





Ingredients

To boil:

3kg of kuku kienyeji (free range chicken)

7 cloves of garlic

1 large sprig of rosemary

1.2 liters of water (more if needed)

2 sprigs of thyme

1/2 cup of Munyu mukhereka (optional)

To Stew

1 red onion, diced

1 tablespoon of curry

1 cup of chopped dania stems

1 tablespoon of turmeric

1 green hoho (bell pepper), diced

1 1/2 tablespoon of coriander powder

1 bulb of roasted garlic

1/2 teaspoon of chili flakes

1 sprig of rosemary

Dania leaves to garnish

2 tomatoes, diced

Salt to taste

2 bay leaves

Vegetable oil for cooking

1 tablespoon of tomato paste

Method

Begin by boiling the chicken until tender. Carve it, place it into your sufuria along with the other ingredients and let it boil.

As that is going, roast your garlic: slice the top, douse some oil and cover in foil. Roast at 200c for 2 hours.

** The boiling of the chicken and roasting of garlic can be done in advance in the interest of saving time.

To stew: in your sufuria that has some oil and salt, add in your red onion, dania stems, hoho, roasted garlic and rosemary. Sautee until softened and fragrant. Add in the tomatoes, tomato paste, bay leaves and spices. Pour in some hot water (or stock) and allow the spices to cook down and the sauce to thicken.

Once thick, add in the kuku kienyeji, more water and let this simmer on low for 15-20 minutes. Once nice and thick, garnish and serve.



SERVE WITH: your fave starch and veggies

This recipe was brought to you by Kaluhi's Kitchen blog from: <https://www.kaluhiskitchen.com/roasted-garlic-and-rosemary-kuku-kinyeji/>

YouTube Video: https://youtu.be/l_VFXedQe-A