



A COOKBOOK OF UGANDA'S TRADITIONAL FOODS





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FOREWORD

Indigenous foods are our identity, they define who we are as Ugandans and the rich (diverse) God given heritage. As good stewards, we owe it to the future generations to conserve these foods along with the associated indigenous knowledge. Indigenous and traditional foods have provided us with diverse, healthier, fresher, and nutritious foods that are culturally appropriate.

Since 2008, PELUM Uganda embarked on a campaign to promote indigenous and traditional (including wild) foods in Uganda. Amidst the ever increasing efforts for agricultural transformation from more diversified to more homogeneous production systems. This places emphasis on specialisation (monocultures) and use of new (improved) seeds and livestock breeds. Though well intentioned, this has led to increased neglect, underutilisation, and mismanagement and in some cases disappearance of our rich agricultural biodiversity.

Consumption of diverse indigenous and traditional foods will help Uganda's effort to combat the fast increasing 'hidden hunger' caused by micronutrient (vitamin and mineral) deficiencies in most of the widely consumed staple foods in Uganda. This is in line with Sustainable Development Goal (SDG) 2 to end hunger and all forms of malnutrition and goal 15 on conservation of biodiversity.

This cookbook is a representation (though not at all exhaustive) of the various traditional foods from different regions of Uganda and provides guidance to the users on how to prepare these dishes. Some of dishes in the cookbook include some creative ways that could make especially the younger generation enjoy the taste of traditional foods.

It is our strong belief that the most effective way of conserving our indigenous and traditional foods is through increased consumption. This will create demand and motivate more farmers to produce more of the indigenous foods since there will be more market. This situation therefore presents each and every one of us an opportunity to be part of the solution through our daily consumption.

Its therefore our hope that this cook book inspires Ugandans (and others) to start preparing and enjoying our traditional foods as well as creating new recipes to meet the diverse tastes and preferences of different categories of people.



Stella Lutalo
Country Coordinator

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INTRODUCTION

Over the last decades it has been observed that significant dietary changes are taking place in developing countries at an ever-increasing rate. The general pattern seems to be a transition towards a more “westernized” diet at the expense of traditional diets and common staples. The changes include a reduction in the intake of traditional cereals, complex carbohydrates, vegetables, fiber and increased consumption of energy dense foods containing higher levels of saturated fats, added sugars and salt.

Influenced by the “modern world”, African people have jeopardized their good dietary habits attracted by processed, fast, high sugar and high fat food which have condemned their population to life style diseases such as diabetes, obesity, heart diseases and some forms of cancer.

A number of contributing factors that have played a part in such dietary shifts include higher levels of income, demographic changes, urbanization and thus an increase in the availability of convenient and affordable prepared or semi-prepared foods. Consequently, there is a decrease in the consumption of traditional foods, which mostly require time- and labor-intensive home-based preparation.

Important to note, traditional African food is still accessible and has numerous benefits when included in our diets. These include:

- Less calories - helpful for weight control
- More lean meats and fish
- More zinc - better for wound healing and fighting infection
- More calcium - better for strong bones and teeth
- Less saturated fat - better for the heart
- More iron - better for muscles and blood
- More Vitamin A - better for vision and fighting diseases
- Strengthened cultural capacity and well-being

Secondly, Uganda loses about 30% - 40% of food value due to poor handling during processing and cooking. During food preparation foods especially vegetables and fruits, which are perishables are damaged leading to loss of nutrients. Overcooking can lead to nutrient loss. This cookbook is a compilation of Uganda’s indigenous and traditional foods per region (though not exhaustive) and how best they are prepared taking practical steps for nutrient retention and taste.



1.0 BANANA

Local Name: Matooke (Luganda)

Nutritional value: One serving of banana contains 110 calories, 30 grams of carbohydrate and 1 gram of protein. Bananas are naturally free of fat, cholesterol, and sodium. Bananas provide a variety of vitamins and minerals: Vitamin B6 - 0.5 mg.

Socio-cultural Value: Most important staple food in Buganda region. It is the most significant meal on important occasions such as introduction ceremonies (Kwanjula)

Traditionally, a meal in Buganda would be incomplete without the inclusion of banana (matooke); in fact, so taken up are the Baganda with matooke that the very word 'emere' (food being the transliteration) means matooke.

There are several local varieties of matooke with names such as Nandigobe, Mussakala, Kibuzzi, Nakyinkyike and Nakitembe among others.

To prepare matooke for steaming as opposed to braising, one has to have banana leaves (endagala) and these are usually sold in bunches or singularly. Make certain that they are reasonably mature and the size will depend on the saucepan that you choose to use.





STEAMED MATOOKE

Local Name: Amatooke Amanyige(Luganda)

INGREDIENTS (Serves 4 – 6 people)

- 30 to 40 fingers of matooke that are mature but not ripe,
- Five banana leaves,
- 3-5 pieces of banana leaf stalks
- Water

How to prepare

- Peel matooke and wash with plain clean water
- Prepare the banana leaf stalks (ebikolokomba) proportional to the size of the sauce pan such that they fit at the base (about 3-4 inches).
- Add enough water to the level of the stalks.
- Carefully prepare at least four banana leaves by removing the stalk (omuzingonyo)
- Place at least two well-prepared banana leaves in the basket in a crosswise manner and then add the matooke.
- Neatly arrange and wrap the matooke with 3 banana leaves and secure them with banana fibers (Ebyayi).
- Carry the well-packed matooke in the earlier prepared saucepan
- One by one tuck the banana leaves on top of the other until you are satisfied that they fit snugly.
- Place the matooke on moderate fire (preferably a charcoal stove or gas cooker) for at least 45 minutes to 1 hour.
- Regularly check the matooke to ensure that it does not run out of water to avoid burning.
- When the banana leaves have turned brown, this is an indication that the matooke is ready to be mashed and you can now safely remove it from the fire and set it aside.
- Remove the ready matooke from the saucepan and place them in a basket for mashing. This can be done by using a fresh banana leaf and pressing with hands until its fully mashed. In case the banana leaf is not available, you can improvise with a clean wet cloth to avoid burning your hands
- Wrap the mashed matooke neatly in banana leaves and return to the saucepan adding more water underneath and ensure that the water does not get in direct contact with the mashed matooke. Use a mingling stick known as a (mulawo) to pour the water to the bottom of the saucepan.
- Put the matooke back on the fire/charcoal stove and leave it to boil

before reducing the heat and allow it to gently simmer for at least another hour. The longer the better. Ensure that there is adequate heat throughout the process for better results.

Serving

- To get the best taste, matooke should be served when very hot.
- It is advisable to use a local basket (kibo) wrapped in banana leaves.
- It can be served with different types of sauce according to the consumer preference. The most common sauce include; steamed groundnut stew (luwombo), meat, chicken and fish stew among many others.

KATOGO

The Ugandans call it katogo, while the French call it pot au feu (literally meaning pot on fire). In Spain they would refer to it as 'Ollas'. It is a safe bet that if there is one common dish that is universal to Uganda as a nation, it is katogo. Originally, conceived as poor man's dish, it has become central to the diets of many Ugandans of different socio-economic status. The word katogo literally means a 'mélange' or mixture of ingredients with one absolute must have; matooke. The process of cooking is done in the manner of braising in other words a combination of stewing and pot roasting.

While no one has an exact chronology as to when Ugandans started cooking katogo, what is not in doubt is that as long as matooke has been around so has katogo.



BRAISED MATOOKE OR KATOGO (MEATLESS VERSION)

INGREDIENTS (Serves 4 – 6 people)

- 20 very mature peeled fingers of matooke (*The more mature the better the outcome*)
- 2-Carrots chopped
- 2 cloves crushed garlic
- 2 medium sliced onions
- Salt to taste
- 4 tablespoons ghee (*optional*)
- Two bunches washed and chopped amaranth (*dodo*)
- 4 tablespoons tomato paste
- 10-chopped garden eggs (*entula*) or bitter berries (*katunkuma*)
- 5 medium size chopped and pureed tomatoes

METHOD:

- i. Put the matooke into a heavy saucepan and then add water half way and bring to a boil.
Do NOT add salt. Reduce the heat and let it simmer gently for at least an hour, the longer the better.
- ii. In the meantime, heat some vegetable oil in a medium size saucepan and fry the garlic and onions and then add the rest of the vegetables including the salt and pepper.
- iii. Add a bit of water and simmer gently over low heat for forty-five minutes. Correct the seasoning.
- iv. As soon as the matooke is done, drain the water and reserve some of it in case you need to add a bit more to the vegetable mix. Immediately after draining the matooke add the vegetables and return your saucepan to the fire. Once it begins to boil reduce the heat at once and cook for another half hour. Preferably serve when hot.
- v. Note that there are several ways of cooking katogo e.g matooke with offals, beans etc.

BOILED MATOOKE

This is a method of cooking matooke that is practically effortless and can be done within less than half an hour.

INGREDIENTS (Serves 4 – 6 people)

- 20 mature fingers of matooke
- Water
- 2 sliced onions
- 1 tablespoon crushed garlic
- 2 medium chopped tomatoes
- Salt and pepper (optional) to taste
- Ghee (optional)

METHOD:

- i. Peel and wash the matooke and set aside.
- ii. Slice the onions, chop the tomatoes, then crushed garlic and set aside. Have a sauce pan ready that can easily accommodate the matooke, place the matooke inside and add water half way and bring to a boil.
- iii. As soon as the matooke begins to boil add the vegetables, reduce the heat, simmer until tender. Just before they are ready; add the salt and pepper (optional). When ready, serve it hot. You may add cow ghee if you so wish.



ROASTED MATOOKE

INGREDIENTS (Serves 4 – 6 people)

- 20 unpeeled mature fingers of matooke

METHOD:

- i. Assuming that you have charcoal stove, heat for about 20 minutes or until the fire is moderately hot.
- ii. Place the unpeeled matooke on a mesh put the hot charcoal stove and roast uncovered for around an hour or so. Closely monitor and keep turning the matooke to ensure that both sides get ready at the same time.
- iii. Remove when ready, the matooke peel should be brownish color and seemed to be rather shriveled. The matooke should be tender and soft to the touch and if in doubt, prick with a sharp knife which should be dry. Upon removal it should be devoid of any sap. Serve whole without peeling and let each person peel individually.



2.0 PLANTAIN

Nutritional value: Plantain relatively has more calories weight than that in the table bananas. 100g plantain holds about 122 calories, while dessert banana has only 89 calories. Indeed, they are a very reliable source of starch and energy. Plantains carry more vitamin A than bananas

Social-Cultural values: Plantain which is greatly loved in Uganda and is known as Gonja, is one of the cultivated varieties of the genus *Musa* whose fruit is only eaten when cooked or roasted.

STEAMED PLANTAIN

INGREDIENTS (Serves 4 – 6 people)

- *Steamed plantain works best when it is ripe*
- *A double boiling pan*

METHOD

- Wash and cut off the tip and end of each plantain but do not peel.
- Arrange in the top of a double boiler and steam covered over low heat for about 45 minutes.



FRIED PLANTAIN

INGREDIENTS (Serves 4 – 6 people)

- *12 ripe plantains which should be peeled and sliced into half lengthwise or if you prefer you may chop them into small slices.*
- *Good quality cooking oil*

METHOD

Deep fry in hot cooking oil until you get a nice golden color.

CHARCOAL ROASTED PLANTAIN

INGREDIENTS (Serves 4 – 6 people)

- *Choose a dozen or so medium ripe plantain and wash but do not peel them.*

METHOD

Light the grill and let the charcoal burn. In order to reduce the heat, add some ash over the charcoal and when you see that the ember no longer hot, put the metal grill on the stove and place the plantains on it and slowly grill until cooked. Turn the plantain from time to time and serve hot when ready.



3.0 PUMPKINS

Nutritional value: pumpkins are rich in vitamin E, riboflavin, potassium, copper, and manganese. At least 5 percent of thiamin, B-6, folate, pantothenic acid, niacin, iron, magnesium, and phosphorus.

Socio-cultural value: Cooked as a supplementary to a major meal.

STEAMED PUMPKIN

INGREDIENTS (Serves 4 – 6 people)

- *1 medium size pumpkin*

METHOD

- i. Cut the pumpkin into small pieces (according to your preference) and make sure that you remove the soft in the middle that contains the seeds. Do not throw away the seed since they may be sun dried or roasted to make a wonderful snack.
- ii. Wash the pumpkin, wrap in banana leaves and place in a saucepan with banana fibres underneath to avoid direct contact with water
- iii. Fill the bottom of the saucepan with water, properly cover it and steam covered for about 45 minutes



4.0 ROOTS AND TUBERS

Potatoes, yams and cassava fall under this category. Besides cassava which must be properly peeled and washed, others may be washed and boiled with their cover.

YAMS

Nutritional value: Medicinal, Rich in vitamins, potassium, fiber, and manganese, they are also used to cure skin rashes.

Socio-cultural Value: It is regarded as a food security crop for it can be stored for over 5 months (and its drought and can be harvested as piece).

Climbing yams have been cultivated in Uganda for generations. Over time, Ugandan farmers have selected many different varieties. The most common of these yams is the so-called “Balugu.” A number of varieties among which include; kyetutumula, luyiki, nandigoya, and kisebe (Luganda). Ndaggu (Luganda) is another species of yam and kaama is a wild variety that grows in the forest.

INGREDIENTS (Serves 4 – 6 people)

- 1 medium size yam

METHOD

- i. Thoroughly wash the yam with clean water
- ii. Cut the yam into sizeable pieces (according to your preference)
- iii. wrap in banana leaves and place in a saucepan with banana fibres underneath to avoid direct contact with water. Another efficient alternative is to steam the yams on top of matooke
- iv. Fill the bottom of the saucepan with water, properly cover it and steam covered for about 1 hour
- v. Serve ideally when still hot



YAM

Local Name: Amayuuni (Luganda)

Nutritional value: They are an excellent source of B complex vitamins like Vitamin B6, Vitamin B1, riboflavin, folic acid, pantothenic acid and niacin. They also contain a good amount of antioxidants and Vitamin C. Provides around 20% of the required Vitamin C in the body.

Socio-cultural value: Easily dried and preserved in powder form.

A yam is the common nomenclature given for certain plant species in the genus *Dioscorea* and are edible tubers. Here in Uganda, the common yams that we refer to are the mayuni and arrow root. These

are very versatile in their usage and when sliced, dried and pounded into flour they can be made into cakes and bread.

The three best known types of yams are cocoyams aka bukopa and grown in swamps. Next would be arrow root that bears a close resemblance to mayuni but differs by the fact it is grown on dry land. Last but not least is endaggu which is an underground creeper and renowned for its longevity; it can last for ages without any apparent deterioration.

All yams are cooked in the same manner, remove the small roots and the top cover, wash and steam until cooked.



CASSAVA

Nutritional value: The nutrient composition found in cassava are dietary fiber, proteins, calcium, phosphorus and vitamin C

Socio-cultural value: Cassava can be eaten as food and as a snack

BOILED CASSAVA

INGREDIENTS (Serves 4 – 6 people)

- 1 kg peeled and washed cassava
- Salt to taste
- Water for boiling

METHOD:

- i. Wash and peel the cassava and cut into halves and divide into fours. Remove the membrane from the middle of the cassava before proceeding with the next step.
- ii. Place the cassava in a pan that is large enough to comfortably accommodate it and add enough water to barely cover the cassava, add some salt and bring to a boil.
- iii. Reduce heat and simmer for about 15 minutes, checking from time to time to make sure that there is enough water. When ready remove and set aside.
- iv. Taste before removing from the heat and ensure that it is tender before serving.

STEAMED CASSAVA

INGREDIENTS (Serves 4 – 6 people)

- 3 kg peeled and washed cassava
- Water for boiling
- Salt

METHOD

- Cut the cassava into equal lengths and divide it into thick strips. Make sure that you remove the membrane in the middle and trim the flesh around it.
- Sprinkle some little salt then rap it in banana leaves, place them in saucepan add enough water.
- Bring to a boil and reduce the heat and gently simmer for around 30 minutes. A fork should easily pierce the flesh without any resistance.
- Serve hot either as a snack or as part of the main meal. Cassava can also be eaten cold.



FRIED CASSAVA

INGREDIENTS (Serves 4 – 6 people)

- 3 kg peeled cassava tuber
- Aromat and pepper to taste
- Good quality vegetable oil for deep frying



METHOD:

- Wash and peel the cassava and then cut into thin strips. Remove the membrane from the middle of the cassava, drain and wipe dry and set aside.
- When you are ready to fry the cassava, heat the oil until it is almost smoking and then place a few cassava pieces in the oil and fry until it becomes brownish. The only way to be certain that the cassava is ready is by tasting. It should be cooked in the middle and crispy on the outside.
- At this stage remove from the oil and sprinkle a liberal amount of aromat and pepper. In the event that you do not have aromat on hand, salt is a ready substitute.

FRIED CASSAVA CHIPS

INGREDIENTS (Serves 4 – 6 people)

- 3 kg peeled and washed cassava tubers
- Aromat
- Good quality oil for deep frying

METHOD

- i. Cut the cassava into thin strips and if possible wipe them dry with a paper towel.
- ii. Heat oil to 200° Celsius and fry the strips in batches until the cassava has a light brown hue and is soft in the middle and crispy. The only way that you can be certain as to whether or not it is ready is by tasting.
- iii. Remove each batch from the oil, drain and add the aroma and serve at once.

MASHED CASSAVA

INGREDIENTS (Serves 4 – 6 people)

- 3 kg peeled and washed cassava tubers
- Salt to taste

METHOD

- i. Cut the cassava into small pieces and place in saucepan, add water and salt and bring to a boil.

- ii. Drain and reserve some of the liquid for later use. Mash the cassava using a mulawo or a rice masher and if need be you may add more of the liquid that you had set aside.

VARIATIONS:

Add some grated cheese as you are mashing the cassava

FRIED CASSAVA BALLS

INGREDIENTS (Serves 4 – 6 people)

- 3 kg peeled cassava
- Water for boiling
- Salt and pepper
- 1 tsp powder onion powder
- 1 table spoon garlic powder
- Bread crumbs
- 2 eggs
- Good quality vegetable cooking oil

METHOD:

- i. Wash, peel and cut the cassava into cubes and set aside, boil the cassava with a little salt until it is cooked. Strain and set aside until it cools.
- ii. When you are ready to fry the cassava, add the powdered onion, garlic powder, pepper and mash well until everything is well mixed and shape into the shape of large marbles.
- iii. Mix in the beaten egg and then roll the cassava balls into the bread crumbs and deep fry until they are a nice golden brown color.



SWEET POTATOES

There are two very distinct classifications of “sweet potatoes”: a particularly dry type with pinky-yellow flesh, and a sweeter, softer, far moister and vividly orange colored. Sweet potatoes are extremely high in vitamin A and lend themselves to most cooking methods used for the so called Irish potatoes.

Nutritional value: These are rich in carbohydrates, sodium, potassium, dietary fiber, sugar, proteins calcium, vitamin A and B-6, magnesium.

Socio-cultural value: They are eaten almost in every region as staple food.

STEAMED SWEET POTATOES

INGREDIENTS (Serves 4 – 6 people)

- 1 kg sweet potatoes cut up into small pieces
- Water to boil the potatoes
- A banana leaf (optional)

METHOD

- i. Wash and peel the sweet potatoes and have ready a banana leaf that can snugly fit into your saucepan. However, a double saucepan as described in the glossary would do very nicely. In the event that you are using a double saucepan, there is no need to use a banana leaf.
- ii. Place the sweet potatoes in the upper pan and cover and add water in the bottom pan and steam from 30 minutes to an hour depending on the type of potatoes that you are using.

BOILED SWEET POTATOES

To prepare sweet potatoes in their jackets, drop them in boiling water to cover and cook them until tender, about 30 minutes. Peel before serving.

MASHED SWEET POTATOES

INGREDIENTS (Serves 4 – 6 people)

- 500g boiled sweet potatoes, about 1 litre of water
- 2 table spoon butter or margarine
- ½ tsp salt
- A little bit of milk
- 2 tsp brown sugar
- Grated orange or lemon rind, cloves or cinnamon

METHOD

- i. Skin and put the potatoes through a ricer, or mash with a potato masher and add the rest of the above ingredients (minus the grated orange or lemon rind, cloves or cinnamon) at which point beat the potatoes with a fork or whisk until very light.
- ii. To serve sprinkle with the grated lemon etc.

DEEP FRIED SWEET POTATOES

INGREDIENTS (Serves 4 – 6 people)

- Large sweet potatoes
- Brown sugar
- Salt
- Nutmeg
- Good quality cooking oil for deep frying

METHOD

- i. Peel and cut the potatoes into strips and heat the cooking oil to 185° Celsius.
- ii. Deep fry the strips until golden brown and drain on a paper towel.
- iii. To serve sprinkle with brown sugar. Salt and nutmeg.

OMUGOYO (Luganda)

Social-Cultural values: It is an important old age traditional food especially in the central region. Despite its nutritional value, it is no longer as popular due to the ever increasing cross generational gap.

INGREDIENTS (Serves 4 – 6 people)

- 10 medium size sweet potatoes
- 250 g dry and sorted beans of good quality
- Water
- Salt and pepper preferably, to taste
- A large banana leaf

METHOD:

- I. Boil the beans until they are soft and set them aside. While the beans are cooking, peel the sweet potatoes cook them until they are ready and mash until they are soft.
- II. Drain the beans and mash them separately until they have become soft but not mushy. You may add a bit of salt and pepper, according to your taste.
- III. Add the mashed sweet potatoes and properly mix to ensure the two are and wrap in a banana leaf and steam in a double boiler for half an hour or so. Can either be served hot or cold.



BOILED POTAOES

INGREDIENTS (Serves 4 – 6 people)

- *1 kg peeled and quartered potatoes*
- *Boiling water*
- *½ tsp salt*
- *2 to 3 tablespoons butter or margarine*

METHOD

- Bring to a boil the potatoes with some salt added to the saucepan and reduce the heat and simmer gently for about 20 to 40 minutes.
- When they are tender, drain well and roll them in the butter or margarine.



MASHED POTATOES

Ideally speaking mashed potatoes should be served at once. However, in a pinch can be kept warm by placing the pan in a larger pan of hot water.

INGREDIENTS (Serves 4 – 6 people)

- *1 kg mashed potatoes*
- *3 tablespoons butter*
- *1 teaspoon salt*
- *1/3 cup hot milk*

5.0 GRAINS/CEREALS



Nutritional Value: These grain foods are rich in carbohydrates, phosphorous, magnesium, zinc dietary fiber, vitamin B, protein and very have low fat.

Socio- Cultural value: Cereals are the most staple food for people in Western, Eastern and Northern Uganda.

Maize is widely eaten throughout Uganda and is generally known as the universal food for the general populace. Maize was first cultivated and domesticated by the indigenous people of Southern Mexico over 10'000 years ago and today ranks as being the most important cereal crop in Uganda providing over 40% of the calories that are consumed in both rural and urban areas.

When maize is almost ripe it is often cooked and eaten as a vegetable and serves as a snack. However, the most important form of maize is when it has matured and the grain is removed from the cob and milled into flour. Pounded maize that is often referred to as maize bread or posho is the most widely known staple food in Uganda.

MILLET

Local Name: Akalo (Luganda)

INGREDIENTS (Serves 4 – 6 people)

- 1 kg packaged and ready to cook millet (mixed)
- with cassava and millet
- Water for boiling and mingling

METHOD

- i. Have a ready heavy pan that does not burn easily and bring a couple of cups of water to boil before adding about half of the millet.
- ii. Stir the millet briskly using a wooden spatula with the aim of ensuring that all the water becomes absorbed to the point where the bread is thick.
- iii. Keep adding more flour and water as needed while you keep on turning the millet and above all making sure that there are no lumps. Key to your success will be using low heat.
- iv. Make certain that there is no raw flour and no lumps and when you are sure that it is cooked, turn it onto a platter though if you have a traditional serving basket the better.
- v. Traditionally, millet bread is served sliced with a strong thread and cut into small portions that are suitable for serving your guests.



MAIZE WITH BEANS

Local Name: Amayengera (Luganda)

INGREDIENTS (Serves 4 – 6 people)

- 500g ripe maize grain
- 500g sorted dry beans
- 2 medium sliced onions
- Salt and pepper to taste
- 2 – 3 medium size chopped tomatoes
- 2 table spoon tomato paste
- 1 table spoon roasted curry powder
- Cooking oil
- 3 – 4 good size peeled Irish potatoes cut into cubes
- Salt and pepper to taste

METHOD

- Wash the maize grains and using the quick soak method referred to in the glossary and boil the beans along with the maize until they are tender.
- Heat the vegetable oil in a medium size saucepan and add onions and fry them until they become translucent. Add garlic and the chopped onion along with curry powder, salt pepper, tomato paste and gently cook for a few minutes over low heat. Add the drained beans and maize mixture and cook until tender and well mixed. Add some stock from the beans from time to time
- The whole cooking process should not take more than 20 to 30 minutes.
- Just before serving, mash well adding a little water or stock from time to time as needed and serve at once.



6.0 SNACKS



PAN CAKES

Local Name: Kabalagala (Luganda)

INGREDIENTS (Serves 4 – 6 people)

- 500g cassava flour
- 250g ripe sukalindizi bananas
- 1 tsp vanilla essence

METHOD

- Peel and mash the ripe bananas and as you are mashing add some of the cassava flour, vanilla and keep kneading and working the dough until it stiff to the point where it is not sticky.
- Lay the dough on a floured board and roll to about an inch thickness and using a cookie cutter or an ordinary glass cut into rounds.
- Heat the oil in a heavy duty saucepan or frying pan and when the oil is hot, fry the Kabalagala until they are a nice hue of brown. Drain and set aside.



SIMSIM BALLS

INGREDIENTS (Serves 4 – 6 people)

- 250g simsim available from the supermarket
- 100g sugar
- A dash of salt
- Water

METHOD

- Add 5 tablespoons of sugar in half a litre of water and bring to a boil until it forms a syrup
- Add the simsim and bind well.
- Set aside and when still warm, grease the palm of your hands and roll the warm simsim into balls about an inch in diameter.

ROAST SIMSIM IN A FRYING PAN

INGREDIENTS (Serves 4 – 6 people)

- 500g *simsim*
- Salt

METHOD

- i. Wash the *simsim* and drain well and add salt and heat a medium sized frying pan over low heat and add the *simsim*. Watch for any signs of burn- ing and constantly stir until the *simsim* turns brown.

FRIED MAIZE

Local Name: Mberenge (Luganda)

INGREDIENTS (Serves 4 – 6 people)

- 500g of dried maize grain
- Rock salt
- A dash of salt
- Water

METHOD

- i. Soak the maize overnight adding a little bit of rock salt. Feel free to make use of the quick soak method in which case you will not have to soak the maize overnight.
- ii. Whichever method you choose to use, boil the maize for an hour until tender. Drain and set aside and make sure that the maize is dry before deep frying.

- iii. Heat the oil to approximately 200° Celsius and deep fry the maize in batches. Stir now and again and when the maize turns dark brown and begins to pop, remove and add salt.





7.0 VEGETABLES

Nutritional values: Vegetables are important sources of many nutrients, including potassium, dietary fiber, folate (folic acid), vitamin A, and vitamin C. Diets rich in potassium may help to maintain healthy blood pressure. Most vegetables contain calcium as well as water and fiber. However, when it comes to Vitamin A dark greens and brightly colored vegetables such as Amaranths greens dodo, bugga, nakati, carrots etc. are what is needed.

Socio-cultural values: Many vegetables are regarded as herbs which treat many diseases especially if eaten raw or half cooked. Some indigenous vegetables are very popular on traditional ceremonies such as introduction (Kwanjula)

Uganda has a plethora of vegetables that are prepared and eaten in several different ways. Dodo, bugga and nakati are the most prevalent and can be found in the wild. They fall under the classification of amaranths and are eaten a lot by the people from Central Uganda.

BAMBOO SAUCE

Local Name: Malewa (Lugishu)

Nutritional values: Malewa are rich in dietary fiber and regarded to fight obesity and diabetes.

Socio-cultural values: Malewa is a major part of ceremonies in Bugisu e.g. Mbalu (circumcision), traditional weddings and if malewa is not prepared the party is incomplete.

Bamboo shoots aka bamboo sprouts are the edible parts of the bamboo shoots and are used as vegetables throughout Asia where they are sold in processed form, fresh, dried and canned.

Similarly, the Bagisu in Eastern Uganda grow bamboo shoots which they call malewa. Over the years it has become a major part of dishes at ceremonies in Bugisu such functions as mbalu (circumcision) as well as traditional weddings.

INGREDIENTS (Serves 4 – 6 people)

- Water
- 4 sticks washed bamboo shoots
- Salt to taste
- 2 tsp baking powder
- 2 medium sliced onions
- 2 table spoon crushed garlic (optional)
- 4 table spoon crunchy peanut butter
- Good quality cooking oil
- Water or stock

METHOD

- i. Rinse the bamboo shoots under running water and cut into slices. Put the bamboo shoots into a saucepan and add water and salt and boil until they are soft. Drain and set aside.
- ii. Heat a little oil in a frying pan and when hot stir in the onions and fry for five minutes until they become translucent. Add garlic and fry for a couple of minutes before adding the peanut butter and the bamboo shoots and a little water or stock until well mixed. Taste and correct seasoning. Serve with sweet potatoes.



AGIRA aka FIRINDA

Agira (Luo) or Firinda (Runyoro, Rutooro) is favorite among the bunyoro, batooro and Luo from Uganda and while peas can be used, generally beans are the preferred option but all in all the choice is yours. Either way, the skin from the beans must be removed prior to cooking.

INGREDIENTS (Serves 4 – 6 people)

- 250g fresh bean
- 4 - 6 entula or garden egg cut into quarters
- 2 - 3 sliced onions
- 2 table spoon crushed garlic
- Salt and pepper to taste
- 1 tsp roasted curry
- Good quality cooking oil
- 1 table spoon ghee

METHOD

- i. Soak the beans overnight and remove the skin. When ready, boil the beans until they are tender. When they are cooked, drain and set aside ready for use.
- ii. Heat a little oil in the saucepan and fry the onions until they become translucent and then add garlic, tomatoes, entula and roasted curry powder. At this point add the cooked beans and cook a while longer over low heat, stirring to avoid burning. If necessary, add some of the stock from the beans.
- iii. Before serving, make sure that the garden eggs are cooked.

MUSHROOM SOUP

Local Name: Butiko (Luganda)

METHOD

- Wash one kilo of mushrooms three times.
- Boil in water for twenty minutes with chopped onions and tomatoes.
- Add half a tea spoonful of salt with local gee (omuzigo)
- Serve as mushroom soup.





BITTER BERRIES

Local Name: Katunkuma (Luganda)

Nutritional value: Medicinal especially controlling normal blood pressure

Katunkuma is eaten by most tribes in Uganda though its bitterness drives away many would be consumers. They are usually grown by small household and often steamed as a side- dish. Katunkuma would be put in a banana leaf and steamed on top of food (Matooke). Lately, these tiny nutritious delight are said to cure health conditions like bad breath, high and low blood pressure. It also has a cleansing/purifying effect on blood and it helps with the functioning of kidneys.

MALAKWANG (Acholi)

Malakwang is one of the few plants imbedded in the tradition of the people of northern Uganda.

Nutritional value: It is rich in vitamin B. Researchers have shown that HIV/AIDS patients use it to get iron. Cooked stems are very good for people living with HIV/AIDS.

Socio-cultural value: Regarded as a medicinal delicacy for high blood pressure, kidney problems, constipation, liver disorder, colds, sore throats, coughing, fever, blocked nose, astringent and acne.

INGREDIENTS (Serves 4 – 6 people)

- 4 – 5 bunches of cassava leaves
- 250g groundnut paste
- Salt and pepper to taste
- Approximately 1 liter of water
- 50g of okra

METHOD

- i. Wash the cassava leaves and cut into pieces and add the chopped okra and set aside.
- ii. Have a heavy duty saucepan ready and add half the water with a little salt and pepper before adding the leaves and okra. Bring to boil and then reduce the heat to low and simmer gently for about an hour. When the leaves have turned a brownish hue and are soft, remove, drain and set aside.
- iii. Pound the boiled vegetables and blend in the groundnut paste and if need be add a little boiled water to thicken the sauce. Return to the heat and gently cook for another 5 minutes or so before serving, taste and correct seasoning. Serve hot with your favorite type of food.



GROUNDNUTS

Nutritional value: Groundnuts are abundant in the vitamins niacin, folate, pantothenic acid, thiamin, riboflavin, choline, Vitamin B6 and Vitamin E and rich in minerals like magnesium, phosphorous, potassium, zinc, iron, copper, manganese and selenium.

Socio-cultural values: In Eastern especially Busoga they are regarded as Viagra medicine and it is a popular diet.

BOILED GROUNDNUTS IN THEIR PODS

INGREDIENTS (Serves 4 – 6 people)

- 500g washed and sorted groundnuts in their pods
- Water
- Salt

METHOD

Place the groundnuts in pan and add water and salt and bring to a boil. Cover and reduce heat for about 45 minutes or until cooked. Serve in their pods.

PAN FRIED GROUNDNUTS

INGREDIENTS (Serves 4 – 6 people)

- 500g groundnuts
- 2 teaspoons salt
- Water

METHOD

- i. Mix some water and salt and make a solution, set aside.
- ii. Add solution to the groundnuts and mix well and have ready a heavy sauce pan fry them over low heat constantly stirring until they peel easily.





EBOO/BOO (Acholi)

Boo is typically from the Northern part of Uganda.

INGREDIENTS

- 2 cups of fresh Eboo leaves (also known as ggobe or osubi)
- 1 tsp salt
- 1/2 tsp bakingsoda (a.k. akisula or magadi)
- 1 litre water
- 3 tablespoons, peanut paste/ Odii (the paste should have more gnuts than simsim)

METHOD

- i. Wash the vegetables thoroughly, and chop into tiny pieces (only leaves, discard the stems)
- ii. Put water in a saucepan and bring to boil until the water is half way the pan.
- iii. Remove, drain out water in separate dish, mix simsim paste with the vegetables off heat, adding a little of the water you had set aside until you have a consistent mixture, then add the rest of the water.
- iv. Put back on fire for 2 minutes, low heat, remove and serve hot.

Enjoy with millet bread, sweet potatoes, cassava or pumpkin.

GROUNDNUT SAUCE

To prepare groundnut sauce, mix together with water to make a thin mixture and after the lumps have been removed, heat in a saucepan and simmer for half an hour, stirring now and again making sure that the sauce does not stick to the bottom. Salt should be added towards the end.

GROUNDNUT SAUCE WITH YAM LEAVES

INGREDIENTS: (Serves 4 – 6)

- 500g groundnut paste or powder
- Two handfuls of coco yam leaves (timpa)

- Salt and pepper to taste
- 1 tsp roasted curry
- 2 chopped onions
- 2 table spoon crushed garlic
- 2 medium chopped tomatoes
- 2 table spoon tomato paste
- 2 tsp roasted curry powder

METHOD

- i. Prepare the groundnut sauce as in the above mentioned method and when it has come to a boil add the above mentioned ingredients and simmer for about an hour.
- ii. Serve hot with your favorite type of food.



COWPEA LEAVES IN GROUNDNUT

Local Name: Gobe (Luganda)

Nutritional value: All varieties of cowpeas are very good sources of vegetarian protein, plus carbohydrates dietary fiber, vitamin C and little fat.

Socio-cultural value: Some elderly women still believe that women should not eat meat in the presence of visitors, so they emphasize on eating the vegetable. However, today both genders enjoy this vegetable.

Location: Eastern, Central and North

INGREDIENTS: (Serves 4 – 6)

- 500ml water
- 250g groundnut paste
- Salt and pepper to taste
- 3 – 4 bunches of cowpeas leaves
- 50g okra or slippery leaves
- ¼ tsp soda bicarbonate or rock salt



METHOD

- i. Wash the leaves in water, several times and cut into small pieces. Add the okra that should also be chopped into small pieces.
- ii. Bring the water to a boil and add soda bicarbonate and shortly thereafter add the chopped leaves with okra. Cover and reduce the heat to a simmer and cook for 20 minutes. When ready, remove and drain the water and keep aside for later use.
- iii. Add the paste to the cooked greens and using a spatula blend well until they are well mixed. At this point, over low heat, add the water from the vegetables; little by little until you have achieved a consistent, smooth and velvety texture. Add salt and pepper and simmer over low heat for another 15 minutes or so. Taste and correct seasoning and serve with millet or posho or any food of your choice.
- iv. The leaves can also be dried and powdered for future use especially during drought.

SOUR MILK & GROUNDNUT PASTE

Local Name: Jobyo (Luganda), Akeo (Acholi)

Jobyo is a sour and bitter vegetable which lends itself very well to cooking with sour milk and ground- nut paste.

INGREDIENTS (Serves 4 – 6 people)

- 3 bunches of Jobyo
- 1 bunch of dodo
- 250g groundnut paste
- 500ml sour milk (optional)*
- Approximately 1 liter of water
- Salt and pepper to taste
- 2 table spoon ghee (optional)

METHOD

- i. Discard the stems from the Jobyo and dodo, wash well and cut into small pieces and set aside.
- ii. Have about half a liter of boiling water ready, add the salt and pepper, before adding the washed and mixed vegetables. Reduce the heat, cover and gently simmer for 30 to 40 minutes.
- iii. Just before serving, blend the groundnut paste with tepid water before adding the Jobyo and dodo mixture.
- iv. Return to the heat and if you are using ghee and sour milk, now is the time to add them. Simmer for another 5 minutes and just before serving taste and correct seasoning. Serve with your favorite food.
- v. To make sour milk add 1 teaspoon of white vinegar or lemon to 1 cup of pasteurized milk

and let stand for 10 minutes until the milk has curdled.

- vi. Add salt and baking soda, then the vegetables.

JOBYO IN SIMSIM

INGREDIENTS (Serves 4 – 6 people)

- 3 bunches of Jobyo
- 300g simsim paste
- 500ml water
- Salt and pepper, optional

METHOD

- i. Discard the stems from the Jobyo and wash well in running water and chop into small pieces and set aside.
- ii. Have ready a medium size saucepan with boiling water and add the jobyo with some salt simmer covered until cooked allow about 30 to 40 minutes.
- iii. When it is ready, add the simsim paste and mix well and if need be you may add a little water and cook for a while longer. Just before serving, taste and correct seasoning and serve with your favorite food.

PUREED VEGETABLE FRITTERS



DOODO (Luganda)

INGREDIENTS (Serves 4 – 6 people)

- 1 egg
- ½ litre mashed or pureed cooked carrots,
- parsnips or butter beans
- ¼ tsp salt
- 2 table spoon melted gee or margarine
- 2 table spoon wheat flour
- 6 table spoon milk
- 3 tsp onion juice
- ½ tsp your favorite dried herbs or 2 table spoon chopped parsley

- Seasoned bread crumbs
- Good quality oil for deep frying

METHOD

- i. Beat until light 1 egg and add the mashed or pureed vegetables and stir in the rest of the indicated ingredients. Mix well and taste for seasoning.
- ii. Spread these ingredients on a greased platter and when they are chilled, shape into 1-inch balls.
- iii. Flour and roll the balls in seasoned bread crumbs and deep fry the balls in fat heated to 185° Celsius

NAKATI (Luganda)

Nutritional value: They do contain many vitamins and minerals, such as excellent amounts of fiber, folate, potassium and manganese, as well as vitamins C, K, and B6, phosphorus, copper, thiamin, niacin and magnesium.

INGREDIENTS (Serves 4 – 6 people)

- 2 sized buddle
- Boiling water
- 1 tsp vinegar
- ½ tsp salt



PEAS STEW

Local Name: Magira (Luganda)

Social-cultural values: For the Japadhora upon being handed over to the boy for marriage, the girl would spend seven days of confinement in his hut. During this time, she would be fed on a pea stew (magira) as a principal meal. After the seven days, the clan elders would gather to meet the newest addition to their family.

Magira is a local delicious sauce which is made from peas it is mostly grown and eaten

in Eastern Uganda.

INGREDIENTS (Serves 4 – 6 people)

- 2kgs of dry crushed peas
- Water
- Onions
- Salt
- Rock salt
- Ghee

Cooking period is two to three hours.

Magira is served with Millet bread, sweet potato, posho and cassava.

8.0 INSECTS

Nutritional values: These have high fat content with fatty acid which has been associated with lower cardiovascular disease risk.



GRASSHOPPERS

Local Name: Nsenene (Luganda)

Socio-cultural values: Traditionally they are important delicacy both in traditional and modern day society. Traditionally nsenene were so important to the extent that a calendar month was named after nsenene (musenene).

FRIED GRASSHOPPERS

INGREDIENTS (Serves 4 – 6 people)

- 1kg ready to eat grasshoppers
- 2 medium size sliced onions
- 1 teaspoon roasted curry powder
- 2 – 3 tablespoon good quality cooking oil

METHOD

Have ready a medium size saucepan and add the grasshoppers with a little oil and the sliced onion and roasted curry powder.

Cook over low heat frequently turning over making sure that they do not burn. When they are ready to serve they should have a nice golden brown colour and somewhat crispy.

WHITE ANTS

White ants are a delicacy enjoyed by the Acholi, Jopadhola, Kakwa, Alur, Lugbara, Madi and the Anugu tribes in West Nile.

INGREDIENTS (Serves 4 – 6 people)

- 500g clean and washed white ants
- Water

- Salt and pepper, optional

METHOD

- Place the insects in salted water and bring to a boil.
- Reduce the heat and simmer for about 5 minutes until cooked.
- Taste and correct seasoning before



9.0 POULTRY AND MEAT

Nutritional value: These are high in cholesterol and fat, sodium, potassium, vitamin D and B-12

DRESSED CHICKEN LUWOMBO

Social-cultural values: Luwombo is a specialty of Uganda and especially Buganda. The cooking is done by steaming in a wrapped special banana leaf that is readily available from local markets. Traditionally, the food would be served and partaken from the very leaf in which it was cooked. They are usually served on occasions such as weddings, ceremonies and festival

INGREDIENTS (Serves 4 – 6 people)

- 2 whole range chickens, preferably female
- 1.5 kg (3.3 pounds) tomatoes
- 6 table spoon tomato paste
- 6 cloves crushed garlic
- 12-14 finely chopped shallots
- Salt and pepper to taste
- Luwombo leaves
- 4-6 diced Irish potatoes
- Banana leaves



- cooking oil
- 4-6 table spoon margarine
- 1 liter of chicken stock plus
- Banana leaves
- 2 chopped onions

METHOD:

1. Have ready a charcoal stove or a barbecue grill that is alight but fiery hot. The charcoal embers should be barely glowing and spread some of the banana peels over it and then grill the chicken (whole) until it becomes a nice golden

brown. When done, remove and set aside leaving them whole.

2. In the meantime, drop the tomatoes in some boiling water and allow them to boil for a few minutes, remove the skin and mash them with your fingers until they become coarsely pulverized. Heat a little cooking oil and add the chopped shallots and gently fry them until they become translucent. Add the garlic (leave 2 teaspoons for later use) and continue frying for a couple of minutes before adding two thirds of the tomatoes

- and four tablespoons of the tomato paste.
3. Cook over low heat and allow to gently cook. Add some salt and pepper, the margarine and the bay leaf as well as some chicken stock. quarter them and set them aside for later use. Heat some of the oil and add the chopped onions and fry them over low heat until they become translucent. Add the garlic and fry for another couple of minutes before adding the remaining tomatoes, tomato paste and salt and pepper.
 4. Add the chopped potatoes and bring to a boil and simmer gently covered for about ten minutes.
 5. When you are ready to cook the luwombo, stuff the two chicken with the potatoes and truss them with a piece of string or what we call “ekyayi” and then get hold of a basket (kibo) or a small shallow bowl that is large enough to accommodate one chicken.
 6. Place the luwombo leaf into a small kibo or basket, the leaf ought to have an inner leaf and then place the chicken inside the leaf with the leaf forming a cup like effect and make certain that the drumsticks are facing up and spoon about a third of the sauce into the luwombo leaf.
 7. Hold the both ends of the banana leaf and fold it together and then carefully tie the leaf with a string or kyayi being careful not to pierce the luwombo leaf.
 8. Place the chicken mpombos in a large saucepan that has been lined with a few stems from a bunch of matooke.
 9. It is important that you see to it that the saucepan is large enough to accommodate both mpombos or else steam them separately. Tuck in some banana leaves over the mpombos and steam over low heat until the chicken is tender. Allow at least 3 to 4 hours for local chicken.



CHICKEN STEW

INGREDIENTS (Serves 4 – 6 people)

- 1 dressed chicken about 1 kg
- Good quality cooking oil
- 2-3 medium chopped onions
- 2 tbsp garlic
- 2-3 medium size chopped tomatoes
- 1 tsp mixed herbs
- 2 tbsp tomato paste
- Salt and pepper to taste

- *Roasted curry powder*
- *2 tbsp corn flour*
- *Water or chicken stock*

METHOD

- Clean the chicken and cut into 4-6 pieces and heat the cooking oil in a frying pan and gently fry the chicken until it is brown. Set aside and if necessary, discard the used oil and replenish with more oil.
- Heat the oil and fry the onions until they become translucent, add the garlic and then the chopped tomatoes, roasted curry powder and the mixed herbs. When the tomatoes are ready, add the chicken pieces and some water or stock which should just barely cover the chicken. Mix the corn flour in a small cup or container before adding to the stew.
- Bring to a boil and reduce and gently simmer for about 30 minutes. However, in the event that you are using a local chicken or off layer, the cooking time shall be longer.
- When the chicken is done, taste and correct seasoning and serve hot.



CHARCOAL GRILLED CHICKEN

You will need a charcoal grill and these are readily available from supermarkets. However, an ordinary charcoal stove (sigiri) will do nicely though you will also need to have skewers that are available from any good supermarket. You will also need a wire mesh that will sit over the charcoal stove.

INGREDIENTS (Serves 4 – 6 people)

- *1 good size local chicken (1.2kg)*
- *Salt and pepper to taste*
- *2-3 table spoon good quality cooking oil*
- *2 tsp lemon juice*
- *1 tsp garlic powder*
- *2 tsp onion powder*
- *2 tsp mixed herbs*

METHOD:

1. Wash the chicken and dry with paper towels and cut into 6 pieces and set aside. Make a simple marinade consisting of the salt, pepper, cooking oil, lemon juice, garlic and onion powder and the mixed herbs. Taste your marinade and feel free to spice it up a bit before marinating it with the chicken.
2. Cover the chicken and set aside in the fridge or in a cool place for at least an hour.
3. When you are ready to grill the chicken, light the charcoal stove and as soon as it is hot, you must have ready some ashes or banana peels and spread over the stove. The essence of charcoal grilling or roasting is the heat by induction process as opposed to direct heat.
4. Grill the chicken slowly and keep an eye on it, adjusting it from time to time. Before serving, cut the chicken through with a knife and make sure that it is thoroughly cooked.



CHICKEN IN GROUNDNUT PASTE

INGREDIENTS (Serves 4 – 6 people)

- *1 off layer or local chicken cut into pieces and*
- *grilled over charcoal*
- *Water or stock*
- *250g groundnut paste*
- *2- 3 medium chopped tomatoes*
- *2-3 medium size sliced onions*
- *Salt and pepper*

METHOD

- i. Cut the chicken into bite size pieces and set aside. Have ready a heavy duty saucepan that can comfortably accommodate all the ingredients.
- ii. Dissolve the groundnut paste in the saucepan and then add all the ingredients and bring to a boil for ten minutes before reducing to simmer until the chicken is tender. When ready serve hot.

GOAT LUWOMBO

INGREDIENTS (Serves 4 – 6 people)

- 1 kg good quality goat left intact
- 2 – 3 medium size chopped tomatoes
- 2 medium size chopped onions
- Salt and pepper to taste
- Water or stock
- 6 peeled and quartered potatoes
- 2 medium size peeled carrots, chopped

METHOD:

- i. Grill the meat whole over smoldering charcoal embers until it turns a nice hue but not cooked.

- ii. When the meat is ready, remove and cut into bite size pieces and set aside ready for the preparation of your luwombo.
- iii. Have ready a luwombo leaf and line the leaf in a bowl or a small basket (kibo) and place a few pieces of meat inside. Be sure to avoid protruding bones that might pierce your luwombo. Add half the vegetables along with the salt and pepper and pour in some water or stock up to the half way level.
- iv. Pull the end of the luwombo leaf together and bring up the sides so that you can tie the leaf into a neat and snug bundle.
- v. Bring to a boil and steam covered over low simmer for a couple of hours.



GOAT HEAD SOUP

Serves 4-6

Although its head does not contain lots of meat, goat head gives the better taste, if cooked with Indian hot spices. That's why many people love to eat these small heads of goats. The hard cases of the heads, which contain the brain, become softer and chewable when cooked properly. These chip types brain parts have small meat parts inside that gives you an amazing taste with rice or bread.



Method:

- i. Cut medium goat heads into medium size pieces.
- ii. Wash and clean very well.
- iii. Heat oil in a pan.
- iv. Add onion paste, garlic paste, ginger paste, turmeric powder, chili powder, cumin powder, coriander powder, hot spices powder, and salt to the oil.
- v. After 1-2 minutes add one cup of hot water to the condiments and stir it.
- vi. Cook it for 4-5 minutes then add goat head to the mixture and cover with a lid.
- vii. When water becomes dry add another 1 cup of hot water.
- viii. Cover with a lid and cook over medium heat.
- ix. Turn off the burner when water level comes low.
- x. Goat head curry is ready to serve.
- xi. Serve the curry with tortilla, rice or paratha.



SMOKED BOILED BEEF

Ugandans are crazy about beef, for that matter boiled beef is a dish that in many ways has managed to attain the status of being national and by all standards it remains a rare gastronomic delight.

INGREDIENTS (Serves 4 – 6 people)

- 2 kg well-marbled beef, preferably the ribs
- 1-1 & 1/2 kg tomatoes
- 4-5 tablespoons tomato paste
- crushed garlic
- 4-5 medium-sized onions chopped
- Salt and pepper
- Coriander (chopped cilantro for garnishment)
- 2 bay leaves

METHOD

- i. Have ready a barbecue grill of some sort or jiko or sigiri. Grill the meat over charcoal embers until it has a nice and pleasing sort of brownish reddish colour.
- ii. Cut the meat into acceptable bite size pieces and then set aside.
- iii. You shall need a medium size cooking pot that can accommodate the meat comfortably. Place the meat inside the pot and make certain that the meat is fully covered.
- iv. Immersed with water or stock. Actually, home-made stock is a lot more exciting. Next, dice the tomatoes, chop the onions and crush the garlic and add these items to the pot. Bring to a simmer and add the tomato paste, salt and pepper, bay leaf and if you are into chillies, feel free to add a few.
- v. Continue simmering until tender. When ready, your gravy ought to be a nice rich reddish/ brownish colour. Correct seasoning and make certain that the salt and other items are just what is desired. In all instances, make certain that you taste the meat. In reality, nothing could

be more embarrassing to a host than serving meat, which is undercooked and tough. Back home simmering is not exactly the kind of noun that is common. Nevertheless, rest assured that it something that it is within the reach of even the most common and unsophisticated homestead. In the absence of a cooker with a simmer switch, I am afraid that you will have to do the old switch off and on routine. Otherwise if you are using a jiko, then don't get into a dither. It is really quite elementary. Take some ashes and then heap over the charcoal embers. Make certain that you close the hatch, and behold this action shall actually simmer the meat.

- vi. Just before serving, add the chopped cilantro.

VARIATIONS:

In the event that you do not possess a barbecue apparatus or should you live in an apartment where smoke is unwelcome, then omit the grilling part and simply boil the meat. In this case you would have Boiled Beef.

BEEF STEW WITH CHILIES

INGREDIENTS (Serves 4 – 6 people)

- 1 kg boneless beef stew
- 3-4 chopped onion
- Vegetable oil
- 2-2 table spoon flour
- 3 table spoon roasted curry powder
- 3 cloves crushed garlic
- 1 knob crushed ginger
- 4-6 table spoon peanut sauce
- ½ litre beef stock
- ½ litre coconut milk
- ¼ kg trimmed okra
- 4-6 peeled and chopped tomatoes
- Chilies to your taste
- 2 table spoon chopped cilantro
- 2 table spoon tomato paste

METHOD

- i. Cut the beef into 2-inch cubes then brown in some vegetable oil in batches so that it will nicely brown. As it browns set it aside.
- ii. When all the meat has browned, put it into a large pan and set it on the stove and over moderate heat, add onions,

and continue cooking until they have become translucent. Add garlic, ginger, flour and roasted curry powder along with cilantro, tomatoes, tomato paste, peanut sauce and the chilies to taste. Gradually stir the mixture until it has thickened and cook until tender and serve hot.



MEAT IN GROUNDNUT PASTE

INGREDIENTS (Serves 4 – 6 people)

- 1 kg meat with or without bones chopped into bite size pieces
- 250g groundnut paste
- 2 - 3 medium size chopped onions
- 2 – 3 medium size chopped tomatoes
- 2 table spoon tomato paste
- Water or stock for boiling
- Salt and pepper to taste

METHOD

- i. You may opt to brown the meat over charcoal embers until it gets a nice golden brown. On the other hand, do take the liberty to omit this stage and simply proceed as follows.
- ii. You will need a good sized heavy duty saucepan with a lid. The importance of heavy duty cannot be over emphasized. The contents cook better and there are less chances of burning.
- iii. Mix the groundnut paste with warm water until well dissolved into a thin paste before adding the meat along with the vegetables. Mix everything together and bring it to a boil for 10 minutes before reducing the heat.
- iv. Gently simmer covered until the meat is done. When you are ready to serve, taste and correct seasoning.

BOILED BLOOD IN MEAT / KAFEKYE



INGREDIENTS (Serves 4 – 6 people)

- 1 kg cooked meat
- ½ a liter of blood
- Salt and pepper to taste
- Water or stock

METHOD:

- i. Allow the blood to clot in a pan and drain the plasma from the mass of the

blood.

- ii. Have ready a medium size saucepan and in which you will put the blood adding a little salt and pepper and bring to boil before reducing to a simmer. While gently simmering, stir the blood and break up the lumps and cook for no more than 10 minutes. Don't be alarmed by the change of color and you will notice that it will change into small

particles that are akin to mincemeat.

- iii. Add the cooked meat and gently simmer for a few couple of minutes until everything is well mixed.
- iv. Cook for 30 minutes
- v. Just before serving, taste and correct seasoning and serve hot.

BOILED OFFAL STEW

Nutritional value: offal is richer in sodium, phosphorous and iron, and contains higher amounts of Vitamins A and C (especially liver and spleen).

Socio-cultural values: Mostly eaten at breakfast added in matoke.

Location: All regions

INGREDIENTS (Serves 4 – 6 people)

- 1 kg well washed offal's cut into bite size pieces
- 3 medium size chopped tomatoes
- 2 table spoon tomato paste
- 2 – 3 medium size chopped onions

- Cooking oil
- 2 -3 tsp roasted curry powder
- Salt and pepper to taste
- Water or stock

METHOD

- i. Mix all the above in a good size heavy duty saucepan and add enough water or stock and bring to a boil.
- ii. Offals are perfect for cooking in a slow cooker since they often require hours of cooking. Regardless, it is important that you boil them over low heat covered until tender and cooked.
- iii. Serve piping hot with matooke or posho or rice.





BLOOD AND OFFALS

During the slaughtering of an animal it is easy to collect, however if you are going to prepare this recipe I am told that one can make arrangements with your local butcher who buys meat from the abattoir. Confessedly the idea of cooking blood may seem unappetizing, but rest assured that cooked properly the results are amazing.

METHOD

- i. Before cooking blood, it should be allowed to rest for an hour or so until it congeals at which point it will turn into a solid mass and is ready to be used.
- ii. It is mixed with goats' offals which are cut in small pieces.
- iii. Add onions and tomatoes.
- iv. Enough salt.
- v. Wrap mixture in a banana leaf.
- vi. Put in a sauce pan and steam.
- vii. It will be ready to serve after two hours.



COW HOOF

Local Name: Molokoni (Luganda)

Nutritional values: Cow hooves do contain some nutritional value. They contain collagen, which is good for joints and cartilage, skin, bones, hair and fingernails.

Socio-cultural values: Its soup is known to treat joints and to work on a heavy hang over.

INGREDIENTS (Serves 4 – 6 people)

- 1 good size cow hoof chopped 5 or 6 ways depending on the size
- Water
- Salt
- 2 – 3 medium sliced onions
- 2 – 3 medium chopped tomatoes
- 4 table spoon tomato paste
- Salt and pepper to taste

METHOD

Cooking morokoni otherwise known as cow hoof makes a lot of sense if you are using a crock pot or slow cooker. However, since this is probably out of the reach for most people, the key thing to bear in mind is that morokoni can literally take hours before becoming tender.

Wash the cow hoof in running water and immerse the contents in a large saucepan that will not easily burn. Add the onions, tomatoes, tomato paste and some salt and pepper.

Bring to a boil and reduce to a low simmer and cook until tender and almost falling off the bones. Depending on the age of the cow, allow anywhere from 4 to 6 hours. Taste and correct seasoning and serve in bowls with each person being served a piece of the meat.



10.0 FISH

Nutritional value: Fish is high in many important nutrients, including high-quality protein, iodine and various vitamins and minerals. Fatty types of fish are also high in omega-3 fatty acids and vitamin D.

Socio-cultural value: Mostly eaten along lake shores and islands. There less melisma cases in children due to the high protein in fish.

The bulk of fish that is consumed in Uganda is freshwater and is broadly divided into so called oily fish and white fish. The former contain oil in their tissues and within the belly cavity around the gut. Their fillets contain up to 30% oil although this figure varies and depends on specific species. These include mud fish, semutundu, lung fish and the ever popular and abundant Nile perch. While the white fish include tilapia, nkejje and ngara.

TILAPIA FISH STEW

INGREDIENTS (Serves 4 – 6 people)

- 1 decent size scaled and gutted tilapia cut into 6 pieces
- 3 – 4 medium size chopped tomatoes
- 2 tablespoon tomato paste
- 2 – 3 medium size chopped onions
- 2 tablespoon crushed garlic
- 2 tablespoon crushed ginger (optional)
- 2 tablespoon roasted curry powder
- Good quality cooking oil
- 2 tablespoon liquid corn flour (see glossary)
- 1 diced green pepper
- 1 diced carrot
- Salt and pepper to taste
- Water or stock (about 1 liter)

METHOD:

- i. Heat some oil in a suitable saucepan that can comfortably accommodate the fish and the vegetables and when it is hot fry the onions. When they have turned translucent, add garlic and ginger as well as the remaining vegetables, roasted curry powder, salt and pepper.
- ii. When the tomatoes are tender add the fish and the water or stock which should reach the level of the fish without its being submerged.
- iii. Bring to boil and reduce and gently simmer for no more than 20 minutes. Just before serving, taste and correct seasoning.

FRESH FISH IN SIMSIM

INGREDIENTS (Serves 4 – 6 people)

- 4 – 6 small size scaled and washed fish left whole
- Water or stock
- Salt and pepper to taste
- 200g simsim paste

METHOD:

- i. Have ready a saucepan that can comfortably fit the fish and add salt and water and fish and bring to a boil.
- ii. Simmer over low heat for no more than 10 minutes and when ready remove from heat and set aside and put aside the water in which you have boiled the fish for later use.
- iii. Blend the simsim paste with warm water and then add to the liquid and bring to a boil and taste and correct seasoning before adding the fish.
- iv. Cook for another 5 minutes or so until the fish and the simsim are properly mixed. Serve hot with kalo, cassava or sweet potato.



DRY FISH STEW

INGREDIENTS (Serves 4 – 6 people)

- 1 whole artisan smoked catfish
- 2 – 3 medium sized chopped onions
- 1 table spoon crushed garlic
- 1 table spoon crushed ginger
- 2 medium size chopped tomatoes
- 1 table spoon tomato paste
- Salt and pepper to taste
- 1 table spoon roasted curry powder (see the glossary)
- 2 – 3 table spoon good quality cooking oil
- Water or stock

METHOD:

- i. Soak the fish in warm water for an hour, remove and break into pieces.
- ii. Heat the cooking oil in a saucepan and fry the onions until they become translucent. Add ginger, garlic and tomatoes, tomato paste, salt and pepper and the curry powder. When the tomatoes are ready, add some water or stock as well as the fish.
- iii. Cook over low heat covered for about 30 minutes and taste and correct seasoning before serving. Serve with millet or cassava.



DRY FISH STEW IN GROUNDNUT SAUCE

INGREDIENTS (Serves 4 – 6 people)

- 1 kg of groundnuts
- 1 medium whole dry fish
- 2 chopped tomatoes

- *2 table spoon tomato paste*
- *2 chopped onions*
- *2 table spoon roasted curry powder*
- *Salt and pepper to taste*

METHOD

- Soak and remove the bones from the fish and you may separately boil the bones in some wa-ter for half an hour.
- Drain and discard the bones and set aside the water that you will use to make the groundnut sauce.
- Dissolve the groundnut sauce in a saucepan and bring to a boil with the fish stock and add the chopped tomatoes, tomato paste, onions and roasted curry powder. Add the fish and simmer over low heat for an hour. Serve hot.

SILVER FISH

Local Name: Mukene (Luganda)

Nutritional value: Prevents diabetes, hypertension and strengthen bones and muscles. Contains High protein and has vitamins A, D, B6, B12.

Socio-cultural Value: Used as a medicine to cure measles in children because of the high protein content.

Mukene also known as the Lake Victoria sardine is a species of pelagic freshwater ray finned fish in the carp family. Mukene is found in Central Uganda and is a very popular snack

INGREDIENTS

(Serves 4 – 6 people)

- *1 kg dried beans*
- *2 cups washed mukene*
- *4 – 6 medium size chopped tomatoes*
- *2 sliced onions*
- *2 table spoon garlic*
- *2-3 table spoon good quality cooking oil*
- *Water to soak the beans*
- *Salt and pepper to taste*



METHOD

- Soak the beans overnight and remove the skin and the following day boil the beans in enough water until they are tender.
- Heat the oil and fry the onions until they become translucent then add the garlic and the tomatoes and continue cooking over low heat.
- Add the washed mukene and cook for a while longer until the mixture becomes smooth and thick.

11.0 CONDIMENTS



GHEE SAUCE

Local Name: Eshabwe (Runyankole)

Eshabwe falls under a class of relishes or condiments of clarified butter that originated in Ankole, Western Uganda. Eshabwe is an unusually rich sauce with a very high cholesterol content.

INGREDIENTS

- 250g ghee
- Approximately 10 tablespoons of tepid boiled and cooled water
- 1 teaspoon rock salt
- ½ teaspoon ordinary salt
- A Pyrex bowl

METHOD

- i. Put the ghee in a Pyrex bowl and dissolve the salt in half of the water and beat the ghee until smooth and gradually add the remaining salty water. Each time that you add water thoroughly stir the ghee and keep doing this until the ghee turns white and increase in volume and doubles. In the event of curdling, add in a bit more salt with tepid water.

BEE HONEY

Traditionally honey used to be extracted from bee hives from the wild, however today bee keeping has become an economic activity. People are learning to take honey instead of the usual sugar (sucrose).

Nutritional value: 1 table spoon contains 64 calories, 17 grams of sugar including fructose, glucose, maltose and sucrose. No fiber, fat or proteins.

Socio-cultural Value: It is regarded as medicinal



INGREDIENTS (Serves 1)

- 2 table spoons of honey
- ½ litre of tea or coffee
- Milk is optional
- Ginger is optional

METHOD

- i. Mix tea or coffee with boiling water in a cup.
- ii. Then add 1 or two table spoonful of honey.
- iii. Ginger or milk is optional and steer.
- iv. Serve with a snack.

12.0 DRINKS

BANANA JUICE

This juice (omubisi) is extracted from special types of bananas which, though they may look like ordinary matooke or sweet bananas, are only used to make juice.

They cannot be cooked into matooke and are not good eaten if as sweet bananas.

Socio-cultural Value: Drunk as a soft drink on ceremonies like weddings.

INGREDIENTS (Serves 4 – 6 people)

- 3kg ripe bananas
- 2kg of grass (*essubi* or *etteete*) or mature banana leaves
- 500ml water

METHOD

- Peel the bananas and put in a fairly large, strong container.
- Remove the leaves from the stalk and cover the bananas with about one kilogramme of leaves.
- Wash hands and squeeze the bananas



- using a kneading motion.
- Knead till well-mashed, adding more leaves if the mash is too much.
- Turn and continue kneading until the grass/ banana leaves become soft and juice begins to flow and foam.
- Keep kneading till all the mash has been turned into juice and the dregs are held in the banana leaves or grass.
- When juice is clear, wring the leaves to get out all the juice. Put them in another container, add the water and wring out. Add this to the first juice. Strain the juice into a clean container.
- Good and well-made juice should not have any sediment.
- Put in a pan and bring to the boil. Strain again and cool thoroughly.
- This juice may be too sweet and rather flat. Water (boiled and cooled) should be added to get the correct sweetness and little lemon juice can be added to the

served drink to improve the taste. Boiled juice will keep well for five to seven days in the fridge.

- xi. If there are a lot of juice bananas ready at the same time, they can be covered to ensure that they ripen at the same time.
- xii. The juice (syrup) can be bottled after cooling and will kept for weeks outside the fridge or longer in the fridge.
- xiii. Dilute with cold water when required. When the unboiled juice stays for a few days, it starts to ferment and if roast and ground sorghum is added to the juice and kept in a warm place when well-covered, it will turn into beer after two days. This is generally called banana wine.

OBUSHERA (Runyankole)

Bushera, is a Ugandan traditional fermented cereal beverage, in the districts of Kabale and Rukungiri in the South Western region of Uganda. It is typically made and consumed in western Uganda, where sorghum, a cereal grain, is grown. But in recent years, bushera

has gained popularity among Kampala residents, who say it is healthy because of the natural ingredients. The porridge is made out of either sorghum or millet is sure delicacy. The Bakiga enjoy theirs with sorghum, while the Banyankole love the one of millet. This beverage can last to three or months.

METHOD

- i. Millet or sorghum, wood ash, water
- ii. Soak in water overnight (12hrs) in man-made pond or saucepan.
- iii. After soaking the grain excess water is drained off.
- iv. Then mix wet grain with wood ash for germination process and also to increase sweetness.
- v. The grains are then heaped and cover on banana leaves and left to germinate for two to four days.
- vi. During germination the sorghum grain are constantly mixed to avoid clumping together and by the end of the germination the grain has turned black.
- vii. After germination the grain are sun-dried for two days.



- viii. Then milled using a grinding stone and store until use.
- ix. Thereafter sorghum or millet is mixed with cooled boiled water to make a paste then boil to two or five minutes.
- x. Then the mixture is left to ferment ready to drink.

AJONO (ATESO)

Local Brew; Malwa (Luganda)

Nutritional Value: Rich source of carbohydrates, proteins, magnesium and vitamin B.



Social Cultural Values: The Iteso introduce one to the practice of Ajono at birth, thus, when a child is born, the excitement and happiness of the newly born is celebrated by a drop of Ajono in the child's mouth; the rest of the drink is then enjoyed by the clan members. Ajono as a beverage is not only pocket friendly but social binding.

Till now, Ajono is enjoyed during relaxation and leisure moments. The Iteso during their free time sit together and enjoy Ajono more especially late evenings after work as a way of resting from the long day's work. As of today in the Iteso society, a marriage, funeral or baptism is incomplete without a pot of Ajono/Malwa. It is consumed under tree shades, in comfort of a home or at the market place. They gather around one big pot Ajono to show unity and closeness. Consumers in different parts of the country have different names for it: Ajono (Iteso), Malwa (Buganda), or Mulamba (Western).

For millet Ajono, the process begins by:

- i. Mixing millet flour with water to make it smooth and solid.
- ii. It is then buried underground for about a week to allow it to ferment.

- iii. After seven days of fermentation, the sour mass is recovered and roasted at very high temperatures until it turns black.
- iv. This is followed by sun drying, which normally takes about two days. It is then put in a drum filled with water so that the bad stuff floats and is filtered off.
- v. At this stage, yeast is added for two consecutive days.
- vi. This turns the sour mixture sweet, as though sugar has been added to it.
- vii. After another couple of days, it is ready to serve.
- viii. It is mixed with hot water in a traditional pot: Then ready to drink by sucking through long straws.

Ajono made from maize flour goes through more or less the same process, the only difference being that fermentation is done in a bucket for about three days and then the flour is fried until it turns black, after which it is cooled and stored in a drum for two days. To serve Ajono, the black powder is poured into a pot and hot water is added to it at intervals while the patrons drink with long straws from the same pot.



RAW BLOOD-MILK MIXTURE

Social Cultural value: Mixed blood and milk is used as a ritual drink in special celebrations, or given to the sick.

Blood is obtained by nicking the jugular artery of a cow precisely, allowing for blood-letting that doesn't kill the animal.

- Half a dozen Karamojong warriors wrestle with the struggling cow.
- Another waits with his bow drawn, arrow at the ready.
- Finally, they have the straining animal in position.
- The warrior with the weapon shoots straight for the bovine's jugular.
- Warm blood gushes into a waiting bucket, pumped out by the animal's still-beating heart.
- The blood keeps flowing, almost filling the container, before the cow is released – its punctured neck sealed with a dab of cow dung. It will live to see another day.
- Its blood-donating job is done, at least for another month.
- The Karamojong men who perform this blood-draining ritual do not intend to kill, or even harm, the animal. They merely want some of its nourishing crimson fluid to drink.
- It is then mixed in fresh milk with 50-50 ratio then drunk.
- Of course blood and milk aren't the only things Karamojong eat; the diet has always been supplemented with tubers, honey, and foraged plants that are most often used as soups and stews. Most recently they have supplemented their diet with grains and maize.

13.0 FRUITS



INCENSE FRUIT

Local name: Empafu (Luganda)

Incense fruit which is popularly known as "mpafu", is a small bluish-purple drupe characterized by its hard edible shell with a solid seed. Complementary medicine has become a mainstay in today's health care system and many people are continuously relying on herbal plants and fruits to accomplish their elementary health care needs.

When ripe they are picked and soaked in

warm water then left for two to three days to soften before consumption. However, they can be collected and soften immediately by putting them in the mouth or by roasting, frying or soaking in hot water for few minutes.



DATES

Local Name: Logwat (Acholi), Thoo (Alur), Rukoyo (Rutoro), Zomali (Lugisu) and Entende (Luganda)

Botanical name: *Balanitesaegyptica*

English name: Desert date

This small deep-rooted tree tolerates such

heat and droughts and has so many usable parts and products. Among other things, these spiny tree bear heavy yields of fruits as many as 10,000 annually on a mature tree. The leaves are collected, mashed and added to boiled beans or peas.

It is sometimes eaten raw but more commonly converted into drinks, cooked foods and medicine as worm infections and also treats liver, spleen disorders and diarrhoea. The bark extracts and fruits repel or destroy freshwater snails and other host parasites like bilharzia and guinea worms.



GUAVA

Local name: Amapera (Luganda)

Botanical name: Psidiumguajava

English name: Guava

A fruit of guava is oval, round or pear-shaped. Ripe fruit is covered with yellowish, greenish or maroon skin. A fresh one can be white, yellow, pink or red colored. Guava grows in the form of evergreen shrub or small tree, usually reaching 20 feet in height.

Guava is a rich source of vitamins of the B group and vitamins C, A and E. It is also excellent source of dietary fibers and minerals such as potassium, manganese, magnesium and phosphorus. Guava contains numerous phyto chemicals that act beneficially on the humans' health.

Mostly eaten by children, guavas are often labeled as "super fruit" because it contains 4 times more vitamin C than orange, 3 times more proteins and 4 times more fiber than pineapple, 2 times more lycopene than tomato and slightly more potassium than banana.



RASPBERRY

Local name: Enkenene (Luganda)

Botanical name: Fragariaananassa

English name: Raspberry

These grow mostly wild in Uganda in woodlands especially from June to October. They are collected when ripe and are eaten as a snack or desert. They are also sold in markets mostly in the Central region.

A high consumption of plant foods, such as raspberries, appears to decrease the risk of obesity, diabetes, heart disease, and overall mortality. It can also promote a healthy complexion, increased energy, and overall lower weight.



JACK FRUIT

Local name: Fene (Luganda)

The unique aspect of jackfruit is its unusually large size. It is the largest tree fruit in the world and can reach up to 80 pounds (35 kg) in weight. It has a subtle sweet and fruity flavor. It has been said to taste similar to a combination of fruits, including apples, pineapples, mangoes and bananas. The most commonly consumed part of jackfruit is the flesh, or fruit pods, which are edible both when ripe and unripe. Jackfruit can be used in sweet and savory dishes, including desserts and curries. The seeds are also safe to eat. Jackfruit is especially healthy as it provides a moderate amount of calories in addition to lots of fiber, vitamins, minerals and antioxidants.



TAMARIND FRUIT

Local name: Enkoge (Luganda)

Botanical name: Tamarindusindica

English name: Tamarind

Tamarind are categorized as both a legume and a fruit. Tamarind is indigenous to tropical Africa and here in Uganda we locally call it "Enkoge". The tree is mainly grown for its indehiscent, subcylindrical brown pod fruits.

The tamarind fruit is a staple ingredient in cuisines in Uganda. Used to make everything from candy to sauces and stir-fries. Tamarind is one of the few fruits that can be perfectly integrated into both sweet and savory dishes alike.

In addition to its many purported medicinal properties, tamarind fruit may also help boost heart health, encourage weight loss, relieve constipation, and fight off harmful bacteria and viruses.

It also contains an impressive array of nutrients and antioxidants, making it an excellent addition to a well-balanced diet.

Other uses of the pulp include traditional medicine and metal polish. The wood can be used for woodworking, and tamarind seed oil can be extracted from the seeds.

It is used in desserts, as a jam, blended into juices, or sweetened drinks, sorbets, ice creams and other snacks.

Historically, tamarind fruit has also been used medicinally to help with a range of conditions, including constipation, fever and peptic ulcers.

Tamarind Fruit Benefits

- High in Antioxidants
- Alleviates Inflammation
- Fights Bacteria and Viruses
- Loaded with Magnesium
- Improves Heart Health
- Promotes Weight Loss



GOOSEBERRIES

Local Name: Etuntunu (Luganda)

Gooseberries, known as "etuntunu" in Luganda, is considered a wild fruit, which many natives would come across in the bush especially children. However, with people getting to know the health benefits of this fruit, that made their growing lucrative, some few people have started growing them, though, still on a small scale for commercial purposes. Who would think of making money growing goose berries? Gooseberry is labeled as the "king of all fruit." The plant yields heavily and when ripe it is mostly consumed by picking the fruit, opening it and chewing. They contain abundant vitamin C, as well as

amino acid, fruit acid, citric acid, calcium, phosphorus, potassium and iron.

The price for the dry gooseberry fruit beats all the prices of all fruits such as pineapple, pawpaw, mango and apple bananas, however the biggest disadvantage is that the supply on the market is still low. They add value to the fruits by extracting juice out of the tiny fruits. The Juice from Goose berries can last up to two months. Others make jam from the fruit.



SOURSOP

Local name: Ekitaferi (Luganda)

Botanical name: Genus Annona

English name: Soursop fruit

Soursop is very low in calories. A 100g serving yields the following:

The soursop (*Annonamuricata*) is a delicious low, erect fruity tree. The soursop fruit has an inner cream colored, fragrant, juicy, and somewhat fibrous edible flesh. The fruit contains about 30-200 black to brown seeds. The tree is commonly known as “Ekitaferi” in Luganda, though it takes up a number of names basing on the region of consumption.

Soursop is a relatively rare fruit in Uganda and this makes its prices a little hyped compared to other fruits on the market.

Think of its flavor as a cross between strawberries, pineapple and a variety of intermingled citrus fruits, which make it a unique eating experience.

The pulp is also used to make fruit nectar, smoothies, fruit juice drinks, as well as candies, sorbets, and ice cream flavorings.

Nutritional Value of Soursop

Calories - 66g

Carbohydrates - 16g

Sugars - 13g

Fiber - 3g

Protein - 1g

Folic Acid - 14µg

Vitamin C - 20.6 mg

Magnesium- 21 mg

Potassium -270 mg



TREE TOMATO

Local name: Ekinyanya (Luganda), Ekidodoima (Rutooro), Ebitonganwa (Runyankole).

Botanical name: Cyphomandrabetaceae

English name: Tree tomato

Location: Central, Western

The tree tomato is a small tree or shrub bearing egg-shaped edible fruits. It is eaten as a fruit or snack and like tomatoes as a sauce it is also prepared as a juice

It is one of the very low-calories fruits. 100g of fresh fruit contains just 31 calories. They contain slightly more calories, fats and

proteins than tomatoes (100g tomato has 18 calories) Nevertheless, they have good amounts of health benefiting plant nutrients such as dietary fiber, minerals, antioxidants and vitamins.



AVOCADO

Local name: Ovakedo

Botanical name: Persea Americana

English name: Avocado

Location: Western, Central, Eastern

Avocados are oval-shaped and have a smooth, thin skin that is dark green in color with faint speckles throughout. Their flesh is pale yellow-green, and it is less oily than Hass avocados but equally as delicious, with a buttery and creamy texture. The central part in Bacon avocados is large, taking up a

substantial amount of flesh in the fruit, and it has a tendency to make the seed cavity mold, making the fruit highly perishable when ripe.

Avocados are second only to olives among fruits in oil content. However, the oil in avocados is known for being high in monounsaturated fatty acids, which are considered relatively healthy and may help to reduce blood cholesterol levels. Avocados are also a good source of dietary fiber, vitamin C, vitamin K and folate. When served with other fruits and vegetables, avocados have the ability to act as a nutrient absorption booster as they enable the body to absorb more fat-soluble nutrients.



PAWPAW

Botanical Name: Asimina triloba

Nutritional value: OZ Natural vitamin C

Socio-cultural value: Leaves can be used as soap.

Location: All regions

A pawpaw is the best food you've ever eaten, an obscure tropical fruit-tasting treasure. The fruit is extremely rich in Vitamin C has a wide range of health benefits making it a great fruit option to include in your diet. Here are some of the top health benefits of papaya.

Lowers cholesterol, helps in weight loss, boosts your immunity good for diabetics, great for your eyes, Improves digestion, Helps ease menstrual pain, Prevents signs of ageing.

MATUNGURU

Botanical Name: Afromomum stipitum

Nutritional value: Medicinal

Location: Western, Central

Matunguru are wild fruits widely consumed in Uganda. They are eaten raw for clear nectars. They are believed to cure many diseases including stomach ache.



A GLOSSARY OF COOKING TERMS

(NOT DEFINITIVE OR COMPLETE)

Al dente Refers to pasta and means, 'firm to the bite'.

Au gratin This is a term in America that is generally associated with cheese. In any case it is cooked food in some sort of sauce though not a stew and then sprinkled with either grated cheese or breadcrumbs. It is then usually browned under the grill prior to serving.

Bake blind To partially bake a pastry case in the oven minus any filling. This prevents the filling making the encasing soggy.

Bake Refers to cooking by dry heat in an oven

Basting Spooning the cooking juices at intervals during roasting of meats or poultry in order to retain their juiciness by moistening their surface. Bear in mind that roasting is a dry-heat process.

Barding This refers to the covering of certain cuts of meat, game or poultry that may

inherently be lean with pieces of bacon fat in order to keep the flesh moist while roasting.

Beat To mix something such as eggs vigorously with either a fork or a wire whisk.

Beurre manie An equal quantity of flour and butter that is kneaded together to form a paste. This mixture is then whisked into a sauce or casserole gradually at the end of the cooking time so as to thicken it.

Bind To use a small quantity of liquid to make the dry ingredients stick together in a firm manner

Blanch There are two references used in blanching using either boiling water or hot cooking oil. In the case of the former, one can refer to the blanching of tomatoes in boiling water for a couple of minutes and the removing them to hasten the removal of the skin. Otherwise one would refer to blanching French Fries in a two-stage frying operation. They are par fried or blanched for

two minutes and then removed and set aside for at least five minutes or longer and then finally fried for three minutes until golden.

Blend To mix together slowly

Boil To cook in a liquid.

Bonne femme Refers to poaching fish in butter, mushrooms, shallots, parsley, dry white wine and then served with a sauce veloute.

Bouquet garni A combination of fresh thyme, bay leaf and parsley tied in cheesecloth and placed in a stew such as coq au vin or Boeuf Bourguignonne.

Braise To stew meat or poultry gently over low heat.

Canapé A small starter come appetizer with a toast, bread or biscuit Base topped with a savory offering such as tuna fish, sardines, smoked salmon etc.

Cayenne Red crushed pepper

Cocotte A small ovenproof dish that can be used for baking and serving egg dishes, mousses and soufflés.

Cream To beat a mixture until it becomes the consistency of cream

Croutons Small toasted pieces of fried or toasted bread diced into squares

Dice To cut vegetables or meat into small cubes

D'oyley A fancy paper mat placed on a plate

Dough A basic mixture of flour that kneaded or rolled into whatever shape that is desired.

Double saucepan A cooking utensil consisting of two saucepans, one fitting inside the other. The bottom saucepan contains water that, while gently boiling, slowly steams food in the upper pan.

Dredging Sprinkling food such as fish with flour or breadcrumbs

Dressing A cold sauce with a base of olive oil, vinegar, mustard, salt, pepper, herbs et al that is generally served over salads.

Dripping The fat that drips from a roast of beef, game or poultry during roasting.

Dumplings A savory mixture, often comprising flour or potatoes, which is formed into balls and simmered in liquid. They are great served in soups or stews.

En Croute Poultry or meats that are encased and cooked in a pastry case.

Escalope A flattened and thin slice of veal, pork or even beef fillet that is coated in an egg and breadcrumb concoction and then pan-fried.

Fine herbes A mixture of chopped fresh herbs such as parsley, chives, tarragon, thyme et al.

Fillet 1 Can be fish fillet or beef, pork or lamb fillet. Very prime and always guaranteed to be tender.

Fillet 2 To fillet a fish is to debone and remove the skin and bones of a fish.

Flake To break and separate items such as cooked rice using your fingers or a fork.

Flambé Fried in a pan to which usually cognac is added and set alight much like the effect of a sizzling steak.

Fry To cook in oil or fat. Note that one talks of deep frying and pan-frying. The two are different and one is not a substitute for the other.

Garnish To decorate and generally enhance an entrée with fresh herbs or fruits whatever the chef desires in order to live up to the maxim; 'food must be pleasing to both the eye and the palette'

Gelatin A powder form that is made from the bone of animals that melts upon making contact with hot water and is often used in making chilled puddings such as mocha gelatin or lemon gelatin.

Giblets These are what we here in Uganda refer to as gizzards and liver

Glaze A glossy sheen that is brushed onto to breads such as bagels by brushing them with a beaten egg before baking.

Grate To shred cheese, carrots, onions et al using a grater

Gugelhupf Yeast cake that is baked in a fluted mould.

Hulling If you were making the classic 'Potage St. Germain Soup aka Green Pea Soup, the

recipe would call for X amount of the hulled peas then you would know that they are referring to the peas out of their pod.

Infusing Steeping ingredients such as tea in hot water with a view to extracting their flavor.

Joint Usually a prime or choice cut of meat for roasting or a Barbie.

Kebab Usually meat such as lamb that is skewered and then grilled.

Knead The process of pressing with the hands flour and water that ensures the even distribution of the fermenting yeast cells through the dough.

Larding The insertion of strips of pork fat into lean cuts of meat helps to make meat juicier and enhance the flavor during the cooking process.

Liquid corn flour To make a tablespoon of liquid corn flour, put ½ tablespoon of powdered corn flour into a ladle or a small cup and add a little water and stir vigorously to dissolve all the powder and then add at once.

Marinade This is a process that enhances the

tenderness and flavor of meats by generally soaking them in a mixture of oil, wine, vinegar and seasoning. Marinades are not just confined to meats and poultry or fish. For that matter they are some wonderful vegetable marinades that we shall discuss in the future. The other thing to remember is that there are also dry marinades.

Meringue A mixture of egg white and sugar that is either spooned on top of a pudding, or else piped into shapes and then baked in a very cool oven.

Moussaka A Mediterranean dish that contains meat can be a mixture of minced pork and lamb or just beef, eggplant, onions, garlic, with a white sauce and cheese on top.

Mousse Perhaps unbeknownst to many in Uganda and while many of you may be familiar with chocolate au mousse, besides sweet mousses, there are such savory mousses such as seafood mousse, cucumber mousse, avocado mousse, jellied chicken mousse and a plethora of others that are both challenging and worthwhile making and eating.

Paella A traditional Spanish dish that contains rice, saffron, chicken, shrimps, sausages,

clams et al. Usually cooked in a paellero in its absence you can get by very nicely with a generous casserole that has a lid.

Paprika Hungarian piri piri powder

Pare To remove the outer covering or skin of with a knife or similar instrument: pare apples. 2. To remove by or as if by cutting, clipping, or shaving; pared off the excess dough; pared fat from the budget.

Parboil To boil for only half the recommended time.

Pasta Made from flour and water and then formed in various shapes. Many believe that it was an invention from the Chinese. A distinct probability that I am not inclined to dispute.

Pate A savory meat, poultry or game meat usually done in a pasty encasing that is served cold.

Pipe To form a mixture that is placed in what is known as a piping bag fitted with a tube. These come in various sizes and shapes.

Piquant Usually ascribed to a sauce that has extra zest and brings out the best of bland and lackluster meats as well as leftovers.

Pith The white and bitter layer found beneath the skin of citrus fruits.

Poaching In the past people confined this wonderful moist-heat cooking mainly with eggs. Today poached fish is increasingly to be found on menus in some of the better dining establishments. The principle of poaching never deviates viz. the heat source must always be liquid that is constantly kept just below the boiling point.

Puree Food that has been churned through a food processor or a blender and then usually added to sauces.

Quick soak method Quick Soak. If you're used to soaking dried beans overnight before cooking, speed things up with the quick soaking method. About 2 1/2 to three hours before you want to eat, place your dried beans in a large pot. Cover the beans with water, place a lid on the pot and bring the water to boil.

Quiche An open face savory tart that is encrusted within a rich pie dough and has a filling ranging from onions, leeks, bacon, cheese et al. They are excellent served as hors d'oeuvres baked in tiny tarts no bigger

than the lining of a muffin pan. Always served lukewarm they make a hefty brunch.

Ragout A meat and vegetable stew

Ratatouille A vegetable entrée made from green pepper, aubergines, tomatoes, garlic, onions, courgettes et al.

Reduce This process is used when one wishes to intensify a flavor in a sauce, broth or a sauce that is evaporated over high heat.

Rice paper An edible paper that is used to line baking trays for a maracaron.

Roasted curry powder Roasting curry powder means frying it in a frying pan for a few minutes over low heat. This process will bring out all the wonderful aromatic flavors of the curry powder and negates the raw flavor of the curry powder if you simply add it without roasting.

Sauté Literally means in French 'to jump.' Usually thin strips of meat; poultry or vegetables are pan fried in an open pan that is kept in rapid motion over high heat.

Savarin A yeast cake baked in a ring mould and soaked in a sugar syrup flavored with a liqueur.

Scald To heat a liquid such as milk (must always be homogenized and pasteurized) to just under boiling point.

Score To make incisions into the surface of say a whole fish.

Seasoned flour A combination of salt, pepper, and dried herbs such as thyme, tarragon, basil that is mixed with in flour and then used to coat meat or fish or even vegetables just before (usually) frying.

Sifting Sometimes referred to as sieving this is merely passing foods through a sieve in order to remove lumps.

Singe To scorch over the surface of say a chicken with direct heat.

Simmering Cooking food in liquid that is kept just below the boiling point. Do not despair if you are using a sigiri or jiko, as soon as whatever your cooking has reached the boiling temperature then remove from the heat and heap some ashes over the heat and the temperature will quickly drop and be maintained at the desired temperature. BTW once water has reached the boiling point of 212 degrees Fahrenheit it will never go beyond that point. It is merely a waste of

precious gas, electricity or charcoal.

Skewer Metal or bamboo objects, or even small local broomsticks that are used to secure meats or chicken for a Barbie.

Sousing Preserving meat or poultry in brine or vinegar.

Spit A revolving metal skewer on to which meat or poultry or even game has been secured and cooked over direct heat. The spit may be motorized or else rotatated by hand.

Strudel Thin pieces of pasty that are filled with either a sweet or savory filling and then formed into rolls and baked in an oven.

Stuffing A stuffing for meats or poultry/game that can be in any form such as rice, bread, sausage, seafood, apple and prune, tangerine or pineapple et al.

Trussing Tying any type of poultry/game or a joint of meat into an orderly shape, all the more if they have been stuffed, before baking in an oven.

Whip To beat say egg whites to froth.

Whisk To beat in quick motion using a wire whisk.

Zest The outer skin of citrus fruits such as lemon, orange that is used to flavor food or cakes. aka the rind.

About PELUM Uganda

Since 1995, PELUM Uganda has been working to improve the livelihoods of smallholder farmers and the sustainability of rural communities through the fostering of ecological land use management. We share skills and knowledge about good practices and techniques through a broad network of like-minded organisations, undertake research and demonstration projects and advocate for policies that better support smallholder farmers. PELUM Uganda is part of a 12-country-strong association of civil society organisations in Eastern, Central and Southern Africa.

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