Tanzania Pilau for Holidays, and Special Events.

The pilau dish was not native to Tanzania until the arrival of Indian traders in the 13 & 14 centuries settled in the island of Zanzibar. They brought a variety of species and to date, the Zanzibar is known Spicy Island.

6 tbsp Olive/sunflower oil
3 cup basmati rice
1 cup diced onions
4 tbsp. chopped garlic
2 tsp. salt
3 to 3 ½ tbsp. pilau masala (recipe follows)
1 cup coconut milk (optional)
3 to 4 cups chicken broth, simmering

Spice Mixture (Pilau Masala)

Combine these spices:
2 ½ tbsp. ground cumin
3 tbsp. ground cardamom
3 tbsp of ground coriander seeds
1 tsp. ground black pepper
1 tsp. ground cinnamon
1 tsp. ground cloves

Direction

In a medium saucepan, heat oil on medium heat, add onions and garlic and stir until brownish. Add rice, salt, and pilau masala. Keep stirring for 4 minutes until the rice loses some of its translucency and starts to turn white.

Add 12 cup of the hot broth and 2 cups of coconut milk. Stir, cover the pot, and turn heat to the lowest settings. Add additional broth 1 cup at a time and cover until the rice is cooked. Taste the rice to make sure it is fully cooked.

Kachumbari is the recommended uncooked dish for Pilau; Swahili for a mixture of onions, tomatoes, chilli and salt salad.
MONICA’S PASTA

Ingredients:

☑ 1 Green pepper
☑ 1 Yellow Pepper
☑ 1 Red Pepper
☑ 1 Yellow Squash
☑ 1 Large Carrots
☑ 2 Celery stick
☑ 1 Large Zucchini
☑ 1 Large Red onions
☑ 1 Large Tomatoes
☑ 1/4 Cauliflower head
☑ 2 Broccoli
☑ 1/2 tea spoon salt
☑ 2 spoonful sunflower oil
☑ 2 large cups if beef of chicken broth
☑ 2 Spoonful olive oil

Instructions:

☑ Boil "shells" Pasta until half cooked and drain water
✓ Put sunflower oil in the cooking pan and add diced onions
✓ Add tomatoes and all the ingredients, stir well, cover the pot with a lid, and let the mixture cook for 7 minutes, then stir again to make sure it is cooked.
✓ Add half-cooked "shell" pasta and fresh beef or chicken broth
✓ Let the mixture simmer until well cooked. Add olive oil and let the Pasta cool, and serve.