




# MALA MOGODU AND DOMBOLO


## Ingredients:

### For the Mala Mogodu (tripe)



1kg tripe pieces (intestines, liver, blanket and honeycomb tripe)  
1 Knorrox stock cube, chilli beef flavour  
Salt and pepper, to taste

### For the Dombolo (steamed bread)

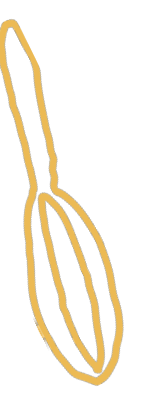


Butter or margarine, for greasing  
4 ½ cups cake flour  
2 tsp salt  
2 tsp instant dry yeast  
4 tsp sugar  
2 cups warm water  
To garnish:  
Fresh parsley, chopped


Serves: 4-6

## Recipe

### For the Mala Mogodu (tripe)

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1. Rinse the tripe under cold, running water (make sure it is thoroughly cleaned).
  2. Add the tripe to a large pot and add enough water to cover the meat. Bring to the boil.
  3. Once boiling, add the stock cube to the pot.
  4. Reduce to a simmer and cook for 3 hours adding water if necessary. Season with salt and pepper and reduce to low heat until a thick sauce forms.

### For the Dombolo (steamed bread)

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1. Grease a large enamel bowl with butter or margarine.
  2. Sift dry ingredients into another large bowl and mix in the warm water.
  3. Knead until the dough combines and does not stick to hands. Transfer dough to the greased bowl. Cover with cling wrap, put in a warm place and allow dough to rise.
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