

TANZANIAN GOAT PILAU & KACHUMBARI RECIPE BY KATANGA JUNIOR

INGREDIENTS

- Garam Masala
- 1 Tsp Turmeric
- 1/2 kg Long-Grain Jasmine Rice
- 1/2 Cup Vegetable Oil
- 1/2 kg Diced Boneless Goat Meat
- 2 Red Onions (Dice 1 for Cooking)
- 4 Tomatoes (Dice 2 for Cooking)
- 3 Carrots (Grate 1, Chop 2)
- 4 Garlic Cloves
- 3 Cardamom Cloves (Put only the seeds in)
- 1 Cup of Peas
- 2 Tbsp Salt
- Ginger (Finely Diced or Crushed)
- 1 Cucumber
- Lemon

(SERVES 4-5 PEOPLE)

METHOD

1. Heat the pot and add 2 spoons of vegetable oil.
2. Add diced meat. Cook it until browned.
3. Take the meat out of the pot.
4. Add 4 Tbsp vegetable oil to the pot.
5. Add 1 diced onion, cook until browned.
6. Add meat, 1 x Tbsp of Garam Masala, 1 x Tsp Turmeric, 1 x Tbsp of salt, Ginger, Garlic, Cardamom Pods and Cloves. Stir it for a bit until it's all mixed.
7. Add grated carrots and diced tomatoes. Cook it until all tomatoes are mashed. Add rice, diced carrots and 1 cup of peas. Stir it slowly until the colour changes. Stir it for 2 minutes.
8. Add water to the rice, 2 x Big Cups - You can add the water depending on how much food you are cooking. Make sure the water is covering everything. Stir it to mix with everything. Taste it to check the salt content; if it's okay put the lid on.
9. When it's all boiling reduce the flame and let the rice cook.
10. While that is happening make the kachumabari (Tanzanian salad) by slicing the tomatoes, cucumber and onion.
11. Add salt, chilli and lemon juice to taste.
12. When the pilau is ready, serve it with Kachumbari.