Mshikaki  
Mshikaki is a popular skwered grilled meat prevalent throughout Kenya. In the capitol, Mombasa, mshikaki stands are on every corner, and each has a different taste.  
3 lbs. goat meat  
1/2 cup olive oil  
1 cup yogurt  
1/2 - 1 teaspoon coriander  
2-3 limes  
1 Tablespoon cayenne pepper  
3-4 cloves garlic  
Cut the meat into 1 inch cubes and place in large ceramic bowl. Squeeze limes and pour the juice, yogurt, and olive oil into the blender. Mince the garlic and add to the liquid along with coriander and cayenne pepper. Blend until the marinade becomes uniform. Pour it over the meat in the large bowl. Cover and set aside for 2 to 3 hours. Skewer the meat and sear it over a hot grill for 15 minutes, basting with remaining marinade. Serve with chunks of mango and a tangy salad.