



DAY 5: SNACK

SOMETHING TO MAKE



Githeri (gi-TER-ee)

Kenya is a very diverse country, and each tribe has a specific meal as its main staple dish. But while the preparation styles vary, most dishes draw from Kenya's rich farmland for kale, spinach, beans, potatoes, cabbage, beef and goat meat. Near the coast, fish from the Indian Ocean is also popular. Githeri is a staple dish of the Gikuyu, Meru and Embu people of central Kenya and the Kambu people of eastern Kenya.

INGREDIENTS:

- 1 tablespoon oil
- 1 medium onion, chopped
- 3 cloves garlic, minced
- 1 tablespoon curry powder
- 1 large bunch kale or other greens, chopped
- 4 cups (28-ounce can) diced or crushed tomatoes
- 2 cups corn
- 2 cups cooked beans (14-ounce can, drained)
- salt and pepper to taste
- 1 lemon

DIRECTIONS:

- 1) Heat oil in a medium pot. Sauté onions until translucent, about three minutes, then add garlic and curry powder.
- 2) Add all remaining ingredients except salt, pepper and lemon juice.
- 3) Bring to a boil, then cover, reduce heat and simmer until greens are cooked and bright green, about 20 minutes.
- 4) Season to taste with salt, pepper and lemon juice.

KENYA

SOMETHING TO BUY



Chai and Doughnut Holes

While known in America for its coffee production, Kenya is also renowned for its tea, and most Kenyans are tea drinkers. Chai — tea boiled with milk, sugar and spices — is the drink of choice for many Kenyans. Find premade chai in the beverage section of the grocery store or make your own with teabags and milk. Maandazi (man-DA-zee) — a spicy, yeasty fried bread — is similar to a doughnut hole. Kenyans eat this for breakfast (kiamsha kinywa) or as a light snack for morning tea (chai ya saa nne) or afternoon tea (chai ya saa kumi).