

## ***Ugali (Cornmeal Porridge)***

Ugali, a starchy gruel, is the foundation of the diet. This thick porridge is usually served with stews, such as sukuma wiki.

### ***Ingredients***

1 cup cold water

1 cup yellow cornmeal (the Mexican flour 'Mozerapa' is a close substitute to the Kenyan flour)

1 teaspoon salt (optional)

3 cups boiling water

### ***Directions***

Put cold water in a medium-size saucepan, add cornmeal and salt, mixing continually.

Bring to a boil over high heat, gradually stirring and slowly add 3 cups of boiling water to prevent lumps.

Reduce to simmer, cover and cook for about 8 minutes, mixing frequently to prevent sticking.

The ugali will be done when it pulls from the sides of the pan easily and does not stick. It should look like stiff grits.

Serves 4 to 6

## ***Sukuma Wiki***

Sukumu wiki, a dish of greens and tomatoes, is probably the most common accompaniment to ugali.

### ***Ingredients***

6 cups chopped fresh collard greens  
3 tablespoons olive or vegetable oil  
1 medium onion  
1 cup stewed tomatoes  
1 green chili pepper (seeded & chopped)  
3 tablespoons lemon juice  
1 tablespoon flour  
½ to 1 cup water

### ***Directions***

Fill the bottom of a saucepan with about an inch of water.

Insert strainer filled with greens and bring water to boil over high heat.

Turn down if water begins to evaporate. Cover and steam for 8 minutes.

Chop the onion and tomatoes.

Heat oil in a skillet over medium high heat. Add onions, tomatoes, chili pepper and sauté until the onion is clear. Reduce heat to low. Add additional oil to prevent sticking.

Mix lemon juice, flour and ½ cup water in a small bowl until well blended.

Pour into onion mixture and mix well. Add ½ cup water, cooked greens, salt and pepper and mix well. Increase heat to medium, cover and cook for about 3 minutes.

## ***Nyama Choma***

Nyama choma, or fire-roasted beef, is very popular and goes well with ugali and a good Kenyan beer.

### ***Ingredients***

2-3 pounds of beef short ribs—or any meat suitable for roasting

2 cloves garlic, minced

juice of 1 or 2 lemons

Curry powder (In Kenya, Simba Mbili curry powder, a brand of curry powder, is a favorite)

Turmeric

Coriander

Paprika

Salt & black pepper

### ***Directions***

Combine the lemon juice, garlic, and spices (to taste) in a large glass dish, mix well.

Add meat.

Stir to coat meat with marinade. Allow to marinate at least one hour.

Grill meat over charcoal, or broil it in a hot oven. Use a meat thermometer to check for doneness.

Serve with Irio, or Ugali. Leftovers can be used in Sukuma Wiki.