

COOK BOOK

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Recipe



DOLA BUTTERNUT DHANIA CHAPATI RECIPE





**SCAN
TO VIEW**



INGREDIENTS

- Butternut
- Pumpkin
- 4 cups All-purpose Flour
- Sugar
- 1 Tbsp Salt
- Dhania
- Melted Butter/ Margarine
- 1 cup of icing sugar
- Cinnamon powder
- Vanilla Essence

STEPS

- 01** | Cut the butternut squash into small pieces and boil until soft
- 02** | In a blender, blend the butternut till smooth
- 03** | Add 2Tbsp of Sugar, 1 Tbsp Salt, a bunch of chopped dhania, and 4 cups of All-purpose flour and knead it to form a dough.
- 04** | Cover to rest for 15-20min
- 05** | Flatten the dough on a flat surface and apply oil and, cut the dough into strips
- 06** | Roll the strips one by one and flatten each strip into a flatbread
- 07** | Fry the flatbread on a pan
- 08** | Add oil evenly as you flip it. Cook it until it is golden brown
- 09** | Serve with a stew of your choice.
- 10** | Bon Appétit

DOLA BUTTERNUT DHANIA CHAPATI



DOLA CINNAMON ROLLS RECIPE





**SCAN
TO VIEW**



INGREDIENTS

- 1 1/2 Cups Warm Milk
- 2 1/2 Tbsp Yeast
- 2 Eggs
- Sugar
- Melted Butter/ Margarine
- 1 Tbsp Salt
- 4 cups All-Purpose Flour
- 1 cup of icing sugar
- Cinnamon powder
- Vanilla Essence

STEPS

01 | In a bowl mix warm milk, 1/2 Cup Sugar, and yeast, and mix.

02 | Add 1/3 Cup Melted Butter/ Margarine, and whisk properly.

03 | Add salt, and flour then knead to a sticky dough.

04 | Let the dough rest for 30 minutes.

Cinnamon Filling:

01 | In a separate bowl, add 1/2 Cup Sugar 2Tbsp. Cinnamon powder and 1/2 cup of butter/ margarine and mix to combine.

02 | Using a rolling pin flatten the dough to 1/2" thickness, spread the filling on one side then roll the dough to a pipe shape.

03 | Use a string to mark the dough and cut it into smaller sizes.

04 | Place the rolls on a lubricated baking pan.

05 | Cover for 30 minutes to allow it to rise.

06 | Bake at 180 degrees for 20-22 minutes.

Glaze:

01 | In a separate bowl, add 1 cup of icing sugar, 4Tbsp of milk, 2 Tbsp. Vanilla Essence, and 2 Tbsp. melted butter/ margarine and mix well.

02 | Use this mixture to glaze the cinnamon rolls when baked.

03 | Enjoy!

DOLA CINNAMON ROLLS RECIPE



DOLA T-BONE STEAK





INGREDIENTS

- Unga wa Dola Maize Flour
- Steak Meat
- Salt
- Pepper
- 3 tablespoons of butter
- Garlic
- Fresh rosemary
- Thyme

STEPS

- 01** | Rub the steak with salt and pepper to taste
- 02** | Melt 3 tablespoons of butter in a pan, and place the stake to brown
- 03** | Add Garlic, Fresh Rosemary, Thyme and, cherry tomatoes into the pan
- 04** | Remember to flip the steak when brown

Ugali Recipe

- 05** | Bring 4 cups of water to boil in a sufuria. Add 2 cups of maize meal to the boiling water. Adding a little bit of the maize meal to the water ensures that the water starts to roar which makes the perfect ugali. Stir using a wooden mwiko/ spatula and try to break any lumps apart.
- 06** | Add the remaining flour and get stirring. Using the mwiko/spatula, smoothen out any lumps that may have formed. If the ugali is not hard enough, add more flour.
- 07** | Lower the heat and keep working the ugali against the sides of the pot, getting rid of any lumps and also making sure it is evenly cooked.

Serve and Enjoy



DOLA WHOLE MEAL CHOCO COOKIES





SCAN
TO VIEW



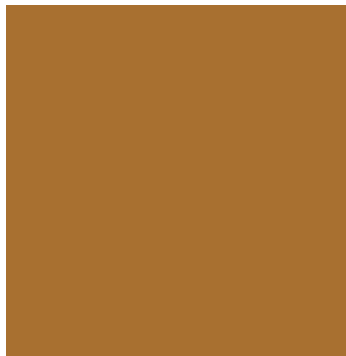
INGREDIENTS

- 2 1/4 Cups Dola All-Purpose Flour
- 1 Tbsp. Salt
- 1 Tbsp. Baking Soda
- 1 cup Margarine/ butter
- Sugar
- 1 cup Brown Sugar
- 2 eggs
- Vanilla Essence
- 2 cups semi-sweet chips
- Milk

STEPS

- 01** | Mix 2 1/4 Cups Dola All-Purpose Flour, 1 Tbsp. Salt, and 1 Tbsp. Baking Soda and sift the flour mixture
- 02** | Add 1 cup of margarine, 1/4 Cup of Sugar, 1 cup of Brown Sugar, and mix
- 03** | Add the 2 eggs and vanilla essence then mix again
- 04** | Add flour in batches and mix
- 05** | Add the semi-sweet chips and mix. Add milk then mix again
- 06** | Refrigerate the dough for 1 hour
- 07** | Roll the dough into little balls and put it on a baking tray
- 08** | Bake the dough balls at 180 degrees for 10minutes
- 09** | Serve with a beverage of your choice.

DOLA WHOLE MEAL CHOCO COOKIES



DOLA COCONUT FISH UGALI RECIPE





**SCAN
TO VIEW**



INGREDIENTS

- 500 gm Fish Fillet
- 1 Onion (mid-sized)
- 1 Tbsp Garlic
- 1 large blended tomato
- 1 Tbsp Black Pepper
- 1 Tbsp Paprika
- 1/4 Turmeric
- 1 Tbsp Tomato Paste
- Salt
- Red Pepper
- 1 cup of coconut milk
- 1 Tbsp Lemon Juice
- Coriander

STEPS

- 01** | Shallow fry each side for 3minutes
- 02** | Add oil to a pan on medium heat, add 1 mid-sized grated onion and cook till sauteed, Add the garlic and blended tomato, 1 Tbsp Black Pepper, 1 Tbsp Paprika, 1/4 Turmeric, 1 Tbsp Tomato Paste and Salt, Red Pepper, 1 cup of coconut milk, 1 Tbsp Lemon Juice and Coriander.
- 03** | Cook the to form a thick paste
- 04** | Bring the water to boil in a sufuria. Add 1/2 cup maize meal to the boiling water. Adding a little bit of the maize meal to the water ensures that the water starts to roar which makes the perfect ugali. Stir using a wooden mwiko/ spatula and try to break any lumps apart.
- 05** | Add the remaining flour and get stirring. Using the mwiko/spatula, smooth en out any lumps that may have formed. If the ugali is not hard enough, add more flour. Lower the heat and keep working the ugali against the sides of the pot, getting rid of any lumps and also making sure it is evenly cooked. Pour the paste on the fish and serve with some tasty ugali

DOLA COCONUT FISH UGALI RECIPE



DOLA SAVOURY CREPES RECIPE



**SCAN
TO VIEW**

INGREDIENTS

- 2 cups Dola- All-Purpose Flour
- 1/2 Tbsp Salt
- 1/2 Tbsp Black Pepper
- 3 Eggs
- Onion
- Bunch of Coriander

STEPS

- 01** | In a bowl, mix 2 cups Dola- All-Purpose Flour, 1/2 Tbsp Salt, 1/2 Tbsp Black Pepper, and 2 cups of water. Mix till they form a smooth consistency.
- 02** | Add a small chopped onion, and coriander and mix.
- 03** | Using a scooping spoon, pour sizeable amounts of the batter into a medium heated pan.
- 04** | Cook both sides till golden brown.
- 05** | Serve and Enjoy



DOLA ATTA VEGGIE FOLDOVERS RECIPE





**SCAN
TO VIEW**



INGREDIENTS

- 1 Onion (mid-sized)
- 1 Tbsp Mustard Seeds
- 1 Tbsp Garlic
- 1/4 cup Green Peas
- 1/4 cup Carrots
- 1 cup of Tomato Puree
- 1 Tbsp Tandoori Masala
- 1/2 Cumin Powder
- Salt
- 1/4 Turmeric
- 4 Potatoes (Large)
- 1 1/2 Tbsp Lemon Juice
- Bunch of Coriander
- 2 cups of Dola Atta Mark Flour

STEPS

- 01 |** Put a pan on low heat and add 1 Onion (mid-sized), 1 Tbsp Mustard Seeds, 1 Tbsp Garlic, 1/4 cup Green Peas, 1/4 cup of Carrots, 1 cup of Tomato Puree, 1 Tbsp Tandoori Masala, 1/2 Cumin Powder, Salt, 1/4 Turmeric, 4 Potatoes (Large), 1 1/2 Tbsp Lemon Juice and a Bunch of Coriander and mix well.
- 02 |** In another bowl mix 2 cups of Dola Atta Mark 1 Flour, 1 Tbsp Salt, 1 Tbsp Oil, and 1 cup warm water then, knead this mixture to form a dough.
- 03 |** Let the dough rest for 15 minutes
- 04 |** Roll out the dough using a rolling pin and fill it with the coated potatoes, wrap it and seal the edges with a fork.
- 05 |** Cook on medium heat till golden brown on both sides.
- 06 |** Serve and enjoy

DOLA ATTA VEGGIE FOLDOVERS RECIPE



DOLA MARU BHAJIA RECIPE





**SCAN
TO VIEW**



INGREDIENTS

- 4 potatoes (large)
- Gram Flour
- 1/2 cup Dola All-Purpose Flour
- Salt
- 1 Tbsp Carom Seeds (optional)
- 1/4 Turmeric Powder
- 1 Tbsp Red Chilies
- 1 Tbsp Paprika
- 1 Tbsp Garlic
- 2 Tbsp Coriander
- 1 Crushed tomatoe (large)
- 1 Crushed onion (small)
- 1 Tbsp crushed chilies
- 1 Tbsp Coriander
- 1 Tbsp Lemon Juice/ Vinegar
- Salt

STEPS

- 01** | Peel the potatoes and slice them. Coat the sliced potatoes with 1 cup of Gram Flour, 1/2 cup of Dola All-Purpose Flour, Salt, 1 Tbsp Carom Seeds(optional), 1/4 Turmeric Powder, 1 Tbsp Red Chilies, 1 Tbsp Paprika, 1 Tbsp Garlic, and 2 Tbsp Coriander
- 02** | Fry the potatoes slices in hot oil
- 03** | Next, we prepare the dipping sauce (kachumbhari). Mix 1 large Crushed tomatoes, 1 Crushed onion(large), 1 Tbsp crushed chilies, 1 Tbsp Coriander, 1 Tbsp Lemon Juice/ Vinegar, Salt
- 04** | Serve and enjoy!



DOLA APPLE CRUMBLE CAKE RECIPE





INGREDIENTS

- 1 1/2 Cup Dola All-Purpose Flour
- 2/3 Cup Sugar
- 1/2 Tbsp. Salt
- 1 Tbsp. Cinnamon Powder
- 1/2 Melted Butter/ Margarine
- 3 Apples
- Vinegar
- 1/2 Tbsp. Cinnamon Powder
- 3/4 Cup Dola All-Purpose Flour
- 1/4 Cup Sugar
- 1 Tbsp. Baking Powder, 3/4 Cinnamon Powder, Pinch of Baking Soda, Pinch of Salt
- Milk
- Oil
- Egg

STEPS

- 01** | In a bowl add 1 1/2 Cup Dola All-Purpose Flour, 2/3 Cup Sugar, 1/2 Tbsp. salt, 1 Tbsp. Cinnamon Powder, and 1/2 Cooled Melted Butter/ Margarine then crumble with a fork.
- 02** | In another bowl, peel and cut 3 Apples into cubes add 1 Tbsp. of Vinegar, 1/2 Tbsp. Cinnamon Powder, 2 Tbsp. Of Sugar, and mix till the apples are coated and set aside
- 03** | Find another bowl and add and mix the following ingredients; 3/4 Cup Dola All-Purpose Flour, 1/4 Cup Sugar, 1 Tbsp. Baking Powder, 3/4 Cinnamon Powder, Pinch of Baking Soda, and a Pinch of Salt
- 04** | Find a different bowl and pour in 1/4 cup of milk, 1/4 cup of oil, 1 egg, and whisk. Pour this mixture into the flour and mix gently to combine.
- 05** | Throw in the coated apples, top it up with the butter crumbs and bake at 180 degrees for 30-35 minutes

Serve with a beverage of your choice.



DOLA SAMAKI WA KUPAKA RECIPE





**SCAN
TO VIEW**



INGREDIENTS

- 1/2 Tbsp. Paprika
- 1/2 Turmeric Powder
- 1 Tbsp. Salt
- 1/2 Tbsp. Cumin Powder
- 1/2 Tbsp. Garlic
- 1/2 Tbsp. Lemon Juice
- 3 Tbsp. Oil
- 1 1/2 Cups Coconut Milk
- Ingredients (Ugali)
- 2 cups Dola Maize Flour

STEPS

Steps (Fish)

- 01 |** In a bowl mix Paprika, Turmeric Powder, Salt, Cumin Powder, Garlic, Lemon Juice, and oil. Make shallow slits on the fish.
- 02 |** Apply the paste to the fish and let it rest for 15mins. In a different bowl mix 1 1/2 Cups Coconut Milk, 1/2 paprika, 1/2 Turmeric, 1/2 curry powder, 1/2, 2 Tbsp. Tamarind Juice and stir frequently till thick. Prepare your barbeque grill and grill each side of the fish.

Steps (Ugali)

- 03 |** Bring the water to boil in a sufuria. Add 1/2 cup maize meal to the boiling water. Adding a little bit of the maize meal to the water ensures that the water starts to roar which makes the perfect ugali. Stir using a wooden mwiko/ spatula and try to break any lumps apart.
- 04 |** Add the remaining flour and get stirring. Using the mwiko/spatula, smooth-en out any lumps that may have formed. If the ugali is not hard enough, add more flour. Lower the heat and keep working the ugali against the sides of the pot, getting rid of any lumps and also making sure it is evenly cooked.



DOLA MINI PIZZA





**SCAN
TO VIEW**



INGREDIENTS

- 1/2 Tbsp Oil
- 1 Tbsp Garlic
- 2 blended tomatoes
- 2 Tbsp Tomato Paste
- 1/2 Tbsp Salt
- 1/2 Tbsp Sugar
- 1/2 Tbsp Paprika
- 1/2 Tbsp Oregano
- 1/2 Tbsp Mixed herbs
- 1/4 Tbsp Black Pepper
- 1 1/2 Cups Dola All-Purpose Flour
- 1 Tbsp Yeast

STEPS

PIZZA SAUCE

- 01** | In a pan gradually add the ingredients and stir(+1/2 Tbsp. Oil, 1 Tbsp. Garlic, 2 blended tomatoes, 2 Tbsp. Tomato Paste, 1/2 Tbsp. Salt, 1/2 Tbsp. Sugar, 1/2 Tbsp. Paprika, 1/2 Tbsp. Oregano, 1/2 Tbsp. Mixed herbs, 1/4 Tbsp. Black Pepper)

PIZZA BASE

- 02** | In a bowl, mix 1 1/2 Cups Dola All-Purpose Flour, 1 Tbsp. Yeast, 1 Tbsp. Sugar, 1 Tbsp. Salt, 1/4 baking powder, 3 Tbsp. oil and 1/2 cup of milk
- 03** | Knead the dough and cover for 1 hour to rest
- 04** | Divide the dough into sizeable sizes and roll it out
- 05** | Using a cookie cutter, cut the dough into mini size pizza shapes
- 06** | Lay them on a baking try and use a fork to make holes on the flatten dough
- 07** | Spread the tomato sauce paste
- 08** | Add toppings of your choice
- 09** | Bake the mini pizzas at 180 degrees for 10-15 minutes
- 10** | Serve and Enjoy



DOLA STUFFED DONUTS



**SCAN
TO VIEW**

INGREDIENTS

- 1 cup of Warm Milk
- 1 1/2 Tbsp Yeast
- 3 Cups Dola All-Purpose Flour
- Sugar
- 3 Tbsp Butter/ Margarine
- 1 egg
- 1 Tbsp Vanilla Essence
- 1 cup strawberries
- 3 Tbsp Lemon Juice

STEPS

- 01** | In a bowl, mix 1 cup Warm Milk, 1 1/2 Tbsp. Yeast, 3 Cups Flour, 1/2 Cup Sugar, 3 Tbsp. Butter/ Margarine, 1 egg, 1 Tbsp. Vanilla Essence.
- 02** | Add in the milk mixture and knead the dough
- 03** | Cover and let the dough rest for 1 hour
- 04** | Roll the dough to a 1/2 inches thickness. Use a cookie cutter to cut sizeable shapes of the dough
- 05** | Cover to proof for 1 hour
- 06** | Add oil to a pan and fry the dough till golden brown. Flip it to cook both sides
- 07** | In another pan cook, 1 cup strawberries, 1 cup sugar and lemon juice
- 08** | Cool and put in a piping bag
- 09** | Make a hole in the donut and fill it with the strawberry stuffing.



DOLA SOMALI ANJERO RECIPE





INGREDIENTS

Ingredients Anjero

- 1 1/2 Cup Dola All-Purpose Flour
- 1/4 Cup Dola Maize Flour
- 1 Tbsp Sugar
- 3/4 Tbsp Salt
- 1 Tbsp Yeast
- Water

Ingredients Beef (Accompaniment)

- 500gm Meat Strips
- 1 Tbsp. Garlic & Ginger Paste
- 3/4 Tbsp Salt
- 1 Large Onion
- Mixed bell peppers & coriander

STEPS

- 01** | In a bowl, mix 1 1/2 Cup All-Purpose Flour, 1/4 Cup Maize Flour, 1 Tbsp. Sugar, 3/4 Tbsp. salt, and 1 Tbsp. Yeast then add 1 1/2 cup Warm Water. Mix till it forms a batter
- 02** | Cover the mixture and put it in a warm place for 3 hours
- 03** | Using a scooping spoon, take ample portions of the batter, spread on a low heated pan, and cook till golden brown
- 04** | Fry the meat strips and ginger + garlic paste in a pan till tender then add onion
- 05** | Cover to proof for 1 hour
- 06** | Add oil to a pan and fry the dough till golden brown. Flip it to cook both sides
- 07** | Add the Mixed bell peppers & coriander
- 08** | Serve and enjoy!

DOLA SOMALI ANJERO RECIPE



MASHUJAA DAY COOKIES



**SCAN
TO VIEW**

INGREDIENTS

- Dola All-purpose Flour
- 1/2 cup butter
- 1 cup Sugar
- 1 Egg
- 1 tbsp. Vanilla Essence
- 2 cups Icing Sugar
- Food coloring agent (red, green, and black)

STEPS

- 01 |** In a bowl, mix the butter and sugar and beat until it's creamy
- 02 |** Add an egg, 1Tbsp vanilla essence, and 2 cups of all-purpose flour, and knead the dough
- 03 |** Cover it with a cling film and chill for 15 minutes
- 04 |** Flatten the dough and use a cookie cutter to cut the dough
- 05 |** Bake the cookies for 9 minutes at 170 degree
- 06 |** In a different bowl, add 2 cups Icing Sugar and 8 tbsp. Water and mix
- 07 |** Add food coloring of your choice, in this case, we used the colors of the Kenyan flag
- 08 |** Use the icing mixture to decorate the cookies

Serve and Enjoy

Happy Mashujaa Day!



DOLA UGALI BEEF FRY





**SCAN
TO VIEW**



INGREDIENTS

- 500gms cubed beef
- 2 cups hot water
- 2 tbsp oil
- 1 large onion chopped
- 1 tsp garlic & ginger paste
- ½ salt
- 2 large chopped tomatoes
- ½ chopped green pepper
- A bunch of chopped coriander (dhania)
- A bunch of chopped spinach
- 2 cups maize flour
- 4 cups water

STEPS

- 01** | Into a sufuria put your beef, add the hot water, cover and let it cook until tender.
- 02** | Add oil into your pre-boiled beef, onion, garlic & ginger paste, salt and stir. Let it cook until brown.
- 03** | Add your tomatoes, green pepper and mix. Cover and let it cook for 5 minutes.
- 04** | Add coriander (dhania) and mix.

STEPS FOR PREPAIRING THE SPINACH

- 05** | Into a sufuria pour your oil add your bunch of spinach, beef cube and mix. Cover it to cook for 3 minutes.

STEPS FOR PREPAIRING DOLA UGALI

- 06** | Add 4 cups of water into a sufuria and let it boil.
- 07** | Add Unga wa Dola Maize flour in bits as you mix.
- 08** | Make your ugali into a pyramid after thoroughly mixing it.
- 09** | Cover your ugali, let it cook for 5 minutes. Serve your Dola Ugali, Beef Fry and Spinach while hot and enjoy!



DOLA GIZZARDS DRY FRY





SCAN
TO VIEW



INGREDIENTS

- Dola Maize Flour
- 500 gm Gizzards
- 1 tbsp. Salt
- 1 tbsp. Garlic
- Oil
- 2 large onions

STEPS

- 01** | Add the gizzards to a pan, then add 1 cup of water, salt to taste and 1 tbsp. Garlic
- 02** | Cook till dry
- 03** | In a different pan, fry two large onions till brown. Once brown, remove them from the pan and fry the gizzards in the same oil you used to fry the onions.
- 04** | Add the fried onions and coriander

Ugali Recipe

- 05** | Bring 4 cups of water to boil in a sufuria. Add 2 cups of maize meal to the boiling water. Adding a little bit of the maize meal to the water ensures that the water starts to roar which makes the perfect ugali. Stir using a wooden mwiko/ spatula and try to break any lumps apart.
- 06** | Add the remaining flour and get stirring. Using the mwiko/spatula, smoothen out any lumps that may have formed. If the ugali is not hard enough, add more flour. Lower the heat and keep working the ugali against the sides of the pot, getting rid of any lumps and also making sure it is evenly cooked.

Serve and Enjoy

DOLA GIZZARDS DRY FRY



DOLA STEAM CAKE RECIPE



**SCAN
TO VIEW**

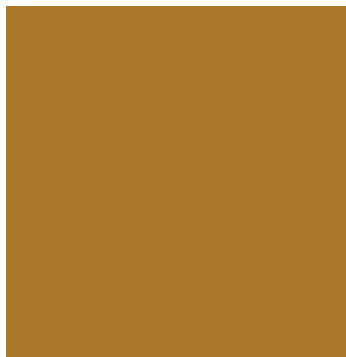
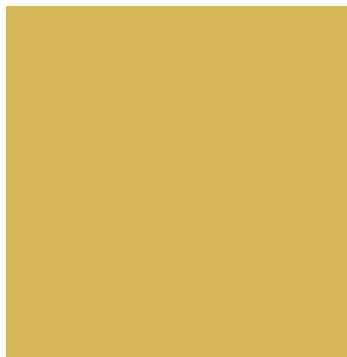
INGREDIENTS

- 4 Eggs
- 1/2 Cup Sugar
- 1 1/2 Baking Powder
- 1/2 Cup Milk
- 1/4 Cup Oil
- Unga wa Dola All-purpose flour
- 1 Tbsp. Vanilla Essence

STEPS

- 01** | In a bowl, beat 4 Eggs add 1/2 Cup Sugar and 1 1/2 Baking Powder, and mix till frothy
- 02** | Add 1/2 cup milk and 1/4 Cup Oil and mix well
- 03** | Add 2 cups of all-purpose flour and mix well then add another 2 cups of the all-purpose flour then whisk the butter
- 04** | Add 1 tbsp. Vanilla Essence and cover with a clean cloth and let it rest.
- 05** | Place a grill inside a cooking pot, add water, and heat to boiling point.
- 06** | Place the pot with batter on top of the grill in the cooking pot and cover
- 07** | Cook for 40- 45min

Serve and Enjoy



DOLA SPICY WINGS RECIPE





SCAN
TO VIEW



INGREDIENTS

- Dola Maize Flour
- Chicken
- 1/4 cup all-purpose flour
- 1 cup Corn Flour
- 1 tbsp. Salt
- Garlic powder
- Paprika Powder
- 1 tbsp. Baking Powder
- Grated Mid-sized onion
- 1 tbsp. Ginger and Garlic paste
- 1 cup ketchup
- 1 tbsp. Soy Sauce
- Tomato paste
- Honey
- Lemon juice
- Coriander

STEPS

- 01 |** Mix to combine 1/4 cup All-purpose flour, 1 cup Corn Flour, 1 tbsp. Salt, 1 tbsp. Garlic powder, 1 tbsp. Paprika Powder, and 1 tbsp. Baking Powder. Use the mixture to coat the chicken.
- 02 |** Carefully place the chicken n hot oil and fry till golden brown
- 03 |** In different pan-fry one Grated Mid-sized onion, add 1 tbsp. Ginger & Garlic paste, 1 cup ketchup, 1 tbsp. Soy Sauce, 1 tbsp.
- 04 |** Tomato paste, 1 tbsp. Paprika Powder or chili powder, honey, and salt to taste. Let it cook then, add 1 cup of water and 2 tbsp. of Lemon juice
- 05 |** Take the fried chicken and combine it with the paste and add some coriander.
- 05 |** Bring 4 cups of water to boil in a sufuria. Add 2 cups of maize meal to the boiling water. Adding a little bit of the maize meal to the water ensures that the water starts to roar which makes the perfect ugali. Stir using a wooden mwiko/ spatula and try to break any lumps apart.
- 05 |** Add the remaining flour and get stirring. Using the mwiko/spatula, smoothen out any lumps that may have formed. If th ugali is not hard enough, add more flour. Lower the heat and keep working the ugali against the sides of the pot, getting rid of any lumps and also making sure it is evenly cooked. Serve and Enjoy



KUKU WA KUPAKA NA MAHAMRI YA DOLA





SCAN
TO VIEW



INGREDIENTS

- 3 Cups Flour
- 1 Tbsp Yeast
- 1 ¼ Cup Warm Coconut milk
- ½ Cup Sugar
- 1 Tbsp Oil
- 1 Large Blended/grated onion
- 1 Tbsp Garlic Ginger Paste
- 1 Heaped Tsp Turmeric
- Mid-Sized Green Pepper
- 1 Kg Chicken
- 1 Mid-Sized Blended/grated tomatoes
- 3 cups coconut cream
- 2 Tbsp lemon juice
- Salt to taste

STEPS

- 01** | Mix Flour and cardamom powder in a bowl
- 02** | In a separate bowl, add in the warm coconut milk, sugar, oil and yeast (Let it rest for 5 mins)
- 03** | Pour this in the flour mixture and knead for (8-10Mins)
- 04** | Cover and Rest to proof (45 Mins)
- 05** | Flatten the dough on a flat surface and apply oil and, cut the dough into strips

KUKU WA KUPAKA

- 06** | In a pan, add in the grated onion and sauté.
- 07** | Add in ginger/garlic paste
- 08** | Add in the chicken and salt sauté till nice and dry
- 09** | Add in turmeric, tomato and green pepper and stir.
- 10** | Add in the coconut cream and allow it to simmer for 45 Mins on medium heat or till the coconut thickens up.
- 11** | Once done, pour lemon juice and garnish with coriander.

KUKU WA KUPAKA NA MAHAMRI YA DOLA



VISHETI





**SCAN
TO VIEW**

INGREDIENTS

- 1 1/4 Cups of Flour
- 1 Tsp Baking Powder
- 1/2 Tsp Salt
- 4 Eggs
- 1/2 Tbsp Sugar
- 1 cup Melted Butter/ Margarine
- 4 Tsp Natural Yoghurt
- 1/2 Tsp Baking Powder
- 1 Tsp Cardamom Powder
- Whole Cardamoms
- 1 Tsp Vanilla Essence
- 1 3/4 Cups Warm Milk

STEPS

- 01** | In a bowl mix 7 cups of flour, 1/2 Tsp Baking Powder, 1 Tsp Cardamom Powder, 1 Tsp Vanilla Essence, and 250 grams Melted Butter/ Margarine and 1 3/4 Cups Warm Milk and knead.
- 02** | Cover the dough and let it rest for 30 minutes
- 03** | Use a rolling pin to flatten the dough and cut it into small cube shapes
- 04** | Add oil in a frying pan and let it heat, then add the cut dough and fry till brown
- 05** | In another cooking pot add 1 cup of sugar, 1/2 cup water, and whole cardamoms and stir
- 06** | Add the Visheti coating them in the sugar mixture and turn the heat to low until the sugar crystalizes
- 07** | Enjoy with a beverage of your choice.



LAMB CHOPS UGALI





SCAN
TO VIEW

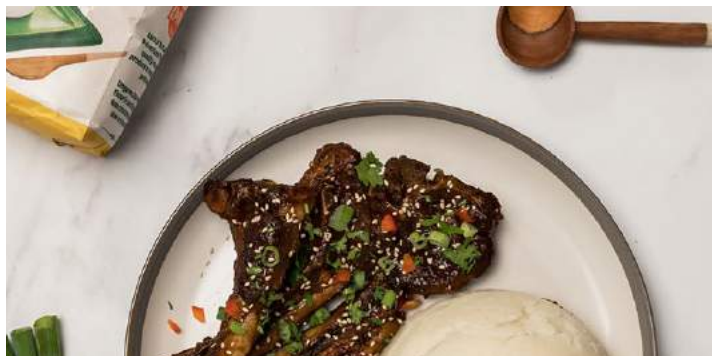


INGREDIENTS

- 2tsp of Oil
- 1 Large of Onion
- 1 kg of Lamb loin chops
- 1/2 Cup of Light Soy Sauce
- 3 Tbsp of Ketchup
- 1tsp of sugar
- Juice of 1 Lemon
- 2 Tbsp of Ginger Garlic Paste
- Grounded Black Pepper
- Grounded Salt
- Sesame seeds
- Spring Onion
- Red/Yellow Bell Peppers
- Coriander
- 4 Cups of Bell Peppers water
- 2 Cups of Flour

STEPS

- 01** | Clean and bloat the lamb chops with kitchen towel to dry up the excess water.
- 02** | Season the lamb chops with black pepper and dash of salt.
- 03** | Put in a tbsp of cooking oil in a pan and sear up the chops to crispy golden brown. It doesn't have to cook in all the way.
- 04** | In a bowl, mix the soy sauce, ketchup, sugar, lemon, water or chicken stock and ginger and garlic paste.
- 05** | Pour the mixture in a pan then add in the lamb chops
- 06** | Let it simmer on medium heat till the sauce thickens. Keep turning the chops in between.
- 07** | Place them in a serving plate, sprinkle some sesame, chopped bell peppers, spring onion and coriander.
- 08** | Meanwhile, boil water for ugali, add in the maize flour and stir gently. Once the flour has incorporated with the water, keep turning it until nice, soft and well-cooked.
- 09** | Serve your Ugali nice and hot alongside your tasty, tender, juicy lamb chops and a salad of your choice.



DOLA UGALI BEEF FRY & SPINACH





**SCAN
TO VIEW**



INGREDIENTS

- 500gms of cubed beef
- 2 cups of hot water
- 1 tbsp of oil
- 1 large onion chopped
- 1 tbsp of garlic & ginger paste
- A pinch of salt
- 2 large chopped tomatoes
- ½ chopped green pepper
- A bunch of chopped coriander (dhania)
- A bunch of chopped spinach
- 2 cups of maize flour
- 4 cups of water

STEPS

BEEF FRY

- 01** | Into a sufuria put your beef, add the hot water, cover and let it cook until tender.
- 02** | Add oil into your pre boiled beef, onion, garlic & ginger paste, salt and stir. Let it cook until brown.
- 03** | Add your tomatoes, green pepper and mix. Cover and let it cook for 5 minutes.
- 04** | Add coriander (dhania) and mix.
- 05** | Into a sufuria pour your oil add your bunch of spinach, beef cube and mix. Cover it to cook for 3 minutes.

DOLA UGALI

- 01** | Add 4 cups of water into a sufuria and let it boil.
- 02** | Add Unga wa Dola Maize flour in bits as you mix.
- 03** | Make your ugali into a pyramid after thoroughly mixing it.
- 04** | Cover your ugali, let it cook for 5 minutes.

Serve your Dola Ugali, Beef Fry, and Spinach while hot and enjoy!



UGALI WA DOLA NA MANAGU





**SCAN
TO VIEW**



INGREDIENTS

- 100 gms of margarine
- 200 gms of sugar
- 3 eggs
- 1 cup of Unga wa Dola All purpose flour
- 1 tsp of baking powder
- A pinch of salt
- 1 tbsp of vanilla essence
- 2 tsp of milk
- 2 tsp of cocoa powder
- 3 stones

STEPS

- 01** | Pluck the Managu leaves from the stem then clean the leaves.
- 02** | Put the cleaned leaves in a sufuria.
- 03** | Add 2 cups of water
- 04** | Boil the Managu to soften for 15 mins
- 05** | Chop the spring onion
- 06** | Add oil into a sufuria then add the chopped spring onions
- 07** | Cook the onions until brown then add the boiled Managu
- 08** | Add salt, stir and then add milk
- 09** | Let it cook for 3-5 mins

UGALI WA DOLA NA MANAGU



DOLA UGALI AND OMENA IN GROUNDNUT SAUCE





**SCAN
TO VIEW**



INGREDIENTS

- Washed Omena
- 2 medium-sized tomatoes
- 1 chopped Onions
- 3 tbsp of cooking Oil
- Garlic Ginger Paste
- Tomato Paste
- 1 tbsp of Curry Powder
- 1 tbsp of Paprika
- 1 tbsp of Lemon Juice
- Salt
- 5 tbsp of Groundnut Sauce
- Coriander

STEPS

- 01 |** Boil the Omena for 10 minutes
- 02 |** In a pan, fry the onions, ginger paste, tomatoes, tomato paste, curry powder, paprika and let it simmer for 2 mins
- 03 |** Add in the pre-boiled Omena in the mixture, add salt and let it simmer for 2 mins. Add the groundnut sauce and coriander.
- 04 |** Bring the water to boil in a sufuria. Add 1/2 cup maize meal to the boiling water. Adding a little bit of the maize flour to the water ensures that the water starts to roar which makes the perfect ugali. Stir using a wooden mwiko/ spatula and try to break any lumps apart.
- 05 |** Add the remaining flour and get stirring. Using the mwiko/spatula, smoothen out any lumps that may have formed. If the ugali is not hard enough, add more flour. Lower the heat and keep working the ugali against the sides of the pot, getting rid of any lumps and also making sure it is evenly cooked.

DOLA UGALI AND OMENA IN GROUNDNUT SAUCE



DOLA UJI



**SCAN
TO VIEW**

INGREDIENTS

- 3 cups of Dola Maize Flour
- 1 1/2 Cups of Water
- 3 tbsps of Sugar
- Cardamom
- 1 Cup of Milk

STEPS

- 01** | In a bowl mix the maize flour and water.
- 02** | In a sufuria, add the mixture and more water and stir continuously. Add Sugar, Cardamom Powder, and Milk. Stir continuously.
- 03** | Serve while still Hot.



DOLA STYLE OMELETTE





**SCAN
TO VIEW**



INGREDIENTS

- 1/4 cup of leftover Ugali
- 3 eggs
- 1/2 tomato, chopped
- 1/4 onion, chopped
- Chopped coriander leaves
- 1 tbsp of milk
- Salt to taste
- Freshly ground black pepper
- Butter for cooking

STEPS

- 01** | In a bowl, tear into pieces the leftover ugali. Add the eggs, tomatoes, onion, coriander leaves, salt, pepper and milk, and whisk.
- 02** | Heat butter in a pan, scoop half of the mixture into the pan and swirl it around. Let cook for 1 1/2 minutes on each side. Fold and serve with toast, sausages and bacon for a full breakfast.

DOLA STYLE OMELETTE



DOLA UGALI AND KIENYEJI CHICKEN





**SCAN
TO VIEW**



INGREDIENTS

- 3 tbsp of oil
- 1 large onion, chopped
- 4 cloves of garlic, minced
- 1 tbsp of ginger, minced
- 1 kienyeji chicken cut into pieces
- 1 cup of tomatoes, chopped
- 1 tsp of turmeric powder
- 1 tbsp of curry powder
- 1 1/2 cups of water
- 1 tbsp of Nuteez Smooth Peanut Butter
- Chopped coriander leaves for garnishing

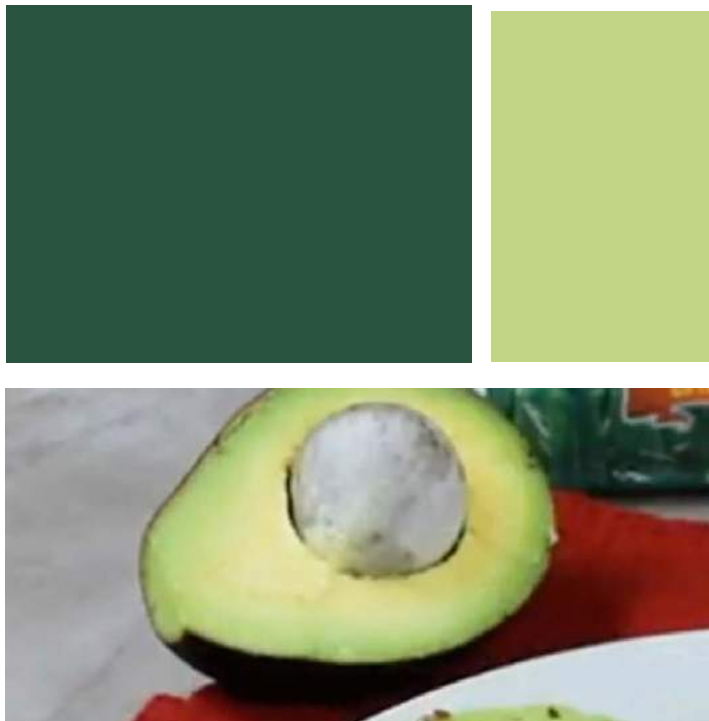
For Sukumawiki

- 2 tbsp of oil
- 1 onion sliced
- 1 tbsp of Nuteez Smooth Peanut Butter
- 2 cups of sukuma wiki, chopped
- Salt to taste

STEPS

- 01 |** Heat oil in a heavy bottomed pan and add the onions. Cook until translucent
- 02 |** Add the ginger and garlic followed by kienyeji chicken and salt. Stir, cover the pot with a lid and let cook for 20 minutes.
- 03 |** Add the tomatoes, turmeric powder, curry powder, and water and stir. Cover the pot with a lid and cook for another 45-60 minutes. Add the peanut butter and stir.
- 04 |** In another pan, heat oil and add the sliced onions. Once translucent, add the peanut butter and stir. Stir in the sukuma wiki, cook for 2-3 minutes and serve with the kienyeji

DOLA UGALI AND KIENYEJI CHICKEN



DOLA CHICKEN KOROGA





SCAN
TO VIEW



INGREDIENTS

- 1/4 cup of oil
- 2-3 cinnamon sticks
- 10-12 cloves
- 12-15 black peppercorns
- 1 tbsp of cumin seeds
- 2 large onions, chopped
- 1 tbsp of ginger-garlic paste
- 1 tsp of turmeric powder
- 2 tsp of chili powder
- 1 tbsp of coriander-cumin powder
- 2 tsp of fenugreek leaves
- 1 cup of coriander leaves, chopped
- 1 cup of spinach, chopped
- 1 can of tomatoes
- Salt to taste
- 1 cup of water
- 1 whole chicken cut into pieces
- Chopped coriander leaves to garnish

STEPS

- 01 |** Heat oil in a pot and add the cinnamon sticks, cloves, black peppercorns, and cumin seeds. Once the cumin seeds start to turn dark, add the onions. Cook for 6-8 minutes until the onions turn translucent and slightly brown.
- 02 |** Add ginger-garlic paste and stir for 1-2 minutes.
- 03 |** Add turmeric, chili and coriander-cumin powder and stir.
- 04 |** Next, add fenugreek leaves, coriander leaves, spinach, tomatoes and season with salt. Cook for 4-5 minutes.
- 05 |** Pour in water to prevent the mixture from sticking to the pan. Add the chicken and stir. Cover the pot with a lid and let simmer for 25-35 minutes or until the chicken has cooked through. Remember that a "Road runner" chicken will take much longer to cook.
- 06 |** Garnish with coriander leaves and serve with ugali.



DOLA UGALI FRIES





SCAN
TO VIEW



INGREDIENTS

- 3 cups of boiling water
- 1 1/2 cups of Unga wa Dola Maize Meal
- 2 eggs
- 1 cup of bread crumbs
- 1 tsp of mixed herbs
- Salt to taste
- Freshly ground black pepper
- Oil for frying

STEPS

- 01** | For the ugali: Bring the water to boil in a pot/sufuria. Add 1/2 cup maize meal to the boiling water. Adding a little bit of the meal to the water ensures that the water starts to roar which makes the perfect ugali. Stir using a wooden spatula and try to break any lumps apart.
- 02** | Add the remaining flour and get stirring. Using the spatula, smoothen out any lumps that may have formed. If the ugali is not hard enough, add more flour. Lower the heat and keep working the ugali against the sides of the pot, getting rid of any lumps and also making sure it is evenly cooked.
- 03** | Let cool a little and then layer it on a baking tray and use a spatula to spread it evenly. You can also use left over ugali for this. If you have left over ugali which is already cold, just cut it into long fries.
- 04** | Once the ugali has been spread out evenly, let it chill for 20 minutes. Then cut it up into long fries.
- 05** | In one bowl, whisk the eggs together and in another bowl, mix together breadcrumbs, mixed herbs, salt and pepper. Dip the Ugali stick in the egg and then coat it with the breadcrumbs.
- 06** | Repeat with the rest and then deep fry for 3-5 minutes or until golden brown and crispy. Serve with tomato sauce or any other dip of your choice.



MINCED MEAT TACOS





**SCAN
TO VIEW**



INGREDIENTS

For meat

- 300 gms of minced meat
- Salt to taste
- 1 tbsp of cumin powder
- Coriander leaves
- 1 cup Unga wa Dola Maize Meal
- 1 cup Unga wa Dola All purpose flour
- Salt to taste
- 3/4 cup of water
- For kachumbari
- 1 cup of tomatoes, chopped
- 1 large onion, chopped
- Coriander leaves chopped
- 1 tbsp of green chillies, chopped
- 1 cup of ripe avocado, chopped
- 1 tbsp of lemon juice

STEPS

- 01 |** For the minced meat: Heat oil in a pan and add the meat. Use a wooden spoon to break apart the meat as it cooks. Once browned, add salt, cumin powder, and coriander leaves and stir. Set aside.
- 02 |** For the taco shells: In a bowl, mix together maize meal, all-purpose flour, salt and hot water. Take the dough out of the bowl and onto your working surface and knead for 5 minutes. Take some dough the size of a golf ball into your palm and roll. Place the dough between two parchment papers and roll using a rolling pin.
- 03 |** Place the tacos on a preheated dry griddle and cook for 30 seconds on each side. Store in a kitchen towel as you finish making the rest.
- 04 |** For the Kachumbari: In a bowl, mix all the kachumbari ingredients together.
- 05 |** To assemble: Take the taco shell in your palms and gently squeeze it together. Place the minced meat in the shell, followed by kachumbari. Serve.



STRAWBERRY JAM AND COCONUT CAKE





**SCAN
TO VIEW**

INGREDIENTS

- 1 1/4 Cups of Flour
- 1 Tsp of Baking Powder
- 1/2 Tsp of Salt
- 4 Eggs
- 1/2 Tbsp of Sugar
- 1 cup of Melted Butter/ Margarine/td
- 4 Tsp of Natural Yoghurt
- 1 Tsp of Vanilla Essence
- Jam
- Desiccated Coconut

STEPS

- 01 |** In a bowl mix 1 1/4 Cups of Flour, 1 Tsp Baking Powder, and a pinch of salt
- 02 |** In a different bowl mix 4 eggs. 1/2 cups of sugar and beat for 5-7minutes till fluffy and 1 cup of melted butter, 4tsp of yoghurt, 1 Tsp of vanilla essence and mix again
- 03 |** Add in the flour mixture and mix till smooth
- 04 |** Grease your baking tin and the cake batter
- 05 |** Bake at 180 degrees for 30-35 minutes
- 06 |** Apply a coat of fruit jam to the cake and sprinkle the desiccated coconut too
- 07 |** Slice the cake and enjoy it with a beverage of your choice.

STRAWBERRY JAM AND COCONUT CAKE



POJO WA NAZI KWA SIMA





**SCAN
TO VIEW**

INGREDIENTS

- 2tsp of Oil
- 1 Large Onion
- 1 Large Tomato
- 1/2tsp of Turmeric Powder
- 1tsp of Crushed Garlic
- 1tsp of Tomato Paste
- 1tsp of Curry Powder
- Salt
- 3 cups of Pre-boiled Green Grams
- 1 cup of Coconut Milk
- 1 bunch of Coriander leaves
- Jahazi maize flour

STEPS

- 01** | In a pan brown the onions then add chopped tomato, turmeric powder, crushed garlic, tomato paste, curry powder salt to taste, and stir.
- 02** | Then add the green grams and coconut milk, 1/2 cups of water, and cover to cook for 5-8 minutes.

UGALI

- 03** | Bring the water and salt to a boil in a heavy-bottomed sufuria
- 04** | Reduce heat to medium-low and continue stirring regularly, smashing any lumps with a spoon
- 05** | Cover and allow to cook for 5 minutes.

Serve and Enjoy!



