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## EFFUMBILO LYA CONNECT LIGUDDEWO

Posted by omumbejja - 2007/09/05 01:29

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### KATUSOKERE KU KABALAGALA

BYOJJA OKWETAAGA:

4 big banana or 8small one

,2cups all purpose flour

1/4 teaspoon of baking powder (to make it soft)

,1 cup cornmeal,(in case you don't have cassava flour)

rolling pin (or a bottle)

1/2cup sugar in( case you use other kind of bananas

not from home like ndiizi or kisubi)

2cups cooking oil for cooking.

First mix all the dry ingredients , mash the bananas separate, then add in the dry mix

.Knead to make a stiff dough that is smooth and elastic moisten your fingers with oil so the dough doesn't stick to your fingers

.divide the dough into 2 balls then start opening one, using a rolling pin or a(bottle) use a cookie cutter or(a glass)

cut the dough into round pan cake, cook oil on medium setting , throw in a crumb if it comes up the oil is ready put kabalagala in and let it brown then turn it, once its done put it on the paper towel to soak all the oil . makes 30 mbulugunya ENJOY.....

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## Re:EFFUMBILO LYA CONNECT LIGUDDEWO

Posted by omumbejja - 2007/09/05 05:21

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Enjoy the flavor of steamed matooke

The Baganda are renown for steaming food in banana leaves. Food steamed in leaves, retains most of its nutrients and natural flavor, the banana leaves also impart a delicate aroma to the food. To steam matooke you need banana stalks and mature leaves.

Cut off the stalks and wash off any dirt. Trim the stalks into pieces long enough to fit snugly into the bottom of the sauce pan. Put two long strips of banana fiber on top of the stalks, in a criss-cross fashion, so that the ends hang out over the sides of the saucepan. Pour in water making sure it does not rise above the stalks.

Turn the leaf upside-down and carefully slice off the midrib. Fold the leaf in half backwards. Repeat the process for six or

more leaves. Put the largest leaf on top of the stalks. Peel and wash the matooke and neatly pile it on to the leaf. Fold the sides of the leaf over the food, so that the food is wrapped in it. Tie with the banana fibers hanging at the sides of the pan. The food should fit snugly in the pan. Cover with the remaining five folded leaves, by tucking them over each other, in a criss-cross manner.

Place on a hot fire and continue cooking until you see a steady stream of steam coming through the leaves. Reduce the heat, cover with another saucepan and cook for about an hour. To add water to the pan, push a wooden spoon along the inside of the pan and pour some water in space created.

Remove pan from heat and carefully uncover the matooke, putting the leaves covering it on a clean tray. Use folded banana leaves to mash the matooke, on the bottom leaf, by pressing with the palms of your hands.

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## Re:EFFUMBILO LYA CONNECT LIGUDEWO

Posted by omumbejja - 2007/09/05 06:30

### LETS HAVE PIZZA

what you will need for pizza:

3cups flour,1/2 cup spaghetti sauce

3teaspoon salt

,11/4 warm glass of water,

3teaspoon yeast,

brush oil on the baking tray or pizza pan then sprinkle flour so the pizza does not stick on the pan

,1teaspoon oil for cooking, frying pan

### TOPPINGS:

1large onion,

1cup sliced green,red ,orange or red , bell pepper

2cups mozzarella grated cheese

1cup sliced mushroom

1/2 cup olives

1cup sliced beacon

1cup pepperoni 1cup sliced cooked meat

Heat 1tablespoon oil in a pan over medium heat

Add pepper,mushroom,and onion cook about 4minutes or until tender but crunch, put that aside,

cook minced meat in a pan until brown put that aside too,

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In a big bowl combine flour, yeast and salt mix it up,  
then add warm water knead to make a stiff dough that is smooth and elastic.

On lightly floured surface open the dough using a rolling pin make it the shape of your tray you are going to use, if its round or rectangle grease the pan put the dough on it, now pour the sauce on the dough using a table spoon to cover the whole area, cover the whole pizza with mozzarella grated cheese.

And now its your time to choose your topping, if you like veggie  
,you can put olives peppers, mushrooms, and onions

otherwise go crazy with your stuffing... but remember not to over stuff it or they will fall off trying to lift it up.

Pre heat the oven in medium high like 450 degrees, put the pizza in the middle rack of the oven cook for 10 to 15 minutes or until you see the edge getting brownish actually lift the the edge and if you see its brownish at the back of the pizza its ready , keep checking on it, so you don't burn the stuffing, it does cook so first, so stay there until its done.

Take it out, use a pizza cutter or a sharp knife to cut it into triangle shape or square one, get yourself a drink of your choice or i can order you mwenge bigere :laugh: :laugh: :laugh:

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## Re:EFFUMBILO LYA CONNECT LIGUDDEWO

Posted by luutu26 - 2007/09/05 10:29

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Omumbejja webale kugulawo fumbiro naye ani ali ku duty? kyetaga anafumba namalanga week nomulala nafumba week, kati nze ndowooza phad atandike leero nze week eja.

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## Re:EFFUMBILO LYA CONNECT LIGUDDEWO

Posted by Kalibattanya - 2007/09/06 04:42

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Nga Meli bweyatufumbidde Mowogo Of Dimi ala Forum. Nange nsabye mbawe enfumba gyemmanyi etaleka maluusu mu kamwa, egattibwe ku menu ye ffumbiro lya Connect. Emmeere yenyini erinnya tujja kugiyita "Connect Kitta Maddu with Butiko Supu."

Ojja kuddira enyama yente enjere embisi, ogiteeke mu kinu ekyekyuuma, osekule, osekule, osekule. Omale. Sala sala obutungulu nga butaano obwekigero, ne katungulu cumu katono, akanzaali katono, akazigo akaganda katono, ka oregano, bitabule byonna wamu nenyama eri ensekule, okande, okande, okande. Omale. Kati giteeke mu ka bokisi ovumbike mu kyooto ekineene.

Omuceere gufumbe nga mweeru na kannyo kokka. Fumbawo nobutiko obuneene buno obulinga engoma ye kikere. (Tofumbira abantu engoma zebikere!!!) Butekeemu akazi katono nga olubatu lumu,nakannyo katono. Teeka ku muliro omutono. Bwolaba buyidde, nga otekaamu olububi lwa mata olukube oba kyewandiyise creme. Bireke byeseremu katono, otandike okuyita abanalya. Bon Appetite.

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## Re:EFFUMBILO LYA CONNECT LIGUDEWO

Posted by Kalibattanya - 2007/09/06 06:53

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Mbadde nnelabidde, nga otegeeka emmeere eno eyitibwa Connect Kitta Maddu With Butiko Supu, mu nyama nga ogoya oteekamu namagi nga asaatu mu half kilo yenyama ensekule, ne half yomugati omunnyike obulungi mu mazzi ate nogukamula(oba ekikopo kya rusks ense). Engalo temuzirumako, mujja kuzetaaga okwooza ebintu!

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## Re:EFFUMBILO LYA CONNECT LIGUDEWO

Posted by omumbejja - 2007/09/07 18:06

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### MUSWANTULA SUPU (CHUNKY LICKS)

Byoneetaaga:

1pound beef cut into small cubes

,4carrots sliced in big pieces,

1/2 cup chopped celery

,8glasses of water

1 big onions 5big potatoes cut them in thick cubes

3 cubes of chicken broth,

1teaspoon salt

,1tablespoon oil,

2cups tomatoes,

1cup tomato sauce.

You will need 8quater non stick saucepan

, ono muswantula wakufuumba mpola.

Ssa mu sseppiti ekijiiko kyabutto kimu, oja kusooka kusiika obunyama bumale okumyuuka,tekamu obummonde otabule okumala akaseera bwooba okozesezza ssefuliya yabulijjo,

laba ngotabulamu buli kiseela byofumba bileme kukwatila ku ssefuliya , saamu carrots obutungulu,nenyaanya tabula , bileke bitokote okumala eddakiika 5, naye ngobitabulamu ,kati saamu celery, salt,tomatoes ne tommato sauce, 3cubes chicken brot, yongela okufumba okumala eddakiika5

, kati saamu amazzi kendeeza omuliro fumbila mu midium setting. Yongeramu amazzi bwebiba bikwaafu nnyo lozaako olabe aba gwe munnyo gwewetaaga bweguba mungi yongeramu otuzzi

bireke bifuumbe okutuusa nga buli kimu kigonze bulungi naye tobimalirawo mu ffumbilo mbu oloza munnyo. Onomuswantula mulungi mu winter ate tewetaaga nammere mpozzi oyinza okulilako omugaati.

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## Re:EFFUMBILO LYA CONNECT LIGUDDEWO

Posted by omumbejja - 2007/09/11 07:02

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### LETS MAKE CHEESE CAKE

CRUST:1cup crushed graham cracker crumbs or sugar cookies crumbs,1 1/2 tablespoons sugar  
,3tablespoon melted butter.

#### FILLING:

4ounce cream cheese, softened

,2eggs,

1/2 teaspoon vanilla,

1/4 cup sugar

#### TOPPING

three fourth cup strawberry preserves.

Combine,gram cracker crumbs,sugar and butter in a small bowl.

Press onto bottom and sides of 9in baking pan.Bake10 min or until golden .Cool completely.

For cheesecake

, preheat oven to 325degrese

.Beat cream cheese until smooth.Add sugar and beat in well

.Add eggs, one at a time, then vanilla, beat for 20 sec until the batter is smooth (do not over mix)

Spread filling into crust and bake 60 to 80 min until golden and puffed (filling will settle as cheesecake cools.) Cool completely.

For topping, melt strawberry preserves over low heat

. Spread onto cheesecake.Refrigerate until cold.

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## Re:EFFUMBILO LYA CONNECT LIGUDDEWO

Posted by omumbejja - 2007/09/11 19:00

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### Oven baked chicken

1 cup dried bread crumb

1/3 cup grated Parmesan cheese

2tablespoons finely chopped parsley

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1/2 teaspoon pepper

1/4 teaspoon salt

1/2 cup butter ,melted

2teaspoons finely chopped fresh garlic

1to3pound cut up chicken

Heat oven to 375 degrees. Combine bread crumbs,Parmesan cheese,  
parsley, pepper and salt in shallow bowl ,set aside

Combine butter and garlic in inc pie pan.Dip each chicken pieces, one at a time, into butter mixture, turning to coat evenly.

Place chicken pieces onto an greased 15x10x1-inc baking pan, skin-side up

Drizzle with any remaining butter.

Bake for 45 to 55 minutes or until chicken is lightly browned and juices run clear when pieced with fork.

preparation time 15 minutes

baking time 45 minutes

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## Re:EFFUMBILO LYA CONNECT LIGUDDEWO

Posted by omumbejja - 2007/09/11 20:02

FRENCH BREAD

YOU WILL NEED:

6cups all purpose flour,

2packeges active yeast or 2 teaspoon

1and half teaspoon salt

2cups warm water

1sightly beaten egg white.

1tablespoon water.

In a large bowl combine the flour yeast and salt and the 2cups of water .

Knead for 10 min then on the lightly floured surface knead to make a stiff dough but smooth and elastic.8to10min total.

Shape into a ball.

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Place in greased bowl; turn once. Cover and let it rise in warm place it could be a microwave or oven about 1 hour

Punch dough down. Turn on to lightly floured surface. Divide dough in half cover, let it rest for 10 min.

Lightly grease a large baking pan sprinkle with corn meal or flour so the bread doesn't stick to the pan, i prefers rectangle one.

roll each half dough into a 15x10 inc rectangle.

Roll up, starting from alongside like rolling (omukeeka) a mat, Moisten edge with water and seal.

Taper ends (zinyigilize wamu guleme kubumbulukuka )Place seam side down (guvunike wali wewagugatidde wooba oteeka wansi) Brush with a mixture of egg white and 1tablespoon water.

Cover; let it rise in a warm oven till nearly double, 35 to 45 min

make sure you don't open the oven this time or your bread won' rise

With a sharp knife, make 3 or 4 diagonal cuts about 1/4an inc deep across top of each loaf. Brush again with egg white mixture. Then bake for 15 to 20 min more or till bread test done (if necessary cover loosely with foil the last 15 min of baking to prevent over browning).

Remove from baking pan and cool on a wired rack Makes two yummy loaves.

It may seem like for ever making it, but the smell and taste is worth all the trouble.

And for those who want to make home hamburger's you use the same dough but this time make small balls instead of a loaf

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## Re:EFFUMBILO LYA CONNECT LIGUDDEWO

Posted by omumbejja - 2007/09/11 20:28

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### BURGERS

1Pound minced meat

2Eggs ,

1/2teaspoon salt

1cup bread crumbs

1/4cup chopped onions

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2tablespoon butter

5tablespoon milk

2tablespoon Mesquite baberque sauce or any spice sauce

Combine all the ingredients , mix well. Form a mixture into patties may be six , melt 1tablespoon butter in a large skillet or frying pan until sizzling add patties

(yenyama gyowuumbye nengalo zo nogibyabyataza)

.Cook over medium-high heat, turning once, to desired doneness 10 to 12 min

Top each burger with sliced cheese, tomatoes, lettuce ,pickles

,Or any thing you like, and you have home made burgers, and if you want you can eat your burgers with rice or any other food you like bona ape tit

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## Re:EFFUMBILO LYA CONNECT LIGUDDEWO

Posted by omumbejja - 2007/10/30 19:09

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### Spaghetti&Meatballs

1Pound lean ground beef

1/2cup dry bread crumbs

1 teaspoon seasoning

1teaspoon salt

1egg

1jar pasta sauce (26 to 28 ounces)Ragu or any of your choice

8 ,ounces spaghetti

In medium saucepan pour 3 8ounces water bring to boil ,  
add spaghetti , cook and stir until soft then drain , and put aside

In 3quart saucepan, bring pasta Sauce to a boil over medium -high heat.

mix all the ingredients make small meat balls

Gently stir in meatballs

reduce heat to low and simmer covered, stirring occasionally,20 minutes or until meatballs are no longer pink in center.

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Serve over hot spaghetti , sprinkle with shredded Parmesan cheese if desired

prep time 10 minutes

cook time 20 minutes

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## Re:EFFUMBILO LYA CONNECT LIGUDDEWO

Posted by omumbejja - 2007/11/05 19:12

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Mirembe2007 (User)

Baby Connector

Posts: 18

Bannange endaggu,kyetutumula,amayuni,ensujju nolilako dodo,nakati,ate kati waliwo enfumba endala  
bwofumba enyama yenkooggo nogifumba bulungi.

nejja nosalasala carrots,

ceraley

,green

pepper

,green

onions,

sulamu culiander

,tekamu enyanya

osulemu ebibajjo byakyetutumula

nomuunyo mutono nobileka nebyefumba okumaala eddakika annamutaano oghenda

okutuka kukijulo ekyo bannange emeere eyo empomera nnyo nebannange betujilya nabo bekomba engalo.

Abakyala mulye nnyo endaggu ne kyetutumula nti meere nungi nnyo elwanyisa endwadde mumubiri era abagala okujjako omubiri mujekwate ate ngampoomu. ENO EMMERE ETEGEKEDDWA MIREMBE

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## Re:EFFUMBILO LYA CONNECT LIGUDDEWO

Posted by omumbejja - 2007/11/11 02:56

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Byoyinza okusanga ebweeru ye muwogo ,lumonde amatooke abalina omukisa okufuna agava eka , ekitali ekyo olina kuzozesa kyolinawo nga agava e Hawaii oba mbidde oba ekika ekirala, tulina amayuuuni , endaggu kyetutumula , ensusuuti, nendala abalala gye banayongerezaako

Kati olwokuba eka okusinga tufumbisa steam nga bwomanyi nti emmere esinga tusaniika nsaniike kyandibadde kilungi mukwanogwo nagula essefuliya eya steamer ziba bbili naye nge yawaggulu elimu obutuli nga bwosaamu kyoyagala okufumba tekitekako mazzi kiggya na steam.

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## Re:EFFUMBILO LYA CONNECT LIGUDDEWO

Posted by omumbejja - 2007/11/11 03:42

Amatooke ne nnyama saako nenva endiirwa

Byonetaaga

aluminum foil,

Amatooke

steamer ( ziba ssefuliya bbiri emu nga etudde muginaayo naye eyawaggulu ebaamu obutuli nga byofumbiramu tebituula mumazzi bifumbibwa na mukka guva mu mazzi oba steam)

oba essefuliya eya bulijjo eri medium

ebikopo byamazzi 5 gera abanaalya benkanawa

kwonosinziira okugera emmere enebamala

Teeka amatooke mu steamer oba osobola oku gafumbira mu mazzi okutuusa nga gagonze amazzi nogattululamu amatooke gasotte ogasse mu foil, ogazeemu mu steamer oba ogasse mu oven mubbugumu lya 350 degreese

Enva

,Byonetaaga

1/4 cup butungulu oba kamu akatali kanene nnyo

1/4 cup sliced carrots

1pound beef

1bug spinach

1cup tomato sauce or 3sliced tomatoes

1table spoon oil

1/4teaspoon salt

salasala enyamma buwanvuyirivu, bwekuba kuliko amasavu gasaleko olekeko butono, bwooba okozesa mukifo kyokusaamu butto ,bweba nga nkapa awo tekamu ekijiiko kimu ekya oil

gisiike okutuusa nge fuuse yakitaka tekamu obutungulu ne carrots

tekamu tomato sauce oba ennyaanya ensalesale

bitabulemu bireme kwatira kussefuliya naye ngabwogira nobireka nebitokota ,tekamu omunno olozaako nolaba nga gweegwo gwoyagala

kati wano tekamu spinach , olwokuba aija mangu ate avaamu amazzi tewetaaga kussa munva mazzi ,

Tabulamu obikkeko obireke byefumbe okumala eddakiika 15-20 naye ogira nobitabula. oyinza spinach okumufumba yekka oba nomugattamu ngofumba ,

kyonna ekikwanguyira .

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## Re:EFFUMBILO LYA CONNECT LIGUDDEWO

Posted by omumbeja - 2007/11/13 06:20

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Re:JBUGONZI NE FATUMA MUWANGAALE 6 Hours, 27 Minutes ago

How to make

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(1).BUDEENGO=START WITH

preparing rice any way you want it, but myself prefer using pilao, after cooking rice, put off fire to cool down, then scoop a reasonable size and roll it round between your hands/bibattu, then get some water add with wheat flour and mix/whisk adding some spices, mild curry powder, then deep in those round shaped budeengo and deep fry.

(2)BITUMBUUWA, KAKATU

wano olina okufumba ebijanjalobisiike bulungi to taste, ate nga temulimu suupu/soup,

awo nga ovuddewo, olina okufuna engano plain, otabule nga era bwokola nga okola sumbuusa/samosas

okusobola okukola embaati/wraps,

olwo ozinge obubaati obwo mu shape eya round and fill in ebijanjalobyobili, awo oteeke mubutto okalange.

3&4 will be chapatti and A man-does, remember....this will BE LONG-JOURNEY KO YE OMUGANDA NTI;  
LU....N..GU...JJA

bino bitegedwa mw bugonzi nemuky fatuma

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## Ekijulo Ssemajulo/pilao

Posted by JBugonzi - 2007/11/13 22:09

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Abalina obuveera, bibakuli, containers, mpoombo, oba oyinza okusiba mukikondoolo, Uchumi ntuuse okumumalako Business. KINO EKIJULO kili dedicated eri abasajja mwenna abali gye muli wabweelu wa Uganda naye nga temulina bakyala, oba abafumbi b'amakolooni,.

Omanyi abasiinga obuungi, bafumba buli lwa sande, nebateeka mu fredge, olwo nebalwooka batandika okubugumya buli lunaku. NGA MULABYE OKULYA OMUKYEELE/OMUCHEELE OMWELU.

HOW TO PREPARE PILAO?

STEPS, 1; Get rice/Basimati

2; water

3;mixed masala spices

4;boneless meat/beef

5,onions

6;salt

7;vegetable cooking oil.

measure the required amount/quantity of rice,today i will use a mug,get two mugs of water and put on fire then pound a handfull of mixed spice masala,these can be found in asian shops/mrks,add into water and boil/cook thoughlly,then get a strainer/akasengejja to remove the residues.

Chop your meat in small portions,put oil in a sauce pan,add onions,fry well and add meat fry until its ready,then add rice into meat and continue frying BUT don't burn. then add that hot mixture of water and put salt if required,then put on very low heat and leave it for some time until pilao sets well.

From here you eat it plain,you may cooke some stew,vegetables,or any other sauce of your choice,But since these guys dont have time to cook,they can feast on this for a month,keep refrigerated and air tight.

Additons,corrections or deductions are wellcome.

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## OLUWOMBO LWE BULAAYA

Posted by omumbejja - 2007/11/14 21:24

### OLUWOMBO

byonetaaga:

foil,steamer pan

1teaspoon salt

ennyama 1pound

1/2kye kikopo kyo obutungulu obusalesale

Ekikopo kye ennyaanya kimu ensalesale

sala ennyama nga ngazi naye nga siya luwerere nyo

gikalirireko ogiteeke wabbali kussowaani

Endagala ngo maze okuzozaako obulungi , ziteeke mu oven oziwotoseeko katono zisigale nga zigonda

, Yaliira lumu lumu mu steamer, naye ngogenderela obutazyuza ekitali ekyo sooka kwalirawo foil olyooke ozzeeko endagala kati tekamu ennyama gyewayokezzaako ,otekemu obutungulu, ne nnyaanya

tekamu omunnyo, bwooba oyagala tekamu ebirungo byewandyagadde, naye bwooba oyagala kali akawoowo akeeka bileke na nnyaanya

nabutungulu

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tosaamu mazzi kuba ennyaanya zijja kukola ssupu

kati oluwombo luwumbeko bwooba oyagala waggulu saayo amayuuni ,endaggu ,lumonde oba muwogo oba na matooke bikkako olulagala.

Kati saniika bwooba okyalinawo endagala obikeko ekisanikila

saamu kitundu kya maazi mussefuliya eya wansi nga mazzi tegayingira mummere waggulu . Fumba okumala esaawa emu nekitundu mumuliro omusaamu saamu (medium setting for 11/2 hours)

Noluwombo lwenkoko oba ekilala kyonna bitegeke bwooti ovinza okwongeramu kyonna kyoyagala.

Bwooba kummere waggulu wataddeko amatooke ageeka ngogasibye mululagala

gakebere nga gayidde oganyige ozeeko bwooba oyagadde. Kati bwomala otuyite tutuule kulujjulo ffe tujja kujja ne Lubeere

:cheer: :cheer: :cheer::P :P :P :P :P :P :P :P

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**Re:OLUWOMBO LWE BULAAYA**

Posted by luutu26 - 2007/11/19 22:17

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Omumbejja njagala kuyiga kola chapati nama ndazzi

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**CHAPATI**

Posted by omumbejja - 2007/11/20 03:54

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CHAPATI ZANGERI NYINGI WALIWO NEZA BAYINDI ZEBAKOLA

NAYE ESINGA OBWANGU YEENO

CHAPATI

3cups all purpose flour

2tp salt

1 1/2 cup warm milk(or warm water)

1/2cup melted butter

Rolling pin or a (bottle)

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large frying pan

2 1/2 cups oil for frying

Mix all the liquid together, and test the salt if its Ok for you

mix in the flour

Wet your hands with oil so that the dough does not stick to your hands,

Knead the dough until it is smooth and elastic, in case its too soft add more flour , if its too hard add more liquid, the dough has to be right texture, not very soft or very hard divide the dough into small balls, sprinkle a little flour on the surface,(or brush the chapati balls with oil so that they don't stick on the rolling pin or on the surface, open the dough making a cycle ,turning it the other side and continue to open it until you get the right size, put it aside and continue until all the dough is gone .

fry one at a time , until the back side is brownish then turn the other side and fry it until its brown, put it on the paper towel to sock all the oil .

wrap the chapati in the foil or in the air tight bowl to keep the chapati soft and warm

ENJOY YOU CAN ADD ON WHAT EVER YOU HEART DESIRE

the Indian one is almost the same way but with much more work

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**Re:CHAPATI**

Posted by Jona - 2007/11/20 22:45

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You are simply the best, mumbejja.

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**Re:CHAPATI**

Posted by omumbejja - 2007/11/20 22:57

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JONA ngo bugambo bwange kyebugamba wansi awo nti i aim to please okusiima kwo kunzizaamu amaanyi

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**Re:CHAPATI**

Posted by JeenaJulia - 2007/11/21 09:13

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Omumbejja ssebo webale nyoo ka recipe ka chapati kano,nze bulijjo nina zenkola naye nga sizamulembe but wen I used yo recipe bambi fenna twalabyewo enjawulo.Am looking forward to trying out Jnbugonzi's pilawo recipe..maybe this coming weekend.Mwebale nyoo mwebalile dala,temujanga okwo.Mumpe ne ku recipe ya chaps eze nyaama bwewabawo agilina.Thanks in advance.

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**Re:CHAPATI**

Posted by omumbejja - 2007/11/21 10:36

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JJchaps nja kujikunonyeza nze nsiinga okusiima bwempulira nti muzigezezaako nemwongerezaamu nebirungo

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byammwe nemuzitwaala ku another level, ndeeta sumbusa

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## Re:Amandaazi

Posted by Kalibattanya - 2007/11/22 06:57

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Byojja okwetaaga;

1/4 kilo self raise flour

(Oba 1/4 kilo all purpose flour ne Akajiiko kamu aka baking powder)

Amagi 4

Sukaali ebijiiko ebiwuuta supu 5-6

(Yongerako katono oba kendeenza okusenziira ku kiwomeereze kyoyagala. Lozako.)

Ekikopo kya mata 1 1/2

(oyinza okutekamu nekuka Vanilla, for flavour)

Enkola;

Byonna ebyo biteeke lumu mu bbakuli, naddala kozesa eya pulasitika. Otabule ne kijiiko ekyo muti. Naye bwobeera ebyo tobirina kozesa ebbakuli yonna nejiiko yonna. Wabula ebitaali bya kyuuma biyamba baking powder wo nasigala nga yenna akyakola bulungi.

Bijja kubeera nga bya kimmemme, era bwebiyitiriira okubeera ebyo luzzi, yongeramu kungaano, bwebiyitiriira okukaluba yongeramu ku mata. Olina okuba nga obisena ne kijiiko nobikutulira ku mugo gwebbakuli.

Kati teeka butto mu kaseppiti ko akasiika, eccupa nga nnamba eya 1/2 Litre (eya beer bell). Otanda okuseena nekijiiko ekintabuli kyo nga bwoteeka mu butto eyeseze. Kati kozesa ekijiiko size ewuuta supu, bwobeera tolina kya muti, kozesa ekyo kyenyini kyowusisa supu wo. Okuva ku kijiiko ekimmemme kino oja kukisenda na ngalo yo. Okusenziira ku seppiti yo, oyinza okutekamu ebindaazi nga kkumi buli mulundi. Bikuuse kyuuse ppaka nga bifuuse bya light brown. Awo bijjemu, linda biwolemu, gabula!!

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## Re:Amandaazi

Posted by JeenaJulia - 2007/11/22 08:38

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Kalibatanya nze mbuzza nti nabuno obutini enyo bwebakazako bu "Saddam" nabwo ela recipe yenno. Njagala nga bwobulya butulika nga embelenge eza mawogola.

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## Re:Amandaazi

Posted by Kalibattanya - 2007/11/22 08:51

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Obwo okanda ngaano nga ya chapati;

Mazzi, munnyo, ngaano - nokanda.

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Bwomala nosunako katono ku kyokanze, nga aka chapati, noka rolling ne ngalo ku surface kwokoleera, nekalola nga akasota. Then noleeta akambe, nokutulakutula mu obutundutundu. Nobuyoola noteeka mu butto eyeseze. Okola obusota bungi, nosalalala lumu, notekamu bungi omulundi gumu. Nga oyagala bubeere extra crunchy, bwomala okukola obusota, buteekeeko mu oven mu 120 degrees, obudakiika nga butaano, then obujjemu osalesale. Ka ndowooze nti obwo bwe bu Hussein bwogamba.

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### Re:Amandaazi

Posted by omumbejja - 2007/11/23 00:16

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Kalibattanya obunzijukizza bwooba oyagala buwomerera oteekamu sukaali wali awagenda omunyo.

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### Re:Amandaazi

Posted by kamikatono - 2007/11/25 18:21

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Mumbejja, ate gano gebagamba nti "atalina sente tafumita lindazi" ggo bagafumba batya?

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### Re:Amandaazi

Posted by omumbejja - 2007/11/25 19:43

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Kamikatono oli sure tukyayogera kumandaazi? oba zino oyagala zi manmade mandaazi, anti kati ozze okubuzabuza abantu, gano amandaazi gosaba bagalya?

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### Re:Amandaazi

Posted by Kalibattanya - 2007/11/25 20:27

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Kamikatono ebyo ssi bidaazi, ebyo babyita bindoogo. Kiva mu be and do or go =bi 'n do o go. Kyekitegeeza nti atalina sente tafumita mu bindoogo.

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### Re:Amandaazi

Posted by omumbejja - 2007/11/25 21:57

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Ndoowooza Kamikatono otegeeza MAN-DOES, kati ki omwaami oyo kyakola oyo yekka aba yagala okukizuula yalina okumugoberera azuule kyakola

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### Re:Amandaazi

Posted by JeenaJulia - 2007/11/29 09:54

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Omumbejja nyabo manya ssebo,ka recipe ka chapusi kakyakubuze oba wanelabila daa?

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### Re:Amandaazi

Posted by Kalibattanya - 2007/11/29 11:18

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Oba wakiri tweyongereyo ku musiba ttaayi! Nga bwetulinda ebiva e Kyadondo ku nsonga ya Chapusi.

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## CHAPPLI (CHAPSI)

Posted by omumbejja - 2007/11/29 17:45

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WHAT YOU NEEDPreparation

Mix Minced meat,onion,green chillies ginger, garlic, eggs, salt,and 3tablespoonoil.

Mix and knead to make smooth dough .

Leave it aside for 30 minutes.

Wet your hands with oil ,then make thin flat round balls.

Deep fry in hot oil until crisp brown.

Put the chaps on a paper towel then put them in a bowl

Enjoy and tell us what you did add or omit

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## Re:CHAPPLI (CHAPSI)

Posted by JeenaJulia - 2007/11/29 21:59

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This is kind of like a meat balls recipe.The chaps´am talking about are as flat and round as a chapati.But thanks for this one too.

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## Re:CHAPPLI (CHAPSI)

Posted by omumbejja - 2007/11/29 22:12

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owange jj kyoyogerako siyeeno enyama ensale eyo luwewere nga nkube yonna nogissa mu ezo ingredients malinate nolyooka ogisiika mu butto

kandowooze nti eno gyoyogerako

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## Re:CHAPPLI (CHAPSI)

Posted by JeenaJulia - 2007/11/30 08:26

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Omumbejja nyabbo manya ssebo yeyo yenyini gyenjogerako,nasemba kujilya Kyadondo eyo naye yampomela nyoo,ate bwenalingizako gyebali bagifumbila nalaba oli agyikuba nakyupa esobole okubyabyatala obulungi.Nentyamu nti watya nga echupa ebomose ko?But it was a delicacy,thats why I want to try it out.

=====

## Re:CHAPPLI (CHAPSI)

Posted by omumbejja - 2007/11/30 08:43

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JJ waliwo enyondo eri special bagiyita mallet yakkuba nyama eba teri smooth kumutwe osobola okugifuna mumaduuka oba osobola okukubisa rolling pin naye olina okufuna part yenyama etekaluba nnyo bwooba olya embizzi then eyo ye best choice kuba ennyama ngonvu naye kozesa same recipe ngeya chapli naye ngokozesa nnyama.

Eyange ginsibire mu ka box ogi (fed ex-ingire)

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## Re:CHAPPLI (CHAPSI)

Posted by JeenaJulia - 2007/11/30 08:53

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Kati kyesitegela bulungi,do I mix the ingredients with the meat nga mazze kugikuba,some kind of marinating and if so,how long should the marinating period take?

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## Re:CHAPPLI (CHAPSI)

Posted by omumbejja - 2007/11/30 09:05

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Osooka nosala ennyama nogisala nga ya luwewere oba gyogigula obagamba nebagikusalira naddala bwooba oguze ogufi ogunene ogutali gusalesale, ekitali ekyo gula yonna gyonosiima naye olwokuba eyente ebeera hard gula part eri soft osooka kugikuba nebeera nga minced meat eyekutte naye togisesebbula kati olyooke ogiteeke mu ingredients eza chapli okumala eddakiika 30 ngogibikidde mu bowl kasita zigwaako ofumbe obutto bujje olyooke osiike ennyama ebeere ya brown ogikyuuuse ne side endala kati ojisse ku paper towel egweemu butto .

=====

## SUMBUUSA

Posted by omumbejja - 2007/12/11 18:10

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### PASTRY

2Cups all-purpose flour

1/4cup butter

6tablespoonswarm milk

2Cups Vegetable oil,

1shallow frying pan

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FILLINGS

YOUR CHOICE

1pound Mincemeat(your choice of meat) (sumbusa)

1onion chopped

1/4cup tomato paste

put mincemeat in a pan add 1 tablespoon oil cook it until brown.

1cup frozen peas

Add all the ingredients in the mincemeat cook until all done , check the salt adjust the amount according to your taste

To make pastry

Put the flour in a bowl,and cut in the butter.

Mix in the milk to form a dough .

Knead lightly and divide into6 potion.

Form each into ball, and roll out an 7inchround.

Cut each one in half.

Dived the filling equally between the semi circle of pastry,

spreading out to within 1/4of the edges.

Brush the edges of pastry all the way round with water,and ford over to form a triangular shapes, sealing the edges well together to enclose the filling completely.

Heat the vegetable oil in frying pan to 350For just put some crumbs in the oil and see if they brown in 30 sec

Fry the sumbusa a few at a time until one side is brown turn the other side , put sumbusa to drain on the paper towel

enjoy:)

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**Re:SUMBUUSA**

Posted by rambuka - 2007/12/12 02:29

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Thanks for the useful information, about sumbuusa.

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## Re:SUMBUUSA

Posted by omumbejja - 2007/12/12 02:34

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Rambuka you 're welcome i am to please:)

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## Re:SUMBUUSA

Posted by JeenaJulia - 2007/12/13 08:57

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Omumbejja eno recipe eyagadde okufananamu eya meat pies.Obupapula bwa sumbusa buba very light.But thanks all the same.

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## Re:SUMBUUSA

Posted by omumbejja - 2007/12/14 22:08

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1CUP MELTED BUTTER

3TBS OIL

2TBSSPOONFLOUR

2TBSwater

1WET TOWEL

1PAN

JJ oyagala sumbuusa ziri zenyini zokolera esaawa enyingi neziribwa mu second emu kati otuuse:unsure:

Kola dough eyo eri ku sumbusa naye funa 1cup butter mu bowl omusanuuse tekamu nebijiiko bya butto nga bisatu kati gabanya dough into 4balls kati tandika okuzingulula emu nga bwosigako butter nga bwaomansirako flour gikyuuse side endala okole kino kyekimu kikole okutuusa ngachapati yaluwewe ddala.

Funa round tray gisigeko oil ne flour, kola chapati zonna bwooti ziteekwa okuba nga ngazi ddala,ziteeke zonna wamu naye ngaziriko oil ne flour zireme kwekwaata

tekako oven 350 , kati saamu chapati ezo mussa elya waggulu zibeere ngezizimba nga mudakiika3-4 zijeeyo zisalemu emirundi ebiri obeere ne layers zamirundi esatu zonna ziteeke wamu oziteeke mu ka towel akabisi ojayo layer ya chapati emu ogizinge ngo kola triangle shape otekemu filling yonna gyoyagala

Mu ka bowl tekamu 3tablespoon flour and 1tablespoon water to make paste gyojja okukozesa okusiba summbusa ku edge zireme kuzingulukuka ngo zisiika. bino bikole okutuusa nga sumbuusa zonna ziweddewo , omale osiike

ziwooma zino lwakuba zitwaala ebiseera bingi and patience

so enjoy

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## Re:SUMBUUSA

Posted by Bandi - 2007/12/16 22:25

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Where is the teacher? Mumbejja what happened with the lessons? Are we off till next year? Great then, I have an excuse to go get some junk.

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## Re:SUMBUUSA

Posted by omumbejja - 2007/12/16 22:45

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Bandi do you want one on one lesson this is what i mean by explaining every thing and how to cook it musajja obadde ki whatever you don't understand just holla and I'll be there

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## Re:SUMBUUSA

Posted by Bandi - 2007/12/16 22:58

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Thanks, but let's just do junk till the stuffed turkey! When the lessons begin next year you'll hear a lot of hollering. Of that rest assured. We are going to burn this kitchen down, maybe literally.

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## Re:SUMBUUSA

Posted by omumbejja - 2007/12/16 23:04

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I cant believe you if you go nga nzigalawo effumbiro

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## Buttermilk Ranch Fried Chicken

Posted by omumbejja - 2008/02/27 21:49

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Buttermilk Ranch Fried Chicken

2 1/2 to 3 pound s frying chicken pieces

Vegetable oil

2 1/2 cups all purpose flour

1 1/2 teaspoons salt

3/4 teaspoon pepper

2 1/2 cups buttermilk

Rinse chicken and pat dry; Fill a large deep -fry with oil. Heat oil to 350 f In medium bowl ,combine flour ,dill salt and pepper . Fill another bowl with buttermilk. Place chicken, one piece at a time, in buttermilk , shake off excess liquid. Coat lightly in flour mixture, shake off excess flour. Dip once again in buttermilk and flour mixture. Fry chicken and fry 12 to 15 min longer or until juices run clear , drain on paper towels. Lets stand 7 min before serving.

Tip

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To reduce frying time by 7 to 9 min per side , simply cook chicken in bolling water for 15 minutes

remove and cool completely before proceeding with the recipe

#### Tip

its very important to heat the oil to the proper temperature when frying food. If the oil isn't hot enough , the chicken will absorb fat and be greasy , If the oil is too hot , the chicken will burn.

Using a deep -fat thermometer is the most accurate method of checking the temperature of the oil

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## SHAKE AND BAKE OR SHAKE AND COOK CHICKEN

Posted by omumbejja - 2008/02/27 21:50

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### SHAKE AND BAKE OR SHAKE AND COOK CHICKEN

1Pound boneless chicken breast halves

1, slightly bitten eggs

1/2 cup plain dry crumbs

1 teaspoon dried basil leaves

1teaspoon garlic powder

1 tablespoon margarine

Pound chicken breast to 1/4 inch thickness. Put the chicken in a plastic or plastic rap , Using a pin roll or a mallet pound it just a little bit

, Pour eggs into shallow bowl .

Combine breadcrumbs,basil and garlic .Dip chicken breast into egg , then coat with bread crumb mixture.

In large frying pan , over medium high -heat, melt 1 tablespoon.

Add chicken, cook for 5 to 7 minutes on each side or until browned and no longer pink in the center.

As for baking .

preheat oven to 400 F

In 13X9-inch baking dish , arrange chicken.you put the dry ingredients in a zip lock and you put chicken and shake so that it coats on the chicken

Bake uncover 30 minutes. or until chicken is no longer pink.

omit what you don't want or add on whatever you fancy.

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**Re:EFFUMBILO LYA CONNECT LIGUDDEWO**

Posted by fikema - 2008/03/14 18:45

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Mbalamusiza nnyo ngabulijjo Bateesa banange mwena gyemuli.Mugyebaleeko egyibakooya.Nange mbaddeyo

Emandwa zikyakuuma.

Nze enkola eyange eya KABALAGALA manyi ndala ba sebo neba nyabo

AMENVU GA SUKALI NDIIZI

OBUWUNGA BWA MUWOGO

KAMULALI

BUUTO

AMAZZI

EKYUPA OBA AKATI AKAKANDA KYAPAATI

NAK'AKAKEBE OBA EKIKOPO AKANAMUSALA

Osoka kusoota menu,oluvanyuuma nogataamu obuwunga bwamuwogo.Tekamu amazzi agetagisa okutabula

Amenvu nobuwunga.Okande okutusa nga bwekuute ekitole.

Awo omulimu gw'ekyupa oba akati akakanda kyapaati wegujjira;

Akakebe oba ekikopo byoyinza okukozesa okumufula omwetoloovu.

Buuto bwamala okweseera saamu bukamulaali ne Kabalagala.Eyo yenkoa eyange kuba nalinga ntera okumwekoleera nga ngenze ewa Jaaja mu luumura kubanga amenvu galinga gabwerere ate nga mangi.

ENJOY.....

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**Re:EFFUMBILO LYA CONNECT LIGUDDEWO**

Posted by rambuka - 2008/03/16 07:44

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webale nnyo recipe ya kabalagala.

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**Re:EFFUMBILO LYA CONNECT LIGUDDEWO**

Posted by JeenaJulia - 2008/05/04 12:51

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Omumbejja ssebo gwe watumanyiza...nonya yo ku different recipes ezza gonja.Thanks in advance.

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**Re:EFFUMBILO LYA CONNECT LIGUDDEWO**

Posted by omumbejja - 2008/05/05 00:53

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Gonja omufumbiremu enyama

byonetaaga

1 pound minced meat

1teaspoon salt

i pound meat

1/2 cup tomato paste

1cup sliced onions

10 big ripe plantain oba gwe tuyita gonja

cheese (optional)

in a shallow saucepan use 2 cups cooking oil

slice gonja or plantain's lengthwise but not very thin fry them in a hot oil until brown both sides put them on a paper towel to absorb the oil

then cook the minced meat or the meat until brown

then put in onions and any spices you want add in tomato paste

if you use meat make sure its well cooked and soft

in a baking dish put gonja in layers like half of what you have then put the minced then (cheese if you want) or you can omit it and put another layer of sliced gonja

cover it with a foil and bake for 35 minutes.

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**Re:EFFUMBILO LYA CONNECT LIGUDEWO**

Posted by tonto - 2008/05/10 21:40

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Mummy webale kufumba. Mpoomeddwa nyo, dear. Kati njagala onfumbireyo oluwombo... Gwe oba oyiiya kyonossa muluwombo.

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**Re:EFFUMBILO LYA CONNECT LIGUDEWO**

Posted by omumbejja - 2008/05/29 18:07

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FRAGRANT PILAWO RICE

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Preparation time 30 mins to 1 hour

Cooking time 10 to 30 mins

### Ingredients

450g/1lb basmati rice (for a more authentic flavour and texture it is best not to use easy-cook rice; however, it will still work and be very tasty if you do)

1 medium onion, finely chopped

large knob butter, plus extra to serve

4 cardamom pods

8 cloves

1 cinnamon stick

pinch saffron threads

2 bay leaves

600ml/1 pint hot chicken stock, vegetable stock or water

salt

### Method

1. To make sure you get lovely fluffy rice, wash it in several changes of cold water, then leave to soak for about 30 minutes in fresh cold water. If you don't have time for this, place in a sieve and wash under the cold tap for a minute or so.

2. Cook the onion in the butter for around 5 minutes until softened. Add the spices, saffron and bay leaves and cook for a couple more minutes. The spices will give a wonderful fragrant flavour to the rice. Add the rice and stir until the grains are coated in the butter before stirring in the stock or water and salt. Bring to the boil and then cover with a tight-fitting lid. If the lid isn't very tight, cover the pan with aluminium foil before putting the lid on. Turn the heat down low and leave to cook for 10 minutes before turning off the heat. Don't remove the lid; just leave the rice to continue cooking in the pan for about 5 minutes until you're ready to serve.

3. The rice should have absorbed all the water and will just need fluffing up with a fork. Add a knob of butter before serving.

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