

Ulusu (tripe)

Among many Nguni peoples beef, sheep and goat are popular meats. When an animal is slaughtered (often for special occasions or rituals) no part is wasted, from the head to the trotters. It is also customary in both Zulu and Xhosa society for the most coveted cuts of meat to be saved for elderly men and those of high status, while the least prized are reserved for the women and children!

One of the cuts often designated for women is tripe. This is one case where I wouldn't mind 'coming last'. If you can get past the idea of eating offal, please try it – it is delicious when cooked the right way!

Ulusu is the Xhosa word for tripe. I have kept this recipe simple so it's closer to the way it would be served traditionally.

Serves 6

1 kg uncooked honeycomb tripe, well-cleaned and cut into 5 cm pieces

3 cups beef stock

1 large onion, chopped

1 clove garlic, finely chopped

1 tbsp curry powder

salt to taste



Soak the tripe in cold water for half an hour, drain and rinse under a tap.

Place the tripe in a large heavy-based pot and cover with cold water.

Bring to the boil and allow to simmer for one minute.

Drain off all the water and any 'scum' that has formed on the top.

In the same pot, add the beef stock, onion, garlic and curry powder to the blanched tripe.

If the tripe is not covered, top up with water.

Bring to a gentle boil.

Reduce the heat to low and cover, leaving a slight gap between the lid and the pot for some steam to escape.

Simmer for four hours; add water as needed if the pot becomes too dry.

About half an hour before the end of cooking, remove the lid to allow more of the liquid to escape and the pot juices to thicken.

Add salt to taste.

When it is done the tripe should be soft and tender. Serve with [samp and beans](#).