

Ugandan Recipes

Matooke

Ingredients

- 8 – 10 plantains
- juice of one lemon (optional)
- oil for frying
- 1 onion, chopped
- 2 or 3 tomatoes, chopped (or canned whole tomatoes, drained)
- 1 sweet green pepper (or bell pepper), chopped
- 3 or 4 cloves of garlic, crushed
- 1 chile pepper, chopped (optional)
- salt, coriander, cayenne pepper or red pepper (to taste)
- 1 pound beef: ground beef or stew meat cut in bite-sized pieces (optional)
- 2 cups beef broth or beef stock

Directions

1. Peel the plantains, cut into cubes, sprinkle with lemon juice, and set aside.
2. Heat oil in a large pan. Fry the Onion, tomatoes, green pepper, hot pepper, and garlic together. Add spices to taste. Add meat or broth. Continue frying and stirring until the meat is nearly done or until the broth is starting to boil.
3. Reduce heat. Add plantains. Cover and simmer over low heat until plantains are tender and meat is done. Serve matoke (matooke, if you prefer) hot.

Posho

Ingredients

- 1 cup water
- 1 tsp. salt
- 1 cup milk
- 1 cup white cornmeal

Directions

1. Boil the water with the salt added in a saucepan.
 2. In a separate bowl, stir the milk into the white cornmeal.
 3. Keep stirring until it is smooth.
 4. Then slowly pour the cornmeal mixture into the boiling salted water.
 5. Stir this mixture constantly for a couple of minutes until it starts to thicken.
 6. Turn the heat on the stove to low and continue to cook the ugali for about 10 - 15 minutes.
 7. Stir it every couple of minutes.
 8. Keep cooking and stirring until the ugali is very stiff and thick and pulls away from the sides of the saucepan.
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Beans This is a traditional Ugandan recipe for a classic vegetarian dish of beans cooked in a vegetable stock base.

In East Africa, they use soda ash, called *magadi* to help soften the beans. This can either be mineral soda or it can be made by burning the bark of certain trees. This will probably be impossible to find for you, but you can simulate the effects by adding a generous pinch of baking soda to the pan as you cook the beans. This will help soften the beans and will cut down appreciably on the cooking time.

Ingredients:

- 200g dried beans
- 1 1/2 tbsp salt
- 1 large tomato, finely diced
- 1 small red bell pepper, finely diced
- 1 small red onion, finely diced
- 500ml cooking oil
- 1 garlic clove, finely chopped
- 1/4 tsp ground cumin
- 1/4 tsp ground turmeric
- 1/4 tsp ground ginger

Method: Pick over the beans and wash them. Place in a bowl of water, add a pinch of baking sod and set aside to soak for 2 hours. After this time, drain the beans and place in a pan with fresh water (this should come 3cm above the level of the beans). Add another generous pinch of baking soda then bring to a boil. Reduce to a simmer, cover the pan with a lid and cook for about 90 minutes, or until the beans are tender.

About 5 minutes before the beans are due to be ready, add the salt (the beans should be almost dry at this point). In the meantime, heat the oil in a deep frying pan or a large pot. When the oil is hot add the onion, garlic and bell pepper. Fry for about 4 minutes, or until the onion is soft and translucent then add the tomato and the spices. Stir in the beans and cook the mixture for about 8 minutes, or until all the ingredients are heated through.

Serve hot, accompanied by posho.

Greens #1

Ingredients:

- 500g Boo (or kale or collard greens) washed, de-veined and shredded
- 1/2 tsp bicarbonate of soda
- 100g simsim (seasme seeds) 200ml groundnut paste (or peanut butter)

Method: Boil 360ml water with the bicarbonate of soda and add the greens. Bring to a boil and continue cooking until the water becomes a deep yellow colour. Ensure that the greens are soft and take the soup from the heat.

Mix the sesame seeds and groundnut paste together then add 200ml of the cooking water and mix to a smooth paste. Add the this back to the pot containing the greens and mix to combine.

Return to the heat and continue cooking until the sauce thickens.

Greens #2

FROM THE KITCHEN OF AKIDI DOREEN ONEN: MALAKWANG (ACHOLI FAVORITE MEALS)

Prep time: 30 minutes

Serves: 10 people

Ingredients:

5 bunches of malakwang (leafy green, like spinach but a little more sour)

½ kilogram of g-nut paste (peanut butter)

1 Tbsp salt

6 C water

STEP 1) Bring 2 cups of water to a boil in a saucepan

STEP 2) Add malakwang, let it boil for 20 minutes or until malakwang is tender

STEP 3) When it's tender, remove and drain

STEP 4) Get another clean saucepan, add 4 cups hot water; drop in the g-nut paste or peanut butter. Use a wooden spoon for mixing. Stir the water and g-nut paste until the paste is well mixed.

STEP 5) Drop in the drained malakwang and continue stirring until malakwang is well mixed into the g-nut paste.

STEP 6) Add in salt to taste, serve warm or cool.

Greens #3: Greens with Egg

1 bag of baby spinach or one head of greens such as chard, kale, or collard greens, chopped in small pieces.

One large onion, chopped

2 large eggs, beaten

Oil for cooking

Saute onion in olive oil. Stir in greens and cook till tender and limp. Stir in eggs and continue stirring until eggs are full cooked. Serve warm.

Greens #4: An American version of Ugandan Greens with Sesame

1 bag of baby spinach or one head of greens such as chard, kale, or collard greens, chopped in small pieces.

One large onion, chopped

2 cloves garlic, minced

Olive oil

2 Tbsp. Sesame Tahini

Saute onions and garlic in olive oil until tender. Stir in greens and sauté until tender but not limp. Stir in tahini and mix well. Heat through and serve.

(Note: This makes a good topping for a flatbread as well. Roll out one package of Pillsbury Crescent rolls, sealing all perforations. Top with the greens above, and bake as directed on package.)

Chapati

- 1/2 teaspoon salt
 - 3 cups unbleached all-purpose flour
 - 3/4 cup plus 3 T. vegetable oil
 - 3/4 to 1 cup water
1. In a large bowl, combine salt and 2 1/2 cups water. Add 3/4 cup oil and mix well. Add water little by little, stirring after each addition until dough is soft. Knead in bowl for 5-10 minutes.
 2. Sprinkle about 1/4 cup flour on a flat surface. Divide bread into eight pieces. Roll each into a 2-inch ball of dough. With a floured rolling-pin, roll out into a 1/8 inch thick circle the size of a plate. Repeat with remaining dough.
 3. Heat 1 tablespoon oil in a large non-stick skillet over medium high heat. Fry chapati 3-5 minutes per side or until lightly browned. Chapati will puff slightly.
 4. Remove from pan and let drain on paper towels. Carefully wipe pan browned bits from pan with towel between chapatis. Serve immediately or place in a covered container until ready to serve.

Rolex

Ingredients:

Per Rolex:

- 1-2 eggs (depending on preference of egginess)
- pinch of salt
- 1 large (9") thinly-rolled Chipati
- small handful shredded cabbage
- 3-4 thin slices of tomato
- cooking oil

Directions:

1. Break egg(s) into a shallow cup, add pinch of salt, and beat with a fork.
2. Pour the eggs onto a large (preferably iron) saucepan into a thin 8" circle.
3. Use a large spoon to rotate the eggs for even cooking. Flip once. Cook until the eggs are cooked through.
4. Lift eggs with a spoon and place the chapati underneath the eggs and warm together for 10-20 seconds, rotating if cooking surface has uneven temperature.
5. Remove egg-covered chapati from heat.
6. Along the center of the chapati (but to the right side) sprinkle a stripe of cabbage, and slightly overlapped tomatoes.
7. Sprinkle another pinch of salt over toppings.
8. Roll. (First fold the right side not covered in toppings to cover toppings, then fold along center axis, and then wrap remainder around outside.
9. Wrap in a lightweight plastic bag to control drippage when eating on the go!

Variations: Thinly sliced bell pepper or minced onions can be added or substituted for cabbage. Or vegetables can be eliminated. Other non-regional veggies like mushrooms or finely-sliced celery might work well too.

Groundnut sauce

Ingredients

- 400 g Groundnut
- 3 onions
- 4 fresh tomatoes or 1 box of tomato puree
- 3 cloves of garlic
- 2 carrots
- palm oil
- salt, pepper and chilli to taste

Directions

First stage: Groundnut sauce

1. Roast the groundnuts in some oil and then prune them.
2. Crush the groundnuts with some water and make a paste.
3. Chop the onions and garlic
4. Dice the carrots.

Second stage:

1. Sauté the onions and garlic in palm oil until brown and tender
2. Add the Groundnut paste and water. Make sure to mix regularly to prevent stickiness.
3. Add the tomatoes and carrots.
4. season with salt, pepper and chilli
5. let simmer for 20 minutes.

Serve over rice or posho.

Alternatives:

1. Add a few pieces of smoked Chicken or Beef directly in the sauce Groundnut

Simsim Biscuits (Cookies)

180g sugar

200g sesame seeds (they can be lightly toasted, if preferred)

Method:

Add the sugar to a saucepan and heat over a gentle flame until all the sugar has dissolved. Bring to a boil and cook for 2 minutes, stirring constantly. Stir-in the sesame seeds and immediately the syrup into a well-greased 18cm square dish. Cut into 12 squares whilst still warm then allow to cool and break the pieces apart when cold.

Mandazi

Ingredients needed:

- 1 Egg
- Half a Cup of Milk
- 2 Cups Warm Water
- 1 Table Spoon of Water
- 1 Table Spoon Baking Powder
- Half a Cup of Sugar
- 4 Cups of Flour

This is how I make Mandazi's

Step 1: Mix all the watery bits together. This means the egg, milk, oil and water. Mix them all up in one bowl.

Step 2: Mix the dry bits together. The flour, baking powder and sugar. Just mix them up for a minute or two.

Step 3: Take another large bowl, and pour all the dry bits into it. Make a hole in the middle and pour the watery bits slowly. Don't put all the watery bits in at once.

Once you have put half of the watery bits in, begin to stir until the dough is begins to become sticky. Sticky is good by the way.

At this point, you need to use your judgement as you may not need all the rest of the watery bits.

The idea now is to make it into a dough that can be rolled out.

Step 4: Let it rest. Yup! Let the dough rest a while. 10 minutes is ok, but the longer the better. In the meantime, you can wash your hands and get the sticky stuff out as you prepare the pan you will use to fry the mandazi.

Step 5: Place the dough on a flat surface and roll it into a large round shape. Now be careful that you don't roll it out too thin or too thick. If too thin, the mandazi will be hard. If too thick, it may not cook well inside.

Cut out pieces as desired. My mum used to use a glass to get a round shape and you can do that too.

(Note: alternative to rolling and cutting is dropping by tablespoon into oil.)

Step 6: Put some vegetable oil in a deep pan and heat it until it is piping red hot. Let's just say 5 minutes on the highest gas mark.

Step 7: Put the pieces into the oil slowly and turn until golden brown.

Health and Safety Tips

Please be very careful when you get to the cooking stage. The oil will ideally be so hot, so please ensure that you are not distracted at all.

Also make sure that no water comes into contact with the hot oil as it will splurge out and burn you.

Uganda porridge recipe

125 grams of raw grain flour such as finger millet, maize, sorghum, or cassava

4 cups of boiling water

1 cup cold water

12 teaspoons of sugar (preferably raw or brown sugar)

Mix grain flour with cold water until smooth. Add this mixture to the boiling water and stir gently for 5 to 10 minutes. Allow to cool, then add sugar. Stir in milk if desired.

Cabbage

- 1 onion
- 3 carrots
- 1 green pepper
- 1 head cabbage
- 1 T. olive or vegetable oil
- 2-3 T. water
- Salt and pepper to taste

1. Chop onion, carrots and pepper into small dice. Chop cabbage into 2-3" strips.
 2. Heat oil in large saute pan. Add onions, carrots and green pepper. Cook for 2-3 minutes. Add cabbage. Cook stirring occasionally until onion is lightly browned. Add 2-3 tablespoons water, turn down heat and let steam until cabbage is soft.
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Salad

Thinly shred a white cabbage and onions. Put all that in a bowl and cover with boiling water. Let sit until cool and the cabbage is somewhat limp, but still with a bit of crunch. Mix with a little vinegar and salt, and serve with sticks of green pepper and round slices of tomato and carrot.

Acholi Banana and Peanut Fritters

In a large bowl sift 2 cups all purpose flour with 2 tsp. baking powder and 1 tsp. salt. In a small bowl combine 2 large eggs, beaten lightly with 1 ½ cup milk and 2 Tbsp. vegetable oil. Stir into the dry ingredients. Add 3 bananas cut into thin slices. Add ½ up peanuts. Drop by spoonfuls in oil and cook until golden brown.

Acholi Sugared Peanuts

Preheat oven to 300F. Combine 1 cup of water and 2 cups sugar in a saucepan. Bring to a boil and stir until sugar is dissolved to make syrup. Add 4 cups raw peanuts, with shells removed (skins can be removed or left on as desired). Continue to cook over medium heat, stirring regularly, until peanuts are evenly coated and no syrup is left in the pan. Spread nuts out on a baking sheet. Bake at 300F until sugar is completely dried (30 minutes to an hour.) Gently stir the peanuts a few times while baking. Remove from oven and place on paper towels. Let cool and store in airtight containers.

Acholi Grilled Corn

Carefully peel back husks from ears of corn, leaving them attached at the base. Remove silk from corn. Smooth husks back over corn. Wrap the corn in foil. Place on top of grill. Cook for about 45 minutes. Turn corn frequently while cooking. Shuck and eat with butter.

(Note: cooking time may be less for American corn, which is much more tender than Ugandan maize.)

Acholi Baked Bananas

In Uganda bananas are eaten fresh or cooked – steamed, baked, or fried. When cooked, they are rarely sweetened. We may find them quite tasteless without the addition of some sugar. On a cookie sheet or shallow baking pan place 4 large bananas, unpeeled, with ends cut off. Bake at 425F for 15 minutes or until skin bursts and turns black. Turn bananas over and bake on the other side for 5 minutes. Peel the skins and cut the banana in two. Put 1 tsp melted butter over each banana. Sprinkle with 1 tsp raw or brown sugar and 1 tsp. lemon juice.

Ugandan Smoked Fish Stew Recipe from Uganda

This is a traditional Ugandan recipe for a classic stew of smoked, dried fish used to flavor a stew of garlic, onions cooked in a tomato-based sauce flavored with curry powder.

Ingredients:

2 garlic cloves, crushed
1 onion, finely chopped
4 tbsp oil
3 ripe tomatoes, diced 3 tbsp tomato paste
1 tsp curry powder
generous pinch of dill
1 large smoked fish, washed de-boned and flaked

Preparation:

Fry the onions and garlic in the oil until translucent. Add the diced tomatoes and cook until soft. Now stir-in the tomato paste, curry powder and dill and allow the mixture to simmer for 10 minutes (add a little water if the sauce becomes too thick) then add the smoked fish and cook for about 3 minutes, until the fish warms through. Serve on a bed of rice.