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[Home](#) > Sukuma wiki: Kenyan-style sauteed greens

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## Sukuma wiki: Kenyan-style sauteed greens

Wed, 06/11/2008 - 08:49 -- Roger Doiron

Introduction:

Sukuma Wiki is a popular Kenyan side dish that can be made out of collards or kale. In Kenya, the plant traditionally used is a tall-growing cabbage variety elsewhere known as "walking stick cabbage" for the tall woody stalk it produces. It is often served with ugali, a porridge made from maize. Translated literally from Swahili, sukuma wiki means 'to push out the week', implying that it is a staple used to stretch the family meals to last for the week.

Preparation:

1. Fill the bottom of a saucepan with about an inch of water. Insert strainer filled with greens and bring water to boil over high heat. Cover and steam for 6-8 minutes.
2. Heat oil in skillet over medium high heat. Add onions, tomatoes, and chili pepper and sautee about 3 minutes or until the onion is translucent. Reduce heat to low.
3. Mix lemon juice, flour, and 1/2 cup water in small bowl until well blended. Pour into onion mixture and mix well.
4. Add 1/2 cup water, cooked greens, salt and pepper and mix well.
5. Increase heat to medium, cover and cook for 3 minutes or until heated through.

Image (optional):

Crops:

[kale](#) [1]

Cuisine:

[African](#) [2]

Recipe Type:

[side dishes](#) [3]

Ingredients:

- 6 cups kale or collard greens, chopped or shredded
- 3 tablespoons olive or vegetable oil
- 1 medium onion, chopped
- 1 cup stewed tomatoes, chopped
- 1 green chili pepper, seeded and chopped

- 3 tablespoons lemon juice
- 1 tablespoon flour
- 1/2 to 1 cup water

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Recipe: Kenyan-style sauteed greens

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**Links:**

[1] <http://kgi.org/crops/kale>

[2] <http://kgi.org/cuisine/african>

[3] <http://kgi.org/recipe-type/side-dishes>