

## **KENYAN BEEF STEW**

### INGREDIENTS

500G cubed beef,  
1 large clove garlic  
2 medium onions sliced thinly  
3 tblspns vegetable oil  
4 medium tomatoes chopped  
1 cup water  
2 tblspns fresh dhania ( substitute with fresh Coriander)

### METHOD

Brown onions in oil. Add meat and garlic, let cook for 5 minutes.  
Add tomatoes, let them cook until thick sauce.  
Add water, dhania and salt to taste. Mix well.  
Cook on low heat until tender. about 15 - 20 minutes.

Serve with WALI

## **WALI ( COCONUT RICE )**

### INGREDIENTS

2 cups rice  
pinch of salt  
4 cups thin coconut milk  
2 tblspns coconut cream

### METHOD

Put rice, salt and 4 cups rice in a saucepan. Bring to the boil, reduce heat and simmer very gently until rice is done. About 20 mins.  
Watch the pot carefully and add more milk if rice becomes dry before completed.  
Just before serving add coconut cream and stir.  
Serve with beef or chicken stew.