



Kenyan food is so rich and robust in flavor. Nothing embodies this quality more than my ginger matoke masala. Fast to make & unforgettable to have!

Ingredients

4 large matoke	1 teaspoon of cumin seeds
1 tomato	1/2 a teaspoon of turmeric
2 tablespoons of tomato paste	1/2 a teaspoon of paprika
1 red onion, finely chopped	1 tablespoon of coriander powder
1 1/2 tablespoon of garlic powder	3/4 of a thumb sized ginger root
1/2 of green bell pepper, finely diced	Salt and pepper to taste

Method

In a pan, heat some vegetable oil and add your whole cumin seeds, your finely chopped onion, green pepper and minced ginger. On medium low heat, allow this to cook down for about 4 minutes.

After the onions have softened, add your tomato, tomato paste and all the spices. Mix them all in and once evenly distributed and 1/2 a cup of hot water. Turn down the heat and let this cook down for 15-20 minutes. As that is going, begin working on the matoke.

Peel the matoke and place them on a pot of salted cold water. Let them boil until they are just tender. Once done, remove from the heat and cut them in half longitudinally. Add them to the simmered down masala sauce and toss them in. Let these stay in for about 3-5 minutes.

Serve and garnish with onion chives or fresh coriander.



SERVE WITH: your favorite meat stew and your favorite veggies or salad
