



Matooke

Matooke is a plantain stew, a delicious Ugandan national dish.

Ingredients:

8 Plantains (green bananas) (peeled and cut in pieces), lemon juice (1 lemon), 2 ½ tbsp. oil, 1 chopped onion, 1 chopped paprika, 2 chopped garlic cloves, 4 cloves, 1 tbsp. ground coriander, 1 teasp. chili pepper, 3 tomatoes, 2 cups water, salt and pepper.
1-pound beef.

Method:

- Peel the green bananas, cut them into cubes, sprinkle with lemon juice and set them aside.
- Heat oil in a large saucepan over medium heat. Add onion, tomatoes and paprika and fry it for 3 – 4 minutes.
- Add the garlic, chili pepper, cloves and coriander and fry it other 2 minutes.
- Add the beef and continue frying and stirring and spice it up.
- Add water to cover the meet.
- Cover the pan and let it simmer on low heat for 20 minutes.
- Stir in the plantains and simmer for other 40 minutes until the beef is done and the bananas are soft.

Instead of beef, you can use the meat of a goat, lamb or chicken.

Often is used in **Matooke dried smoked fish**, like catfish.

- let the fish soak until done.
- debone and flake the fish.
- Stir the fish with the beef and tomatoes through the stew.

Plantain bananas are often wrapped in plantain leaves and steamed until soft.

Vegetarian: Matooke is also very delicious without meat.

- 8 bananas peeled and cubed, 1 onion, 3 tomatoes.
- Add 1/2 cup peanut butter or crashed peanuts to the stew and simmer 4 minutes at low high fire.
- Add 1/2 cup coconut milk, 1/2 tsp. of turmeric.

Enjoy your meal!

In my book Pippa and Paul, stories for the little world citizens I have a wonderful story about the beautiful vacation in Uganda.

[Pippa and Paul: stories for the little world citizens: Oosterbeek-Airoidi, Romana: Amazon.nl](https://www.amazon.nl/dp/B08HHBSNDN/ref=cm_sw_r_wa_apr_l0twFb7ZMJK8Y)

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also available as an e-book

