

PREPARATION OF COWPEA SAUCE

Written by

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Cow pea is a basic building block of a number of Eastern tribes recipes, including Banyori, Bagwere and Japadola in Uganda.

Ingredients:

1.Cowpeas 1 cup

2.Salt

3.Magadi

Procedures.

1.

Dry the Cow pea under the sun,

2.

Sort the Peas to remove impurities,

3.

Grind Peas on the grinding stone,

4.

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Winnowing to remove husks,

5.

Then grind the second time and winnow.

6.

Add magadi in boiled water,

7.

Put 1 cup of Cow pea to boil for 30-40minutes,

8.

Remove froth,

9.

Keep on stirring with cassava stem or pounding stick until its fine,

10.

Add salt to taste.

11.

Serve with millet bread.

Writer ; Judith _Nazigo P.T.C , itct africa trainee