

# DIVERSIFYING SORGHUM CONSUMPTION: ENJOY SORGHUM ANJEERA



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## Introduction

Anjera is a traditional fermented pancake for the Burji, Gabra and Boran communities in Northern Kenya. It is cooked by mixing maize/teff(s) or sorghum flour with water and fermenting with yeast. The fermented paste is then heated on a flat shallow frying pan. It neither uses oil for frying nor heated on both sides, as in chapatti. It can be sweetened with sugar or salted. It is best eaten with a stew. It can also be eaten with tea in the morning.

## Ingredients

- 4 cups sorghum flour
- 2 cups wheat flour
- 1Tbs baking powder
- 1tbs yeast
- 4 cups warm water



Dissolve yeast into 4 cups of warm water then mix with flour . Stir to a thin dropping consistency. Let stay for at least 1/2 hour to ferment

Grease the frying pan before beginning to fry the anjera

Pour the flour mixture thinly and evenly in coiling style to make an oval shaped spread on the pan

Remove the cooked Anjera after a few seconds. Otherwise delay may result into a burnt product



If not done well may result into undesirable outcome

## Benefits of eating sorghum anjera

Sorghum Anjera is a good source of complex carbohydrate and is healthy to eat.

It can be eaten with stews from Dengu (green grams), beans, meat stewamong others.

Should be eaten together with plenty of green leafy vegetables and a fruit to have a balance diet

Healthier to eat by diabetic patients.



*Enjoy a plate of sorghum Anjera and Green gram stew*