



This recipe brings out the already rich flavor that nduma naturally has. Not only are they fried, but are coated with a crunchy crust seasoned with nutmeg.

Ingredients

3 nduma roots

1/2 a teaspoon of ground nutmeg

1 cup of bread crumbs

1 egg, beaten

Method

- Peel your nduma and cut it in 2 inch thick circular slices. You can cut it whichever way you want but I like mine this way since they look neater and boil a lot faster.
- After they have boiled, allow them to cool slightly. While you are waiting for that, you can beat your egg in a bowl and prepare your bread crumb crust. This is simply done by mixing some bread crumbs with the nutmeg in another separate bowl.
- To coat the nduma, simply dip them in the egg mixture and then roll it in the breadcrumbs. The egg acts as 'glue' for the crumbs to adhere to and contributes to the crispiness.
- Heat your oil and put them in to fry after it is hot enough. Let them fry until the coating turns golden brown. That will be about 2 minutes on each side.
- Remove them from the heat and drain on a paper towel then serve hot.



SERVE WITH: hot coffee, milk or tea, meat or on their own 😊.

This recipe was brought to you by Kaluh's Kitchen from: <http://www.kaluhiskitchen.com/fried-nduma-with-crunchy-bread-crumb-coating/>