

Kenyans celebrate Mashujaa Day in tribute to national heroes

By Tabu Irina
Ambassador of the Republic of Kenya

Oct. 20 is a very significant day in Kenya because it is the day to honor those who made significant contributions to the independence of Kenya in 1963 — including by paying the

highest price, their lives. On this day, aptly called **Mashujaa Day**, we celebrate our mashujaa, the Swahili term for heroes. This day was initially called Kenyatta Day — when Kenyans would pay tribute to the first president of Kenya, the late Jomo Kenyatta, for the role he played as

one of the freedom fighters and later as the leader of the nation. After the promulgation of Kenya's Constitution in 2010, the day was renamed to Mashujaa Day to recognize all Kenyan heroes.

Over the years Kenya has had many notable heroes who have

played a part not only nationally but also internationally. Some of the internationally renowned modern-day Kenyan heroes include:

The late Prof. Wangari Maathai: A woman of many firsts, she was the first African woman to receive the Nobel Peace Prize and also the first woman in East and Central Africa to earn a doctorate degree.

Eliud Kipchoge: He is now the greatest marathoner of all time. The current world record holder recently broke his own old record during the Berlin Marathon and is the first human to run a marathon under 2 hours.

Peter Tabichi: Winner of the 2019 Global Teacher Prize. This year he received the Outstanding Teacher/School Leader award at the 2022 Common-

wealth Education Awards.

Ngugi wa Thiong'o: A literary giant who has authored award winning literature. He has remained a great example of not only Kenyan literature but of African writing abroad.

Brigid Kosgei: She is the current world women's marathon record holder and winner of this year's Tokyo marathon.

Lupita Nyong'o: She is an internationally acclaimed Kenyan actress, and the first black African to win an Academy Award for acting.

In honor of Kenya-Japan relations, which have spanned almost six decades, we also wish to recognize **Mr. Jun Karube**, Kenya's honorary consul in Nagoya and currently a senior executive advisor for Toyota

Tsusho Corporation, for his long-term contributions to the strategic and cordial partnership between Kenya and Japan.

In Kenya, every celebration is marked with a feast, and as we mark this day in Japan, I wish to invite you all to a taste of Kenya. On our menu we have the widely eaten staple dish of ugali and sukuma wiki (kale). Ugali is made using corn flour while sukuma wiki (Swahili for "**Push the Week**") gets its name from the fact that it is nutritious, cheap and readily available and can be eaten every day of the week. Other dishes on show today are pilau, kachumbari (salad), beef stew and mahamri (traditional Swahili doughnut). As we say back home, "**Karibuni tule**" — "I invite you to the table."



Courtesy of the Kenya Embassy

Kenyan Ambassador Tabu Irina introduces a variety of dishes — from far right, pilau, kachumbari, ugali, sukuma wiki, beef stew and mahamri.

How to make chicken pilau Kenyan style

Main ingredients:

- 1kg Rice
- 500g Chicken – cut in pieces
- 200g Onion – coarsely chopped
- 50g Garlic paste
- 50g Ginger paste
- 100g Oil
- 500g Potato – cut in 6 pieces
- 1 Fresh Tomato chopped
- 1TBS Tomato paste
- 3TBS Pilau Masala

- (clove, cinnamon, black pepper, cumin seeds, cardamon)
- Blend all spices together
- 2TS Salt

1. Boil the chicken and put it aside.
2. Fry the onion until brown, add the ginger and garlic paste and stir until brown.
3. Add pilau masala and stir. Add the

- tomato and tomato paste and stir for a few seconds.
- 4. Add pre-washed rice, the chicken and the potato cut into pieces.
- 5. Add 1.5 liters of hot water, keep stirring and bring to a boil.
- 6. Boil until the water is reduced to a quarter of the original amount.
- 7. Cover the pot with foil and simmer for 10-15 min.



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