

ENVIROFIT® & The SuperSaver Charcoal Jiko SMARTER LIVING PRESENT Pilau



Food image courtesy of Chef Ali Mandhry

Ingredients

- 1 kg goat meat
- 1 teaspoon minced garlic
- 1 teaspoon minced ginger
- Water for boiling the meat
- 2 cups white rice
- 4 cups water
- 3 cardamom pods
- 3 sticks cinnamon
- 2 whole cloves
- 1 teaspoon whole cumin
- ½ teaspoon whole black pepper corns
- 6 medium potatoes (peeled)
- 2 onions sliced



Preparation Method

1. Light your *Envirofit SuperSaver Charcoal Jiko* using little charcoal.
2. Put the goat meat in a pan and add the garlic and ginger. Add water and bring to a boil (fully open the *SuperSaver* air regulator) until the meat is tender.
3. Meanwhile crush together the pilau mix spices i.e. the cardamom, cinnamon, cloves, cumin and black pepper corns. Set aside.
4. In a separate pot, add some oil and add the onions, then add the pilau mix spices. Cook for a minute till fragrant, then add the potatoes and cook for a few more minutes.
5. Add the boiled and drained goat meat and 4 cups water and bring it to a boil.
6. Add the rice and cook till it's almost dry and water has evaporated. Cover with foil so that it continues to steam and close the *SuperSaver* air regulator completely, to reduce the heat.
7. Once rice is completely dry, fluff with a fork .
8. Serve with kachumbari to your family and see them enjoy and want more!

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