

PUTU PAP



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Perfect side dish for any braai

There are two types of people in the world, the people who will eat their pap with sheba or even a fried egg on top; or the people who will eat their pap after the meal with butter, milk, and sugar. Which one are you?

Prep Time: 5 Minutes
Cook Time: 1 Hour
Total Time: 1 Hour & 5 minutes
Serves: 4 – 6 People

INGREDIENTS

- 2 cups of water
- 3 cups of maize meal
- 1 teaspoon of salt
- Some more water

INSTRUCTIONS:

1. Bring the 2 cups of water to a boil in a cast iron pot.
2. Add the salt to the water.
3. Throw the 3 cups of maize meal in the water, aiming for the middle. You should now see a tower of maize meal resembling a mine dump, its base in the water and top protruding. Do not touch it.
4. Put the lid on the pot and remove it from the fire. Leave the pot with the gentle heat of some coals for 20 minutes, until all the water was absorbed into, or steamed into, the maize meal tower.
5. Remove the lid. Take a big fork, the one you use for holding a leg of lamb whilst carving it, and stir the porridge until it looks like Putu pap.
6. Add some more water (about half a cup, depending on how much heat you had in the first 20 minutes, and how moist you want the end product). All water added should be instantly absorbed by the porridge. Stir again.
7. Replace the lid and let steam for another 20 minutes on the gentle heat of the coals. Resist the temptation to open the lid all the time but opening it once or twice to stir it again and see that it's not burning is acceptable.

MEGAMASTER RECIPE TIPS



TIP 01

If the bottom of the porridge burns a crust in the pot, don't stress, this is quite normal and does not influence the taste negatively. The crust can easily be removed afterwards



TIP 02

A No10 Flat Pot (link) pot works best for this amount or maize meal, but a bigger pot will also suffice.



TIP 03

If you want more porridge, the recipe can be scaled, keeping the same ratios.