



CUISINE: MATOOKE

📍 UGANDA



# Matooke With Peanut Sauce

*Matooke* [mah-TOOK-eh] is the name of a type of green banana that is eaten daily in Uganda, as well as the name of a savory dish — similar to mashed potatoes — made with that fruit. This recipe substitutes plantains, the closest equivalent available in U.S. markets. The topping of peanut sauce gives this national dish the majority of its flavor.

**Yield:** 4 servings

**Prep time:** 20 minutes

**Cook time:** 40 minutes

**Total time:** 1 hr

## Ingredients

- 4 c. water, divided
- 6-8 plantains, peeled and chopped
- 1 tomato
- ½ onion, peeled
- 1 c. peanut butter
- ½ tsp. paprika
- Salt and pepper to taste

## Directions

1. Place 2 c. water and plantains in a pot and simmer until tender, about 25 minutes. Drain and mash. Add water if needed to reach desired consistency.
2. To prepare peanut sauce, chop tomato and onion. Place in a saucepan with the remaining 2 c. water. Bring to a boil over medium-high heat. Stir in peanut butter and spices. Let simmer, stirring continuously until thickened.
3. Pour sauce over the prepared plantains and serve.