

## Luwombo – 'Royal' Christmas dish

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Luwombo is a traditional Ugandan recipe for a classic dish of fried chicken with mushrooms and onions, steamed in banana leaves and served with mashed plantains.

Luwombo is a 'royal' dish from Uganda which is traditionally served at Christmas. It is often said that Luwombo dates to 1887 when, during the reign of Kabaka Mwanga, the dish was introduced by his chief cook, Kawunta.



### Ingredients:

- 1 kg beef, chicken or pork (or any combination) cut into serving-sized pieces
- 800g peanut butter (optional)
- 2 onions, chopped and one garlic clove (optional)
- 4 tomatoes, chopped
- 1 chicken stock cube
- Salt and black pepper, to taste
- Banana leaves, or large dock leaves, or greaseproof paper
- 400g mushrooms, cleaned
- 1 smoked fish
- 4 plantains (buy in an Afro-Caribbean market or shop)

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### Preparation of Uganda Luwombo recipe:

1. Cook the meat in an oiled frying pan until browned but not cooked, then remove and set aside.
2. Heat a teaspoon of oil in a saucepan, then add the onion and cook for a minute before adding the tomatoes, chicken stock, salt, pepper, peanut butter (optional) and the flesh from the smoked fish. If necessary add a little water to form a smooth sauce. Cook to heat through.
3. Plunge the banana leaves (or docks) in boiling water to soften them. Remove the mid-rib and cut the ends off the leaves to form rectangles. Place a portion of meat and some of the tomato-onion sauce (and mushrooms and smoked meat or fish, if desired) in the centre of a leaf/leaves.
4. Fold the leaf/leaves 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.
5. 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 at least an hour. Add the plantains to the pot as well.
6. Remove the plantains from the pot and mash with a fork. Top with the meat and sauce from the banana leaves and serve.

Luwombo can also be served with chapatis.

We hope you enjoy this recipe – please send us any pictures of the finished result!

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