

Nshima

Serves 4

2 cups maize meal

4 cups water



Heat the water in a medium, heavy-bottomed pot.

When the water is lukewarm, slowly add one cup of the maize meal in a gradual stream, stirring continuously (this is essential to avoid lumps).

Stir until the mixture thickens and comes to a boil.

Lower the heat and cover, keeping a wooden spoon under the lid to allow some steam to escape.

Simmer for four minutes.

Your nshima should splutter and pop during this time (imagine the lava of a volcano!), but watch that the bottom of the pot doesn't catch.

Remove the lid.

Add the remaining maize meal in a gradual

stream, stirring continuously and vigorously.

Stir towards the middle of the pot until the nshima comes away from the sides and is play-doh-like in consistency.

Replace the lid and let it stand covered for a few minutes.

Shape into portion sizes and serve!

Tip:

When adding the second half of the maize meal, if the consistency seems OK before you have added it all, stop! Sometimes you might not need the entire quantity.