

JAMES BAKER'S UGALI & SUKUMA WIKI RECIPE

(Serves 2)

INGREDIENTS FOR UGALI

1 cups water
1 cup white corn meal

NOTE: If you don't have white corn meal, you can substitute with white corn grits or polenta.

TOOLS FOR UGALI

Medium saucepan
1-cup measuring cup (dry)
1-cup measuring cup (liquid)
Wooden spoon or spatula

INGREDIENTS FOR SUKUMA WIKI

16 ounces/1 pound of collard greens
1/4 cup vegetable oil
1 onion (diced)
2 tomatoes (diced)
1 cup of water
Cinnamon
Garlic Powder
Ginger Powder

TOOLS FOR SUKUMA WIKI

Chef's knife
Cutting board
Medium saucepan with lid
1/4-cup measuring cup (liquid)
Spatula
Small bowl
1-cup measuring cup (liquid)
Small whisk or fork

RECIPE PREPARATION

Using the chiffonade method, cut the collard greens into thin strips and set aside.

Put oil in a medium saucepan and add the diced onions. Using medium-high heat, cook onions until golden brown. Add diced tomatoes and stir until fully incorporated. Cook for two minutes (the mixture will start to thicken). Add the collard greens and stir until fully incorporated. Cover with lid and cook for five minutes.

In a separate small bowl, mix water with a pinch of cinnamon, garlic powder, ginger powder, turmeric powder. Mix well with a small whisk or fork until all of the ingredients dissolve. Pour half the spice mix into the saucepan and stir until fully incorporated. Cover with lid and cook for an additional five minutes.

Remove from heat, keep covered, and let rest while you cook your ugali.

In the medium saucepan, bring water to a rolling boil. Remove half the water and set aside.

Add the corn meal to the boiling water. Let it cook for 15 seconds. You will see that the water starts to cover the corn meal. Using a wooden spoon or spatula, stir to combine the ingredients. Little by little, add the reserved water to your saucepan while stirring.

NOTE: Traditional Kenyan ugali is quite dense, like a thick paste. If you'd like a looser consistency to your ugali then add more water to the saucepan.

Reduce heat to medium and keep stirring. You'll notice that the water is absorbed and that the ugali starting to stick together. Gather the ugali into a mound in the center of the saucepan. Let it continue to cook for two additional minutes.

Remove from heat, serve with your sukuma wiki, and enjoy!

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