

TASTY KENYAN MEALS



30+
Recipes

TASTY KENYAN MEALS

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Kenyan Taste



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FOOD SAFETY IN THE KITCHEN

1. Buying food

Purchase food from a reliable source and check the ‘best before’ and ‘use by’ dates.

2. Storing food

Put refrigerated foods and frozen foods into your fridge or freezer as soon as possible after buying, taking care not to overload your fridge or freezer. Keep your fridge clean, tidy and organized.

Do not store raw and cooked foods on the same shelf. Place cooked and ready-to-eat foods on a shelf higher than uncooked foods. Place raw meat, fish and poultry in sealed containers on the bottom shelf so they don’t touch each other or drip onto other foods. All refrigerated products must be kept at a temperature of between 0 and 5 degrees.

3. Cooking

Cook food thoroughly. Any cooked food that will not be eaten straight away should be covered and refrigerated or frozen within 2 hours.

When re-heating food, ensure that it is piping hot all the way through before eating. Food should never be re-heated more than once.

4. Freezing

When putting food into the freezer ensure it is placed in a properly sealed container and labeled with its date, weight and food type. Check these labels later to ensure food has not been stored for longer than recommended by the manufacturer.

Freezers should be maintained at a temperature of -18°C or less and should be in good working order.

5. Thawing

Frozen foods should be defrosted in the fridge, never use hot water or other artificial means to thaw frozen food. Always make sure that frozen foods are completely thawed especially chicken before cooking (unless the instructions specifically state “cook from frozen”, e.g. frozen vegetables).

The freezer should be defrosted on a regular basis to prevent the build-up of ice.

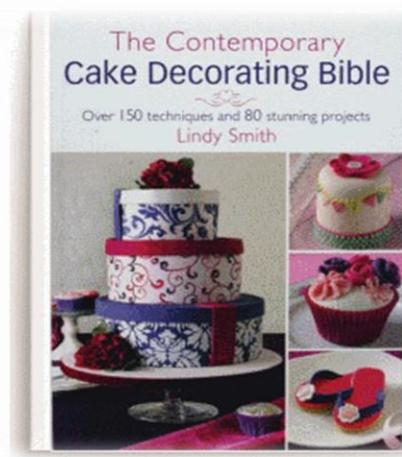
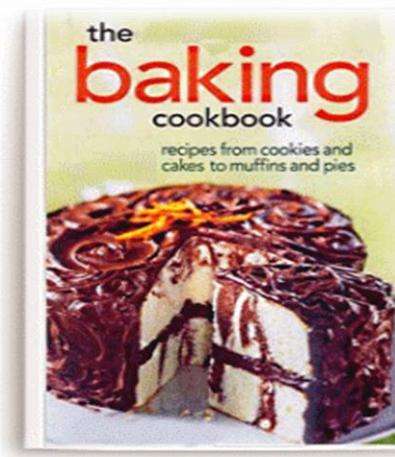
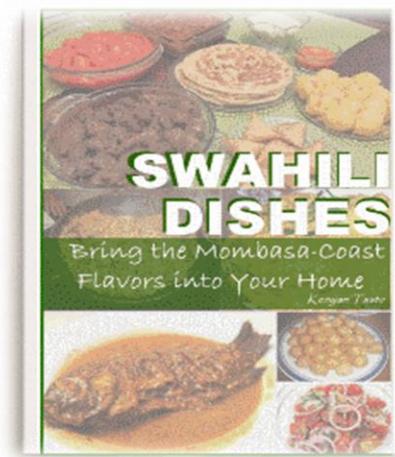
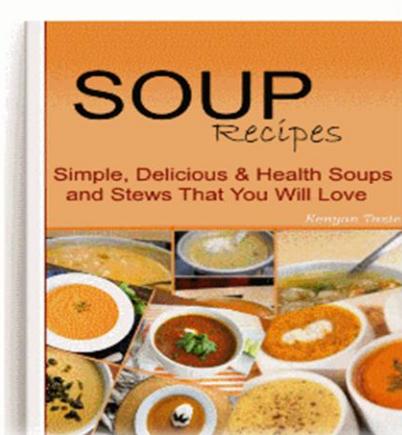
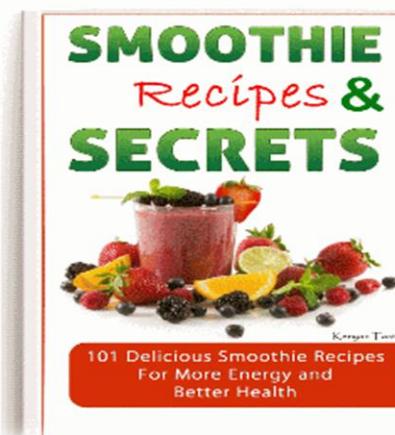
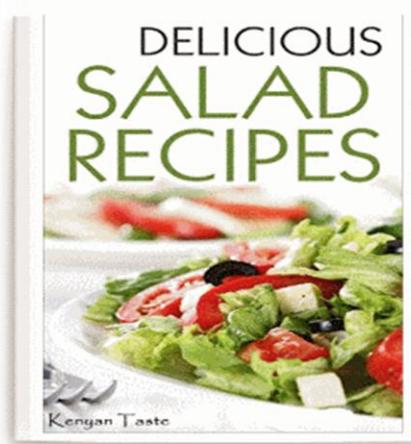
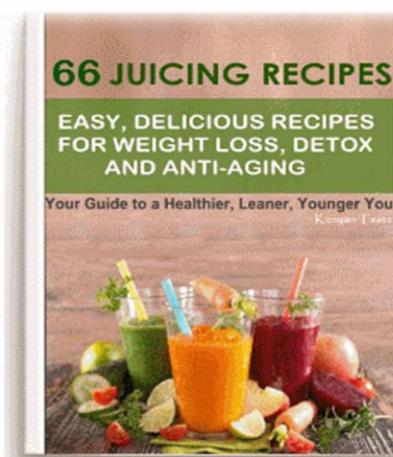
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SANDWICH TOASTER CAKES



Final outcome

INGREDIENTS

- 1 cup all-purpose flour
- 1 tsp. baking powder
- 1/2 cup butter or margarine
- 1/2 cup caster sugar
- 2 eggs
- 1 tsp. vanilla essence (Optional)

PROCEDURE

1. Sieve flour and baking powder in a bowl, keep aside.
2. In a separate bowl, combine butter and sugar. Beat till creamy.
3. Add in eggs, one at a time, beating well after each addition.
4. Add essence and beat again.
5. Fold in flour mixture.
6. Prepare Sandwich Maker by brushing both sides of the sandwich maker (cooking surface) with cooking oil. Close and preheat until the light turns red.
7. Spoon your cake batter in each well until full but not overflowing.
8. Close the lid of the sandwich maker and cook for approximately 3 - 4 minutes or until golden brown.
9. Take out the cakes, sprinkle with Icing sugar & serve right away.

My Notes:

- Check after 3 minutes with a toothpick, if the tooth pick comes out clean, it's ready. If not, cook a little longer until they turn brown, checking after every minute.
- They are best eaten right away. But you can make them in advance too, just microwave for a minute or so until warm.

MASALA CHICKEN WITH POTATOES



Final outcome

INGREDIENTS

- 1 tbsp (15 ml) sunflower oil
- 6 chicken breasts on the bone, halved and skin and all fat removed
- 2 large onions, thinly sliced
- 1 clove of garlic, finely chopped
- 1 cm piece fresh ginger,
▪ Grated
- 2 cups (500 ml) water or
- Homemade stock (p15)
- 3 potatoes, peeled and cubed
- 1 tsp (5 ml) salt
- $\frac{1}{2}$ cup (125 ml) buttermilk or plain low-fat yoghurt (optional)

PROCEDURE

1. Heat oil in a large pot and fry chicken until golden brown. Spoon out and set aside.
2. In the same pot fry onions, garlic and ginger for a few minutes. Stir in all the spices.
3. Add tomatoes, tomato paste and water and simmer for a few minutes.
4. Add chicken, potatoes and salt to sauce and simmer over a low heat for 30 minutes or until the chicken and potatoes are cooked.
5. Stir in the buttermilk and serve with small portions of brown rice.
6. Garnish with fresh coriander.

DELICIOUS YAM MIX



Final outcome

INGREDIENTS

- 1 medium size yam
- 4 tomatoes
- A handful of coriander (dhania) leaves
- 1 medium red onion
- 1 fresh pepper
- 1 capsicum (hoho)
- 1 cup beans (pre-cooked)
- 2 cloves garlic
- 1 small slice ginger
- 1 Table sized filleted tilapia or 1 medium sized traditional chicken (optional)
- 1 teaspoon sea salt

METHOD

1. Wash, peel, and cut the yam into small cubes; or wash, peel and grate the yam
2. Put the cut or grated yam into a pot with water (enough to cover the yams) and bring to boil. Simmer for about 1 hour
3. Heat pan with little water, crush garlic and ginger into a paste, then add into the pan
4. Chop onion, tomato, capsicum and pepper evenly into small cubes, add into the pan and stir evenly for about two minutes then add salt and cook for another minute
5. Add fish or chicken slices and/or beans, stir for about 1 minute and add 1-2 cups of water and reduce the heat.
6. Continue cooking for 7 minutes
7. Put in the already cooked yam cubes, add dhania and a table spoon of extra virgin oil and stir evenly. Continue cooking for 7 minutes
7. Serve hot - Serves two

MOUTHWATERING BIRIYANI



Final outcome

INGREDIENTS

- 1 kg beef (I chop them into big pieces for ease of serving).
- ginger and garlic
- 8 medium size tomatoes
- 15 medium to large size onions
- 4 large hohos
- 10 medium size carrots.
- 10 large potatoes
- Tomato paste
- 1 packet 500ml mala. (Natural yoghurt).
- Pilau masala
- Salt.

PROCEDURE

1. Vegetable oil.
2. Cut beef in to big chunks such that you serve only 2 per plate. (They cook better). Boil in salt and 2 cloves crushed garlic.
3. Peel and half the potatoes. Wash them well and add a bit of yellow food color. Put them aside.
4. Finely grate ginger and garlic.
5. Chop all the onions.
6. Chop the tomatoes into big chunks
7. Chop the hohos into big chunks
8. Finely grate all the carrots.
9. In a blender add the tomatoes, hohos and some onions (equivalent to 4 chopped onions). But do not blend it too fine.
10. If you don't have a blender then finely grate everything.
11. After the meat has boiled, take the sufuria off the heat. Add the ginger and garlic mix and hand mix it with the meat. Then pour the blended mixture in the sufuria. On top of this add the grated carrots, a tablespoon of salt, 3-4 tablespoons of pilau masala and finally pour the mala. Do not stir
12. Place this on heat and cook covered.
13. As the above mixture is cooking, deep fry the potatoes until they brown and the skin crisps. Remove them and put aside.
14. On the same hot oil, add all the chopped onions and fry them till they brown.
15. After cooking the meat mixture for 40 or so minutes you can stir and taste to check if the salt is enough. If so, add the potatoes and the onions to the mixture, add the tomato paste and 3/4 or all the deep frying oil then stir well. By now everything should be fragrant and the colour should have changed as a result of the tomato paste. Let this cook for a few minutes then turn off the heat.
16. Serve.

TASTY SOFT AND LAYERED CHAPATIS



Final outcome

INGREDIENTS

- All purpose flour
- Sugar and/or salt
- Vegetable oil
- Water and/or milk. (slightly warm).

PROCEDURE

1. Combine 4 cups of all-purpose flour, 1/4 cup of sugar, a 1/2 a teaspoon of salt and 1/2 cup of vegetable oil in a bowl. Using your hands or flour mixer, mix these ingredients well until they all come together.
2. Add water in bits with one hand as the other hand continuously combines it with the flour mix. Continue this until most of the dough is sticky then stop. Now knead the dough on a lightly floured surface for about 10 to 15 minutes until you get firm dough. If the dough is sticky, alternate between sprinkling some more flour and applying the salad oil to your hands. When you apply the oil to your hands the dough stops sticking to your hands hence making the kneading process easier. Continue this until the dough is smooth and you can knead without it sticking to your hands or the surface.
3. Place the dough in a bowl and cover it with a piece of cloth and let it rest for about an hour.
4. After the wait, cut the dough in to equal balls and place them on a floured surface.
5. On a lightly floured surface roll out the dough until you achieve a round shape. Add about 1/2 a tablespoon of oil and spread it on top of the rolled out dough. Make a cut from the center to the top part of the dough then lift the right side of the cut and roll the chapatti in to a cone. Repeat this process until all the balls are done.
6. On a lightly floured surface, roll out each cone at a time and place it on a heated pan. Let it sit for about a minute or two or until bubbles can be seen forming.
7. Turn it and spread 1/2 a tablespoon of oil on the surface then turn it back. Now apply oil to the upper part of the chapati and using a spoon lift it partly to check if the bottom side is well done. If so, turn it once more and let the other side cook.
8. When done, remove the chapati from the heat and place it on a dry surface and keep covered with a clean piece of cloth. Repeat this until all the chapatis are done.

SIMPLE TASTY GITHERI

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Final outcome

INGREDIENTS

- 1/2kg Boiled Githeri/Muthokoi
- 1 Onion(chopped)
- 3-4 Cloves garlic(Chopped)
- Ginger(small piece)Chopped
- 1-2 tbsp Curry powder(depends on taste)
- 2 Tomatoes(small dices/blended)
- Small bunch dhania
- 1 Carrot
- 1/2 Red pepper
- 1/2 Green pepper
- 1/2 Yellow pepper
- 1 Stalk celery(optional)

PROCEDURE

1. Fry the onion and ginger in little oil until it starts to brown while constantly stirring to avoid from burning.
2. Add the garlic then the curry powder/garam masala stir and allow to cook for about 2 minutes with the heat on low to avoid it from burning.
3. Add the tomatoes, carrots and celery(if using) and stir and allow to cook while covered. I recommend to blended the tomatoes for faster cooking. When blending you may also add in the dhania and blend together with the tomatoes and get a rich tasty blend.
4. Allow about 2 minutes then add a little water if necessary to avoid the sauce from drying up. Add the githeri, stir and allow to cook for 2 minutes. Finally add the peppers, stir and leave covered to a further two minutes.
5. The food is ready when the peppers are slightly crunchy and you may also add a little water to make the stew have more liquid. It should only take about 6-7 minutes from the time you add the tomatoes/carrots to the time you turn off the heat.
6. Serve hot and garnish with chopped dhania

MARINADE COATED FRIED CHICKEN



Final outcome

INGREDIENTS

Chicken pieces (this recipe covers for half chicken)

Marinade

- Milk 500 ml
- 2 eggs
- Salt.

For coating

- 1 cup all purpose flour (unga wa ngano)
- Garlic powder
- Coriander powder
- Red ground pepper
- Salt

PROCEDURE

1. Beat 2 eggs and salt in a bowl then add the milk little by little as you keep stirring. This mixture will form a creamy paste. Add the chicken pieces in the milk mixture such that all the pieces are completely covered in the milk. Store this in the fridge and let it sit undisturbed for 2-3 hours.
2. Remove the chicken pieces from the marinade and place them on a tray.
3. On a separate plate, mix all the ingredients for the 2nd coating, listed above.
4. Sprinkle salt on the chicken pieces then one by one place them on the floured plate and coat nicely. Place these coated pieces on a separate plate.
5. In a wok, heat about half a litre of oil for deep frying.
6. Now do a second coating on the chicken pieces. Take each piece and roll it in the flour again then place it in the hot oil.
7. Repeat this process until all the pieces are done.
8. Deep fry them until they turn golden brown then remove from the pan. Let them cool down then serve.

TIP: Do not over crowd the frying pan, it lowers the temperature and causes them to soak in oil. Do the chicken in batches.

MUKIMO RECIPE



Final outcome

INGREDIENTS

1 kilo of potatoes
1/2 kg of green maize
5 big pumpkin leaves (without the stems)
salt to taste

PROCEDURE

1. Boil corn until cooked and set aside
2. Meanwhile, in another pot, boil potatoes in salted water until cooked and ready to shred
in another separate pot, boil the pumpkin leaves in salted water for about 8 minutes. Drain the water and mix to form a thick green paste.
3. When all three ingredients are ready and hot, combined in a suitable pot and puree until well combined, check that the salt is enough.
4. Serve with a stew of your choice

TASTY CHICKEN CURRY RECIPE



Final outcome

INGREDIENTS

- 1/2 chicken
- 3 cloves of garlic crushed.
- 2 beef cubes
- 1 medium size onion - chopped
- 2 tablespoon tomato paste
- Black pepper
- Chilli flakes
- Breadcrumbs
- Salt to taste

PROCEDURE

1. In a sufuria place the chicken, add the crushed garlic, a teaspoon of black pepper, the two beef cubes then mix well and turn on the heat.
2. Let the chicken cook in the flavors as you stir when necessary.
3. After 5 mins add the chopped onion, the chilli flakes, stir and let the chicken continue cooking. If it starts to stick, add a glass of water and cover the sufuria and let the chicken continue cooking in the medium heat.
4. Use a fork to check if the chicken is ready. If so, add the breadcrumbs, ketchup and the tomato paste.
5. Add half a glass of water then stir so that the flavors can come together. lower the heat and let the mixture cook slowly for about 3 minutes.
6. You can add dhania and a squeeze of lemon, give it one last good stir then turn off the heat. Serve.

FAMED TANDOORI CHICKEN



Final outcome

INGREDIENTS

- Chicken
- Ginger and garlic paste
- Natural yoghurt
- Coriander powder
- Red chilli powder
- Turmeric powder
- Cumin powder
- Salt
- Garam masala/ pilau masala
- Food colour, orange or yellow.
- Lemon juice.

PROCEDURE

1. Make slits on the chicken pieces so that the marinade can go inside and deep them in the marinade.
2. For the marinade, combined all the other listed ingredients and mix to form a smooth paste.
3. Add the chicken pieces and make sure each piece is well covered in the marinade.
4. Let this sit in the fridge for a minimum of 2 hours but overnight for best results.
5. After the wait take the pieces out of the marinade and place them on a greased baking tray and bake them at 180° for 45 minutes.
6. Then take the chicken pieces out of the baking tray and gently place them on the oven mesh.
7. Bake them for another 10 to 15 minutes at 230° or until they start to brown and form a crust.

TASTY MAANDAZI



INGREDIENTS

- 3 cups flour
- Half a cup sugar
- 1 tbsp plain yoghurt
- A quarter tsp ground cardamom powder
- 1 tbsp yeast
- Half a tsp ghee or Cooking oil
- Three quarter cup coconut milk powder
- 1 to one quarter cup water
- Oil for frying

PROCEDURE

1. In a mixer/Bowl add everything except water
2. Mix for a few minutes then add the water.
3. Knead until the dough is nice and soft like pizza dough.
4. Cut into 7 or 8 pieces and shape into balls.
5. Cover and let rise.
6. Roll each ball and cut into 4 quarters.
7. In a karai or pot add the oil for frying and place on medium heat.
8. When the oil is hot add the quarter and start frying one side and flip to the other side, remove from heat when it's golden brown.

DELICIOUS VEGETABLE RICE

INGREDIENTS

- 1 kg rice
- 1 tablespoon salt.
- 2 tablespoons oil
- 1 green and 1 red hoho. (Red and Green bell peppers)
- Dhania (coriander leaves)
- 2 red onions
- 2 cloves crushed garlic.
- 5 tablespoons dark soy sauce

PROCEDURE

1. Measure the rice water in the ratio of 1:1.75 water instead of 1:2 . This ensures that the rice is 1 minute away from being completely ready.
2. In a wok or sufuria, add 2 tablespoons of oil, the garlic and the finely chopped red onion. Sweat this for about 2 minutes then add the finely chopped red and green hohos. Mix this for 1.5minutes then add the already boiled rice. Mix well then add the soy sauce to just one side of the wok or sufuria. (A quarter of the sufuria).
3. Let this cook for about 2 minutes then add dhania and mix well. The brown rice from the dark soy sauce will mix with the white rice while the dhania will remain green. Turn off the heat and serve the rice.
4. Serve

BEEF PILAU THE RIGHT WAY



Final outcome

INGREDIENTS

- Boiled 1/2 kg beef(boil in salt and garlic)
- Rice 1/2 kg
- 2 large red onions chopped
- 6 cloves garlic crushed
- 5 medium size potatoes peeled and halved.
- 2 tablespoons pilau masala, ground.
- 2 tablespoons tomato paste
- Salt to taste

PROCEDURE

1. Add the oil in a sufuria and let it heat up before adding the diced red onions and garlic. Let this cook until brown (not golden brown nor burnt) then add the already boiled beef.
2. Let it fry in the mix for a minute then add the potatoes. Mix well and let the potatoes fry for a minute than add 1/8 glass of water – this will help the onions not burn.
3. Cover the sufuria and let the mixture cook for two minutes then add the pilau masala, salt and the tomato paste. Mix well and let the mixture continue cooking until it starts sticking to the bottom. This should take maximum 2 minutes and by now everything should be fragrant.
4. Now add cold rice water in the ratio of 1 :1.75 (instead of 1:2). This usually works perfectly but you can adjust depending on the rice you are using
5. Cover this and let it come to a boil. Taste the water for salt. It should be slightly over salted-this will come down to perfection when you add the rice. Key word is slightly.
6. If the salt is to your liking add the washed rice.
7. Give it one stir then leave it alone. Let this cook until the water level reduces to below the content level. Meaning the rice, beef and potatoes are above the water level.
8. Give it a light stir then reduce the heat to low and cover it. (Stir from the edge of the sufuria moving to the centre and never from the centre towards the end.)
9. Let it cook for about 5 minutes on low heat then turn off the heat and let it stay covered for another 10 minutes. This helps the rice steam in its own heat until perfectly done.
10. Give it one stir, careful not to break the potatoes then serve. If the rice is not completely done, continue covering it for another 10 minutes or if using jiko add some hot charcoal on the lid (the Swahili way...this somehow adds some flavor to the pilau) and let it continues cooking for 15 minutes. The pilau will end up with a coat which you can opt to throw away or eat is as well.

MATOKE (PLAINTAINS) IN COCONUT MILK



Final outcome

INGREDIENTS

- 4 green bananas
- $\frac{1}{4}$ teaspoon of sea salt
- 2 clove garlic
- 2 small cups of coconut milk
- 1 small ginger
- 1 cubed onion
- $\frac{1}{2}$ teaspoon cinnamon (optional)
- A handful of bunch coriander (dhania) leaves

PROCEDURE

1. Skin the bananas/plantains and soak in salted water.
2. Drain the water and cut bananas/plantains in round, thick slices
3. Heat pan, put a table spoon of water, crush garlic and ginger and add to the mixture
4. Cube the onions, add and stir gently
5. Add cinnamon and salt and cook for two minutes
6. Add 1-2 cup of coconut milk, stir well and then add the bananas
7. Cook on low heat until the bananas are tender and can add more coconut milk if desired
8. Serve hot with organic chicken or fish stew. Serves two

ARROW ROOT/NDUMA BALLS



Final outcome

INGREDIENTS

- 2 medium sized arrowroots
- 1 small red onion/white onion or 1 bunch spring onion
- 1 carrot
- A handful of coriander (dhania) leaves
- A pinch of sea salt
- Table spoon extra virgin oil

PROCEDURE

1. Skin the arrow roots, wash thoroughly and cut into medium sized cubes
2. Put water to boil and add the cubed arrow roots. Cook till soft
3. Cut the onions into small cubes, wash and grate the carrot, then leaf and chop the dhania
4. Mash arrowroots when hot till soft; add the cubed onions, grated carrots and the chopped dhania
5. Add a pinch of sea salt and a table spoon of extra virgin oil and mash till evenly done
6. Make into round balls with your hands, or can use a small cup or container (for a smooth consistency, mold with wet hands)
7. Serves three

SCRUMPTIOUS MEAT BALLS



Final outcome

INGREDIENTS

- 1/2 kg minced meat.
- 1 egg
- 1/4 cup bread crumbs
- 1/2 finely chopped red onion
- 2 cloves crushed garlic
- Tablespoon of finely chopped dhania.
- Black pepper
- Red chilli powder
- Salt to taste

PROCEDURE

1. Pour all the above ingredients in a bowl and hand mix them till you get a good consistency.
2. Make small balls from the mixture and put a side.
3. On the heat, place a pan and add 4 tablespoons of oil to cover the base.
4. When the oil heats up, place the meat balls on the pan and lower the heat to medium.
5. Let the meat balls brown on each side before turning. Repeat this until all the sides are brown. Approximately 30 minutes.
6. You can toss them into any stew of your choice or eat them as they are with an accompaniment of yourself.

KACHUMBARI



Final outcome

INGREDIENTS

- Red onion
- Tomatoes
- Lime juice
- Cilantro (dhania) optional
- Salt.

To start;

- Chop the red onion and soak in warm salty water for about 5 minutes.
Alternatively you can add a teaspoon of salt to the chopped onions and rub for about a minute then add water to dissolve the salt then drain.
- Chop the tomatoes- do not use the over ripened tomatoes.
- Chop the dhania/cilantro.

PROCEDURE

Combine all the prepared ingredients in a bowl then add the salt and lime juice to taste.

You can also add pepper if you want some pepper/chilli to your taste.

THE FAMOUS COLESLAW SALAD



Final outcome

INGREDIENTS

- Cabbage finely chopped
- Carrots, grated
- Red onions, finely chopped
- Dressing
- Sugar
- Mayonnaise/natural yoghurt
- White vinegar
- Salt.

PROCEDURE

1. Mix the cabbage, carrots and the onions well.
2. Combine the ingredients for the dressing then pour over the cabbage mixture.
3. Combine well and refrigerate for about 30 minutes before serving

COCONUT RICE



Final outcome

INGREDIENTS

- 2 cups rice (I like using basmati rice)
- 1 cup coconut cream/milk strained from grated coconut
- 1 1/2 tablespoons sugar (Optional)
- Salt to taste

PROCEDURE

1. Rinse rice in a large bowl with cool water until water runs clear. Drain rice.
2. Bring water to boil
3. Add the rice, coconut cream, sugar, salt. Stir lightly to dissolve sugar, then cover and reduce heat to low. (Alternatively, cook rice in an electric rice steamer.)
4. Cook until rice is tender and liquid is absorbed, 40-45 minutes. Fluff rice with a fork; cover and let sit for 20 minutes.

CHIPS MASALA



Final outcome

INGREDIENTS

- 4-5 potatoes, cut lengthwise and double fried (fry for 3-4 mins, take out on to a paper towel and let cool for 5 mins. Fry again for just 1-2 mins)
- 3 tomatoes, puréed
- 1 tbsp oil
- 1 large onion, sliced lengthwise
- 1-2 cloves of garlic, minced
- 1-2 green chilies, chopped
- 1 tbsp tomato paste
- Salt to taste
- Freshly ground black pepper
- 1/2 tsp chili powder (optional)
- Coriander leaves, chopped

PROCEDURE

1. Fry the onions in oil until translucent.
2. Add garlic and green chilies and cook for 30 seconds.
3. Add the tomatoes, tomato paste, salt, pepper and chill powder and let cook for 4-5 minutes.
4. Add the fried chips, stir and garnish with coriander leaves.
5. Serve

POTATO CAKES



Final outcome

INGREDIENTS

- 2 cups mashed potatoes
- 1 cup all-purpose flour
- 1 onion, diced
- 1 egg
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon salt
- 1/2 cup vegetable oil, or as needed

PROCEDURE

1. Mix mashed potatoes, flour, onion, egg, black pepper, and salt together in a bowl until batter consistency.
2. Heat vegetable oil in a skillet over medium heat. Drop 4-inch circles of batter into hot oil. Cook until golden brown, about 5 minutes per side. Remove with a slotted spoon and drain on paper towels. Repeat with remaining batter.

CREAMY MASHED POTATOES



Final outcome

INGREDIENTS

- 4 lbs (12 medium) russet potatoes, peeled
- 1 1/4 cups hot milk (we used whole milk)
- 2 sticks (226 grams) unsalted butter at room temperature (not melted)
- 1 1/2 tsp salt, or to taste (we used sea salt)
- 1 Tbsp fresh parsley or chives, finely chopped for garnish (optional)

PROCEDURE

1. Peel potatoes (cut potatoes in half if very large). If you want the smoothest potatoes possible, remove the little knots from the potatoes with a small spoon or the tip of a potatoes peeler.
2. Place potatoes in a large pot and cover potatoes with cold water. Bring to a boil and cook partially covered until easily pierced with a knife (boil 20-25 min depending on the size of your potatoes; mine took 22 min).
3. Drain well and transfer to the bowl and mash – you can use a hand whisk/mixer or electric mixer for this step. Mash potatoes lightly by hand to break them up and as they soften, slowly drizzle in the HOT milk.
4. Add softened butter 1 Tbsp at a time, waiting a few seconds between each addition. Potatoes will be whipped and fluffy. Finally add 1½ tsp salt, or add to taste.

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