

Sadza

Sadza is a thick porridge made from maize (corn) meal that's a staple food in many African countries. It's also known as ugali, pap, or nsima, depending on the region.

Ingredients

- 5 cups of water
- 3 cups of mielie-meal

**Mielie meal, also known as mealie meal or maize meal, is a relatively coarse flour made from maize (also called mealies) in Southern Africa.*

Instructions

- 1 Make a paste with 2 cups of water and 2 cups of mielie-meal.
- 2 Bring the rest of the water to a boil in a pot on the stove.
- 3 Add paste to the water, stir and cook until thick and translucent (like porridge).
- 4 Reduce heat and add the last cup of mielie meal in bits and fold into the porridge each time. You don't have to add all of the mielie-meal in. Stop once its the texture that you like.
- 5 Continue cooking, for 15-20 minutes on very low heat, stirring in between.
- 6 Serve and eat with leafy greens and a relish.

