

Kenya

Africa

Menu

1. Ugali

Ingredients:

- 2 cups *maize* (white corn flour)
- 4 cups water
- Salt (optional)

Directions:

Bring water in a pan to a boil. Reduce to medium heat and add *maize*, gradually stirring until the consistency is stiff. Cover for 5 minutes. Stir again and form into a mound. The Ugali will be done when it pulls from the sides of the pan easily and does not stick. The finished product should look like stiff grits. Cover the pot with a plate and invert the pan so that the Ugali "drops" on the plate.

2. *Irio* (stewed vegetables)

Ingredients:

- 1 cup corn kernels
- 1 cup cooked kidney beans
- 4 medium potatoes, peeled and cut in ½" cubes
- 1 lb. spinach, washed and chopped
- Salt and pepper to taste

Directions:

Boil ingredients until potatoes are tender. Drain and serve hot.

3. *Kofta kebabs* (minced lamb kebabs)

Ingredients:

- 1 lb. minced lamb
- 1 large onion
- 2 cloves garlic, minced
- 1 tsp. minced cilantro
- Pinch of chili to taste
- 2 tsp. curry powder
- 1/4 tsp. cinnamon
- 1/8 tsp. cloves

Directions:

Mix all ingredients together in a bowl and place on skewers. Place skewers on a broiler rack or BBQ until lamb is cooked thoroughly.

Consumption comparisons

Average calories per person, per day

United States of America: 3,699

Kenya: 1,977

Percentage of children underweight

United States of America: 1%

Kenya: 23%

Life in Kenya

Rural Kenyans generally live with their extended family in a cluster of huts, which provides shelter and symbolizes the closeness of the people living there.

Typical meal

Potatoes or rice eaten with meat are staples at most meals.

Children like these students at Inyonyori primary school need our help



Children sharing a meal of peas and maize at Inyonyori primary school. They share so that they can spare some for their sisters and brothers who are at home and have nothing to eat.

References:

Kenya. Recipes. <http://kenya.rcbowen.com/recipes/ugali.html>. Accessed May 17, 2006.

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