

## **WAYS IN WHICH KENYAN FAMILIES PREPARE RICE**

### **1. Recipe for Beef Pilau**



Pilau is a Kenyan food which originated from the Coastal region because of their love for spices. It is one of the popular dishes in Kenya. A wedding without pilau on the menu is termed incomplete. Pilau can either be prepared from beef and rice or rice alone, mutton and rice, chicken and rice, fish or even vegetables. The aroma from Pilau is very welcoming. This meal is a primary source of energy. Depending on the strain of rice, it can contain decent amounts of fiber, protein, vitamin B and manganese meaning it can play the vital role of fighting against malnutrition.

#### **Ingredients**

- 2 tablespoons of oil
- 4 tomatoes, chopped
- 1 medium onion, chopped
- 1 tablespoon of chili powder
- 1 tablespoon of Pilau masala
- 1 banana leaf
- 4 cups of water
- 2 cups of Basmati Rice, rinsed and soaked
- Salt to taste
- Freshly ground bulb of garlic
- Coriander leaves / 1 tablespoon of coriander powder
- Pieces of chopped capsicum

## Instructions

1. Heat two spoonsful of oil in a large pot. Add the beef in the oil in batches making sure not to over crowd the pot. You want to stir the beef, so it turns browns and not steams. Let it cook for 3-4 minutes until browned on all sides.
2. Add the onions and stir for 1-2 minutes.
3. Add the tomatoes, season with salt then add capsicum and stir then add ground garlic then add 1 spoonful of Pilau masala and lastly spread the coriander leaves into the mixture. Let cook for another 2-3 minutes or until the carrots soften.
4. Layer the rice onto the meat, season with some more salt, pour in the hot water (to cook the rice) and let it simmer for 45 minutes-1 hour until the meat is very tender and the Pilau acquires the desired color.
5. Cover the Pilau with banana leaves and reduce the heat to ensure the Pilau dries properly ready to be served.
6. Serve hot with kachumbari.

## 2. Recipe for Boiled Rice



### **Ingredients**

- 1 cup (195 g) medium- or long-grain white rice
- 2 cups (470 ml) water
- 1/2 teaspoon (2.84 g) salt
- 1 tablespoon (14 g) butter or oil (optional)

### **Instructions**

1. **Rinse the rice in cold water.** Before boiling white rice, it's a good idea to rinse it. That removes any dusty starch that might be on the rice so it doesn't stick together when it cooks. Place 1 cup (195 g) medium- or long-grain white rice in a strainer, and rinse it under cold running water.
2. **Bring the water to a boil.** Add 2 cups (470 ml) of water to a small saucepan, and place it on the stove at medium-high to high heat. Allow the water to heat until it comes to a rolling boil.
3. **Add the rice and salt to the pot.** Once the water comes to a boil, add the rice and 1/2 teaspoon of (2.84 g) salt and stir gently. Allow the pot to come to a gentle simmer.
4. **Cover the pot and cook until the rice is tender.** After the pot reaches a simmer, turn the burner's heat down to low, and cover the pot with its

lid. Allow the rice to cook for approximately 18 minutes. At that point, start checking its texture. When the rice is finished, it will be firm but not crunchy.

5. **Allow the rice to sit in the pot for several minutes.** Once the rice is finished cooking, turn off the heat but leave the rice in the pot with the lid on. Let it sit and steam for another 5 minutes to finish off the cooking process
6. **Fluff the rice with a fork and serve**

### 3. Recipe for Fried Rice with Vegetables



#### **Ingredients**

- A bowl of pre boiled rice (half-cooked)
- 1 large onion (thinly chopped)
- 1 ginger grated
- 2 garlic gloves grated
- 1 large green, red and yellow bell pepper (chopped into cubes)
- 1/2 a cup of peas
- 1/4 a cup of pre boiled French beans
- 1/2 a cup of pre boiled broccoli
- Salt to taste (others use sugar)
- 1/4 teaspoonful of crushed black pepper
- 2 medium sized carrots (diced)
- Handful of fresh coriander leaves
- A spoonful of cooking oil
- 1 cup of water

#### **Instructions**

1. Place the chopped onions and a spoonful of oil in a Sufuria/Saucepan and place on medium heat.
2. As the onions are about to turn golden brown, pour in the grated garlic and mix for one minute. Then pour in the grated ginger and continue mixing for another minute.
3. Now add the cubed bell peppers, carrots and carefully mix everything together.

4. Pour in the pre boiled peas, French beans, broccoli, and mix. Ensure everything blends in well.
5. Add salt/sugar and powdered black pepper and toss.
6. You can now add the half-cooked rice and one cup of water.
7. Add the coriander leaves gently stir and simmer until all the water is dried up. Serve while hot with a cold drink on the side.