Sides / Uganda

# Matoke

Green bananas steamed in banana leaves and mashed to a purée. The staple of the Buganda table.

**Time** 110 min **Servings** 5

## What you'll need.

- ☐ 12 piece Green matoke bananas
- ☐ 6 piece Banana leaves
- ☐ 1 piece Onion
- ☐ 2 piece Tomatoes
- ☐ 100 g Peanut paste — for the sauce
- ☐ 40 ml Vegetable oil
- ☐ Salt — to taste

## Let's make it.

01 Peel the bananas with oiled hands; their sap stains the skin black.

02 Pass the banana leaves over a flame for ten seconds so they turn pliable.

03 Line the bottom of the pot with the leaf ribs; they keep the parcel off the water.

04 Wrap the bananas in the leaves into a tight parcel and set it on that platform.

05 Add water two fingers deep, cover and steam for an hour and twenty, topping up with boiling water.

06 Without unwrapping, press the parcel through the leaves into an even purée and return it to the steam for ten minutes.

07 Serve with peanut sauce or stewed beef, straight onto the leaf.

**Recipe & provenance** UniTools / UniTools — theunitools.com / CC BY-SA 4.0.
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