

TRADITIONAL CHAPATTI AND BEAN STEW FROM UGANDA

Courtesy of Lela Burbridge www.lelaburbridge.com

This is a lovely, simple yet delicious and very authentic Ugandan meal. It is vegetarian, but can easily be accompanied by meat of your choice – grilled is perfect!

Ingredients – serves 2 to 4

For the chapati

- 2 cups (450gr) plain flour
- 1 cup (240ml) warm water
- 1 tsp salt
- ½ onion, diced finely
- 5 tbsp of Clarified butter or vegetable oil

For the bean stew

- 5 fresh tomatoes (or 1 can of tinned tomatoes)
- 250 gr dried mung beans or red kidney beans, soaked overnight (or 1 can of tinned beans)
- 1 1/2 onion, chopped
- 1 red pepper, chopped
- 3 leeks, chopped
- 3 garlic cloves
- 2 vegetable stock cubes, crumbled
- 4 tbsp of oil
- 2 pinches of salt



Instructions

Making the chapatti

1. In a large bowl add flour, salt and water.
2. Using a garlic press, mince the diced onion into the mix, then start kneading the dough.
3. Place dough on a heavily floured board and knead for about 8-14 minutes, until soft and still a bit sticky. Continue to flour dough as needed to facilitate kneading. Be careful not to over do it. The dough should be soft, elastic and smooth.
4. Divide the dough into 6 or 8 pieces according to preference and let it rest. The resting of the dough helps to relax the gluten and make it not only easier to work with but also produces tender chapati.
5. Using a rolling pin roll out the dough into a circle. They do not have to be perfect circles.
6. Put a frying pan on medium heat, so that you can start frying while still rolling out more chapatti.
7. Begin rolling out the dough from the centre working outwards.
8. Rotate the dough out each time you roll it. This makes it easier to achieve the circular shape. Make sure they are not rolled out to thinly. Chapatis are not meant to be thin, 1/4 inch dough thickness is good.

9. Oil the hot pan. Then place dough on the pan.
10. Brush oil onto the other side of the dough making sure you oil the edges too.
11. Cook for about 2-3 minutes rotating as needed until golden brown. Repeat for each chapati until they are all done.
12. Keep the chapatti soft until you are ready to eat, by layering between two sheets of aluminium foil.

Cooking the bean stew

1. If using dried beans, soak them overnight.
2. Rinse the beans and cook with a little water in a separate pan. If using a pressure cooker, they will take around 5 minutes. Do not strain the cooking water, as you will be using this.
3. In another separate pan, boil the tomatoes briefly, until tender, drain off the water. Remove skin if preferred. Use a potato masher to break them down.
4. Chop the onions and red pepper quite finely.
5. Put the oil into a hot pan, add the onions and fry until they start to soften, then add the red pepper and fry until both are a nice golden colour. Add 2 pinches of salt.
6. Then add the chopped leeks. Cover the saucepan to keep moisture while cooking.
7. When the leeks are cooked, but still has a bite, add in the mashed tomatoes and stir.
8. Next add in the cooked beans, stir, and add in the bean cooking liquid (this carries a lot of flavour). See Lela's video for the consistency you are looking for, and just add some of the water if you have more cooking liquid than she does.
9. Crumble in the two vegetable stock cubes. This is for added flavour.
10. Cook for 5 minutes covered.
11. Finally, add the 3 cloves of garlic using a garlic press. Sitr and remove from heat. Let this sit under lid for 5 minutes before serving.

As Lela says with love in her video "It smells like Uganda!"

Serve both chapati and beans together.

Serving Suggestion: If you love your meat, simply add some delicious grilled meat of your choice!

Join Lela as she prepares this lovely meal in her kitchen by following this link

https://youtu.be/laownc0_haY

