



CAN YOU COOK SOUTH SUDAN STYLE?



FOCUS: Attempt to make Ugali - a common food eaten by South Sudanese.

INSTRUCTIONS: Have a go at cooking Ugali.

You will need a big pot, a wooden spoon and a lot of arm strength as the Ugali begins to thicken up.

It can be difficult at first to eat using only your fingers. Tip: Roll the ugali into a ball.

RECIPE

- 4 to 6 servings -

INGREDIENTS

- 4 cups water
- 1 tsp salt
- 2 cups white cornmeal (finely ground)

METHOD

- 1) Bring the water and salt to a boil in a heavy-bottomed saucepan.
- 2) Stir in the cornmeal slowly, letting it fall through the fingers of your hand.
- 3) Reduce heat to medium-low and continue stirring regularly, crushing any lumps with a spoon, until the mush pulls away from the sides of the pot and becomes very thick for about 10 mins.
- 4) Remove from the heat and allow the ugali to cool somewhat.
- 5) Place the ugali into a large serving bowl. Wet your hands with water, form into a ball and serve.

UGALI VARIATIONS

- You can substitute sorghum, millet or coarse cassava flour or even hominy grits.
- Water can be added or reduced to achieve the consistency you prefer.
- Most Africans would not salt the water, so you can leave the salt out if you wish.
- Stir in a little butter for richer flavour.



**1 DAY OF
DIFFERENCE
FOR A LIFETIME
OF CHANGE**