

MAISHA COOKERY STUDIO



SWAHILI RECIPES
INSPIRED BY THE FRAGRANCE
OF THE SPICE ISLAND

POTATO CROQUETTES (KACHORI)

2 cups mashed potatoes
1 cup wheat flour
1 tbsp chopped onion
1 tbsp chopped garlic
1 tbsp chopped coriander
1/2 tsp chopped chilli
1/2 tsp turmeric powder
100ml water
lime juice from 6 pieces
salt to taste
oil for frying

Mix the mashed potatoes with garlic and onions, add lime juice, coriander, chilli and salt to taste. Roll the mix into small balls (size of a ping pong ball). Mix turmeric powder with the flour and water to a smooth batter. Dip the ball in the batter and cook in hot oil until golden.

Did you know?

TURMERIC is an ancient root used for its healing properties for centuries. Turmeric comes from the rhizome (rootstock) of the *Curcuma Longa* plant. To manufacture it, the roots of the plant are boiled, dried and then ground into powder.

Traditionally used in Chinese and Indian folk medicine, turmeric benefits are amazing and able to treat a wide range of illnesses. The powerful anti-inflammatory and antiseptic qualities of turmeric have made it a precious commodity for ages!



CHICKEN SPICED RICE (PILAU YA KUKU)

250 grams rice
1/2 chicken cut into pieces
1 chopped onion
3 cloves of garlic chopped
1 tsp cumin
1 tsp cardamom
1 tsp cinnamon powder
1 tsp black pepper
2 pcs cinnamon sticks
1 tsp salt
4 tbsp oil
450ml water

Sauté the onions and garlic in little oil, add the spices and chicken, let cook until all are well combined. Add the water and bring to boil, add rice. Cover and let simmer on low heat for 20 minutes.

Did you know?

CUMIN is a herb that many associate with Mexican and Spanish food, but it is also widely used in Middle Eastern and Indian cooking. It has a very distinctive flavor. Traditionally, cumin has also been used in natural and herbal medicine. Traditional texts describe its use as diuretic and to settle the stomach and to stop flatulence. Like many herbs, it can be made into poultice, especially for swelling or sore throat. References lead to a remedy of mixing cumin and ghee to relieve hiccups.



BEEF SAMOSA (SAMBUSA YA NYAMA)

200g minced meat
150g carrot, green pepper, zucchini
cut into fine cubes
2 cloves of garlic chopped
1/2 tbsp chopped onion
1/2 tsp cumin
1/2 tsp curry powder
1/2 tsp turmeric powder
2 tbsp oil
2 cups oil for frying
samosa pastry
salt & pepper to taste

Sauté the minced meat and vegetables with the spices in little oil until cooked. Once cooled, fill the samosa pastry sheets with the mixture and fold into triangular shapes. Fry until golden brown in oil.

Did you know?

GARLIC has been used as both food and medicine for thousands of years, dating back to when the Egyptian Pyramids were built.

Today, garlic is used to help prevent heart diseases, high cholesterol, high blood sugar pressure and to boost the immune system. Eating garlic regularly may also help protect against cancer.



OCTOPUS IN COCONUT (PWEZA WA NAZI)

200g boiled octopus
1 tbsp chopped onion
1 tbsp copped garlic
1 tbsp curry powder
4 tbsp tomatoes freshly cut into cubes
1/2 tsp turmeric powder
250ml coconut milk
2 tbsp oil
salt & pepper to taste

Sauté onion and garlic in little oil, add spices and let cook together for a short time. Add tomatoes, octopus and coconut milk. Let simmer on low heat for 1-015 minutes. Add salt and pepper to taste.

Did you know?

ONION is found in every kitchen, but its curative powers make it an important medicinal plant too. Like garlic, it is a member of the Lily family.

There can be no doubting the power of the juices contained in onions; anyone who has ever sliced one and shade a tear is only too aware that they hold something special. Quite apart from its medicinal properties, the onion is simply delicious. It forms the basis of so many dishes whether raw, sautéed, baked, steamed or boiled, that it would be difficult to imagine the cuisine of any country without it.



SPINACH IN COCONUT (MCHICHA WA NAZI)

500g fresh spinach
4 tbsp tomatoes freshly cut into cubes
1 tbsp chopped onion
1 tbsp chopped garlic
1/2 tsp turmeric powder
250ml coconut milk
2 tbsp oil
salt & pepper to taste

Blanch the spinach in boiling water for a couple of minutes, let drain and squeeze all remaining water out. Sauté onions and garlic until translucent. Add tomatoes, spinach and coconut milk. Let simmer for approximately 10 minutes until the coconut milk has mostly been absorbed into the spinach. Add salt and pepper to taste.

Did you know?

GINGER is a common ingredient in Asian and Indian cuisine. However, ginger has been used for its medicinal properties for centuries among many cultures. Historically, ginger has a long tradition of being very effective alleviating symptoms of gastrointestinal distress. In herbal medicine, ginger is regarded as an excellent carminative (a substance which promotes the elimination of intestinal gas) and intestinal spasmolytic (a substance which relaxes and soothes the intestinal tract).



ZANZIBARI MIXED SALAD (KACHUMBARI)

2-3 sliced tomatoes
2 sliced onions
1 tsp chopped coriander
lime juice from 4 pieces
chopped chili to taste
salt to taste

Mix all ingredients
together and let
incorporate for 10
minutes.



COCONUT CHUTNEY (CHATINI YA NAZI)

1 cup freshly grated coconut
1 tsp chopped coriander
1-2 cups lime juice
chopped chili for taste
salt to taste

Pound the grated
coconut with coriander,
lime juice, chili and salt in
a mortar, let incorporate
for 10 minutes.





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