

MTORI GREEN BANANA SOUP

Heat oil in a large pot and brown the meat on all sides. Remove from the pot and set aside. Add onion to the pot and fry over medium heat until just transparent. Return meat to the pot together with potato and banana, cover with water and bring to the boil. If foam and scum rise to the surface, skim it off. Reduce the heat to low and simmer, partially covered, for 1 hour and 30 minutes.

Take meat out of the pot, remove the bones and cut off fat and gristle. Cut the meat into bite-size pieces; set aside. Pour coconut cream into the pot and simmer for a further 15 minutes.

Purée the soup and vegetables in an electric blender. Return the purée and meat to the pot and stir in butter. Heat through and season to taste.

Serves 6-8

15 ml cooking oil
1 kg beef short ribs (or stewing meat)
2 medium onions, peeled and coarsely chopped
4 medium potatoes, peeled
10 plantains (or green bananas), peeled and sliced
cold water, enough to cover the meat
1 tin (400 ml) coconut cream
15 g butter
salt

STICK BREAD

Mix flour, baking powder, sugar and salt in a large bowl. Add olive oil and water; mix well. Work the dough until smooth. Take pieces of the dough and roll into sausage shapes. Take cleaned sticks and twist dough sausages around one end of the sticks. Hold over medium to hot coals, turning slowly, for 5 to 10 minutes or until golden and sounding hollow when tapped.

Makes about 16

280 g cake wheat flour
10 ml baking powder
75 ml sugar
5 ml salt
50 ml olive oil
125 ml warm water

