

Chigumu cha nthochi (chigumu with bananas) 🌍

Chigumu is a lightly sweetened cake. The traditional way of preparing it is in a pot over charcoal. But, that can be quite an unpredictable way of baking if you're not used to it, so I'd suggest an oven. Ingredients vary widely according to whatever is available (a really traditional version would probably consist only of bananas, maize, bicarb and water). Here's my take – you can call it banana bread if you like!

¾ cup plain flour

¾ cup maize flour

¾ tsp bicarbonate of (baking) soda

½ tsp baking powder

a pinch of salt

¼ cup sugar

3 large (or 4 medium), very ripe bananas

2 eggs

½ cup bu er milk

¼ cup cooking oil or melted bu er, plus extra for greasing the cake tin



Preheat the oven to 180°C (conventional).

Lightly grease a 20 cm cake tin with bu er and line with baking paper.

Sift and combine the dry ingredients (flours, bicarb, baking powder, salt and sugar) into a bowl.

In a separate bowl, mash the banana, then add the egg, bu er milk and oil (or bu er) and beat together.

Add the wet ingredients to the dry ingredients and stir to combine.

Pour into the prepared tin.

Bake at 180°C for about 50 minutes or until a skewer comes out clean.

Leave the cake to sit in the tin for 10 minutes.

Turn out onto a cake rack and allow to cool.