

Amaranth FOTETE

Amaranthus spp



This Amaranthus belongs to the leafy vegetables family whose the consumption furnish a huge quantity of nutrients.



Plant

- Erect
- High from around 1 m

Leaves

- Simple
- Smooth faces
- Middle green

Consumption and nutrition

- Cooked (in local dishes)
- Richer in beta-carotene, vitamin C, iron and anti-oxidants than tomato and cabbage

Crop advices

- Can be used all the year long
- Seeds can be sown all the year long (at 0,5 - 1 cm deep)
- Lines have to be distant from 20 to 30 cm

Medecinal properties

- Good against fever, bleeding, anemia and kidneys pains

RECIPES IDEAS

Amaranth FOTETE

Kenyan recipe



Ingredients:

For 4 persons:

- 2 bunches of amaranth
- 1 red onion thinly sliced
- Few leaves of coriander to taste
- A pinch of salt and pepper to taste
- 2 ripe tomatoes
- 1/4 kg mutton steak
- 2 tablespoons eliant oil



Preparation:

Wash and dry the leaves. Tear or cut them into small pieces.

Pour onions into a cooking pot and cook until getting golden brown color.

Add sliced tomatoes and cook for 2 minutes.

Add chopped meat, salt and pepper. Stir and cook for ten minutes or till ready.

Add chopped amaranth.

Cook for 2 minutes.

Serve while hot with rice, pasta, ...