



## Recipes from Uganda

# LUWOMBO

**Luwombo** is a traditional **Ugandan** stew said to be first created in the late 1800s by the head royal chef in the Buganda kingdom. This intricate dish, rich in flavour, is steamed in banana leaves, making it a highlight of celebrations for generations.



SERVINGS: 6

PREP TIME: 10 MINS

COOK TIME: 2 HRS 35 MINS

## INGREDIENTS

### Stew:

- 2 tbsp cooking oil
- 2 white onions, finely chopped
- 3 garlic cloves, minced
- 2 tsp ginger, minced
- 1kg chicken, beef or goat
- 3 tomatoes, chopped
- 2 carrots, chopped
- 1 green pepper, chopped
- 1 tsp smoked paprika
- Salt and pepper, to taste
- 1 cup chicken or beef broth
- 1 tsp ground peanuts / peanut butter

### Wrapping:

- 4-6 large banana leaves (fresh if possible, but dried works)
- String (for tying)

## INSTRUCTIONS

1. If using fresh banana leaves, pass them over an open flame for a few seconds until soft and flexible. If using dried banana leaves, soak them in warm water until pliable.
2. Heat oil in a pan over medium heat. Add onions and cook until golden brown.
3. Add garlic and ginger, and stir.
4. Toss in the meat, browning it on all sides.
5. Add tomatoes, carrots, green pepper, paprika, salt and pepper. Stir well and cook for 5 minutes.
6. Pour in the broth and ground peanuts / peanut butter, then reduce heat and simmer for 10-15 minutes. The stew should be thick and aromatic.
7. Lay out a banana leaf and place a generous scoop of the stew in the centre.
8. Fold the edges neatly and secure with string.
9. Repeat 7-8 until all the stew is wrapped.
10. Place a steaming rack or banana leaf layer at the bottom of a large pot.
11. Arrange the parcels inside and add enough water to steam (without touching the parcels).
12. Cover the pot and steam for 1.5-2 hours on medium heat.
13. Carefully remove the parcels and unwrap them at the table for theatricality.
14. Serve with steamed matoke (plantain), rice or posho.

*Note: For the truest taste of Ugandan tradition, enjoy this meal with your hands.*