



SOMBÉ NA KUKU

(CASSAVA LEAVES WITH CHICKEN)

RECIPE by Ivete Muhimpundu

INGREDIENTS

- Cassava leaves
- Chicken
- Vegeta
- 2 Cray fish Maggi cubes
- Salt
- Nutmeg
- 1 Onion
- Peanut Butter
- Palm Oil
- Curry Powder



WHERE TO FIND THE INGREDIENTS

Most of the ingredients like vegeta, nutmeg, salt, curry powder and onion can be found at the local grovery store. The cray fish Maggi, palm oil and peanut butter can be found at the Macintosh street African shop near Dominos, in Shepparton.



THE PROCESS

- Defrost your cassava leaves in hot water and the chicken as well, if it is frozen
- Start cutting your onion and getting your seasonings ready



This is how your onions should be cut

- After you are done with the preparations, put the cassava leaves and the chicken in a pot with all the seasonings. Don't put the palm oil and peanut butter just yet.



Pot with all the seasonings

- After you've done that put water and let it cook.
Cooking *sombé* takes about an hour or two, so be patient.



After an hour or two, your sombé should look like how it looks in this picture.

Make sure you taste to see if the sombé is seasoned properly; if not add another Maggi cube and stir it in.



In this picture, you see I've added the peanut butter and palm oil.

Stir the sombé to combine the peanut butter and palm oil.

Then let it cook till the oil rises to the top: that is when you know it is done and ready to eat.

THE SOMBÉ THAT I MADE



You can best enjoy sombé with white rice or ugali.



This is ugali and if you choose to eat your sombé with ugali, you have to eat with your hands.

Pinch a sizeable lump with your fingers and mush it with the same fingers to make a round shape.

Then form an indentation into the round shape with your thumb, use this to scoop up the sombé.



I chose to share this recipe because it's my favourite dish and it's also rich in flavour. It's very unique and it reminds me of being back in Tanzania.

This what cassava leaves look like before it's blended.

This is how the sombé is blended in Africa.

My mother would blend it with her hands, pounding till it was smooth.

Here in Australia, you can easily blend it using a blender. But I believe the whole process of using your hands to pound the leaves is what makes the dish even more precious and more enjoyable, because it's not easy.

