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## Before matooke, there was...

Posted by Biikolwa - 2007/10/11 20:21

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Most Ugandans now in the UK are accustomed to obtaining matooke at their local corner store - ok I stretch the truth a bit there... maybe not the local shop, but most definitely within a few miles of their adoptive home.

Whilst the Asians have long been exploiting us in exporting in our foodstuffs, Ugandan entrepreneurs of recent have rescued us from the days when boiling green bananas to sustain the hankering for matooke was the order of the day. They've not stopped there - now you can virtually get every food type. I've known persons come across from other european states just to shop for Ug foodstuffs.

I recall the methods of eating substitute 'matooke'. You'd buy these Jamaican green bananas, peel them and boil for a good hour in order to get them soft. You'd make sure though that you drain the water at least three times during the boil process. Then there was the peanut butter paste you'd add to disguise the hardness to mimick the katogo-effect. BTW - someone a while back introduced another substitute recipe for matooke that up to now even with the abundance of it, she still uses. That is of plantain flambe. I've not tried this recipe, but she swears by it. I wonder if anybody here has tried this?

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## Re:Before matooke, there was...

Posted by Kalibattanya - 2007/10/11 20:38

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While visiting in Boston, I was introduced to bogoya boiled and then wrapped into an alminium foil and put in an oven for the kuzzaako effect. The peanut butter was cooked into like a gnut sauce and served with that bogoya mash. It tasted so gooooooooooooood!! Maybe because I hadn't been home in many years. I imported it to this part of Europe, but here we still have a problem to get the bogoya green and raw. The matooke, only from home, once in a blue moon.

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## Re:Before matooke, there was...

Posted by omumbejja - 2007/10/12 19:20

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Temwerabira gebajja e Hawaii agalina omutima ogwa black wakati olina ogasalamu wakati nosalamu omutima ogwo nolyooka ogafumba like for ever negamyuuka nga ageeka nogajjamu amazzi nogasotta nogassa mu prastic wrapping paper nogassa mu foil nogassa mu oven okumala mussaawa emu eri abo atalina ndagala ekitali ekyo ogassa mundagala nosibako foil nolyooka ogassa mu oven . Nebwegafikkawo ogabugumya mu microwave gaddamu negagonda. okwo kwebayita okusaaniika kwebulaaya.

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## Re:Before matooke, there was...

Posted by Biikolwa - 2007/10/12 21:55

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Kyogereko ku nsanika ye'bulaya! Naye ate ekye nnaku e Kyaggwe bo okusanisa obuveera abamu bakitwala nga kya kirungi. Mbu simanya endagala zonona enjala zabwe, simanya obukyi...

Lwenasoka okulaba ekitooke mu nnimiro yo muntu omu wanno, kyandeteera okwagala okugenda nkonkone ku maaka ago mbasabbe bampe kundagaala. Kale tebeereza ye yali akisimbye nga kimuli! Aba Thai na ba china edda wanno batundanga endagala, naye maama haa - walugulanga balulyebuddemu wakati nga bakuguza butundu tundu ate nebalyoka bakugamba ennusu ezikumalako nokwagala okufumbisa endagala.

Wabula ago amatooke ge Hawaii nago!!! kati olwo genkana wa - gali nga bogoya? Kubba bwoteebereza okuba nti olina ogasalamu wakati ogyemu omutima, kati osigazawo kyi ekyo ekifumbibwa? Kalibatanya - obuyindi butera okuleeta

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bogoya atanayengera nyo - wabula sinamanya nsaba munyambe banange - empumumpu ziribwa? Nzijukiira kuzikosesanga kasanikira ku kidomola...

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**Re:Before matooke, there was...**

Posted by omumbeja - 2007/10/13 23:16

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Amatooke agava mu Hawaii gaba manene ddala nga mawanvu era tekikwetagisa kufumba mangi oluusi nebwegengera munda gaba teganengera simanyi kino kwekiva mpozzi lwakuba ettaka webagalima liva ku volcano eziriyo naye nga ebibala ebiva e Hawaii biwooma ekiswaaza obuswaza nge miyembe egyadoodo ne nnanansi biringa ddala ebyeeka luli edda ngatebinatinkuulwa nakussamu biragala byakizungu. Empumumpu abava mubitundu byomu Asia bazirya , naye jjukira nti ffe obutalya buli kyenyeenya lwakuba Mukama yali atuyiridde ensi esingayo obulungi nagiwundirako nobudde nalyooka amaliriza nettaka, kale olwebintu ebingi ebidda ngatofubye nakufukirira nnyo oba okwelarikirira obunyogovu oba pereketya womusana obyonoona, naye kati webituuse tutuuse naffe okuwema ku mpumumpu tulireko ebikere neggoonya

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**Re:Before matooke, there was...**

Posted by Kasimaggwa - 2008/01/14 16:54

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You should all consider yourselves lucky! Ebusseggussi nze gyembeera, bogoya, kivuvu mbidde, byona ndabakukki! I don't think I even know how matooke tastes like anymore!

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