

FUNDRAISING

ACT4AFRICA'S DINNER

PARTY

DISCOVER THE VIBRANCY AND RICHNESS OF
UGANDAN FOOD



EXIIXE

Take your friends and family on a culinary adventure around Uganda - invite them for an evening of tasty home-cooked East African food, fun.

And fundraising: ask your guests to donate what they would normally spend on eating out to Act4Africa.

If you're feeling ambitious, how about creating your own version of African inspired Come Dine With Me? A bit of competition is always good fun.

Amongst your friends you can all take turns to rustle up your finest dishes, then rate each other's meals and compete for the title of 'host with the most'.

Have we captured your interest and made you a bit peckish? We are quite sure that we did; please read along and discover a variety of delicious Ugandan dishes that will help you start planning your dinner party - we are sure they will impress your guests and leave them craving for more.



INGREDIENTS

- 2 pounds chicken, pork or beef (cut into serving-sized pieces)
- 1 cup unsalted peanuts, finely ground
- 2 onions, halved, and then sliced crosswise
- 1 cup sliced mushrooms
- 4 tomatoes, chopped
- 1 chicken stock cube
- Salt and black pepper, to taste
- Banana leaves (parchment or tinfoil will work)
- 1 smoked fish (optional)
- 3 plantains, peeled and cut into 1" chunks



CHICKEN LUWOMBO



DIRECTIONS

- Brown the meat in an oiled frying pan, do this in batches so as not to crown the pan, then remove and set aside.
- Add a couple of tablespoons of oil to the same pan then add the onion slices and saute for 10 to 15 minutes to lightly caramelize them, then add the mushrooms and cook for 5 more minutes. Next add the tomatoes, chicken stock cube, salt, pepper, peanuts and the (optional) smoked fish. If necessary add a little water to form a smooth sauce. Cook to heat through and thicken up just a bit.
- Plunge the banana leaves in boiling water to soften them, remove the mid-rib and cut the ends off the leaves to form rectangles. If you buy packed banana leaves, most brands (like Goya) have already removed the mid rib for you. Place a portion of meat and some of the tomato-onion sauce (and smoked meat or fish, if desired) in the center of a leaf. Then add two or three chunks of peeled plantain.
- Fold the leaf from the sides then wrap from the ends to make at least a double layer. Tie into a package with oven-proof string then repeat until all the mixture is used up.
- Place a wire rack or trivet in the bottom of a large casserole dish then add water to the bottom of the trivet. Place the meat packages on top of the trivet and cover the dish. Bring to a boil and steam the packets for an hour.
- Remove the packets from the pot and serve.

CHAPATI AND BEANS

INSTRUCTIONS:

- Place pan on high heat. Add the oil and onions. Let the onions fry till translucent.
- Add the tomatoes. Let them cook till tender. Keep stirring to avoid burning.
- Add the beans, salt and pepper and keep stirring.
- Next add the bean stock and let it boil.
- Once it has boiled, reduce the heat and let the stew simmer till the water is reduced to half and has thickened well.
- Remove from heat and serve with delicious chapati. (See next page for chapati recipe)



LET'S
COOK



INGREDIENTS:

- 2 Cups Beans, boiled and drained
- 2 Cups Bean stock (the water used to boil them)
- 2 Large tomatoes, diced
- 1 Large onion diced
- 1 Clove of garlic, crushed
- Salt and pepper
- Palm oil (the orange kind)

UGANDAN ROLEX

INGREDIENTS

- 2 chapati
- 4 large eggs
- ¼ cup tomato finely chopped
- ¼ cup onion finely chopped
- ¼ cup cabbage finely chopped
- 2 tbsp coriander/cilantro chopped
- ½ tsp black pepper powder
- ½ tsp salt
- 2 tbsp oil

DIRECTIONS

- Heat a frying pan over medium heat.
- Crack two eggs in a bowl or jug.
- Add half amount of the chopped tomato, onion, cabbage and coriander.
- Add half amount salt and pepper.
- Whisk the egg mixture.
- Add 1 tbsp oil in the frying pan.
- Pour the egg mixture.
- Allow it to cook for 2-3 minutes.
- When the top is just a little wet, place the chapati over it.
- Flip the omelette and chapati over. This way the chapati is at the bottom.
- Allow the chapati to become warm for 1-2 minutes.
- Roll the chapati and omelette.
- Wrap in a foil or parchment paper and serve immediately.
- Repeat the above steps for the second Ugandan Rolex.



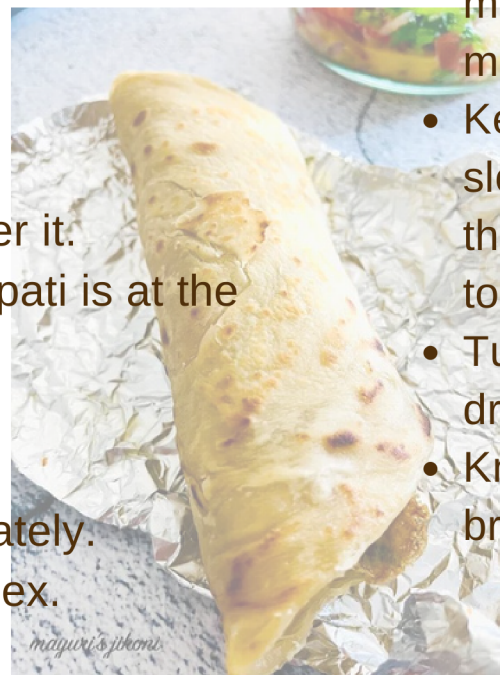
CHAPATI

INGREDIENTS

- Soft Ugandan Chapatis
- 1 kg self-raising flour
 - 1 tbsp salt
 - 2 tbsp cooking oil
 - 1¾ cups cool water

DIRECTIONS

- Add the flour in a large saucepan
- Add the salt and cooking oil to the flour
- Wash your hands and dry thoroughly
- Mix the dry flour to distribute the salt well
- Start adding water in the middle of the flour and mix quickly
- Keep adding the water slowly as you mix until the dough comes together
- Turn it out onto a clean dry work surface
- Knead into a soft easily breakable dough



KIKALAYI (FRIED PORK)

Kikalayi Pork is a traditional Ugandan cuisine made with mixture of juicy pork and colorful vegetables. This stew can be enjoyed as a main dish at home or added to your seasonal potluck!

INGREDIENTS

- 2lbs of pork
- Salt & pepper
- 4 big tomatoes, finely chopped
- 2 big onions, finely chopped
- 2 carrots, grated
- ½ of a small cabbage
- 2 cloves of garlic, finely chopped
- 1 green pepper, finely chopped
- 2 Irish potatoes, chopped (optional)

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METHOD

- Separate the pork skin/fat from the pork meat, and cut the pieces of pork skin/fat into small pieces.
- Cut the meat pieces into bite size pieces with a sharp knife.
- In a small bowl, make a paste with the black pepper, salt and crushed garlic. Rub the paste on the pork meat and let it rest for 1 to 2 hours, preferably in the fridge.
- In a saucepan or cooking pot, put all pieces of pork skin/fat and cook it over moderate heat. The pork skin will start to produce oil, keep turning it to avoid it from burning. The pork skin/fat will start changing colour from white to brown as it produces more oil. Cook the pork skin in its oil until it becomes brown and crunchy. This method removes extra fat from the pork skin and leaves it crunchy. This process will take at least 30 minutes.
- Pour the natural pork oil that has been generated by the pork skin/fat out into a bowl and place the cooking pot back over the heat. Let the pork skin/fat produce new oil for 1 to 2 minutes and then add the rest of the meat to the skin in the cooking pot. Cook the skin and pork meat together, and continue to stir it to avoid burning.
- The pork meat will also start browning, turn it on all sides to ensure that all the sides have browned.
- Add chopped onions, carrots, green pepper, garlic respectively, cook this mixture for 1-2 minutes until they have become tender, then add the tomatoes to the mixture and cook them until soft and they make a sauce, then add the cabbage, salt, a pinch of black paper and curry powder to taste.
- Add three cups of water to make the stew soup. Then add in the chopped Irish potatoes to the soup. Cover the cooking pot and bring the stew to a boil. Let the pork boil on moderate heat for close to one hour as you monitor the soup. Let the soup reduce to a level of 1 cup to half a cup, the pork stew is now ready to be served. Enjoy!



KATOGO MIX

INGREDIENTS

- 5 – 7 peeled green bananas (Matooke)
- ½ lb offal
- 3 medium sized tomatoes, chopped
- 1 onion, chopped
- 2 green bell peppers, chopped
- Salt
- 1 tsp curry powder
- 2 cups water
- Cooking oil



DIRECTIONS

- Peel the bananas, remove stalks from the aubergines and slice in half. Place aubergines and banana in a large pot and add enough water to cover. Bring the water to a boil then simmer with lid on for 15 minutes
- While that is simmering away roughly chop the tomatoes and finely chop the onions. Add tomatoes, onions and stock to the pot and continue to simmer for another 15 minutes. Try not to stir the dish too much as this will break up the bananas and aubergines.
- Add salt then leave to simmer for another 5 minutes. When the banana is soft and a knife easily passes through you know the dish is ready.
- Take off the heat and serve immediately with drizzle of olive oil over the top and sliced avocados on the side.

VEGETARIAN OPTIONS



UGANDAN ROLEX

(VEGAN)



INGREDIENTS

- 1 cup of chapati flour (or all-purpose flour for vegan option)
- 1/2 cup of water
- 2 tablespoons of vegetable oil
- 1 onion, finely chopped
- 1 tomato, finely chopped
- 1/2 cup of shredded cabbage
- 1/2 cup of shredded carrots
- Salt and pepper to taste
- Optional: avocado slices

DIRECTIONS

- To make the batter, put the gram flour in a large bowl, add the turmeric and salt, whisk to mix, then slowly add the fizzy water, whisking as you go. Put to one side while you very finely shred the cabbage and chop the tomato, onion, chillies and coriander. Throw them all into the batter and stir to combine.
- Put a teaspoon of oil in a nonstick pan roughly the same size as your chapatis and heat until very hot. When very hot, ladle in a sixth of the batter and swirl it around the pan quickly, so it covers the whole surface. Leave to cook for about two and a half minutes, until the bottom is golden brown, then flip and cook for another minute and a half on the other side. Lay a chapati on top of the pancake to warm up, then flip out on to a plate (so the chapati is now on the bottom) and repeat with the remaining oil, batter and chapatis – the pan will be very hot, so you may need to reduce the cooking time for the other pancakes.
- To serve, drizzle over your choice of condiment – I like a combination of sriracha and mayo with some fresh coriander – roll up tight and eat.

POSHO AND BEANS

INGREDIENTS

For the beans:

- Water
- 400 grams dried 'common' beans
- 1 large onion
- 1 large tomato
- 1 teaspoon curry powder
- ½ teaspoon dried ginger
- ½ teaspoon cumin powder

For the posho:

- 1.2 litres water
- 1kg maize flour



METHOD

For the beans:

- Place the beans in a pan and cover with cold water, leave to soak overnight or for at least six hours.
- Drain the beans, then add just enough clean water to cover the beans. Put the beans on a hob and leave to boil for 1 and ½ hours.
- Whilst the beans are cooking, chop your tomato and onion. Once beans are done remove from the hob and leave to one side
- In a new saucepan add a good glug of oil. Add the onions and cook on high heat until beginning to brown. Next add the tomatoes and spices and continue to cook for two minutes
- Add the entire contents of the bean saucepan to the onions and tomatoes and stir everything together. Check the seasoning. Let the mixture cook for 10 minutes on a lower heat. Keep stirring to make sure the beans don't stick.

For the posho:

- Heat the water in a pan until it's just beginning to boil. Gradually pour in the maize, 'mingling' (mixing) all the time.
- Keep stirring the mixture, adding more maize flour in until the mixture is thicker than mashed potato. It will be hard work to mingle the mixture but keep going! Squash lumps that form with the back of your wooden spoon to ensure an even mixture at the end.
- Cook for 5 minutes, whilst still stirring.
- Serve immediately.





Act4Africa Uganda is an award-winning NGO, working with long-standing partners and registered charity Act4Africa UK. We aim to reduce poverty and transform communities through our health, education, agriculture and livelihood programmes. Reducing gender inequality is central to our work. In our experience, it provides the most fundamental obstacle to eradicating poverty.

INTERESTED TO FUNDRAISE FOR US CONTACT US

fundraising@act4africa.org.uk

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