



Carrot and Black Pepper Ndengu (Tested)

Makes 4 cups

One of the ways in which I changed this dish was to substitute black lentils for the “Ndengu” or green grams that were originally called for, since they are not widely available in many areas, but I think lentils would make a perfect substitute. I used black beluga lentils because I like the way they retain their shape and their small size. You can use green or brown lentils though if that’s what you can easily find.

Another of the changes I made was to decrease the amount of lentils called for in the original recipe. I wanted to give the carrots equal billing in this dish. I’ve kept the lentils on the dry side, but if you prefer a soupier texture just add more water.

This dish can also be made one day ahead of time, in fact it may even taste better if you do! Just add another splash of water when you reheat.

Ingredients

3/4 cup black beluga lentils (about 2 cups cooked)

2 tbsp. vegetable oil

3 medium carrots, finely diced (about 2 cups)

1 tsp. cumin seeds

3 green onions, sliced

6 cloves garlic, minced, about 1 heaping tablespoon

1 tbsp. grated ginger root

1 tbsp. freshly ground black pepper

1 tsp. curry powder

3 plum tomatoes, grated (about 10 ounces)

2 tbsp. tomato paste

1 tsp. salt

Directions

Cook lentils until they are tender, about 15 to 20 minutes if you are using black beluga lentils. Drain and rinse the lentils and set aside.

Heat one tablespoon vegetable oil in a large sauté pan and add the carrots. Don't stir the carrots for the first 2 minutes, let them get brown on one side, then give a stir and cook for 2 more minutes. You want the carrots to caramelize a little bit before you add the rest of the ingredients. Next, add the cumin seeds. Once they start to sizzle, add the onion. Let this cook for a minute.

Turn the heat to medium low now, add another tablespoon of oil, and add the garlic, ginger, black pepper, and curry powder, sauté for another minute. Next add the grated tomatoes and the tomato paste. Add a splash of water to help mix this all together.

Add the cooked lentils to the tomatoes, along with about one cup of water and mix well. Cover your pan and let the lentils simmer for 10 minutes or so to blend all the seasoning together.

Taste for seasoning and add salt if necessary. Serve with rice or chapatti.

Recipe and photo credit: Linda McElroy

Adapted from: <http://www.kaluhiskitchen.com/peppery-carrot-and-garlic-ndengu/>



Cumin Chicken and Mushroom Stir-Fried Rice (Tested)

Serves 4 to 6

Here is an easy stir-fry dish that can be made in about 20 minutes. You can get a head start by making the rice one day ahead of time.

Ingredients

1 cup basmati rice, cooked

2 to 4 tbsp. vegetable oil

1 large boneless, skinless, chicken breast, cubed or sliced (about 10 oz.)

4 cups button mushrooms, sliced (8 ounces)

1 cup red onion, diced

5 cloves garlic, chopped, about 1 heaping tablespoon

Handful cilantro, leaves and tender stalks, chopped fine, about 1/3 cup

1 tbsp. fresh rosemary, minced

½ teaspoon cinnamon

½ tsp. cumin seeds

½ tsp. paprika

½ cup to 1 cup chicken stock, or water

2 tbsp. soy sauce

salt and pepper to taste

Cook the rice and turn out onto a large sheet pan to cool. Or you can cook the rice one day ahead of time and chill, which is my preferred method. I think this makes it easier to stir fry. If you start with cold rice, there is less chance of the rice breaking up as you stir.

In a large sauté pan, heat up 2 T. vegetable oil and add the chicken strips. Brown lightly on one side and turn the strips. This step should take less than 5 minutes. Remove to a plate when finished browning. The chicken won't be completely cooked at this point, it will be added back to the pan later to finish cooking.

In the same pan, heat up a little more vegetable oil and add the sliced mushrooms. Sauté over medium-high heat for two minutes without turning them, let them get brown on one side. Give them a stir, add another splash of oil, and then add the chopped onion and garlic. Turn the heat down to medium and let this cook, about one more minute.

Toss in the chopped coriander leaves and stalks, cumin seeds, cinnamon, rosemary, and paprika. Let this mixture cook until everything looks toasty, and a little dry. This step is concentrating the flavors of the mushrooms and the seasonings.

Add some chicken stock, about ½ cup to deglaze the pan. Add the soy sauce, then the chicken strips, warm up the chicken for a minute, then add the rice. Turn heat to medium low, and gently combine the ingredients until everything is well coated and mixed up. Add more chicken stock or water as necessary to help everything come together.

This is what Kaluhi, the author of Kaluhi's Kitchen, has to say about this step: "Make sure your rice is nice and singular, or '*moja moja*' as Kenyans may say, so that your cumin chicken and mushroom fried rice looks attractive and not like a lumpy broken-up mass!"

Turn out onto a platter and garnish with cilantro sprigs.

Recipe and photo credit: Linda McElroy

Adapted from: <http://www.kaluhiskitchen.com/cumin-chicken-mushroom-fried-rice/>



Mango Coconut Faluda (tested)

Makes 5 half-cup servings

This delicious and creamy mango dessert is just perfect for summertime. If fresh mangoes aren't available, feel free to use frozen mango chunks – that's what I did.

Ingredients

$\frac{3}{4}$ cup milk

6 cardamom pods, lightly crushed

2 tbsp. sugar

1 cup mango chunks

$\frac{3}{4}$ cup coconut milk

juice of 1 lime

1 tsp. gelatin powder

Toasted coconut flakes

Fresh berries

Directions

Put the milk into a sauce pan along with the crushed cardamom pods and sugar, bring to a simmer. Let it stay at a low simmer for 10 minutes to infuse the milk with the cardamom. Turn off the heat and allow it to steep for 20 more minutes. Let the milk cool down to warm.

Place the mango, coconut milk, and lime juice in a blender and puree.

Mix the gelatin with 6 tablespoons of cold water and let sit for 10 minutes. Give it a stir to make sure everything dissolves.

When the milk has cooled to warm add the gelatin mixture to it. This will dissolve any remaining undissolved gelatin. Strain the milk mixture in order to remove the cardamom pods and any seeds that have come loose. You can strain this right into your blender container and save yourself dirtying another bowl. Blend for 15 seconds.

Pour into pretty glasses and chill until firm. Garnish with toasted coconut flakes or fresh berries.

Recipe and photo credit: Linda McElroy

Adapted from: <http://www.kaluhiskitchen.com/mango-coconut-faluda/#more-6233>



Kenya Customs and Cuisine

Known as “the cradle of mankind,” Kenya has no single culture that identifies it. There are about 40 different ethnic groups in Kenya, each with its unique culture. As a result, there is no single dish that represents all of Kenya. While different communities have their own native foods, the staple foods in Kenya include cereals (maize, millet, sorghum and others depending on the region) eaten with various meats and vegetables. Foods that are universally eaten in Kenya are ugali, sukuma wiki and githeri. (Learn more about these foods at <http://www.thekitchn.com/kenya-eating-fish-ugali-and-su-76772>.)

The Maasai, cattle-herding peoples who live in Kenya and Tanzania, eat simple foods, relying on cow and goat by-products, such as meat and milk. The Maasai traditionally do not eat wild game or fish, depending only on the livestock they raise for food.

The Kikuyu and Gikuyu grow corn, beans, potatoes, and greens. They mash all of these vegetables together to make irio. They roll irio into balls and dip them into meat or vegetable stews. In western Kenya, the people living near Lake Victoria (the second-largest freshwater lake in the world) mainly prepare fish stews, vegetable dishes and rice.

The staple of the Luo cuisine is ugali (a polenta-like corn meal) paired with sukuma wiki (sautéed greens) or steamed cabbage and carrots. Special meals include fish, chicken, stewed lentils (green grams), rice and chapatti.

The Kenyan diet also includes tea, especially when served with milk and sugar. It is served for breakfast, at meal times and during Kenya's regular tea time.

Learn more about Kenya's varied culture [here](#).

Learn more about Kendu Bay, Kenya [here](#).