



garlic kuku kienyeji

{with homemade spice blend}

One of my very favorite things to have are kuku kienyeji. This recipe is one of my all time fave especially that I made a custom spice blend for it!

Ingredients

- 1 tablespoon of dried rosemary
- 1 tablespoon of whole black pepper seeds
- 1 tablespoon of cumin seeds
- 1/2 a tablespoon of chili flakes
- 3 cloves
- 1 cinnamon stick
- 1 bay leaf
- 1/2 a teaspoon of turmeric
- 1/2 a tablespoon minced ginger
- 1 kuku kienyeji (free range chicken), chopped into pieces
- 1 red onion, finely chopped
- 5 cloves of garlic, minced
- 1 green bell pepper, finely chopped
- 1 tablespoon of tomato paste
- 2 tomatoes, minced
- Salt to taste
- Vegetable oil for frying
- Coriander for garnish

Method

Make your spice blend first by crushing all the spices and then combining them. Set aside. Proceed to boil your chicken, with 4 tablespoons of munyu mkerekha until tender.

In a sufuria, add some vegetable oil, together with the red onion, green bell pepper and garlic. Let this cook until it is fragrant. Add the tomatoes, tomato paste, some stock/hot water and let this simmer down for about 5-7 minutes so that all the flavors really meld and come together.

Once the time had lapsed, add the boiled tender chicken plus your homemade spice blend and allow this cook down for another 30 minutes. Once done, garnish and serve.



SERVE WITH: a starch and veggie of choice 😊



This recipe was brought to you by Kaluhi's Kitchen from: <http://www.kaluhiskitchen.com/garlic-kuku-kienyeji-homemade-spice-blend/>