

Ugali (Tanzanian Cornmeal)

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| Equipment: Large pot Measuring cups and spoons Wooden spoon Whisk | Ingredients: 6 cups semolina flour or white maize flour Cold water Boiling water |
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What to do:

1. In a pot, mix 2 cups of semolina flour with 3 cups of cold water.
2. Cook over medium heat using a wooden spoon to mix often, then add 3 cups of boiling water. Continue stirring until the mixture starts to boil.
3. Lower the heat and let the mixture boil for an additional 5 minutes.
4. Increase heat to medium and add the remaining semolina flour about $\frac{1}{2}$ cup per time, mixing it well with the wooden spoon. The mixture should require a very heavy consistency, a little like play dough. Continue cooking, and stirring, for five more minutes or until cooked