



Location
Uganda



Prep time
15 mins



Cooking time
40 mins



Serves
Five

Binyebwa

Binyebwa is a traditional Ugandan peanut sauce, often used as a side dish or accompanying sauce for matoke (plantain bananas). It's made with purely natural and unrefined ingredients.

The peanuts must be well cooked before the below steps.



Ingredients

2 cups of ground roasted peanuts
4 cups of water
2 tablespoons of vegetable oil
1 onion (diced)
1 tomato (diced)
Salt to taste

Steps

- 1 Using a mortar and pestle or food processor; grind the roasted peanuts to an almost peanut butter-like consistency. Set aside.
- 2 Heat the vegetable oil on medium heat in a saucepan, then add the diced onion and tomato. Stir occasionally until the onions are soft.
- 3 Add the ground peanuts then the water. Bring to the boil, stirring regularly to mix.
- 4 Reduce the heat to low and simmer uncovered for 25-30 minutes. Stir regularly to prevent lumps and stop the sauce from sticking to the bottom. Add salt to taste.
- 5 Once the peanut oil has separated and risen to the top, the sauce is properly cooked! If you'd like a thicker sauce, boil for a couple more minutes. Or to reduce thickness, add boiling water until it reaches desired consistency.

Serving suggestions

Serve with rice or posho/ugali (maize flour cooked in boiling water); alongside mashed matoke (boiled plantain) or dried fish; or mix with spinach, cassava leaves or dodo leaves.