



East African Pilau & Kachumbari

Recipe courtesy of UConn Dining Services | dining.uconn.edu/recipes

Makes 4-6 servings

Ingredients

- ¼ cup vegetable oil
- 2 medium red onions, thinly sliced
- 4 cloves garlic, sliced
- 2 tablespoon fresh ginger, minced or 2 teaspoons dried ginger
- 1 serrano pepper, deseeded and finely chopped
- 1 pound beef sirloin, cubed
- 1 tablespoon pilau spice (store bought) or recipe below
- 2 bay leaves
- ¼ cup cilantro, chopped
- ½ teaspoon salt
- 3 roma tomatoes, diced
- 3 medium potatoes, peeled and quartered
- 2 cups basmati or jasmine rice
- 4 cups beef stock

Method

Place a large stock pot on medium high heat with ¼ cup vegetable oil.

Add the sliced onions cooking and stirring until onions start to turn golden brown.

Add garlic, ginger, serrano, and cook another minute.

Add cubed beef, pilau spice, bay leaves, cilantro, and pinch of salt.

Cook until meat browns and caramelizes stirring occasionally.

Add diced tomatoes, cooking for one minute then add in potatoes, rice and beef stock.

Bring to boil, lower to simmer, place lid over pot and cook until rice is cooked and liquid is absorbed.

Fluff with spoon and serve with Kachumbari

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Pilau Masala

1 teaspoon cloves
2 tablespoons cumin seeds
1 cinnamon stick
½ tablespoon black peppercorns
12 cardamom pods

Place cumin, coriander, peppercorns, cinnamon and cloves in a dry pan.

Roast over low heat until warmed and fragrant.

Grind in coffee grinder until smooth.

Store in airtight container for up to 3 months, or refrigerate up to six months.

Kachumbari (Tomato Onion Salad)

½ medium red onion, diced
2 medium tomatoes, diced.
1 avocado, diced
1 small serrano, deseeded and diced
1 Tablespoon lime juice
1 Tablespoon fresh cilantro, chopped
Salt-to taste

Place the onions in a medium bowl with diced tomatoes, avocado and serrano.

Add lime juice and cilantro tossing until combined.

Season with salt and serve.