

## 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
- 1tsp. 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.



Tanzania Kachumbari

## MONICA'S PASTA



Ready

### 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 or 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.