

# Hashi Gas-6kg Meko

## Why you should buy one



- Cook indoors without smoke. Cooking is cleaner and healthier for the family.
- Gas stoves are portable and easy to use.
- Flames can be adjusted - cooking is quicker, and fuel costs lower.
- Easy to use switch to turn on/off gas and adjust flame.



## Where can I buy it?

Gas cookers and cylinders are available countrywide at petrol stations and supermarkets. **HASHI** gas has 2000 outlets and many of them also do home deliveries.

Contact **HASHI** gas for more information

Tel: 020 2215 088 or 020 229 9000

Mobile: 0724 256 948 or 0734 256 987

## Is gas safe to cook with?

Gas cylinders are certified as safe. If gas leaks it smells like rotten cabbage. If you suspect a leak open your doors and windows, and put the cylinder outside. Call your supplier to come and replace it.

## How much does it cost?

A 6Kg gas cylinder + the burner + grill costs around **Ksh 4,000.**

Re-fill for a 6kg cylinder costs **Ksh 750-1000.**

Cooking with gas is quicker and healthier. You will also save money on fuel!

Produced by Mediae



Watch us on Citizen TV on:  
Sunday 1.30pm (Kiswahili)  
Thursday 1.30pm (English)

For more information,  
SMS 20255  
or call **iChef**  
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# Series 1, Episode 3

Mama Marshal, Kisumu.

If undelivered please return to the Mediae Company, P.O.Box 215-00502, Karen



### COOKSTOVE

Hashi Gas-6kg Meko



### RECIPE

Catfish with Coconut Milk Stew



### KITCHEN GARDEN

Kale (Sukuma wiki)



### NUTRITION

Fish

# Nutrition



Fish is very easy and quick to cook. It can be fried in a small amount of oil in a pan or it can be added to stews and casseroles.



## Omega 3 fatty acids

Prevents heart disease, strokes, some cancers and is good for the brain

## Phosphorus & Calcium



Good for our bones and teeth



## Protein

Helps to build muscle

# Recipe

## Catfish with coconut milk stew



## Ingredients

- Catfish
- Onion
- Tomatoes
- Coconut Milk
- Garlic
- Ginger
- Salt
- Lemon
- Dhania

## Method

- Wash the catfish in a bowl then cut it into steaks, season with salt and lemon. Cover and set aside.
- Cut the onion into fine slices and then fry it in a pot until it softens. Add the chopped garlic and ginger and then fry it until it becomes fragrant.
- Chop 5 tomatoes and add them to the pot. Cook until they are soft, then add in the steaks of fish and coconut milk. Make sure that the sauce covers the fish. Season with salt, and let it simmer until the fish is cooked through.
- Lastly, add some chopped dhania and remove from heat.

## ★ Tip of the week

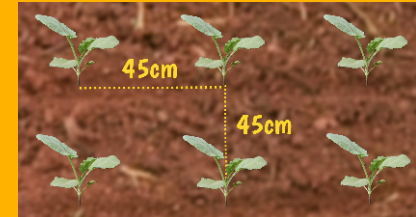
Eat omena when you are pregnant. It helps with healthy brain and spinal cord development of the foetus and provides lots of Calcium for healthy bones.

# Kitchen Garden



## How to plant kale

- Obtain seedlings from a **KEPHIS** registered nursery near you.
- Ensure a spacing of 45cm by 45cm at planting.
- Use manure or fertilizer at planting and mix well with the soil to avoid scorching the seedlings.



## How to maintain

- Water the plants regularly.
- Remove old or diseased kale leaves.
- Top-dress after 1 month (try **Mavuno**) and spray with **Easy Gro** Vegetative foliar after each harvest.
- Remove weeds as soon as they grow.



## When to harvest

- Kale leaves are ready to harvest after 60 days of planting.
- If pesticide/insecticide was used, take note of the post-harvest interval (PHI) as indicated on the label.



## What to look out for

- Scout your field daily to detect diseases and pests early.
- Avoid damaging the stem when harvesting, to ensure a continuous supply of kale leaves.