



Mbuzi is always top on our list on any and every occasion and I guarantee my green apple marinated braised mbuzi will become your favorite!!!!



Ingredients

For the mbuzi

1.5 - 1.6 kg of mbuzi (goat) ribs	1/4 cup of soy sauce
1/2 green apple	1 tablespoon of cumin
1 bunch of fresh dania	1 tablespoon of smoked paprika
1/4 cup of olive oil	1/2 teaspoon of pepper
1 bulb of roasted garlic (fresh garlic would be ok)	Salt to taste
2 tablespoons of fresh rosemary	

For the cimichuri

1/2 cup of very finely chopped dania	1/4 teaspoon of dried oregano
2 tablespoons of very finely chopped chives	1 1/2 tablespoons of red wine vinegar
3 cloves of garlic, minced	1/3 cup of olive oil
1/4 teaspoon of chili flakes	

Method

Begin by prepping the goat for marination. First, work on the apple paste: cube your apple, dice your dania and pop that into a food processor/ blender along with the olive oil and run until completely smooth.

Place the goat ribs into a container and add in all the marination ingredients along with the green apple paste we have just made. Mix until they are completely slathered and once coated, let this marinate overnight or up to 48 hours, refrigerated.

Next day, place the marinated mbizi onto your lined tray, pour in the stock along with the juices that collected at the bottom of your marination container and allow this to braise for 3-4 hours at 150c until done.



As that is going, prepare the chimichuri. Finely chop the dania and the garlic (or blitz then in a food processor until fine). Add those two along with all the other ingredients into your bowl and mix. Once they are done, serve and enjoy



SERVE WITH: a meal you love or on it's own

This recipe was brought to you by Kaluhi's Kitchen from: <https://www.kaluhiskitchen.com/green-apple-marinated-braised-mbuzi-ribs-with-chimichuri/>

Video: https://youtu.be/XrqX_Qage-s