

ICHUMILE MPUMLWANA'S ULUSU OR MOGODU WITH CREAMY SAMP

Prep time: 1 hour

Cook time: 3 hours 20 minutes

Serves 4 people

INGREDIENTS

FOR MOGODU:

3kg sheep mogodu, thoroughly washed and cut
into 3cm pieces ▪ 1 large white onion, chopped
¾ cup celery, chopped ▪ 2 tablespoons garlic, chopped
2 tablespoons olive or canola oil ▪
3 teaspoons curry powder of choice ▪ 3 medium bay leaves
3-4 sprigs rosemary ▪ 6 sprigs thyme ▪ 1 chilli beef stock
cube ▪ 1 oxtail stock cube ▪ 1 litre water (more if needed) ▪
Salt ▪ 2 teaspoons black peppercorns (more if needed)

FOR CREAMY SAMP:

2 cups samp, rinsed ▪ 2 medium potatoes, peeled and
cut into quarters (optional) ▪ 2 bay leaves ▪
4 tablespoons butter or margarine ▪
3 tablespoons mushroom soup powder ▪ 1 cup cream
1 teaspoon onion powder ▪ 1 teaspoon garlic powder
Salt and black or white pepper ▪ Water



INSTRUCTIONS

MOGODU

1. Thoroughly wash the mogodu. This takes time so be very patient. The tripe feels rough so you can also use the motion that you would use when washing clothes! This won't damage it. Also wash the intestines well and use your thumb and index finger to squeeze out any residue that may still be inside them.
2. Cut off the fat that is attached to the mogodu and throw it out. You need a sharp knife and another pair of hands for this part. You don't want your dish being too fatty from the animal fat.
3. Once cleaned and separated from the fat, you will want to run the mogodu under a running tap, turning it over repeatedly to ensure that any residue dirt pieces are washed out. Again, patience!
4. With a helping hand, you can use a sharp knife or kitchen scissors to cut the mogodu into pieces of about 3cm each depending on your preference. Don't fret about the shape; it all comes together during cooking. Place the cut bits into a colander in batches and run through once more with cold water. Then place the mogodu into a large dish and set aside – I use my Megamaster Enamel Series Round Braai Pot which I then place on the side of my Megamaster gas braai as I get ready for cooking.
5. Switch on your gas braai to medium heat ensuring that the temperature does not exceed 200°C. For this recipe I switch on two knobs for the heat to engulf the pot. Just use the temperature gauge to monitor the heat level and adjust as necessary. Place a large cast iron pot on the braai and get ready to cook!
6. Heat the oil and then add the chopped onions, celery and sauté for 2 minutes. Then add the rosemary, thyme, garlic, bay leaves, curry powder, stock cubes and mix together. Add 1 litre water to create the flavour base. Allow to simmer for 2 minutes.
7. Then add the mogodu and stir it in using a wooden spoon while keeping the temperature on medium. Add the salt and black peppercorns. Combine everything, cover the pot and close the gas braai lid.

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INSTRUCTIONS

8. Allow the mogodu to cook for 3 hours at about 230°. Do not exceed this temperature. You will want to check in on the pot at 90 minute intervals. Taste to make sure that the seasoning is right and that the pot still has liquid. Add 200ml if necessary. I don't add more but you may need to if you feel that the level is too low.
9. After 3 hours cooking time, taste to check that the mogodu is soft. Add 20 or so minutes if you feel it could be a bit softer.
10. Serve with creamy samp or homemade pot or steamed bread.

CREAMY SAMP

1. In a slow cooker, add the thoroughly rinsed samp along with about 1 litre of boiling water. The samp must be fully submerged under the water. Throw in the bay leaves, cover with the lid and cook for 90 minutes on high heat. Constantly check the water level and add more gradually if needed.
2. After 90 minutes have passed, add in the potatoes (optional), butter or margarine, cream, soup powder, onion powder, garlic powder, salt and pepper and stir the samp well. Add about 200ml more boiling water so that the samp is a bit watery. Cover with the lid and cook some more on low heat for about 30 more minutes. Use your discretion to see if you need to add a bit more water, but not too much.
3. Using a fork or masher, gently mash the samp just until the potatoes are incorporated into the samp.
4. Taste and add more salt and pepper if needed. If the samp is not creamy enough, add a bit of cream and butter. Serve the samp warm.