

## Nyama Na Irio (Steak and Irio)

Yield: 8 portions

### The Irio:

Drain 1 16-oz. can PEAS and measure the liquid.

Put the peas through a vegetable mill or sieve to make a puree.

Drain 1 16-oz. can KERNEL CORN and add the liquid to that of the peas.

In a 2-quart saucepan:

Prepare 4 cups INSTANT MASHED POTATOES following package directions and using the vegetable liquors as part of the required liquid.

Add:

3 Tbs. BUTTER

1 tsp. SALT

1/4 tsp. PEPPER

Blend the puree of peas into the mashed potatoes until a smooth green color results.

Fold in the drained kernel corn.

The consistency should be that of firm mashed potatoes.

### The Steak:

In a large skillet:

Cut 3 lbs. FILET MIGNON (or any steak) in a 2 x 1/2 x 1/2-inch strips.

Sauté in 4 oz. MARGARINE OR OIL, until lightly browned.

Remove the steak from the skillet.

Blend in 6 Tbs. FLOUR to make a roux.

Add 2 cups ONION SOUP made from a packaged mix and cook to medium-sauce consistency.

Correct the Seasoning with salt, pepper, and a little Tabasco.

Return the steak to the sauce.

Make a large mound (about 1 cup) of Irio in center of dinner plate.

Form a hole in the center about 2 inches in diameter.

Fill the hole with 1/2 cup of the sautéed steak and gravy.

Smooth around edges of the Irio so it looks like a volcano.

### Saladi - East African Salad Relish

Yield: Relish for 8 salads

This salad relish is added to and mixed with the hot spicy food by the guest a little at a time to "cool" the spiciness of the dish and change its texture. If the hostess feels that her dinner is not "hot" enough, a small hot chili pepper is added to the relish.

She may also serve individually or in a bowl additional pilli-pilli or hot red pepper dissolved in lemon or tomato sauce. For your Kenyan dinner you might have a cruet of a white French dressing on the table for those who might want to add it to their salad.

In a 1-quart bowl:

Combine: 2 cups CABBAGE, finely shredded

1/2 cup CARROTS in very, very thin slices

1/2 cup SWEET ONIONS (Bermuda or Spanish or scallions)

1/4 cup GREEN PEPPER in fine strips.

Fluff the mixture up.

That's it. There is no dressing or seasoning.  
Fill small sauce dishes, allowing about 1/3 cup per person.