

GITHERI

with peas (minji) & fresh maize - by Jikoni Magic



Githeri is a mixture of whole maize & pulses. It's popular across much of East Africa because the ingredients are easily available, easy to cook and very filling.

ELECTRIC PRESSURE COOKERS (EPCs)

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

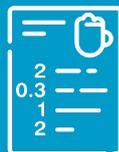
ENERGY SAVING TECHNIQUES

We used fresh maize & peas, but you could achieve the same results by soaking dried ingredients overnight. We chopped all ingredients finely so the heat penetrates faster. We chose a one pot meal that doesn't require any frying & where all the ingredients can be put in at once. We put just the right amount of water to avoid boiling down at the end.



INGREDIENTS

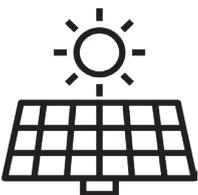
- shelled maize (3 cobs)
- 500ml cup of peas (minji)
- salt (to taste)
- 20ml oil
- 3 beef cubes
- 1 cup water (until covered)
- 1 carrot
- 2 tomatoes
- 1/2 thumb ginger
- 3 cloves garlic
- 1 bunch coriander (dhania)



RECIPE

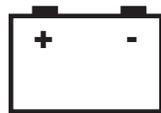
1. Finely chop carrot, tomatoes, ginger & garlic
2. Place all ingredients in pot & mix
3. Leave to cook until pressurised
 - approx. 45 mins on a 300W EPC
4. Unplug and allow to depressurise naturally
 - it will continue to cook for approx. 15 mins
5. Open lid, mix in coriander & serve

POWER SYSTEM REQUIREMENTS (evening cooking)



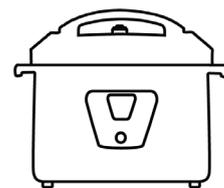
50W PV

+



250Wh 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.



MECS
Modern Energy
Cooking Services



mecs.org.uk
@UKMECS

[globalleapwards.org/
electric-pressure-cookers](http://globalleapwards.org/electric-pressure-cookers)
@LEAP_Awards

This data and material have been funded by UK AID from the UK government; however, the views expressed do not necessarily reflect the UK government's official policies.

