

Uganda Recipes

Matooke

Ingredients:

10-12 matooke (green bananas)
2 tablespoons oil
1 medium onion, diced
1 teaspoon minced garlic
½ teaspoon grated ginger
1½ pounds beef, cubed
1 teaspoon curry powder
2 teaspoons chicken bouillon powder
1 teaspoon paprika
½ teaspoon cayenne pepper, or add to taste
4 medium tomatoes, diced
2½ to 3 cups chicken stock
Salt and pepper to taste
A handful of chopped coriander leaves or cilantro



Directions:

Peel and cut matooke into 2” pieces. Put them in water till you are ready to use them, so they don’t become discolored.

Heat oil in a large skillet over medium-high heat, add onions, and cook until soft, about 2 minutes. Stir in garlic and ginger and cook until fragrant—a few seconds.

Stir in beef and add paprika, curry powder, bouillon powder, salt, and pepper. Mix well, cover, and leave to cook for 10 minutes, stirring halfway between.

Add matooke, diced tomatoes, and stock; stir, cover, and leave to simmer for 25-30 minutes, or till matooke becomes tender. Stir in coriander and serve.

Ugandan Rolex

Ingredients:

4 eggs, beaten
¼ white cabbage, finely shredded
2 tablespoons vegetable oil
1 red onion, thinly sliced
1 bunch fresh coriander, chopped
1 green chili, chopped
1 plum tomato, seeds removed and cut into strips
2 chapatis
Salt and freshly ground black pepper
2 tablespoons mango chutney
2 tablespoons mayonnaise



Directions:

Place eggs in a bowl and season with salt and pepper. Add cabbage.

Heat oil in a frying pan and pour in half the egg mixture. Scatter over half of the onions, coriander, chili, and tomatoes. Cook until just set, then flip and cook until egg mixture and vegetables are cooked through. Top with chapati and allow to steam in the heat.

Carefully lift both the egg mixture and the chapati, flip over onto a plate, and roll up once cool enough to handle. Repeat with remaining egg, vegetables, and chapati.

Mix the mango chutney and mayo in a small bowl and serve alongside the rolex for dunking.

Ugandan Chapati

Ingredients:

3 cups flour
1 teaspoon sugar
1½ teaspoons salt
3 tablespoons ghee
1¼ cup warm water



Directions:

In a large bowl, add flour and make a well, then add sugar and salt, followed by water and ghee. Knead to form a soft and sticky dough.

Place dough on a heavily floured board and knead for about 8-14 minutes. Continue to flour dough as needed to facilitate kneading. Dough should be soft, elastic, and smooth.

Divide dough into 6 or 8 pieces, according to preference, and let rest.

Using a rolling pin, roll out dough into a circle. Lightly oil chapati dough with ghee. Then place dough on a heavily floured plate; press the dough down. Turn dough over and press down; lightly shake off excess flour.

Fold the dough back and forth, like a folded paper fan, starting at one end, all the way to the opposite end. Coil it up to resemble a cinnamon roll. Repeat for the remainder of the dough. Cover with a damp cloth and let rest for 20 minutes.

Gently flatten coiled dough and roll out. Begin rolling out the dough from the center, working outwards. Make sure not to roll to thin, about ¼ inch thickness is good.

Oil a skillet. Then place dough on the pan. Heavily oil the other side of the dough, making sure you oil the edges. Cook for about 2-3 minutes, rotating as needed, until golden brown.

Serve warm.

Posho and Beans

Ingredients:

Water

1 pound dried common beans

1 large onion

1 large tomato

¼ cup oil

1 teaspoon curry powder

½ teaspoon dried ginger

½ teaspoon cumin powder

For the posho:

5 cups water

8 cups maize flour



Directions:

For the beans: Place beans in a pan and cover with cold water; leave to soak overnight or for at least 6 hours.

Drain beans, then add just enough clean water to cover them. Boil beans for 1½ hours.

While the beans are cooking, chop tomato and onion. Once beans are done, remove from the stove and set aside

In another saucepan, add oil and onions and cook on high heat until beginning to brown. Next, add tomatoes and spices and continue to cook for two minutes

Add entire contents of the bean saucepan to the onions and tomatoes; stir everything together. Let the mixture cook for 10 minutes on low heat, stirring continuously.

For the posho: Heat water in a pan until it's just beginning to boil. Gradually pour in maize flour. Keep stirring the mixture, adding more maize flour until the mixture is thicker than mashed potato. Squash lumps that form with the back of your wooden spoon to ensure an even mixture at the end.

Cook for 5 minutes, while still stirring. Serve immediately with beans.

Ugandan Curried Cabbage

Ingredients:

4 tablespoons vegetable oil for sautéing
1 medium onion, finely diced
2 cloves of garlic, minced
2 carrots, peeled and grated
1 green pepper, cut into thin strips
2 teaspoons salt
3 teaspoons curry powder
½ teaspoon ground ginger
2 tomatoes, diced
1 medium head of green cabbage
3 tablespoons lemon juice



Directions:

In a large saucepan, heat about 3 tablespoons vegetable oil over medium heat. Sauté onions until transparent, then add garlic and continue to sauté.

Add carrot and green pepper, and continue to cook for about 5 minutes, until carrots are starting to get soft. Add salt and stir well.

Add curry powder and ground ginger while stirring rapidly, then toss in cabbage and lemon juice. Stir continuously while cooking over medium heat for about 5 minutes, then add 2-3 tablespoons of water, cover the pan, and turn the heat down and let steam until cabbage is limp and soft.

Serve as a side dish.