

MBUZI STEW

by Jikoni Magic - serve with ugali or chapati



Mbuzi (goat) is one of the most popular meats in East Africa. It can be tough, but stewing makes it deliciously tender - the longer you cook it, the softer it gets!

ELECTRIC PRESSURE COOKERS (EPCs)

An EPC (or multicooker) is a highly energy-efficient electric cooking appliance that combines insulation, pressurisation & automatic control to dramatically reduce energy consumption for the most energy intensive foods. 'Heavy foods' such as meat stews usually require boiling for several hours to get the meat tender, using significant amounts of fuel, however 'heavy foods' are what the EPC does best.

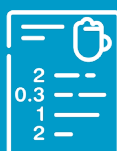
ENERGY SAVING TECHNIQUES

We cut the mbuzi into small pieces & chopped all other ingredients finely so the heat penetrates faster. We chose a dish that doesn't require any frying & where all the ingredients can be put in at once, avoiding the need to open the EPC when pressurised. We put just the right amount of water to avoid boiling down at the end.



INGREDIENTS

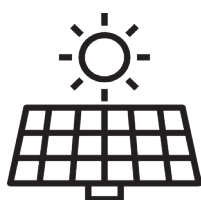
- 500g mbuzi (goat)
- 1 onion
- 2 tomatoes
- 1 tbsp curry powder
- 1 curry cube
- 4 cloves garlic
- 1/2 thumb ginger
- 1/4 cup water
- 20ml oil
- salt (to taste)
- 1 tbsp honey
- 100ml coconut cream
- 1 bunch coriander (dhania)



RECIPE

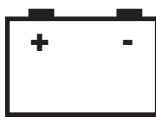
1. Cut mbuzi into 2cm pieces
2. Finely chop onion, tomatoes, ginger & garlic
3. Place all ingredients in pot & mix
4. Leave to cook until pressurised
 - approx. 25 mins on a 300W EPC
5. Unplug and allow to depressurise naturally
 - it will continue to cook for approx. 15 mins
6. Open lid, mix in coriander & serve

POWER SYSTEM REQUIREMENTS (evening cooking)



25W PV

+



125Wh storage

+



300W DC EPC



THE CHALLENGE

The Global LEAP Awards is seeking nominations for best-in-class AC and DC EPCs - nominate today!

eCooking could be the next big leap for the off-grid solar sector, but the lack of durable, energy-efficient, user-friendly, safe and affordable DC EPCs is hindering the market. There is a clear opportunity for off-grid solar stakeholders to invest in product development to meet the demands of this emerging market and move the sector towards a breakthrough in clean cooking access.



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