



NYAMA CHOMA SISHEBO MALA MOGODU



INGREDIENTS

- 2 kg Mala Mogodu
- 1 onion peeled
- 6 tablespoons (3 tablespoons per 1kg) Sishebo Spice
- Enough Water to cook

METHOD:

- Wash the Mala Mogodu under fresh water. This is very important, wash it, then repeat under a running tap with cold water.
- Once washed and clean, cut into desirable pieces and rinse again
- Chop 1 onion and add everything into your pot
- Pour enough water, cover and cook. Keep adding water until all is soft and cooked. This should take about 2 hours on a medium heat.
- Once the water has cooked away, gently fry in pot for 10-15 minutes.
- Once frying is done add Nyama Choma Sishebo Spice. Cover and cook for 5 minutes, then add a cup of water to achieve the best gravy.
- Serve with your favourite starch and sides.

