

# FRIENDS of KUNYA



Save Lives: Help Bring  
Clean Water To This  
African Village

## Kunyan Village Recipes

*The following recipes were compiled by Joanruth Baumann from oral interviews she and her husband conducted with village residents, during their volunteer work in the spring of 2007.*

### Carolyn Mbuyo:

First I collect the leaves of a particular vegetable, cut them into small pieces, and wash them thoroughly. Take a pot, and put two cups of water into it, boil the water, and add soda ash, and before putting the cut vegetables into the water, get another kind of vegetable that I collect too. I cut and wash this second vegetable and put it into a small quantity of water. After boiling it for some minutes, I add the cut beef, and then boil it all for five more minutes. Then I fry the meat, with onions, tomatoes, and spices. When it is ready, add some salt, and after that I prepare ugali.

### Christabel Anayango Opondo:

*One of my favorite recipes is for African spinach, or mchicha:*

First, get the spinach from the farm, then wash it, and then cut it. Then cut onions and tomatoes, and have cooking oil ready. Then put the oil into a cooking pan, cook the onions until brown, mix in the tomatoes, then heat and stir the mixture. Then ensure that the spinach is totally dry, so that no water drips into the mixture, and add the spinach. Add some salt, and cover the mixture with a lid. After three to five minutes, open the cover and turn the mixture so that all the ingredients mix well. Cover again for three to five minutes, then turn again. Within a few minutes, it is ready. Serve it hot with ugali.

*Another recipe is for rice:*

You will need salt, cooking oil, and water. Measure a quantity of rice depending on the number of people to be served, and wash the dry rice thoroughly with much water. Filter out all of the water, so that the rice is dry. Boil water and salt, and then add cooking oil. Put the rice into a separate pan, and add the boiling salted water to it. Stir to mix evenly. Leave the whole mixture to boil until the water is gone. Serve it hot.

### Dorine Achola:

I most like to cook vegetables and beef, vegetables such as mitoo or sukuma wiki. To cook beef stew, I need beef, onions, cooking oil, tomatoes, and salt. I wash the beef and cut it into pieces, then slice the onions and tomatoes. I put some water into a cooking pan and boil the beef until it is soft. When the water has boiled away, I add cooking

oil and stir the beef into it; then I add the onions. After a few minutes, I stir the beef and onions, and add the tomatoes. Then I stir the mixture, add some salt, add water, and let the mixture boil. After 15-20 minutes, it will be ready.

### **Esther Akeyo Agero:**

There is one thing I like to cook, because those who come to visit me like it but don't know how to prepare it. It is simply taking groundnuts, cooking them without any oil, and then mashing them [Esther gestured as if rolling dough]. The ones that are not properly ground, you put on the grinding stone and use the back of a calabash to grind them fine. After that you put them into a pot, add a little water, stir until it mixes well, then boil it and add some milk. Then add some salt and stir. Boil the mixture for about 20 minutes, and then leave it to cool. Then use a glass to serve it, or serve it with cooked potatoes or ugali. Eating too much of it can cause diarrhea, because it has much oil in it. I am known for this by many, even by some church leaders. This is what we call ogira in Luo. I learned this recipe from my mother, because where we lived, we attended church services on Saturdays, so on Friday we would close our business early and get ready for the preparation of this food. I can make this for anyone, as long as someone buys me the groundnuts.

### **Eunice Lanyo Odak:**

I love cooking so much, and I love to cook local vegetables such as mitoo, osuga and dek. Apart from the vegetables, my favorite recipe is for chapati. First, you need some wheat flour, baking powder (if the flour is not self-rising), salt, water, and cooking oil. First, you warm some water, and add salt to it. Taste it to ensure that the salt is enough. After you have done that, into the water you add wheat flour and baking powder, and make dough out of it. Roll it on a flat table, take some oil, and spread it all over the rolled dough. According to the size of chapati you may want, make those sizes, rolling as you add oil, up to three times. With the final roll, put the rolled dough into a frying pan that does not have any additional oil in it. Turn it when it gets done on one side and put a little oil on the other side. When the second side cooks, put oil on the first side. Once both sides are done, remove it and go for the next roll. Your chapati is ready, and you can serve it with anything you want.

### **Everlyne Adhiambo:**

These are some of the foodstuffs that I like preparing: chicken, meat, and lentils, just to mention a few. I want to tell you how to prepare chicken. First of all, I cut it, cut the neck and not let the blood to spill on the ground but catch it in a container. While I am doing this, water is boiling. I dip the chicken in this water and, after a short while, I remove the feathers and some of the insides, which need to be removed. After that, I cut the chicken into pieces, while I get the fire built and the cooking utensils ready. Then I wash it using clean water, put it aside for some minutes, take cooking oil, heat it to a boil, cut the onions, and fry them in the pot until they are brown. Then I will cut the tomatoes into small pieces and put them in the boiling pot. After a short while, two minutes, I will put the whole chicken inside the pot and stir the pieces, add some water, and leave it to boil for

about 20 minutes or so. You can add some chicken spice. Cover it and let it cook.

### **Jennifer Atieno:**

My favorite food to cook is green vegetables. I like it because any time I can tell the children to go to the garden to collect vegetables, they have no trouble doing it. This vegetable is cowpeas. The way to cook it is to wash it, cut it, and boil it in some water. Then add soda ash and boil it again for some time. Then fry cut tomatoes and onions in oil until the onions are brown, and after the water has boiled away from the vegetables, mix in the tomatoes and onions. Boil the whole mixture for a few more minutes. Then it will be ready for everyone to eat.

### **Rael Obudho:**

I like to cook very much, and that is what my family likes me for. There is this traditional vegetable called boo. You will need milk, onions, cooking oil, tomatoes, groundnuts, bicarbonate of soda for softening the vegetable, salt, and water. First, I would pick the leaves, remove the stems, wash and dry the leaves very well, and get a fire going. I boil some water, add some soda, and add the vegetables. Cover it and let it cook for 20 minutes. Slice the onions and tomatoes. Then cook the groundnuts, grind them to powder, and mix them with water. Set them aside. Remove the vegetables from the fire. Get another cooking pan, add some oil, and put on the fire. Brown the onions and add the tomatoes, mixing well, and add it to the cooked vegetables. Also add the groundnut mixture, and stir it well. Then add some fresh milk and leave it for about 10 minutes, mix it, and it will be ready.

### **Risper Odiembo:**

Usually I like to cook vegetables, beef, fish, and ugali. My favorite is beef. To prepare the beef I need onions, tomatoes, cooking oil, salt, the beef itself, and some water. The first thing is to wash the beef and cut it into smaller pieces. Then put it into a cooking pan and boil it. After it has boiled, take a different cooking pan, put some oil in it, and fry the onions. After they are brown, add the tomatoes, and mix them very well. When the tomatoes and onions are soft, add the boiled beef, and add salt and water. Cook it for about 20 minutes.

### **Rose Odande:**

I really like cooking. My favorite dish is called Pilau Masala. This is a favorite coastal dish that is prepared using both beef and rice. I used to cook it a lot when I was in Nairobi and was frequently asked to come and cook it whenever people had weddings, birthdays, and the like. To prepare this Pilau Masala you need the following: beef, rice, garlic, onions, cooking oil, another spice called Masala, tomatoes, and salt to taste. The process is: first, when you have sliced the garlic, onions, and tomatoes and have washed the rice, then you heat oil in a cooking pan and add onions until it turns brown. Mix the brown onions together with the garlic and the Masala. After some minutes, add the beef and put in a little salt. Allow the meat to fry and mix it together. Add tomatoes to the beef and stir.

After about 10 minutes, add water and leave it to boil. After boiling, add your rice to cook. Leave the whole mixture to boil and, as the water level reduces, reduce also the heat. The whole procedure takes about 30 minutes. Once the rice is dried, the Pilau Masala is ready.

### **Wilfrida Yongo Nyagenga:**

Suppose I would be called upon to cook chicken for a ceremony; I would have it fried. So when I am given a portion of meat to prepare, one that is already washed, I cut it; I can as well be given a chicken, but here are the things that I would need: eggs, tomatoes, onions, cooking oil, a small amount of baking flour. All of these, I would need to prepare the meat I have been given. I would clean the table very well and put the piece of meat on it, to remove the unwanted parts of it; I would cut it nicely. When I am given two people to assist me, they would first need to stand by and watch as I cut the meat; they would watch as I remove the unwanted parts. As I need to fry this meat, I would need to cut it into small pieces, so at my disposal I must have a spoon and knife. I would be already seated next to the fireplace, and someone would just be there to fetch me the things that I will need. Out of this piece of meat, I would cut one piece to roast and another one to be fried. When I am to fry the meat, I must first dip it in hot water, then I remove the membrane. I put some oil into the pot, and as it heats, cut the onion and put the pieces of onion into the boiling oil. It immediately turns brown, and put in the pieces of tomato that you have cut already, then finally add the pieces of meat.

I use the flour when preparing chicken, and even meat, to be fried. I take the ribs of the chicken, and separate the meat from the bones, leaving just enough to hold, and dip the meat into the mixture. I put the ones to be fried aside; I dip the chicken into hot water, to make easy removing the feathers. Now you cut it to remove the waste inside, and throw it away. You remove the scaly parts [legs]. You put the neck inside the body and twist the wings backwards. I take smashed eggs, add some water, and mix in the baking flour. Then I dip the chicken into the batter mixture. I keep the heart and kidney of the chicken, dip them too into the batter, and put them into the inside of the body of the chicken. After doing all this, I use a needle and thread to sew the body shut, and then dip it into the hot oil. Put the things like onions and tomatoes into the body of the chicken, and then fry the whole thing together. When it is cooked, I put the chicken on a tray, take it to the table, and cut it with whatever knife you have. Sometimes, I don't need to make stitches; I can just use a crust of bread to fill the opening so that nothing comes out, and dip the whole chicken into the oil.