

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 chili 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. ENJOY

Posho/Ugali for Breakfast

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 pan.