



Kambuchari

Flavor Profile: African

8 Servings

Kachumbari could almost be called East African cole slaw - it is a mixture of chopped or shredded vegetables that is prepared ahead of time and served cold. The most basic version is onions and tomatoes in a vinegar or lemon juice dressing; cabbage, chile peppers, and other vegetables are often included.

Ingredients:

1 (more or less) hot chile pepper, cleaned, seeds removed, chopped
1 medium onion, chopped
2-4 tomatoes, thinly sliced
juice of 1-2 lemons or limes, or a few tablespoons of vinegar
up to 1 teaspoon salt
fresh cilantro (coriander leaves, dhania), chopped
1 cucumber, peeled and sliced (optional)
1 small cabbage, shredded

Directions:

Combine all ingredients in a mixing bowl. Toss to coat all ingredients with liquid. Set aside in a cool place for twenty to thirty minutes before serving. Eat within 12 hours.

Serve Kachumbari with dishes from Eastern Africa.

Note: If raw onion is not to your liking, try one of the following:

- (1) soak the chopped raw onion in salted water for a few minutes then squeeze the water and onion juice from the onion by pressing it in a sieve or a clean cloth, repeat if desired, or
- (2) place the chopped onion in a sieve or colander and pour a few cups of boiling water through it, then let drip dry.