

ABSTRACT

Indigenous Technical Knowledge and Formulations of Thick (Ugali) and Thin (Uji) Porridges Consumed in Kenya

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Thick (*ugali*) and thin (*uji*) porridges are important sources of nutrients for millions of Kenyans. They are made from unblended or composite flours of cassava and whole milled maize, finger millet or sorghum. *Ugali* is eaten as a main meal at lunch or dinner whereas *uji* is taken as a refreshing drink any time of the day. *Uji* is also an important complementary food for children. In addition, some formulations of *ugali* and *uji* are used to manage non-communicable diseases such as cardiovascular diseases and type II diabetes. The aim of this study was to document indigenous technical knowledge on *ugali* and *uji* in Kenya. Primary information was collected through Focus Group Interviews in ten counties in western Kenya and corroborated with secondary literature. Unblended whole milled white maize and finger millet are the preferred flours for making *ugali* and *uji*, respectively. Whole milled maize, finger millet and sorghum are recommended for preparing *ugali* and *uji* for people suffering from non-communicable diseases. *Uji* prepared as a complementary food for child-feeding is usually supplemented with plant or animal proteins in order to improve its nutritional quality. The indigenous technical knowledge provided by the interviewees show that several opportunities exist for product innovations and quality and safety improvements.

Key words: Kenya, maize, finger millet, sorghum, cassava, *ugali*, *uji*.