



UGANDA



MEET THE CHEF

IVAN KALULE

Chef Ivan Kalule is a professional vocational teacher, nutritionist and chef instructor at the Uganda Hotel and Tourism Training Institute in Jinja, Uganda.

He started professional cookery 16 years ago. He loves cooking Ugandan traditional food for being healthy and a people's choice. Uganda is gifted with a diverse culture making a variety of traditional foods a trending cultural gastronomy tourism.

UGANDA GASTRONOMY MUSTS



MATOOKE
(Steamed banana)



MUKALO GWE NYAMA
(Roasted meat)



NAKATI
(Greens)



KALO
(Millet bread)



KIPOLI/ODI
(Roasted nut butter)





DO IT YOURSELF!

NYAMA ENJOKYE MU KIPOLI NA KALO

Local dish from the Teso-Land.

INGREDIENTS

- 400 g meat
- 200 g roasted nut butter
- 1 onion
- 1 tablespoon salt
- 1 tomato
- 150 g millet flour
- 200 g cassava flour
- Water (just enough)

STEP BY STEP

- 1 Roast beef on moderate heat covered with banana peelings until brown and dry.
- 2 Cut beef with all vegetables and boil in a thick bottom pan until ready.
- 3 Mix in the peanut butter and cook for 25 minutes on low heat.
- 4 Add salt to taste.
- 5 Boil water and mingle *kalo*.
- 6 Serve hot with a bowl of steamed spinach.