curry & coconut cream njahi

Njahi is one really fantastic bean! And if you have been looking for a recipe to enjoy it, my curry coconut cream njahi is the one for you!!

Ingredients

For boiling

500g of uncooked njahi

4 cloves of garlic, chopped

1 teaspoon of whole cumin

1 teaspoon of chopped ginger

For Stewing

1 red onion chopped

1 cup of coconut cream

1 cup of chopped dania stems

1/4 teaspoon of chili paste

1/2 green hoho (green bell pepper)

1 teaspoon of curry

5 cloves of garlic, minced

1 teaspoon of garam masala

1 tablespoon of minced ginger

1 teaspoon of paprika

1 tomato, chopped

Dania leaves to garnish

2 tablespoons of tomato paste

Salt to taste

Method

Begin by soaking your njahi overnight. Once they are softened, put them to boil with some garlic, whole cumin and ginger. Once softened, set aside.

For stewing, we begin with the onion, garlic, ginger, dania stems and hoho. Once softened, add the tomatoes and tomato paste, followed by the spices. Add a tiny bit of water to facilitate the cooking down of the spices. Once done, add the njahi, then the coconut cream. Mix it in and then let it simmer for about 15 minutes. Once done, garnish with some dania leaves and serve!

SERVE WITH: some rice/chapo together with some fresh mboga

This recipe was brought to you by Kaluhi's Kitchen from: http://www.kaluhiskitchen.com/ curry-coconut-cream-njahi/

Video: https://youtu.be/ye5fWSRqWnY