

Meal Five – Tanzania

Spotlight on Tanzania

- Region: Africa
- Population: 41,892,895
- Life expectancy at birth: 52.49 years
- Population below poverty line: 69.4%
- Literacy rate: 36%

Local Recipe

Pilau with Kachumbari (rice with meat and seasonings)

(from [*Food for Life: Recipes and Stories on the Right to Food*](#))

Serves 2 people

Prep time for pilau: 20 minutes

Cooking time for pilau: 30 minutes

Prep time for kachumbari: 10 minutes

Ingredients for Pilau (savory rice)

- 1 cup/person rice
- ¼ lb/person meat or fish
- ½ tsp cardamom
- ½ stick cinnamon
- 4 tbsp cooking oil
- 1 big onion
- 2 medium tomatoes
- 1 carrot
- 1 green pepper
- ½ cucumber

Ingredients for the Kachumbari

- 1 small cabbage
- 1 onion
- 1 carrot
- 2 medium tomatoes
- 1 cucumber or green pepper
- juice of 2 lemons
- Salt

Directions

Clean and wash the rice. Cut up meat and boil until tender. Pound together the dry seasonings (cardamom, cinnamon) to make a fine powder. Shred to fresh ingredients (onions, tomatoes, carrots, green pepper, etc.).

Boil water. Put a considerable amount of cooking oil into a pot and start frying the onions until golden brown. Add all the fresh ingredients and continue frying.

Add the dry seasonings- continue frying. Add meat- and continue frying, stirring constantly. Put in the cleaned rice and continue frying and constantly turning the mixture until well mixed and hot. Pour hot water into the mixture and cover- leave to boil. Turn the mixture once or twice until all water is absorbed. Simmer slowly over reduced heat to finish. Serve with vegetable salad (kachumbari) as accompaniment.

For the kachumbari, wash the vegetables in water and salt. Shred cabbage – the main content. Cut up onions and carrots in preferred shapes. Cut up tomatoes, cucumber or green pepper. Squeeze lemons. Mix the cabbage, carrot and onions and add salt and lemon juice. Mix in tomatoes and green peppers or cucumber or arrange nicely around the edge of the bowl.