

TANZANIAN CHICKEN PILAU

Ingredients

- 1 teaspoon cumin seeds
- 1 cinnamon stick
- a few cardamom pods
- Vegetable oil
- several cloves of garlic
- 2 teaspoons fresh ginger
- 3 cups of rice (uncooked)
- 1 big onions, chopped
- 1 whole chicken
- 2-4 potatoes, peeled and cut into quarters
- Salt

Directions

Wash the rice in a sieve under the cold tap water for a minute or so.

Cut the meat off the chicken in small bite-sized pieces. Save the bones.

In a large pot, boil the chicken bones with some of the spices.

Heat oil in a separate deep pot. Fry onions until clear. Add garlic and ginger. Fry them until the flavors have mixed. It should develop a nice aroma. Add all the spices and stir for two to three minutes and make sure you don't burn it.

Add the chicken, stir and cook over high heat until meat is browned on the outside. Reduce heat and simmer for a few minutes. Add potatoes and stir it thoroughly until they are golden brown.

Add the chicken broth, then the rice and stir thoroughly. Let it cook or until the water is reduced. Cover the pot with a lid and allow it to cook.

KACHUMBARI

Ingredients

- Red onion
- Tomatoes
- Sweet peppers
- Carrots
- Hot peppers, such as habanero
- Cucumbers
- Lemon

Directions

Chop all of the vegetables into small pieces. Toss them with lemon juice and season as you like.