



garlic turmeric fried gizzard

A delicacy in most Kenyan cultures, my garlic and turmeric fried gizzard recipe will elevate the flavors of this organ meat to something you'll never forget!

Ingredients

1/2 kg of gizzard	1 tablespoon of tomato paste
2 tablespoons of fresh rosemary	1/2 a teaspoon of Cayenne pepper (or use fresh chilli if you have some)
8 cloves of garlic	Turmeric (1/4 teaspoon of turmeric)
2 tablespoons of balsamic vinegar	Paprika (1 teaspoon)
1 red onion, diced	Black Pepper (1 teaspoon)
1 tomato, pureed	Salt to taste
1 green bell pepper, diced	Vegetable oil for frying

Method

In a bowl, add your cleaned and chopped gizzard together with the rosemary, 5 cloves of minced garlic and balsamic vinegar. Allow this to marinate overnight.

After the marination time has lapsed, add some oil into a pan and add the marinated gizzard and let them cook through on high heat. Once done, turn off the heat and set aside.

In a separate sufuria, add the red onions and 3 minced garlic. Let this sautee until fragrant. Add the tomatoes, tomato paste and the spices and allow this to cook for about 5 minutes. Add the gizzard and half of your bell pepper, let this fry in the tomatoes for 5-10 minutes. Add the remaining green bell pepper and serve shortly after. Garnish with some toasted sesame seeds 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-turmeric-fried-gizzard/>