



A TASTE OF AFRICA!

Nshima is a staple food in Zambia and Malawi. It is made from ground maize, known locally as maize meal. During the best of times the nshima meal is eaten for lunch and dinner. During the “hungry season” leading up to harvest, many rural families have to survive on just one bowl a day.

This nshima recipe serves 6 - 8 people. The nshima is usually eaten by rolling it into patties with your hands and dipping it into the ndiwo.



Nshima

Ingredients

- 2 handfuls/500g of maize meal or fine white polenta flour (you can buy this in most supermarkets now)
- Water

Method

1. Bring 1 litre of water to the boil in a large heavy-bottomed saucepan
2. Mix the maize / fine white polenta flour and 250ml of cold water into a smooth paste
3. Add the paste to the boiling water, stirring constantly, making sure that lumps don't form. When the mixture reaches the consistency of thick porridge, turn off the heat, cover, and leave to stand for 5 minutes before serving.

Peanut relish (Ndiwo)

Ingredients

- One large onion, chopped
- One bag of frozen spinach
- 2 pots crunchy peanut butter
- Handful of cherry tomatoes
- 200ml water
- Salt

Method

1. Boil the water in a pan
2. Add the chopped onion and simmer until soft, then add the spinach
3. Add the peanut butter and stir (add water if too thick)
4. Bring to the boil and add the tomatoes and a pinch of salt
5. Cover and turn off the heat. Leave to stand for 10 minutes before serving.

Why not have a go at cooking this for a dinner party? You could invite friends to join you for an evening of African food and ask for a donation from guests to raise money for Self Help Africa.

