

Irio

Yet another dish that originated from Central Kenya but has been adapted by other communities except for the fact that they use the vegetables available in their areas.

Ingredients:

4 green corn cobs
1 lb (400 gms) beans
4 potatoes
1 lb (1/2-kg spinach/pumpkin leaves)
Salt and pepper

Directions:

Boil the corn.
Cut the kernels off the green corn cob.
Boil the corn with the beans until soft.
Peel and wash the potatoes and add the corn and the beans along with the chopped spinach.
Boil together until the potatoes are soft.
Season with salt and pepper and mash.

Irio (Method 2)

Ingredients:

2 kg. Potatoes (about 4 - 4 ½ lbs.)
2 tbsp cooking fat
1 kg. Green peas (2.2 lbs.)
2 cobs tender green maize
One chopped onion
Salt to taste

Directions:

Prepare potatoes and peas and remove the maize from the cobs.
Cook on a high heat with just enough water to cover until the vegetables are tender.
Mash the peas and the potatoes to a smooth consistency, adding a little fluid if desired.
Fry the onions until brown;
add to the other vegetables and fry together on a low heat.
Serve when hot.