

Clarified butter (makes just under 1 cup):

Cut 8 oz. butter into pieces and melt it in a saucepan over low heat. Skim off the buttermilk fat that will foam to the top with a slotted spoon. Remove the pan from the heat. Let it sit for a few minutes, and then pour off the clear liquid, leaving behind the residue of milk solids that has settled to the bottom.

Coconut milk (makes about 3 cups)

Grate the meat of 1 coconut or process in a blender. To extract the flavourful moisture from the gratings line a bowl with a cotton cloth such as cheesecloth, making sure that the lining is big enough to drape over the sides of the bowl. Put the grated coconut onto the cloth and then pour 1 cup of boiling water over it. When it is cool enough to handle, gather the edges of the cloth and lift it above the bowl. Wring it with both hands to squeeze out the milky liquid, which you should pour off and save. Repeat this process three times. The first squeezing is the most concentrated and is often called 'Cream' so you should keep each squeezing separate and use them in order.

A Prayer for Butere:

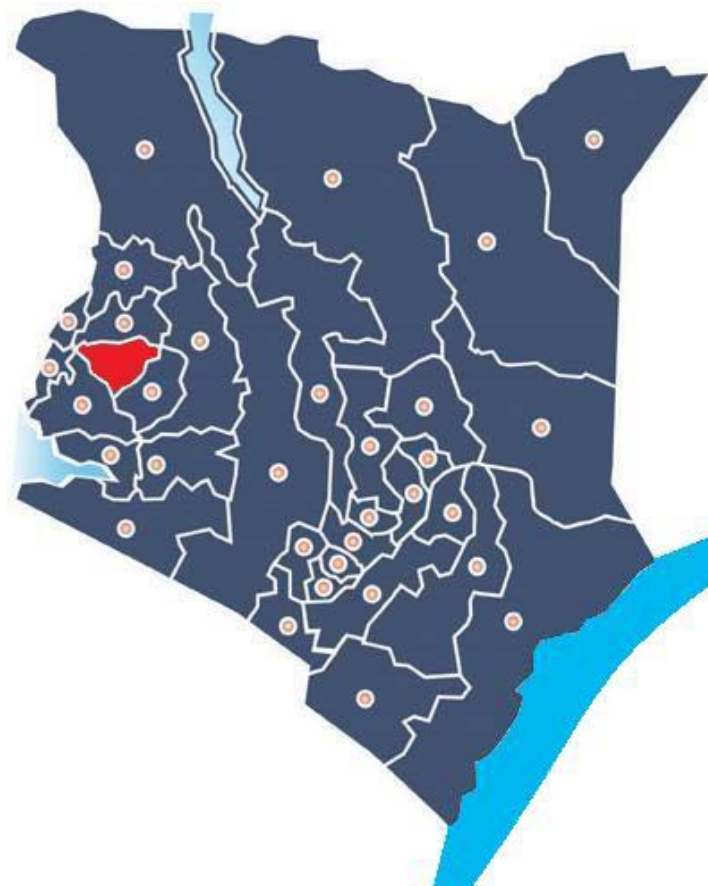
Heavenly Father, we give you thanks for the dedication of the Mothers' Union members in Butere Diocese, Kenya and for their work to bring hope and reconciliation during the riots in their country. We pray for their new initiatives and give thanks for the increase in their membership. Lord God may they know your love and blessing on them as they seek to encourage more church weddings and to educate widows on their inheritance rights. We pray especially for the Revd Margaret Were, Mothers' Union worker in Butere that she may be guided by the Holy Spirit in all she does. We bring these prayers in the name of our Lord Jesus Christ. Amen.

More copies of this leaflet can be obtained from:

The Mothers' Union Office, Trinity House, 4, Chapel Court, Borough High Street, London SE1 1HW 020 7939 9459 or email: mu@southwark.anglican.org

Southwark Mothers' Union

Linked in Prayer with Butere Diocese Kenya



Kenya lies on the Equator along the Indian Ocean and is bordered by Tanzania, Uganda, Sudan, Ethiopia, and Somalia. Swaheli (Kiswahili) is the most widely used language. Kenya grows bananas, cassava, coffee, corn, pineapples, pyrethrum, sisal, sugar cane, tea and wheat and manufactures cement, chemicals, light machinery, textiles, processed foods and petroleum products.

A narrow, low-lying plain borders Kenya's 280-mile (450-km) coast. The rest of the eastern part of the country and almost all of the north---some three-fifths of the total area---consists of semi-arid low plateaus, plains, and hills. Much of this region is sparsely populated and has a desolate appearance. An elevated plateau and mountain region in the southwest, called the Kenya Highlands, is the heart of the nation, containing the bulk of Kenya's population and farmland. Butere is found here.

Jomo Kenyatta was the founding president of Kenya from 1963 until his death in 1978. Politically, the country has suffered unrest since then.

“The year 2008 started with a great cloud of darkness over Kenya. Kenya was at war with Kenya.”

The results of the national elections were disputed and Kenyans were angered to unprecedented riots. Many people died. Against this backdrop the MU has taken a leading role in ministry at the household level where the after-effects are felt most. Indeed it is the women who have led the efforts of reconciliation and healing, often a blind spot for warring men. For this purpose as well as evangelism they organised 47 parish rallies, 7 deanery rallies and one cluster rally at Diocesan level.

The MU worker is Revd. Margaret Were who has been in post since 1995. In the last couple of years the diocese have carried out an evaluation of Mothers' Union work in the diocese: the recommendations are now being implemented which will intensify activities next year, with resultant higher costs. They held a Talent week to 'enhance positive interactions and boost funds' – the neighbouring northern diocese of Mumias visited them for part of this event. They have enrolled 180 new members, fenced and renovated the MU compound and are proud that

an increasing number of men attend their rallies. They are concerned that there are few church weddings and their work is limited by financial constraints. They want to raise the involvement of all members as well as educate widows on their inheritance rights.

The staple food comprises bread, rice, and vegetables. Ugali (from cornmeal) is the national cuisine of Kenya and potatoes are widely eaten.

Mtuza Wa Samaki (Baked Curried fish)

2 lbs. white fish, bones removed	3 large yellow onions, sliced
2 tbs. oil	2 chilli peppers or 1 tsp. cayenne pepper
3 cloves garlic	4 medium-size tomatoes, or 6 oz. tomato paste
1/2 cup white vinegar	1/2 tsp. ground cardamom
1/2 tsp. cumin	1/2 tsp. salt

Preheat oven to 350 degrees. Lay the fish in a baking pan. Heat oil to a moderate temperature and fry the onion slices until they are transparent. Arrange over the fish. Combine the remaining ingredients in a blender or food processor until smooth. (Or crush chillies and garlic with a mortar and pestle and mash tomatoes well with a fork before combining with other ingredients.) Pour over fish, cover the pot, and simmer about 30 minutes until fish is just cooked. Serves 4

Kuku Na Nazi

2 3-lb chickens, cut into pieces	20 small cloves garlic
5 inches fresh ginger, grated	1/3 cup clarified butter
2 hot chilli peppers or 1 tsp. cayenne pepper	
1 medium onion, sliced	2 tbs. oil
2 tbs. curry powder	4-6 cups coconut milk
1 tbs. whole cumin seeds, pounded	1 cup coconut cream
1 bunch of chopped fresh coriander	

Wash the chicken and pat it dry. Pound the ginger, garlic, chillies, and curry powder with a mortar and pestle, or puree in a blender or food processor. In a small skillet, sauté the onions in oil for 4-5 minutes, then add the spice puree and chicken pieces and fry until golden brown, transfer the onion/puree mixture into a pot. Add coriander, cumin, and coconut oil, and cook until the chicken is tender. Pour coconut cream over the chicken, remove pot from heat, and let stand until ready to serve. Serves 8 – 10 with rice.