



BOILED CHICKEN IN A TOMATO STEW WITH POTATOES, CARROT & CAPSICUM (MCHEMSHO WA KUKU)

Ingredients

1 whole chicken
4 potatoes (chopped)
2 carrots (sliced)
2 tomatoes (diced)
Garlic
Ginger
1 lime (juiced)
1 small green capsicum (sliced)
1 small yellow capsicum (sliced)
4 walking onions
(spring onion can be substituted)
mkaranga mwitu
(baby spinach can be substituted)
Milk
Natural yogurt

Directions

1. Clean the whole chicken and cut into pieces and add to a pot of boiling water.
2. In a mortar crush garlic, ginger and lime. Strain into the boiling water, and let it simmer for 15 minutes.
3. Add the potatoes, carrots, sliced capsicum and tomatoes.
4. In another pot add the fresh milk and bring to a boil, let it simmer down and then add the goat yogurt. Let it simmer on a low flame for close to 6 hours. Serve in a separate dish.