Main dishes / Kenya

Nyama choma



Goat meat grilled slowly over coals in large pieces, with kachumbari and ugali.

Time 115 min **Servings** 6

What you'll need.

- ☐ 2 kg Goat meat — leg or ribs, in large pieces
- ☐ 6 clove Garlic
- ☐ 4 piece Tomatoes
- ☐ 30 g Coriander
- ☐ 400 g Maize flour — for the ugali
- ☐ 3 piece Lemons
- ☐ 60 ml Vegetable oil
- ☐ 2 piece Red onion
- ☐ 1 piece Chilli
- ☐ Salt and pepper — to taste

Let's make it.

01 Rub the meat with salt, pepper, the juice of two lemons, crushed garlic and oil. Leave it an hour.

02 Light the coals and let them ash over. The heat is right when you can hold a palm above the grate for five seconds.

03 Lay the meat on in whole pieces and grill, turning every ten minutes, for an hour and twenty.

04 Mix the diced tomato, onion, coriander and chilli with lemon juice and salt; that is kachumbari.

05 For the ugali bring a litre of water to the boil, rain in the flour, stirring constantly with a wooden spoon, and work it fifteen minutes into a firm mass.

06 Rest the meat ten minutes, cut it small across the grain and serve with ugali, kachumbari and salt.

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