

JAMES BAKER'S GITHERI RECIPE

(Serves 2)

INGREDIENTS

Salt
1/2 cup canned red beans (drained & rinsed)
1/2 cup frozen corn
Ground black pepper
1/4 cup vegetable oil
1 onion (diced)
2 tomatoes (diced)
4 potatoes (diced)
1 cup of water
Cinnamon
Garlic Powder
Ginger Powder
Turmeric Powder
2 carrots (diced)

TOOLS

Chef's knife
Cutting board
Small saucepan with lid
1/2-cup measuring cup (dry)
Medium saucepan with lid
1/4-cup measuring cup (liquid)
Spatula
Small bowl
1-cup measuring cup (liquid)
Small whisk or fork

RECIPE PREPARATION

In the small saucepan, boil equal parts frozen corn and red beans in salted water until soft. Remove from heat, drain, and season to taste with salt and pepper. Set aside.

NOTE: If you want, you can stop right there. You've made githeri! For a more robust version (and an authentic Rehema Home Nairobi version), keep following the recipe.

Put oil in a medium saucepan and add the diced onions. Using medium-high heat, cook onions until golden brown. Add diced tomatoes and stir until fully incorporated. Cook for two minutes (the mixture will start to thicken). Add diced potatoes and stir until fully incorporated.

In a separate small bowl, mix water with a pinch of cinnamon, garlic powder, ginger powder, turmeric powder. Mix well with a small whisk or fork until all of the ingredients dissolve. Pour half the spice mix into the saucepan and stir until fully incorporated. Cover with lid and cook until the potatoes are fork-tender (around eight to ten minutes; it depends on how large the pieces of potato are).

Add the carrots, the cooked red beans, and the cooked corn. Add the rest of the spice-water solution. This helps add flavor and keeps the potatoes from sticking to the saucepan. Stir until fully incorporated, cover, and cook for an additional five minutes.

Serve warm and enjoy!