

Coconut Pilau Rice with Beef Ssupu *with Ree Peric*

This dish serves up to 6 people and is best served with a cold soda, juice or beer.

This dish is popular in restaurants around Kampala and is usually eaten by locals that are on a lunch break, locals coming around for dinner and these dishes are very popular around bars and happy hour. The price of the meal ranges from \$3.70 AUD (10,000 UGX) - \$5.50 AUD (15,000 UGX), very popular and more affordable for local Ugandans.

Ingredients:

Rice:

- Water
- White long grain rice (basmati)
- 1 cup chicken stock
- 1 cup Coconut milk
- Can of black beans
- 1 tbsp curry powder
- 1 tsp ginger
- 1 tsp turmeric
- ½ tsp pepper

Bbuga:

- 2 bunches of Bbuga/Doodo (Collard greens)
- 1 large onion
- ½ tsp salt

Wet fry:

- 2 large Tomatoes
- 1 large onion
- 1 tbsp vegeta
- 2 medium carrots
- 1 chili (or more if desired)
- 1 tbsp garlic
- 1 tbsp sweet paprika
- 1 tbsp curry powder
- ½ tsp pepper
- 1 tsp ginger
- 2 tbsp lemon juice
- 3 – 4 large potatoes
- 1 green pepper (capsicum)
- 3 large plantain bananas (green bananas)
- 1 cup Beef stock
- 1kg of beef steak, diced

Method:

1. Bring 1 cup of water to a boil in a medium sized pot and add in 2 – 3 cups of rice. Add 1 can of black beans, 1 cup chicken stock, 1 cup coconut milk, 1 tbsp curry powder, 1 tbsp turmeric, 1 tsp pepper, 1 tsp ginger and mix thoroughly then cover.
2. Cut tomatoes and onion into small pieces and place aside, then cut carrots into bite size pieces and place into a separate bowl. Mix carrots in the separate bowl with garlic, vegeta, pepper, paprika, curry powder, ginger and lemon juice and set aside, allowing spices to melt in the acid.
3. In large pan, heat oil, then put in tomatoes, onions and carrot mix and keep on a low flame while covered. Add water and allow these ingredients need to become a soft mash to prepare for soup. Once it has developed a soggy texture, add 1 cup of beef stock, 3 – 4 large potatoes, green pepper and diced beef steaks (with some fatty bits to hold salt and taste). Cover pot and cook on medium heat.
4. Begin cutting up other onion into small, diced pieces and cut greens (Bbuga) into smaller chunks. Put both into a steamer (or colander above water) with a pinch of salt and steam on medium heat.
5. Next, peel 3 green bananas and cut each into 4 segments, place into boiling pot of water and boil until soft.
6. Strain bananas and put into wet fry mix and allow to cook on low heat for 10 mins.