

List of Foods found in Burundi

Below are the list of some foods found in **Burundi**. Associated to them are their **Composition**, **Description**, **Food class** and **Cooking method**.

1. Ubugali (or Ugali):

- **Description:** Ubugali is a staple food in Burundi, made from maize flour (cornmeal) cooked with water to a thick, dough-like consistency.
- **Composition:** Maize flour (cornmeal) and water.
- **Food Class:** Staple carbohydrate.
- **Cooking Method:** Bring water to a boil, then gradually add maize flour while stirring continuously until it forms a thick, smooth consistency. Serve as a side dish with stews or sauces.

2. Isombe:

- **Description:** Isombe is a dish made from cassava leaves cooked in peanut sauce, often served with a side of rice or ubugali.
- **Composition:** Cassava leaves, peanuts (or peanut butter), onions, tomatoes, spices.
- **Food Class:** Vegetable dish.
- **Cooking Method:** Cook cassava leaves until tender, then add peanut sauce (made by blending peanuts or peanut butter with water) along with onions, tomatoes, and spices. Simmer until flavors meld together.

3. Brochettes:

- **Description:** Brochettes are skewered and grilled meat, usually beef, goat, or chicken, popular as street food in Burundi. They are often served with a spicy sauce.
- **Composition:** Meat (beef, goat, or chicken), spices, sometimes onions and peppers for seasoning.
- **Food Class:** Protein dish.
- **Cooking Method:** Marinate meat in spices, skewer onto sticks, then grill over hot coals or barbecue until cooked through. Serve with a side of spicy sauce.

4. Beans and Bananas:

- **Description:** Beans cooked in a savory sauce, often served with boiled green bananas.
- **Composition:** Beans, onions, tomatoes, spices, green bananas.
- **Food Class:** Protein dish.
- **Cooking Method:** Cook beans with onions, tomatoes, and spices until tender. Boil green bananas separately until soft. Serve beans alongside boiled green bananas.

5. Ibihaza:

- **Description:** Ibihaza is a traditional Burundian dish made from dried fish cooked with tomatoes, onions, and spices.
- **Composition:** Dried fish, tomatoes, onions, spices.
- **Food Class:** Protein dish.

- **Cooking Method:** Cook dried fish with tomatoes, onions, and spices in a pot until fish is tender and flavors are well combined. Serve with rice or ugali.

6. Ibiharage:

- **Description:** Ibiharage is a dish made from beans cooked with onions, tomatoes, and spices.
- **Composition:** Beans, onions, tomatoes, spices.
- **Food Class:** Protein dish.
- **Cooking Method:** Cook beans in water until tender, then sauté with onions, tomatoes, and spices until flavors meld together.

7. Sambaza:

- **Description:** Sambaza are small fried fish, often served as a snack or appetizer.
- **Composition:** Small fish (usually freshwater sardines or similar varieties), flour or cornmeal coating, spices.
- **Food Class:** Protein dish.
- **Cooking Method:** Clean the fish, coat them in seasoned flour or cornmeal, and fry in oil until golden brown and crispy.

8. Matoke:

- **Description:** Matoke are boiled or steamed green bananas, similar to plantains, often served as a side dish.
- **Composition:** Green bananas.
- **Food Class:** Staple carbohydrate.
- **Cooking Method:** Peel the green bananas, then boil or steam them until soft. They can be served as is or mashed.

9. Ikinyiga:

- **Description:** Ikinyiga is a dish made from mashed peas or beans mixed with cornmeal.
- **Composition:** Peas or beans, cornmeal.
- **Food Class:** Protein dish.
- **Cooking Method:** Cook peas or beans until soft, then mash them and mix with cooked cornmeal until well combined.

10. Inyama y'ubugali:

- **Description:** Inyama y'ubugali is a dish featuring grilled or fried meat served with ubugali (maize flour porridge).
- **Composition:** Meat (beef, goat, or chicken), maize flour.
- **Food Class:** Protein dish.
- **Cooking Method:** Grill or fry the meat until cooked to your liking. Prepare the ubugali separately, then serve alongside the meat.

11. Umutsima:

- **Description:** Umutsima is a dish made from cassava flour (sometimes mixed with cornmeal) cooked with water to a thick consistency. It can be served with various accompaniments such as beans, vegetables, or meat stew.
- **Composition:** Cassava flour (sometimes mixed with cornmeal), water.
- **Food Class:** Staple carbohydrate.
- **Cooking Method:** Mix cassava flour (and cornmeal if using) with water in a pot and cook over low heat, stirring continuously until it thickens into a smooth consistency.

12. Akabenzi:

- **Description:** Akabenzi are fried or roasted sweet potatoes, often served as a side dish or snack.
- **Composition:** Sweet potatoes.
- **Food Class:** Staple carbohydrate.
- **Cooking Method:** Peel and slice sweet potatoes, then fry them in oil until golden brown and crispy, or roast them in the oven until tender.

13. Ibihuru:

- **Description:** Ibihuru is a dish made from mashed sweet potatoes mixed with peanut butter, creating a creamy and flavorful side dish.
- **Composition:** Sweet potatoes, peanut butter.
- **Food Class:** Staple carbohydrate.
- **Cooking Method:** Boil or steam sweet potatoes until tender, then mash them and mix in peanut butter until well combined.

14. Ibihaza n'imboga:

- **Description:** This dish features dried fish cooked with various leafy greens such as spinach, collard greens, or amaranth leaves, along with tomatoes, onions, and spices.
- **Composition:** Dried fish, leafy greens, tomatoes, onions, spices.
- **Food Class:** Protein dish.
- **Cooking Method:** Cook dried fish with tomatoes, onions, and spices until fish is tender. Add cleaned and chopped leafy greens and cook until wilted and flavors are well combined.

A general view

These dishes showcase the diverse flavors and ingredients found in Burundian cuisine, reflecting the country's cultural heritage and culinary traditions. They also add to the richness and diversity of Burundian cuisine, offering a range of flavors and textures that reflect the country's culinary heritage.