

snacks



elephant
ndovu, tembo

The following snacks are for you (the leader) to pick and choose from to suit the parameters of your group. Enjoy experimenting with these tastes from Kenya!

Plantains in Coconut Milk

A quick and easy recipe that combines two great Kenyan flavours.

Ingredients (for 8-12 servings):

- 6-8 plantains, peeled and sliced into rounds
- ½ tsp salt
- 2 tsp curry powder (optional)
- ¼ tsp ground cloves
- 1 tsp cinnamon
- 2-4 C coconut milk

Directions:

1. Combine plantains, salt, curry powder (optional), cloves and cinnamon in a saucepan, heat until plantains are browned.
2. Pour in half of the coconut milk, turn down heat and allow to simmer until plantains are very tender and all the milk is absorbed. Add more coconut milk, as needed, until plantains are tender.
3. Remove from heat, serve warm.

(adapted from Timothy F. Bliss, www.blissites.com)

Bug's Nest

While Kenya is home to many fascinating creatures, its insects are very unique.

Ingredients (for 8-12 servings):

- 2-3 packages of green jello mix
- Variety of gummy worms, spiders, insects, etc.

Directions:

1. Make jello according to package directions. Pour into small, clear, plastic cups.
2. Place in fridge to start to set.
3. Once jello has cooled, but not set completely, add a few gummy candies to each.
4. Allow jello to finish setting.
5. Serve.

Chapati

A fast Kenyan side dish – much like a pita. Serve with a vegetable cocktail for a yummy treat!

Ingredients (for 12 servings):

- 6 C flour
- 3 tsp salt
- Water

Directions:

1. Sift the flour and salt into a mixing bowl.
2. Add water, mixing dough with hands. Continue to add water until dough is thick.
3. Shape dough into a ball, return to bowl and cover with a damp cloth. Let stand for at least half an hour.
4. Divide dough into 12 balls, and roll each into a flat, round disk.
5. Heat a large frying pan over medium heat until hot (may wish to use some oil).
6. Cook each chapati until golden. NB: when you see bubbles, it's time to flip the chapatti and cook the other side. (cook time 1 minute per chipati)
7. Serve warm.

(adapted from www.kenyatraleideas.com)

Safari Plate

Kenya is known for its wildlife and amazing safari adventures. This treat brings the Kenyan safari to your VBS!

Ingredients (for 8-12 servings):

- 1 lg box animal crackers
- 2-3 pks green licorice ropes, cut into 3" lengths
- 1 box Ritz or cheese crackers
- Small dessert plates

Directions:

1. Arrange a variety of animal crackers on each plate (6-8 crackers per child).
2. Cover animals with some licorice (grass).
3. Place a Ritz or cheese cracker in the top corner of the plate (sun).

Puddingi ya Mazawa Lala

This is a fantastic traditional yoghurt dessert straight from Kenya!

Ingredients (for 12 servings):

- 2 liters thick, full cream yoghurt
- 10 pounds curd cheese
- 1 ½ tsp ground cardamom
- ¾ tsp ground nutmeg
- Sugar to taste
- Pinch of saffron

- Almonds or pistachios (optional, garnish)

Directions:

1. Sieve yoghurt and curd cheese, using a large metal sieve.
2. Stir with a spoon until mixture become fluffy.
3. Add cardamom, nutmeg and sugar, stirring well.
4. Decorate with saffron and nuts.
5. Serve.

(adapted from www.kenya-advisor.com)

Ugali

Ugali is a traditional cornmeal porridge that is distinctively Kenyan. It can be served on its own, but often accompanies a stew.

Ingredients (for 8-12 servings):

- 2 C cold water
- 2 C yellow cornmeal
- 1-2 tsp salt
- 6 C boiling water
- Cream, sugar, syrup, ghee or butter (optional toppings)

Directions:

1. Put cold water into the saucepan, and gradually stir in cornmeal and salt.
2. Bring mixture to a boil over high heat, mixing constantly. Slowly stir in boiling water (to prevent lumping).
3. Reduce mixture to a simmer, cover and cook on low for 8 minutes, stirring occasionally to prevent sticking.
4. Serve in bowls with cream, sugar, syrup, ghee or butter.

(adapted from Timothy F. Bliss, www.blissites.com)