EAST AFRICAN · LUNCH · DINNER

Maini (Zanzibar-Style Beef Liver in Tomato Sauce)

Maini ya n'gombe

45 min · Serves 4 · 379 kcal a serve · Video 9:24 in Swahili · Aroma Of Zanzibar & Beyond

Gluten-free ingredients · No dairy listed · No nuts listed

36 g protein and 15 g net carbs a serve. Liver is one of the richest sources of vitamin B12 and vitamin A, and a serve gives about half a day's iron and nearly a day's folate.

Diet notes: Low saturated fat (3 g, 7% of the energy); DASH-friendly (490 mg sodium a serve); Paleo with a swap: olive, avocado or coconut oil instead of the vegetable oil.

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Ingredients 15 · SERVES 4

- [ ] 680 g **beef liver**
- [ ] 1½ tsp **ground coriander** (1 tsp for the marinade, ½ tsp for the sauce)
- [ ] 1½ tsp **ground cumin** (1 tsp for the marinade, ½ tsp for the sauce)
- [ ] 1 tsp **red chilli powder**
- [ ] 1 tsp **ground black pepper**
- [ ] **salt**, to taste
- [ ] about 4 cloves **garlic**, for 1 tbsp + 2 tsp fresh garlic-ginger paste
- [ ] a 3 cm piece **fresh ginger**, for the garlic-ginger paste
- [ ] a squeeze of **lime or lemon juice** (about 1 tbsp)
- [ ] 3½ tbsp **vegetable oil** (1½ tbsp for the marinade, 2 tbsp for the sauce)
- [ ] 160 g chopped **onions**
- [ ] 180 g chopped **tomatoes**
- [ ] 1 **capsicum** (red, yellow, orange or a mix), cut in strips (optional)
- [ ] 1 **green chilli** (optional)
- [ ] **fresh coriander leaves**, to serve

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: none. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Peel the thin skin off the liver, cut away any tubes and cut it into bite-size cubes. 0:25
2. Pound the garlic and ginger (with a pinch of salt) into a paste. Rinse the liver pieces well and drain them. 2:25
3. Toss the liver with 1 tsp each of ground coriander, cumin, chilli powder and black pepper, salt, 1 tbsp of the garlic-ginger paste, the lemon juice and 1½ tbsp oil. Set aside to marinate while you make the sauce. 3:20
4. Heat 2 tbsp oil in a wide pan and fry the chopped onions until soft and golden. 4:10
5. Stir in 2 tsp garlic-ginger paste with ½ tsp each of cumin and coriander, then add the chopped tomatoes and cook them down into a thick sauce. 5:00
6. Add the marinated liver, stir it through the sauce, cover and cook gently until just cooked through — overcooking makes liver tough. 5:50
7. Add the capsicum strips and the green chilli and cook a few minutes more, until the peppers are just tender. 6:30
8. Scatter with chopped coriander and serve. 8:05

> **Tip** Serves 4 (our estimate). Served in the video with chapati; ugali, a salad or greens also suit it. Liver is extremely high in vitamin A, so keep it to an occasional meal, and avoid it in pregnancy.

The method is a summary in our words, in English — the video (in Swahili) shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
379 kcal 1,590 kJ	**36** g 71% of a day	**18** g 15 g net · 4.7 g sugars 6% of a day	**2.9** g 10% of a day	**18** g 3 g saturated 24% of a day	**490** mg 22% of a day

Energy from net carbs 16% · protein 39% · fat 45% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin B12 3751% · Vitamin A 1348% · Folate 91% · Vitamin B6 90% · Selenium 85% · Omega-3 72% · Vitamin C 69% · Zinc 65% · Iron 51% · Vitamin E 25%

Source of (10–19%) Vitamin K 19% · Potassium 16% · Magnesium 12%

Recipe and video: Aroma Of Zanzibar & Beyond (@aromaofzanzibar) on YouTube — youtube.com/watch?v=ntvAZDuQeP8, published 20 September 2018. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/maini-ya-ngombe