked all the way through, remove and serve with ugali



# Quail - Isindu (Khayo)

*Coturnix ypsilophora*



## Food Facts

Quail, known as *aluru* in Teso, is a sweet and delicate white meat with extremely low skin fat and low cholesterol value. It is rich in micronutrients and a wide range of vitamins including the B complex, folate and vitamin E and K. It is therefore recommended for people with who want to maintain a low level of cholesterol.

## Nutritional value

- ◇ Vitamins B, E & K
- ◇ Protein
- ◇ Fat



## QUAIL

### Fried quail meat



#### Note

Eating poultry meat and eggs from different species is good for maintaining a diverse and nutritious diet.



### Ingredients

- 5 mature quails (*isindu*)
- 5 cherry tomatoes
- 1tbsp. of ghee
- Salt to taste



### Preparation

- Slaughter the bird by cutting off the neck
- Remove feathers by plucking them off
- Split the bird into two
- Dry it over fire (*kusika*) while holding it with a stick
- Boil water in a pot, add salt and the quails, cook for 20 minutes
- Add cherry tomatoes, cook for 5 minutes
- Add ghee as source of oil and flavouring
- Cook for 10 minutes. Remove and serve with ugali



# Chicken - Akoro (Teso)

*Gallus domesticus*



## Food Facts

Poultry meat is one of the key sources of complete protein in Kenya and is often fried and eaten with ugali, or another starch. In the Luhya community, it is known as *ingokho* and was a delicacy traditionally eaten during special occasions such as dowry ceremonies.

## Nutritional value

- ◇ Protein
- ◇ Fat
- ◇ Vitamins B3 and B6
- ◇ Phosphorus

## CHICKEN

*Akoro Chicken cooked whole***Note**

This dish is traditionally served in an *achuran*, a bowl used for serving food to an in-law during gatherings.

*Ingredients*

- 1 mature chicken
- Oil
- Salt to taste

*Preparation*

- Remove the chicken feathers and intestines and wash well with clean water
- Put oil inside the chicken
- Place the chicken in a cooking pot, cover with water and then cover the pot with fresh banana leaves
- Cook for 45 minutes, turning the chicken from time to time and adding salt to taste
- Serve with ugali



## CHICKEN

*Chicken cooked in sauce***Note**

Boiling chicken is a good cooking method when the meat is extra tough to eat.

*Ingredients*

- 1 mature chicken
- 2 tbsps. of ghee
- Traditional salt (*mufume*)
- Salt to taste

*Preparation*

- Roast the bird on fire using a wire mesh
- Remove intestines through the hole next to the tail
- Do not cut the chicken into pieces
- Wash the chicken well with running water and put it in the pot with enough water to cook
- Add a pinch of *mufume*. Also add ghee for flavour through the opening at the tail end
- Put the pot with the chicken, salt and ghee to cook on a low fire
- When cooking, cover the pot using a cork of banana fibres to retain moisture and taste. Cook for one hour and serve with ugali

## CHICKEN EGGS

*Boiled eggs (mabuyu mabumbula)***Note**

Be sure to cook eggs thoroughly to remove all pathogens.

*Ingredients*

- Chicken eggs
- Salt to taste

*Preparation*

- Boil the eggs in their shells in clean water
- Boil for 20 minutes
- Remove the eggs from water and let them cool
- Remove the shells and discard
- Season the eggs with salt
- Serve warm with tea



## CHICKEN EGGS

*Amabuyu madekhe***Note**

Eggs are rich in vitamins and minerals and are a good source of protein.

*Ingredients*

- Chicken eggs
- Salt to taste

*Preparation*

- Pour the egg contents into a container and beat to mix
- Add water to the beaten eggs and stir
- Add salt to taste, stir
- Pour the mixture into a *sufuria* to cook with no oil
- Cook for 5 minutes
- This makes a good sauce for the children to eat with ugali

# Guinea fowl - Khanga (Samia)

*Numida meleagris*



## Food Facts

These birds are endemic to Africa and belong to the Galliformes order. They still can be found in the wild, but for hundreds of years they have been reared in many countries throughout the world. Guinea fowl meat is drier and leaner than chicken meat and is rich in vitamins B6 and E, niacin, potassium, calcium and iron. It can be roasted, braised, grilled or pan-fried. Eggs are usually eaten fried or boiled and are particularly tasty.

## Nutritional value

- ◇ Vitamin B6, E
- ◇ Niacin
- ◇ Potassium
- ◇ Calcium
- ◇ Iron





## GUINEA FOWL

### Guinea fowl served with ugali



#### Note

Guinea fowl cooks in its own fat, so there is no need to add fat or oil.



### Ingredients

- 1 mature guinea fowl (*khanga*)
- Pinch of traditional salt (*mufume*)
- Salt to taste



### Preparation

- Follow instructions on page 91 for preparing the guinea fowl
- When cooking cover the pot using a cork of banana fibres to retain moisture and taste
- Total cooking time is one hour, during which meat will swell
- Serve with ugali



# Rabbit - Eshituyu (Khayo)

Family Leporidae



## Food Facts

In Kenya, rabbits are often raised in home gardens, also known as kitchen gardens, an important space for cultivating food to meet household needs. Rabbit is a white meat and thus low in cholesterol and fat, making it a good source of protein for special diets such as those for heart disease ailments.

## Nutritional value

- ◇ Protein
- ◇ Iron
- ◇ Zinc
- ◇ Fat





## RABBIT

### Rabbit meat with sauce



#### Note

Spices such as royo, salt, onion and tomatoes can be used to cook rabbit meat to enhance flavour. Adding traditional salt helps break down the little fat present in the meat.



### Ingredients

- 1 mature rabbit
- 1 tbsp. of traditional salt (*mukheban*)



### Preparation

- Slaughter the rabbit by cutting off the neck
- Remove the skin and all the intestines
- Hang the meat overnight to dry, or two nights if necessary
- Cut the meat into 4 pieces
- Boil water in a pot, add the meat pieces to cook for 20 minutes
- Add traditional salt to taste
- Add cherry tomatoes, cook for 10 more minutes

# Nile perch - *Embuta* (Samia)

*Lates niloticus*



## Food Facts

Fish is a good source of unsaturated, healthy fats, and are high in calcium when the bones are consumed. The fish heads should be eaten and are also a very good source of vitamin A, omega-3 fatty acids, iron, zinc and calcium.

Nile perch is not native to Lake Victoria, but is still important to local diets. Native fish are recommended.

## Nutritional value

- ◇ Protein
- ◇ Potassium
- ◇ Phosphorus
- ◇ Calcium



## NILE PERCH

*Smoked Nile perch***How to preserve**

Smoked fish can be preserved for one month. Alternatively, fresh Nile perch can be kept in the kitchen roof above the fire place (*dalo*) for one day as a means of preservation.

*Ingredients*

- Several Nile perch (*embuta*)
- Fire wood
- Wire mesh

*Preparation*

- Put fish on top of a wire mesh over the fireplace
- Cover the fish with banana leaves (*ndakala*)
- Smoke the fish for 12 hours
- After 6 hours turn the fish and cover again for 6 hours to continue smoking

# Tilapia - Awoyot (Teso)

*Oreochromis niloticus*



## Food Facts

The Nile tilapia is rich in vitamins A, D and the B group and is also a good source of micro and macro-elements such as calcium, phosphorus, selenium and manganese. They can be eaten boiled, grilled, roasted or pan-fried. The head of the fish is commonly eaten and is found to be rich in fatty acids such as omega-3, which are crucial in lowering the risk of cardiovascular diseases.

Tilapia is not native to Lake Victoria, but is still important to local diets. Native fish are recommended.

## Nutritional value

- ◇ Vitamins A, B C & D
- ◇ Calcium
- ◇ Omega-3 fatty acids



## TILAPIA

*Tilapia***Note**

Be sure to handle the fish well and to cook it thoroughly to avoid the distribution of pathogens.

*Ingredients*

- Dried tilapia (*awayot*)
- 1 tbsp. of groundnut paste
- Traditional lye (*abalang*)
- 1 tbsp. of ghee (*amori*)

*Preparation*

- Use maize cob (*abole*) to clean the fish and remove dirt
- Put 1 cup of water in a *sufuria* or a small pot, add salt and fish
- Cook for 15 minutes until there is only a little bit of broth remaining
- Lightly fry the leafy onion with ghee, add the boiled fish and the broth. Then add *abalang* to taste, cook for 5 minutes
- Prepare groundnut paste (stir well to make it smooth), then put it in the frying fish and cover
- Cook for 5 more minutes, serve with ugali

# Sardines - Omena (Samia)

*Rastrineobola argentea*



## Food Facts

Omena, or *iwoyo* in Teso and *omuneke* in Khayo, is a tiny fish mainly harvested at the Lake Victoria, and considered a delicacy among the Luo community. However, other communities in Kenya have embraced it as a main protein dish. It is mainly eaten with ugali.

## Nutritional value

- ◇ Protein
- ◇ Calcium
- ◇ Omega 3 & 6 fatty acids



## SARDINES

### *Creamy omena sauce*



#### Note

Omena sauce can be eaten with ugali.



### Ingredients

- 1/2 kg tin of dried omena
- 3 tbsps. of groundnut paste
- Salt to taste



### Preparation

- Sort the omena to remove dirt
- Clean the omena in lukewarm water
- Boil water and add salt to taste
- Add the omena to the boiling salted water to cook for 5 minutes while covered
- Add groundnut paste and stir well
- Simmer for 3 minutes

## SARDINES

## Fresh omena with tomatoes and onions

**Note**

Traditional lye (*munyu mukherekha*) is added to reduce the fishy smell of the dish.

**Ingredients**

- 3 cups of fresh sardines (*omuneke*)
- 7 cherry tomatoes
- 4 spring onions
- 1/4 cup of traditional lye (*munyu mukherekha*)

**Preparation**

- Bring 2 cups of water to a boil. Use a sika pot with 2 handles and a cover so that the fish does not break
- Wash the fresh sardines in cold water, then put them in the boiling water, cook for 5 minutes
- Add the spring onions and cherry tomatoes to the cooking fish
- Cook for 30 minutes
- Towards the end, add salt to taste (do not add too early, otherwise the fish will not cook properly)
- Add *munyu mukherekha*
- Simmer for 3 minutes, then remove and serve with ugali



## SARDINES

### *Dried and fried omena*



#### Note

Omena is a good source of calcium. Remember, calcium from plants is not as easily absorbed as calcium from animals.



### Ingredients

- Dried sardines (*iwoyo*)
- Groundnut flour
- Onion
- Tomato
- ghee
- Salt to taste



### Preparation

- Bring water to a low simmer and put it into a basin
- Wash the fresh sardines in the warm water
- Boil them in salted water for 10 minutes
- Remove and fry the sardines in another pot with the onions, tomatoes and ghee . Cook for 10 minutes
- Prepare groundnut flour and make a paste in cold water
- Add the paste to fried omena and stir well to mix
- Simmer for 3 minutes, then remove and serve with ugali

# Termites - Chiswa (Khayo)

*Macrotermes subhyalinus*



## Food Facts

*Chiswa*, also known as *mafwaterere* in Khayo, is a type of edible flying termite with a large abdomen. Among the Luhya community, termites were traditionally eaten by boys after circumcision. In modern practice, this food is relished by the entire family for its nutritional content. Besides protein, termites contain oleic acid necessary for brain functions such as alertness and intelligence.

## Nutritional value

- ◇ Protein
- ◇ Vitamins A & C
- ◇ Iron
- ◇ Calcium



## TERMITES

## Termites

**How to pick**

Termites are harvested from their mounds. They come out during the early hours of the morning, about 2 to 4 am, from March through May, and in August. A light is used to attract them.

**Ingredients**

- 1 cup of termites
- Traditional lye (*mukherekha*)
- 4 pieces of dried mushroom
- 1 tbsp. of groundnut flour

**Preparation**

- Once harvested, put the insects in a pot and boil for 4 minutes to kill them. Then dry them on a mat or leather for a day
- Rub and blow on the insects to remove wings
- Taste if they are dry. If not, dry the insects again
- Once dry, put the termites into a pot and place over a fire
- Add traditional lye and salt, stir
- Cook for 10 minutes
- Add mushroom, groundnut flour, and cook for 10 more minutes
- Serve with sweet potatoes or cooked banana (*maramwa*)

## TERMITES

### *Termites cooked in sesame sauce*



#### How to preserve

Put the dried termites into a pot covered with dried banana leaves. Hang the pot near a fire place so that the heat continues to dry the insects. In this state, the termites can be kept for up to one year.



### Ingredients

- 4 tbsps. of sesame seeds
- 2 cups of dried termites
- Sweet potatoes



### Preparation

- Roast the sesame seeds on low fire for 20 minutes
- Mix the insects with the dried sesame seeds
- Put the mixture in a mortar and pound
- Boil sweet potatoes
- Serve the termites with sweet potatoes on a woven platter (*esideru*)



## TERMITES

*Termites sesame butter spread***Note**

*Mafwetere* come from a large termite mound called *elifwetere* or *shiswa*.

*Ingredients*

- 2 tbsps. of roasted sesame seeds
- 1 tbsp. of roasted groundnuts seeds
- 2 cups of dried termites

*Preparation*

- Pound the sesame seeds to make sesame butter
- Mix insects, groundnuts, sesame and pound to a paste
- Use the paste as a spread on sweet potatoes or dip the sweet potatoes in the butter and eat
- This spread also makes a good filling

# Groundnut - Njugu (Samia)

*Arachis Hypogaea*



## Food Facts

Also commonly known as the peanut, groundnuts are a good source of plant protein, fats, fibre, and many vitamins and minerals. For this reason, it is a great addition to many dishes you will find throughout this recipe book. It can be made into a sauce, paste or eaten by itself. Bambara groundnuts are especially nutritious.

## Nutritional value

- ◇ Protein
- ◇ Fibre
- ◇ Fat



## GROUDNUT

## Roasted Groundnut

**How to pick**

Harvest groundnuts and dry them in the sun for 2 weeks.

**How to preserve**

Big seeded groundnuts should be preserved as seed for the next planting season.



## Ingredients

- Groundnuts



## Preparation

- Roast groundnuts while still in the pods
- Put sand in a *sufuria* and place it over fire. The sand keeps the groundnut from burning before being properly roasted
- Use a moderate fire and roast for one hour
- Can be served immediately or kept for later use

## GROUDNUT

*Munyobo (Luhya) Groundnut paste***How to pick**

Pigeon peas are available all year round.

**Note**

Use groundnut paste as a source of flavouring and oil for a number of other recipes.

*Ingredients*

- 4 cups of groundnuts
- 2 1/2 tspns. of salt

*Preparation*

- Place a saucepan over fire and let it heat up
- Add the groundnuts, salt and 1/2 cup of water
- Cook until the water evaporates as you stir gradually. Nuts will make a popping sound when ready
- Once they pop, turn down the heat and continue stirring until the groundnuts are dry (about 13 minutes)
- Remove from the fire and let them cool
- Using a pestle and mortar, grind the nuts into a paste



# Pigeon pea - Ekimilion (Teso)

*Cajanus cajan*



## Food Facts

Pigeon peas are an important source of protein and like other legumes, when eaten with grains, all of the amino acids are provided for a complete protein. Pigeon pea is a great crop for farmers because it provides shade for other crops, returns nutrients to the soil and has other uses besides food: the leaves and husks can be fed to livestock and the wood used to make baskets or for firewood.

## Nutritional value

- ◇ Protein
- ◇ Fibre
- ◇ Iron
- ◇ Vitamin B complex

## PIGEON PEA

### *Pigeon pea sauce*



#### Note

This common legume is often boiled and then mashed (see recipe on page 119) but also makes a nice sauce when fried.



### *Ingredients*

- Pigeon peas
- Tomatoes
- Onion



### *Preparation*

- Sort the peas and clean them well
- Boil the peas until well cooked
- Fry them in onions and tomatoes to make a sauce
- Serve warm



## PIGEON PEA

### Pigeon pea and maize



#### How to pick

Pigeon peas are available all year round.



#### Note

To make the dried pigeon pea softer when eating, and more digestible, soak them in clean water overnight.



### Ingredients

- 1/2 kg of green maize grains or white sorghum grains
- 1 kg of dried pigeon peas (*ekimilion*)



### Preparation

- Sort the peas and clean them well
- Mix the peas with green maize (or alternative)
- Put the mixture in a pot containing water and cook until soft
- Serve warm

# Beans

*Phaseolus vulgaris*



## Food Facts

There are many varieties of beans consumed in Kenya including *lipala*, *rosecoco* and *alulu* (Khayo). *Rosecoco* is the most common variety and is available in most markets. However, it has little tolerance to fungal disease and so it is important that a variety of beans are promoted and sold.

## Nutritional value

- ◇ Vitamin A
- ◇ Fibre
- ◇ Iron



## BEANS

## Sitenyi

**How to pick**

Beans can be harvested green or when dry.

**How to preserve**

Dried beans can be stored in a cool, dry place for up to a year.



## Ingredients

- 1 kg of beans (*lipala, roseco, alulu* types)
- 1 cup of traditional lye (*mukherekha*)
- Salt to taste



## Preparation

- Clean the beans well and roast them on a pan with a little bit of water. Roast until the water dries up
- Remove the beans from the fire and dry them in the sun
- Rub the beans between hands to remove the bean covers
- Wash the beans well
- Boil the beans in water. When the water is almost gone, add traditional lye. Stir to make a thick porridge
- Add salt, stir, and let simmer for 5 minutes
- Remove and serve with ugali or sweet potatoes

## BEANS

*Omushenye***Note**

If there is no maize available, beans can be cooked with the sweet potatoes only.

*Ingredients*

- 1kg of common beans (rosecoco type)
- 5 medium sized red sweet potatoes
- 1/2 kg green maize or semi-dry maize

*Preparation*

- Cook the maize for 30 minutes in boiling water
- Add the beans and cook until well done
- Peel the sweet potatoes and add them to the cooking mixture of maize and beans. Cook until soft (when the water has dried up)
- Add salt to taste (optional)
- Lower the heat and stir the mixture well, mashing it until soft and evenly mixed
- Serve warm with tea



## BEANS

### *Mukhenye prepared from common beans*



#### Note

Mukhenye is a very filling dish that can relieve constipation given that it is rich in energy and dietary fibre.



### Ingredients

- Sweet potatoes
- Beans (*rosecoco* type)



### Preparation

- Sort the beans to remove dirt then clean them well
- Boil the beans in enough water until well cooked
- Peel the sweet potatoes and clean them well, cut into cubes
- Put the sweet potatoes into the cooking beans, cover to cook
- Cook until soft with some broth remaining
- Pound the mixture until soft and evenly mixed
- Serve warm with tea, porridge or milk

# Sesame - Ikanyim (Teso)

*Sesamum indicum*



## Food Facts

Sesame seeds have a high oil content and are an excellent source of many micronutrients like magnesium and copper. They also boast vitamin E and calcium and can be easily added to many dishes.

## Nutritional value

- ◇ Calcium
- ◇ Unsaturated fats
- ◇ Magnesium
- ◇ Copper





## SESAME

### *Ikanyim elumuchi*



#### Note

In Teso, sesame grain is called *ikanyim*.



### Ingredients

- Sesame grain
- Sour milk



### Preparation

- Roast sesame grain
- Mill the roasted sesame to flour
- Pour sour milk in sufuria, boil, do not add water
- Add roasted sesame flour
- Add a pinch of salt
- Serve with ugali

# Green grams - Olayo (Samia/Khayo)

*Vigna radiata*



## Food Facts

A member of the legume family, these beans are rich in protein, fiber, antioxidants, magnesium, vitamin B1, B5, B6, manganese and zinc, and an excellent source of folate. In Kenya, they are usually eaten boiled. The sprouts are also often used in a variety of dishes.

## Nutritional value

- ◇ Protein
- ◇ Fibre
- ◇ Vitamin B
- ◇ Magnesium



## GREEN GRAMS

*Omushenye prepared from green grams***How to pick**

Green grams are available all year round.

*Ingredients*

- 1kg of green grams (olayo)
- 250 g of sweet potatoes (amabwoni)

*Preparation*

- Sort the green grams to remove dirt
- Wash the green grams thoroughly
- Boil enough water in a pot for 5 minutes
- Add the green grams and cover. Cook them until well done
- Peel sweet potatoes and wash them well to remove soil
- Add peeled sweet potatoes to the cooking green grams and cover to cook until soft
- Pound the mixture
- Serve warm with porridge and tea

# Mushrooms - Ebale (Teso)

*Termitomyces* spp.



## Food Facts

An excellent source of vitamin B, riboflavin, niacin, pantothenic acid, fresh mushrooms are also a good source of phosphorus. They can be cooked, eaten raw or used to garnish various dishes. Types of edible mushroom include *bukhotse* and *bukukuma* which can be cooked fresh.

## Nutritional value

- ◇ Vitamin B
- ◇ Riboflavin
- ◇ Phosphorus



## MUSHROOMS

### *Mushroom (ebale) flavoured with peanut butter*



#### How to preserve

To dry the mushrooms, scrape the soil from the trunk and dry them in the sun for 3 days. Dried mushrooms can keep up to 3 years.



### Ingredients

- 3 cups of dried mushrooms
- 1/4 cup of traditional lye
- Peanut butter/raw groundnut flour
- Salt to taste



### Preparation

- Sort and soak the dried mushrooms in cold water to remove leftover stuck mud
- With the water last used to clean the mushrooms, bring a pot to a boil. Add the lye and salt then add the mushrooms
- Cook for 20 minutes while covered
- Add 4 tbsps. of peanut butter or raw groundnut flour
- Cook for 10 minutes
- Remove and serve with ugali, boiled sweet potatoes or cooked green banana

## MUSHROOMS

*Mushrooms with cowpea leaves***Note**

Wrapping cowpeas in banana leaves preserves moisture and develops their flavour.

*Ingredients*

- 4 handfuls of cowpea leaves
- 2 cups of dried mushrooms
- Traditional lye (*abalang*)
- Fresh milk
- Salt to taste

*Preparation*

- Prepare the cowpea by plucking the leaves from the stems
- Wrap the cowpea leaves in banana leaves overnight
- Prepare the traditional lye and put it in a pot with water to boil
- Add the dried mushrooms and salt to the pot and cook for 20 minutes
- Taste the soup to see if there is enough *abalang*. If not, add more
- Add the cowpea leaves (*kunde*) and cook for 10 minutes
- Add fresh milk and cook for 5 minutes, remove and serve



## MUSHROOMS

### *Fresh mushrooms fried in tomato sauce*



**Note**  
Not a lot of water is needed when cooking as the mushroom produces a lot of moisture when heated.



#### Ingredients

- 1 cup of fresh mushrooms (*obuoba*)
- ½ cup of traditional lye
- 2 tbsps. of ghee
- Salt to taste
- Cherry tomatoes



#### Preparation

- Remove soil from the mushrooms by cleaning with water
- Cut the mushrooms into smaller pieces
- Wash the mushrooms again
- Boil water in a pot and add the traditional lye
- Add the mushrooms, ghee and cherry tomatoes and cook for 30 minutes
- Remove and serve with ugali

## MUSHROOMS

### *Dried mushrooms in fresh milk sauce*



#### How to pick

After picking mushrooms, shake them to remove the soil. Then cut them and let them dry in the sun for about one week.



### *Ingredients*

- 4 cups of dried mushrooms
- 1/4 cup of traditional lye
- 1 cup of fresh milk
- Salt to taste



### *Preparation*

- Put the mushrooms in cold water to soak for 3 hours
- Wash the mushrooms and throw away the water
- Bring water to a boil and add traditional lye
- Add the mushrooms and cook for 30 minutes
- Add salt to taste and fresh milk
- Simmer for 10 minutes
- Remove and serve



A photograph of two elderly individuals, likely from an African tribe, drinking from traditional wooden straws. The person in the foreground is wearing a striped shirt and a beaded necklace, while the person in the background is wearing a light-colored jacket. A decorative horizontal band with a repeating geometric pattern separates the title from the credit text.

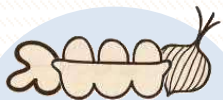
# TRADITIONAL DRINKS

Credit: Danny Hunter, BFN Project Global

## TRADITIONAL DRINKS

*Lemon grass tea*

Lemon grass tea is rich in vitamin A and antioxidants, and it aids in digestion.

*Ingredients*

- 1 bunch of fresh lemon grass leaves
- Water
- Sugar (optional)

*Preparation*

- After harvesting the lemon grass leaves, wash them well
- Boil the lemon grass in clean water for 30 minutes to make tea
- Add sugar to taste (optional)
- Serve hot

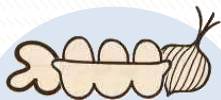


## TRADITIONAL DRINKS

### *Roselle juice made from hibiscus flower*



Drinking roselle juice reduces high blood pressure, and is a good source of vitamin C, iron and calcium.



#### Ingredients

- Mature hibiscus flower calyces
- Warm water
- Sugar (optional)



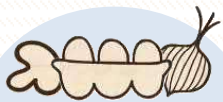
#### Preparation

- Harvest the mature flower calyces
- Dry them for 2 days in the shade
- Soak the calyces in warm water for 1 hour to extract juice
- Serve the juice immediately or keep for later use

## TRADITIONAL DRINKS

*Tamarind juice*

Tamarind juice is rich in vitamin C and is a powerful laxative when one is suffering from chronic constipation as it speeds up digestion.

*Ingredients*

- Immature tamarind fruits, green in colour (*apeduru*)
- Hot water

*Preparation*

- Soak the fruit pulp in hot water to extract the juice
- Squeeze the juice and sieve it into another container
- From here, it can be mixed with cooking porridge to add flavour. It can also be added to ugali to make a tasty treat for children



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## Glossary of terms in local languages

Local Name	Language	English
Achuran	Teso	A bowl used for serving a whole chicken to an in-la
Akeju kikiteng'	Teso	Cow's leg
Akoro	Teso	Chicken cooked and served whole
Aluru	Teso	Quail
Amudokolo or achok	Teso	Sweet potato leaves
Bata, Eyoyo	Samia	Duck
Bokiboki	Teso	Banana with ashy surface, eaten ripe or cooked
Chiswa	Khayo	Edible termites
Dalo	Samia	Section of the kitchen above the fire place where food is stored and preserved using smoke from the fireplace
Embuta	Samia	Nile perch
Eshituyu	Khayo	Rabbit
Esideru	Khayo	A woven tray for winnowing grains
Esifulukho sie enjugu	Samia	Groundnut sauce
Esikae	Khayo	Bowl used for serving cooked vegetables and when preparing ghee
Groundnut paste	English	Groundnut flour mixed with water to form a paste
Imonye	Khayo	Mud fish
Ing'eni	Khayo	Fish
Kusacha	Khayo	To shake the gourd when separating ghee from milk
Kusika	Samia	To dry meat on fire
Liamburuku	Khayo	Dove
Likoshe	Khayo	Traditional ash for preserving meat
Liondo	Samia	Pumpkin fruit
Liyoyo	Khayo	Duck
Lubembe	Khayo	Grass
Mafuta ke ngombe	Khayo	Ghee



## Glossary of terms in local languages

Local Name	Language	English
Mafweterere	Khayo	Edible type of termites
Manda	Khayo	Small pieces of charcoal left after burning charcoal. Provides less amount of heat
Maramwa	Khayo	Cooked banana
Masari	Khayo	Crocodile scales
Matemwa madekhe	Samia	Boiled banana
Mbuzi	Swahili	Traditional coconut strainer
Mufume	Samia	Traditional salt
Mukhebano/munyu mufume	Khayo	Traditional lye
Mukherekha	Samia	Traditional lye
Munyobo	Luhya	Groundnut paste
Munyonyo	Luhya	Dried vegetables
Munyu omufume	Khayo	Traditional lye
Nalumumba	Khayo	Fish
Ndakala	Samia	Banana leaves used for wrapping food
Nungiro	Khayo	Cooking pot
Obambla	Teso	Sun dried fish
Obusuma	Samia, Khayo	Ugali (stiff porridge)
Obusuma bwe matemwa	Samia	Banana ugali
Olukherekho	Samia	Traditional container which has holes and an outlet used for filtrating ash into traditional lye
Omena	Samia	Sardines
Omukongolo	Khayo	Reeds used for preparation of traditional salt
Omuneke	Khayo	Sardines
Rianyi	Khayo	Vegetables
Sika	Khayo	A cooking pot with 2 handles and a lid. Used for cooking sardines
Sisabo	Khayo	Gourd



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