



KENYA



MEET THE CHEF

CHEF BENARD M.O.

He developed his passion for cooking at the tender age of ten when his mother had an accident which badly damaged her hands. As the eldest, the responsibility of cooking was left to him not knowing that he had already identified his passion for cooking.

After he finished his secondary education, he joined the University of Eldoret and pursued a Bachelor's degree in Hotel and Hospitality Management.

He has since specialized in Kenyan and African foods infusing various spices with his favourites being cumin, turmeric, coriander, ginger and rosemary which can be found within Kenya's gardens.

KENYA GASTRONOMY MUSTS



CUMIN



CORIANDRE



GINGER PASTE



TURMERIC



ROSEMARY





DO IT YOURSELF!

CHICKEN STIR FRY

INGREDIENTS

- 200 g minced chicken breast
- 40 g white onions
- 40 g red pepper
- 40 g green pepper
- 40 g yellow pepper
- 10 ml cooking oil
- 100 ml barbecue sauce

STEP BY STEP

- 1 Pan fry the 200 g of minced chicken breast for 8 minutes while dicing.
- 2 Add the 40 g of each white onions, red, yellow and green peppers and dice for 3 minutes.
- 3 Add the 100 ml of barbecue sauce, stir for 2 minutes and serve with rice.
- 4 Garnish with lettuce, tomato slice, a ring of onion and coleslaw salad.