

# Ulusu

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SQUARE

Round  
the  
world  
Recipes

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Ulusu, also known as 'Mogodu' in Sesotho and 'Tripe' in English, is a traditional African dish that is served after slaughtering at rituals and/or gatherings. There are parts of Ulusu that can only be eaten by men and parts that can only be eaten by women. These parts are separated during slaughtering. A separate pot for the men is cooked by men outside (esibiya) by a younger man. The rest gets cooked for everybody else.

## Ingredients

Serves 5

- 1kg Ulusu
- 1 ½ Onions
- Water
- Salt - to taste

## Method

1. Rinse Ulusu to clean impurities and cut it into pieces.
2. Place Ulusu into deep pot, add water to cover ulusu completely.
3. Cook on high heat, until Ulusu is soft and tender (continue to add water to keep Ulusu covered).
4. Dice onions and add to Ulusu to be cooked on low heat until onions are soft ( stop adding water at this point).
5. Add salt for taste.
6. Once done serve with pap, samp and beans and or dombolo.



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