

Name: Dr. Jane Kavuma-Kayonga

Specialty: Maternal Health

Country: Uganda



Name of dish	OLUWOMBO - Chicken or beef cooked in the banana leaf bag	
Ingredients	Ingredients	Quantity
	Fresh whole chicken	One medium sized
	or	
	Fresh tender beef	0.5kg
	Onions	3 medium sized
	Spring onions	2
	Green peppers	3 medium sized
	Tomatoes	3 large
	Fresh coriander	1 table spoon chopped
	Salt	2 teaspoons
	Curry powder	2 teaspoons
Banana leaves	4	
Directions	1. Hold two banana leaves over an open/charcoal fire to make them soft and water-proof. Fold the smaller one into the bigger one and place them into a basket. This is for the banana leaf bag. 2. Place the whole chicken on a rack over the open/charcoal fire and roast until golden brown. Cut the chicken into pieces and place them onto the prepared banana leaves. 3. Chop all the vegetables and add them to the chicken. The tomatoes must be finely chopped or blended. Add salt and curry powder and tie the ends of the leaves tightly together with a piece of	

	<p>banana fiber making a pouch as shown in the picture above.</p> <p>4. Place pouch into a pot of water and cover with a layer of banana leaves. Steam for one hour.</p> <p>5. Serve the chewy delicious chicken/beef with mashed bananas or boiled rice.</p>	
Other relevant information	<p>This is a traditional dish from the Central Region of Uganda. Originally, it was served exclusively to Kings and Princes but now, it is enjoyed by all. The unique taste and meticulous preparation of OLUWOMBO gives it a pride of place on special occasions like weddings and thanksgiving ceremonies. Dried fish, mushrooms or peanut paste can be used as a substitute to chicken or beef in this dish.</p> <p>It is a healthy way of cooking beef or chicken because the meat is gently cooked by steaming, retaining its moisture and flavor.</p>	