MEET THE CHEF
KAMWENUBUSA JEAN CLAUDE

Born in 1972 in Burundi, Chef Kamwenubusa Jean Claude has five children and is self educated. He studied at Lycee of Kinama, the north of the economic capital, before he embarked on his love for the culinary arts.

Since 1994, the Chef undertook professional African kitchens in collaboration with André Maron, Chef at Milles Collines Hotel in 1996.

In 2006, he was at Top Hill residence as master cooker. He worked with the Office of the President in 2012. Currently, Jean Claude is Chef at the 4-star Best Outlook Hotel.

According to him, a good dish well done with local and natural products is the perfect example of the rich Burundi gastronomy and legendary hospitality.

BURUNDI GASTRONOMY MUSTS

- Cow Butter
- Onion
- Crushed Pepper
- Parsley
- Garlic
DO IT YOURSELF!
MUKEKE PAN-FRIED WITH GARLIC

Originally from Lake Tanganyika, the legendary mukeke is widely consumed in Bujumbura, the major city of the country. The traditional receipt is prepared without palm oil but with local cow butter with natural ingredients.

INGREDIENTS

- 1 whole mukeke fish
- 2 onions chopped
- ¼ cow butter
- 2 g parsley
- 2 g garlic
- Pepper crushed
- 6 cup flour
- Salt
- 3 lemons

STEP BY STEP

1. Put the pan on the cook, add the cow butter, cook for 10 to 15 minutes.
2. Put the fish and let cook for 10 minutes. Remove the fish once golden.
3. Put the onion chopped in the cow butter; add garlic, parsley, crushed pepper, little water and salt.
4. Marinate the mukeke with the grill.
5. Cook the mixture on low heat for 10 minutes and pour into ramekins.
6. To serve, prepare the plate, put the mukeke and sprinkle with the menière sauce to add the flavour.