



Sadza

Sadza is a common staple food in many Southern African countries. Depending on the country, it is also known as uagli, pap, nshima, and posho. Below is one method for making it.

Serves: 4 people

Ingredients

7 scoops of finely ground white cornmeal

1 cup of cold water

750ml boiling water

Sadza

Place the cornmeal in a pot and add enough cold water to make a paste. Put the pot on the stove over medium to high heat and add boiling water while stirring continuously.

Once the mixture is boiling, reduce heat and let simmer for 15 minutes. After 15 minutes add small amounts of corn meal until the mixture is the right consistency.

Some like it quite soft, others like a thicker consistency.

