



What's on the menu in Uganda?

Starting from the big food portions offered to the Organic food varieties served, Uganda is a must go to destination for Food tourism. It is endowed with over 50 tribes that all have specific Staple food dishes that have been prepared for over 100 years. 80% of Uganda's land is arable land positioning it as the food basket of East Africa.

A look at some of the different dishes prepared by different tribes as Staple foods in Uganda;

- Malakwang is a traditional dish that comes from the Acholi tribe in Northern Uganda, this dish is prepared using the Malakwang plant as well



as Odi (a paste that is made out of peanuts and sesame seeds. Malakwang is served with either sweet potatoes or millet bread.

Malakwang sauce served with Okra, some millet bread and sweet potatoes

- Boo is a traditional dish from Acholi tribe in Northern Uganda, this dish is prepared by boiling green leafy vegetables with the same name from an indigenous plant mixed in peanut paste known as Odi. Boo is served with



either sweet potatoes or millet bread.

Boo sauce served with sweet potatoes

- Nang-nang Fish found only along the Albert Nile river in Packwach District in North western Uganda. This is a tiny grey fish mostly consumed as a delicacy among the Alur people from Nebbi, Zombo and Arua districts.

This fish are tiny fingerlings with a blend of silver and grey color, they are deep fried from silver grey to golden brown and served as a crunchy snack.

- Eshabwe is a unique dish from the Banyankole tribe in Western Uganda, this dish is prepared using ghee, rock salt and warm water. To make



Eshabwe, the ghee used must be allowed to mature for at least 3 to 4 weeks. The ghee is put in a dish with boiled warm water and rock salt added while stirring gently until the thick paste (Eshabwe) is formed. This sauce is served typically with matooke or kalo (Millet bread). Some variations of the dish also include smoked meat.

Eshabwe served with sweet potatoes and matooke

- Amakamo is a traditional dish from the Banyankole tribe in Western Uganda, this drink is prepared using milk. Traditionally fermented milk preserved in the traditional calabashes that are well smoked using the traditional dry spear grass. Once this milk is kept in the calabashes, the aroma of the dry spear grass simmers with the milk giving it a sensational flavor. This dish is taken at any time of the day as a replacement for drinking water.
- Firinda is a traditional sauce prepared among the Batooro and Banyoro of Western Uganda. This meal is prepared by soaking beans and peeling off the skin. The beans are then boiled and then mashed into a porridge like paste. To get a better sauce, ghee, salt, tomatoes, onions and meat are added. This dish is best served with akaro (millet bread) or matooke.
- Malewa is a local meal popular in Eastern Uganda from the Bugisu tribe. This meal is prepared by cutting tender smoked bamboo stalks into small pieces and later soaked in boiled water. This is mixed with paste together to create a thick stew. This stew is best served with matooke.

- Luwombo is a popular dish throughout Uganda with its origin from Buganda region. Luwombo is said to have been created for the royal family in the 19th Century but has since been open to all subjects in the country. Luwombo is prepared with smoked fish, chicken, beef or goat meat. The



ingredients are put in smoked banana leaves to give the luwombo a hearty aroma.

Matooke and beef in steamed banana leaves

- Matooke is the country's delicacy with origins from the Buganda region. This dish is prepared by peeling close to ripe bananas that are later sliced, put in a saucepan with water steamed in banana leaves that produce the aroma and thick yellow color to perfection. This dish is best served with any sauce ranging from ground nut paste to beef stew.
- Katoogo is a popular delicacy from Buganda region. This dish is best served for breakfast. It is a combination of banana fingers, assorted vegetables with mainly Offals or ground nuts, beans prepared together in steamed banana leaves.
- Rolex is the Country's most served street food. This dish consists of an omelet and a crispy chapatti with an assortment of raw tomatoes and onions for added flavor, all rolled up together to create a delicious portable meal that can be eaten for breakfast, lunch or even dinner.

- Fresh fruits and Vegetables, Uganda's position as having a tropical humid and equatorial climate and favorable landscape makes it home to fresh mangoes, big sized avocados, pineapples, oranges, Jackfruits, guavas, passion fruits, small bananas, papaya, lemon, sugar cane and many others. The county's rich agricultural landscape and abundant biodiversity allows for the growth of a variety of vegetables and curries to add texture and flavor to the different meals.

All these meals are served at special family occasions like naming children, weddings, hosting visitors because they are deeply rooted in these cultures and are a true representation of where people come from having been served for more than 100years.

Make no mistake to miss this thriving experience of the many dishes served by the warm and welcoming people from the Pearl of Africa.

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booking@dorystours.com