
RECIPE BY ELSY WAMEYO

UGALI, SUKUMA & BEEF STEW

TOP SECRET

You will notice there are no specific measurements given. The Kenyan way of cooking does not traditionally follow measurements. When preparing a meal, we are led by the heart and allow the unsaid rules passed down to take control.

BEEF STEW

Ingredients: Vegetable Oil • 1.5kg Topside Beef (boneless) cut into medium size pieces (must be Halal) usually bought from Afghan butchers • Fresh Bay Leaves • Star Anise • Garlic & Ginger Paste • Three Red Medium Sized Onions Diced • Ayam Thai Red Curry Paste • Tomato Paste • Royco Beef Stock Coriander • Coriander Roughly Chopped

Instructions / Method:

1. In a large pot, boil the medium sized cut beef for ten minutes or until brown.
2. Coat a separate large pot with vegetable oil. Once heated, place three to four bay leaves in the hot oil. Once aromatic, add garlic and ginger paste. Cook till brown then add red diced onions. Cook until onions turn brown.
3. Drain the boiled beef into a separate bowl (do not pour out the water, this will be used later as stock). Add the boiled beef to the sauted onions, add salt to taste then cook till brown. Once brown, add tomato paste and ayam thai red curry paste. Leave to cook for a few minutes.
4. Add stock to the sauteed beef and cover with a pan lid. Allow to boil for a few minutes. This ensure all the flavours to cook through the beef.
5. In a small cup, add royco cubed beef stock to cold water until it turns to a paste. Add paste to the beef stew and salt necessary and allow to simmer until the beef is tender. Royco is a Kenyan spice used in various stew dishes. This is key to having a flavourful Kenyan dish.
6. Turn the stove off and garnish the beef stew with a handful of chopped coriander.

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SUKUMA

Ingredients: Vegetable Oil • 1 Red medium sized Onion Diced • 2 Fresh Tomatoes Diced • Collard Greens Shredded Thinly • Royco Beef Stock Cubes

Instructions / Method:

1. In a pot, heat a few tablespoons of vegetable oil and add diced onions. Once brown, add freshly diced tomatoes and let cook for a few minutes.
 2. Add thinly shredded greens and let cook for a few minutes. Use royco beef stock to create a paste with cold water and add to greens. Do not overcook till soggy. Greens should remain crunchy to retain nutrients.
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UGALI

Ingredients: Boiling Water • 2 Cups of Maize Flour

Instructions / Method:

1. In a medium sized pot, bring water to a boil. Once at boiling point, slowly add maize flour into the boiling water as you continuously stir. Do not stop stirring otherwise lumps will form in your Ugali.
 2. Whilst the heat is still high, add maize flour until its consistency is thick. Once the maize flour is thoroughly mixed in, lower the heat and continue to stir and knead the ugali with a cooking stick, ensuring to remove all lumps and bumps in the ugali.
 3. Reduce the heat and allow Ugali to cook for a few more minutes whilst covered with a plate. We use a plate so that once the Ugali is done, we simply flip the pan over and it's ready for serving.
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