

EAST AFRICAN CHAPATI

prep time: 60 mins | cook time: 20 mins | total time: 1 hour 20 minutes



WHAT YOU'LL NEED

- 3 cups all purpose flour
- 3 tbsp of oil
- 1 tsp of salt
- 1 ¼ cups of water

INSTRUCTIONS

1. In a large bowl, combine flour, salt, and oil and mix thoroughly. Add water a little at a time to form a sticky dough.
2. Knead dough on a floured surface for 10-15 mins until it becomes smooth/elastic.
3. Place in a bowl. Cover and let rise in a warm place for about 20 to 30 minutes.
4. On a floured surface; divide dough into 8 equal parts and roll each into a circle.

You can cook the chapatis now (steps 7-9). However, if you want a flaky and well-layered chapati, move onto the steps below:

5. Lightly brush the flat chapati with oil and roll it as you would roll a mat. Cover with a damp towel and leave for 10-15 mins.
6. Flour your work surface again and start rolling out each of the coiled dough to about 1/8th thickness (the dough will eventually shrink up to about 1/2 inch thickness).
7. Heat a non-stick pan or skillet. Add the chapati and leave it to cook for few seconds before brushing the surface of the chapati with a very thin layer of oil.
8. Once you see bubbles rise on top, flip it and brush with another thin layer of oil.
9. Continue to flip until desired brownness. Serve warm and enjoy with your favorite side.

so what is chapati?

Chapati is a soft, flatbread similar to a tortilla and is a main staple food in many East African countries, including Uganda.

UGANDAN MATOKE

prep time: 20 mins | cook time: 60 mins | total time: 1 hour 20 minutes



WHAT YOU'LL NEED

- 6 to 8 plantains, peeled & diced
- 1 lemon, juice only
- 2-3 tbsp oil
- 1 onion, chopped
- 1 bell pepper, chopped
- 1 tbsp garlic, minced
- 3 or 4 chile peppers, chopped
- 1 tbsp coriander
- 1 lb stewing beef (optional), cubed
- 2 cups tomatoes, seeded & chopped
- 2 cups water or beef stock
- Salt -- to season

INSTRUCTIONS

1. Toss the plantains with the lemon juice and set aside.
2. Heat the oil in a large pot over medium-high flame. Add the onions and bell pepper and saute until the onion is cooked through and translucent, about 3 or 4 minutes. Add the garlic, chile peppers and coriander and saute for another minute.
3. Stir in the beef and tomatoes and cook for another 2 or 3 minutes.
4. Add the beef stock or water and season with salt. Bring to a boil, then reduce heat to medium-low, cover and simmer for about 20 minutes.
5. Stir in the plantains and simmer for another 30 to 40 minutes, or until the beef is tender and the plantains have softened. Adjust seasoning and serve hot.



so what is matoke?

Plantains and green bananas (matoke) are a staple of the diet in Uganda. Matoke is also the name given to a delicious, rib-sticking plantain stew that is a Ugandan national dish.