



Curry & COCONUT CREAM GITHERI

Traditionally, githeri is made with only onions and tomatoes. However my twist on this Kenyan delicacy is adding the richness of coconut cream & curry powder, and using cumin and mustard seeds, whose oils play up the githeri flavor. This is the best githeri you will ever have without doubt!

**Time: 45 minutes

**Serves: 3

Ingredients

3 cups of boiled maize and beans

Minced garlic

Minced ginger

Sliced onions

Finely chopped coriander

200ml of coconut cream

¼ teaspoon of turmeric

¼ teaspoon of curry powder



1 teaspoon of mustard seeds

1 teaspoon of cumin seeds

1 heaped tablespoon of ghee/margarine

Method.

Put the cumin and the mustard seeds in a sufuria without oil to roast them. This enhances their flavor and brings out their natural oils. The mustard seeds will start to pop, kinda like the way popcorn does, and when this happens, take them from the heat and crush them with your pestle and mortar.

Put your onions in the sufuria with a bit of vegetable oil to fry them. To this, add back your crushed cumin and mustard seeds and your crushed garlic and ginger.

After the onions are soft, add your tomatoes and after they are reduced, add your boiled githeri.

Allow it to seat on the heat for about five minutes then add your turmeric and curry and give it another five minutes.

Then, add the coconut cream and mix. It smells so good at this point and it gives the githeri a rich, creamy body. If you like your githeri drier, you can add less coconut cream. Let this stay on the stove for 10 minutes.

Take it from the heat and mix in your finely chopped coriander and serve.



Serve with: Guacamole, Avocado or tamarind chutney

This delicious recipe was brought to you by Kaluhi's Kitchen

<http://kaluhiskitchen.com/curry-and-coconut-cream-githeri/>