

# kikomando

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## 1 Executive summary

This is to enlighten people about how to prepare Kikomando which is one of the common meals of Uganda's population today. Such a meal wouldn't have been attractive to many but to my amazement it has turned to be the people's favorite.

## 2 Introduction

The meal falls in the category of fast foods and simply it's a mixture of sliced chapatti and beans stew. It was started way back before christ, though the preparation style changed. This report gives a clear image on how to prepare Kikomando and make it ready within few minutes. It also adds more cooking techniques to any in need of more skills.

## 3 Background

First of all, one needs wheat flour according to the size of meal he wants to prepare, water plus some other ingredients like salt, onions, baking flour, cooking oil and beans can be prepared basing on the test of the cook. Beans as a source will bring out the real test of Kikomando and so we use some spices like onions, tea masala, royco mukyuzi mix, beef curry, garlic. For easy and fast preparation, one needs to have two fire sources one for beans and the other for chapattis respectively. Charcoal stove can be used locally and a gas stove or electric oven can be used as the fire source. Water mixed with wheat flour, some ghee, some little salt, smashed onions are mixed together and the outcome is called dough which is covered and kept for about 25 minutes. This is rolled into small ball pieces and aligned for chapati formation. A chapati roller is used to flatten the balls in the size as wanted by the cook. Flying pan with some cooking oil poured on it is placed on the fire source and wait until the oil is ready for flying the chapatis. It depends on the experience of the person in charge but some people can fly like two to four chapatis at once so as to save time, cooking oil and also cutoff more power expences. The beans are boiled on a different fire source for about

30 minutes until they are ready. Pour some little oil in the source pan and spices are added basing on ones taste for example some sliced onions, garlic, tomatoes and green pepper. Beans are added, mixed and boiled for a few minutes to get a strong beans stew. The time you inject in cannot be compared to other meal types because chapatis take between one and two minutes to get ready.

As compared to other meals, Kikomando as nicknamed by Ugandans has been resorted to by many Ugandans especially the youth population which cannot afford the daily diety of local food. And so the government of Uganda recently declared it as one of the food types we have in Uganda. It has contributed to the economical well being of Ugandans as some people have taken it up as an income generating business. It doesnot require too much capital to venture in it incase one is interested. And for that reason, it has added on the government tax base as more individuals are in position to pay taxes. As more people venture into the business of making and selling Kikomando, there's a boost in the employment sector. It is one of Ugandas cheapest meals that cost in the range of 1000shs to 2000shs. One meal can satisfy anyone within a short time and may take long to desire for another meal.

## **4 Lessons**

Let me first make this clear: I am not in any way discouraging masses from longing for other meal types but trying to show you another side of life as you never to stay angry yet there's away out. against running for the lions rank or in any way against it but giving students a vast perspective in there thinking may be beyond their vortex point.

## **5 Conclusion**

As we fight hunger in Uganda, lets think for the way on how we can help Ugandans to access food in different formats (Kikomando) which more rich in proteins and carbohydrates.