



RDC / DRC

**SOMBE, BUKALI WITH MICHOPPO
BY CHEF STEVE GAHUNGU
(CHEF - 8 YEARS WITH TS.CIS CONGO)**

Ingredients

Michoppo « Goat meat with onions

1 kg of meat, 500g of onions, 1 clove of garlic, pepper, meat broth, vinegar, 1 bell pepper, motard, salt.

Sombe (Cassava leaf)

700g of ground cassava leaves, 6 onions, 4 green peppers, 2 eggplants, 1 leek, bouquet of chives, 4 tablespoons of palm oil, 1 broth, salt, pepper.

Fufu Burkali (Corn flour)

500g of corn flour, 350ml of water



Instructions

Michoppo « Goat meat with onions

- 1/ Make a marinade of onion, garlic, pepper, salt, olive oil and bell pepper. Add a little oil, 1 beef stock cube, vinegar and mustard.
- 2/ Mix the seasoning with the meat. Let rest 1 hour before grilling.
- 3/ Cook in charcoal in paper for 3 hours.

Sombe (Cassava leaf)

- 1/ Wash the vegetables then slice the onions and peppers. Pour in a frying pan with 3 tablespoons of oil.
- 2/ Heat over medium heat, stirring regularly. Meanwhile, chop the leek and eggplant. Add them to the pan.
- 3/ In a large saucepan, cook the cassava leaves with a little water. Drain and add to the pan. Cover and simmer over low heat for 1 hour.
- 4/ Add the crumbled broth and 1 tablespoon of oil. Cover and simmer for 30 minutes.
- 5/ Remove the lid and stir, season before serving.

Fufu Burkali (Corn flour)

- 1/ Boil water, add 100g of flour and boil for 25mn.
- 2/ Add the rest of flour and stir until you get a paste.



About the chef

Chef Steve Gahungu, 42, from Burundi in Bujumbura, has loved cooking since his childhood. In 2003, after his studies in administration, he started to work in the hotel and tourism industry in Burundi.

He started his professional career as a cook in 2005. In 2009, he became a chef and moved to Chad at the end of 2009.

In 2012, he joined CIS in Guinea until 2014. Steve has now joined TS.CIS Congo since 2014.