

MATOKE

with beef mince - by Jikoni Magic

Matoke are small green bananas, not to be confused with plantains. They are also known as East African highland bananas and are a popular staple across much of the region.

ELECTRIC PRESSURE COOKERS (EPCs)

An EPC (or multicooker) is a highly energy-efficient electric cooking appliance that combines insulation, pressurisation and automatic control to dramatically reduce energy consumption for the most energy intensive foods. Staples such as matoke are usually boiled, which is what the EPC does best.

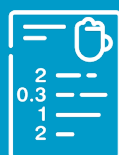
ENERGY SAVING TECHNIQUES

We cut the matoke into pieces & chopped all ingredients finely so the heat penetrates faster. We chose a one pot meal that doesn't require any frying. We used beef mince so that all the ingredients can be put in at once, avoiding the need to open the EPC when pressurised. We put just the right amount of water to avoid boiling down at the end.



INGREDIENTS

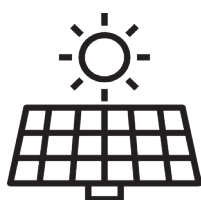
- 8 matoke
- 500g beef mince
- salt (to taste)
- 30ml oil
- 3 beef cubes
- 1 cup water (until covered)
- 3 carrots
- 2 onions
- 2 tomatoes
- 1 glass peas (minji)
- 5 cloves garlic
- 1/2 thumb ginger
- 1 tbsp curry powder
- 1 bunch coriander (dhania)



RECIPE

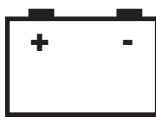
1. Peel matoke & cut into 4cm pieces
2. Finely chop onion, carrot, tomatoes, ginger & garlic
3. Place all ingredients in pot & mix
4. Leave to cook until pressurised
 - approx. 45 mins on a 300W EPC
5. Unplug and allow to depressurise naturally
 - it will continue to cook for approx. 15 mins
6. Open lid, mix in coriander & serve

POWER SYSTEM REQUIREMENTS (evening cooking)



50W PV

+



250Wh storage

+



300W DC EPC

THE CHALLENGE

The Global LEAP Awards is seeking nominations for best-in-class AC and DC EPCs - nominate today!

eCooking could be the next big leap for the off-grid solar sector, but the lack of durable, energy-efficient, user-friendly, safe and affordable DC EPCs is hindering the market. There is a clear opportunity for off-grid solar stakeholders to invest in product development to meet the demands of this emerging market and move the sector towards a breakthrough in clean cooking access.





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