

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.