



## Ugandan recipes

The recipes below include a vegetarian and meat main dish, a vegetable side dish and dessert. Please note that the main dishes have a base method and then a number of options to vary the dish.

### Vegetarian bean dish

This is a two-option combination dish.

#### Ingredients

You will need for both dishes:

1kg/2lb – fried dry or fresh beans

Two large onions, remove skins and slice

¼ litre – cooking oil (vegetable or personal preference)

Two large fresh tomatoes, blanched, cored and sliced

¼ cup curry powder (hot or mild or a mixture of both according to taste)

Sodium carbonate (kado atona)

#### Additional ingredients for dish A

1 diced green pepper

#### Additional ingredients for dish B

¼ kg/9oz – simsim, (sesame seeds)

¼ kg/9oz – ground nut paste (peanut butter– the traditional peanut butter that is used for cooking this dish is natural and contains no preservatives, additives or sugar).

(Follow base method for both dishes, then choose meal A or B)

#### Base method:

##### Beans

Put the beans in some water and boil them until they are almost ready, then add a reasonable amount of sodium bicarbonate to soften the beans. Continue to boil until cooked soft. Avoid overcooking the beans, as they will break! Remember to stir gently, especially the bottom of the pot, when you cook beans. Remove the beans from the stove.

##### Tomatoes

Add sliced tomatoes (after removing their outer skins and seeds).

(This is easily done when dipped for a few minutes into boiled water, removed and left to cool).

Put the pan to one side.

##### Onions

Pour the cooking oil (at least ¼ of a litre) into a pan and heat it until very hot. Once it is hot add your sliced onions. Heat the sliced onions until they turn light brown, stirring the pot frequently.

Add the tomatoes to the mixture of heated oil and onions. Heat until the tomatoes are properly fried (until

all the watery part disappears) to avoid a sour taste.

### **Meal A**

Scoop a teacupful of the boiled beans from their soup and pour into the mixture of fried oil, onion and tomatoes, stirring gently. When the beans are also fried, add a reasonable amount of curry powder of your choice (as much or as little as you like) and stir. Add all the remaining boiled beans and their soup into the saucepan. Then add a reasonable amount of salt and cook for 15–20 minutes until the soup becomes thick.

### **Green Peppers**

Add your chopped green peppers to the mixture at the end of your cooking time and avoid overcooking them.

### **Serving suggestions for meal A**

It can be served with boiled or fried rice, boiled, mashed cassava (root vegetable), potatoes, yams or cooked green banana (labolo or matoke), kwon kal (a mixture of cassava, sorghum or millet flour), kwon anywagi (maize flour) or chapatti.

### **Meal B**

Remove a little soup from the beans (a teacupful) and pour them into another saucepan, add a mixture of simsim and groundnut paste (at least ¼kg) then stir. Continue to add more of the soup (but avoid adding too much soup at once) and stir until the soup has no lumps of simsim and groundnut paste. When it has become thick add all the remaining beans and soup to the mixture and return it to the stove. Add more salt if necessary. Continue to stir gently. Do not let the sauce burn on the stove; 4–5 minutes is enough.

### **Serving suggestions for meal B**

It can be served with boiled (smashed) sweet potatoes, cassava (root vegetable), a mixture of cassava and sorghum or millet flour (kwon kal), maize flour, etc.

## **Meat or fish dish**

You have an option of using fish or meat with the following dish

### **Ingredients**

- 1kg/2lb – smoked fish or smoked meat
- Two large onions, remove skin and slice
- Two fresh tomatoes, blanched, cored and sliced
- Curry powder (your choice)
- Salt to taste
- One or two tomatoes (only for options 3 and 4)

### **Base Method**

#### **Tomatoes**

Slice the tomatoes (after removing their outer skins and seeds).

(This is easily done when dipped for some few minutes into boiled water, removed and left to cool).

Put them to one side.

#### **Onions**

Pour the cooking oil (at least ¼ of a litre) into a pan and heat it until very hot. Once it is hot reduce the heat, allowing it to cool down, add your sliced onions—cooking them until they turn light brown—stirring the pot frequently.

Now add the tomatoes to the onions and cook them until the watery parts of the tomato disappear and it is properly fried, to avoid sour taste. (You should now add curry powder if you have chosen to cook the fish option) Add white salt (for taste) and water to the mixture.

Then select your option from below:

### **Fish option**

Fried smoked fish (rec magi-cielo)

Remove scales from fish and wash.

Dip washed smoked fish into the mixture.

Let the fish cook until it is tender and its soup becomes thick (Avoid too much soup).

### **Meat option**

Fried smoked meat (ringo mutwo magi-cielo)

Add smoked meat to the pot and stir.

Add white salt and stir for at least five minutes.

Add enough water to cover the meat and cook on a medium heat. As the sauce cooks it will reduce and the fluid will go down, so you will need to keep adding a little water until the meat is tender (as many times as required depending on the texture of the meat you have chosen, being careful not to overcompensate). Remove the sauce from the stove when the soup becomes thick enough and has a good taste (always avoid watery soup/sauce). Add green pepper when it is nearly ready.

### **Serving suggestions for meat & fish:**

Both dishes can be served with boiled or fried rice, kwon kal , (a mixture of cassava, sorghum or millet flour), kwon anywagi, (maize-flour) boiled smashed cassava (root vegetable), potatoes, labolo, yams or chapati.

## **Boo with okra (side dish)**

Traditional green vegetables with otigo-lweka, (lady's fingers)

### **Ingredients**

Boo (African green vegetable)

Okra

Sodium carbonate

Simsim (sesame seeds)

Groundnut paste (peanut butter containing no preservatives, additives or sugar).

### **Method**

Chop and wash boo. Wash the okra and cut it into very small pieces and place them on a separate plate from the boo. (Avoid using too much okra because the sauce will become too slippery.)

Boil 1½ cups of water with sodium carbonate, (avoid using too much or too little sodium carbonate because the flavour will have a be bitter).

Place both the boo and okra into the boiling water and stir, continue to cook it until the soup becomes very yellow (not light yellow because that means kado atona is not cooked enough).

When all the foam formed on the sauce dies and the soup is cooked enough remove it from the stove (making sure the boo is soft).

Pour a little of the soup into another saucepan, adding simsim and/or groundnut paste. Stir until it becomes thick without any lumps (avoid using a strong flame).

Then add to it the remaining boo and okra and stir. Put it back on the lit stove and add white salt. Allow it to cook for 2–3 minutes, whilst stirring to stop it from burning, then remove from the stove.

It can be served with kwon kal (a mixture of cassava, sorghum or millet flour), kwon anywagi (maize flour), boiled sweet potatoes or cassava and yams etc.

**NOTE: Traditional African women do not use arithmetical measurement to cook food but they brilliantly estimate. They know that the water and salt they are applying to the size of the food is enough.**

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## **Kashata na nazi (Ugandan coconut candy)**

Ten minutes cooking time, five minutes preparation.

### **Ingredients**

2 cups raw sugar

2 cups coconut cream

1 teaspoon cinnamon

½ tsp salt

### **Method**

In a medium-sized heavy iron skillet, melt the sugar, stirring constantly.

Before the sugar starts to caramelize, add the coconut cream, cinnamon and salt.

Beat for about 30 seconds.

Pour into a 12" x 9" pan, which has been lined with waxed paper.

Cut into 1½ inch squares or diamonds while still hot.

Cool until the kashatas are set.