



Mbuzi is for sure one of my favorite meats to have and this recipe is one you will enjoy time and time again!!!



Ingredients

To Marinate

700g of mbuzi (goat meat)

2 rosemary sprigs

5 thyme sprigs

4 cloves of garlic, minced

1 tablespoon of minced ginger

½ cup of unsweetened mala

To Cook

1 red onion, chopped

½ a hoho, chopped

½ cup of dania stems

¼ teaspoon of chili flakes

½ tablespoon of cumin

1 talbespoon of curry

1 fresh tomato, chopped

1 tablespoon of tomato paste

Dania leaves to garnish

Method

Cube your mbuzi and place in a bowl. Add in the marination ingredients and give a mix. Once coated, cover and allow to marinate overnight.

To cook: In your sufuria that has some oil, some salt and a dash of pepper, add in the red onion, hoho and dania stems. Sautee until fragrant and softened. Once done, add in the tomato, tomato paste and the spices. Slow simmer this until thickened and combined. Add in the marinated mbuzi, mix in, add about ½ - 1 cup of water/stock and allow this to simmer for about 1.5 hours; mixing from time to time. Once the water has dried down, serve her up!



SERVE WITH: your favorite starch & veggie



This recipe was brought to you by Kaluhi's Kitchen blog from: <https://www.kaluhiskitchen.com/ginger-rosemary-mala-marinated-mbuzi-dry-fy/>

Youtube Video : <https://youtu.be/r6ONXTNPvA0>