



RECIPE

Kamba wa nazi à la Liz

Prawn coconut curry served with chapati and Kachumbari on the side.

Meals in Heels under 30 minutes

KACHUMBARI

Kachumbari is a fresh tomato, red onion, coriander & chilli salad popular in the Indian ocean coast of East Africa and really goes down well with almost any type of dish.

Ingredients

- 1 large onion (red), finely chopped
- fresh coriander leaves, finely chopped.
- 1 lime or lemon freshly squeezed
- Soy sauce or a pinch on sea salt.
- 4-5 tomatoes, finely chopped.
- 1 chilli (red), finely chopped.
- 1 ripe-yet firm avocado for garnishing on the topripe but firm (optional), chopped finely.

Preparation:

- Peel and chop the onion very finely.
- Place the chopped onion in a small bowl and fill it up with water. Add 2 teaspoons salt and stir lightly. Allow to soak for 30 minutes.
- Chop the 4-5 tomatoes, the half cucumber and the handful coriander leaves very finely.
- Cut the chilli in half lengthwise and scoop out the seeds and the membranes. Use plastic gloves if you have sensitive skin.
- Cut the avocado in half lengthwise. Gently twist the two halves in opposite direction if you find the flesh clinging to the pit. Remove the pit, either with a spoon or by spearing with the tip of a knife. Place the halves face down, then peel and chop very finely.
- Place the chopped onion and the water in a sieve. Shake the sieve a little to remove every drop of water. Allow to drain for 10 minutes.

- Transfer the chopped and drained onions, cucumber, chilli, coriander leaves, avocado and tomatoes into a large bowl and stir gently.
- Slice 1 lime into wedges and serve with the salad if desired.

CHAPATI

With a big Indian influence in my Kenyan cuisine, chapati, an unleavened flatbread I grew up eating is one of my favourite dishes up to date and is quite similar to the roti, safati, shabaati, phulka and roshi. This bread originates from the Indian subcontinent and staple in India, Nepal, Bangladesh, Pakistan, Sri Lanka and is also prominent in East Africa and the Caribbean.

Ingredients:

- 3 cups of All Purpose Flour
- cup of warm water
- 1 tsp of salt
- 1 tsp of sugar
- 1/tsp ground cardamom
- Enough ghee/ Vegetable oil/ olive oil for kneading and frying

Method:

- Mix all the ingredients well into the water.
If the mixture is hard add a little more water if it's too soft add more flour.
- Knead till you get a soft consistent – yet not sticky dough.
Roll the dough flat and add some extra ghee on top.
Roll and fold like you are making cinnamon rolls.
cut into 7 or 8 pieces and press the pieces with your fingers to shape.
- Always sprinkle a little extra flour for kneading and dusting to ensure your dough does not stick to the surface
Roll your individual chapatis.
Place a frying pan on a stove on medium to high heat.
Place the chapati on the pan, once one side is golden brown, flip, then lightly oil.
- Do the same for the other side.
- Repeat same process for all the chapatis.
- Place on paper towel/clean linen to drain any extra oil

Bon-apetit!

KAMBA WA NAZI (PRAWN COCONUT CURRY)

Kamba wa nazi, which translates to a prawn curry in Swahili is one of the popular Swahili coastal dishes which go down well with chapati or basmati rice. What I love more about this dish is the fact it does not sit very heavy and you can enjoy it in less than 30 minutes.

Ingredients:

- Fresh shelled prawns
- 1 fresh squeezed Lime/lemon
- 2 tbs vegetable oil/olive oil
- 1 red onion, chopped
- 3 fresh cloves garlic (crushed)
- Fresh ginger (crushed)
- 1 tbs masala or fresh chilli
- ½ tsp paprika
- 2 fresh tomatoes
- 1 tin organic coconut milk/ coconut milk fresh from coconut
- Soy sauce or salt
- Red/yellow/green bell pepper
- coriander

Preparation:

- Season prawn with ginger, garlic, lime, soy sauce, olive oil, chilli.
- Heat the oil in a pan and brown the prawn and then set aside.
- In the same oil, fry onion and bell pepper until brown. Add a little bit more of the masala/chilli, garlic and ginger and stir. Add fresh tomato and cook for 2-3 minutes.
- Add the coconut milk and stir. Once it comes to a boil, turn the heat down and add the prawn. Let the curry simmer for about 10 minutes to allow the flavours to concentrate and the sauce to thicken to a creamy consistency. Throw in some chopped coriander to top that flavour and squeeze a dash of lemon or lime to finish.
- Serve hot with your chapati and kachumbari and pair well with your Liz Ogumbo Msenangu “Chenin Blanc/Chardonnay 2017 or any other bottle that pairs well to accompany your Swahili dish. Bon-apetit!

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