

Ugali (Cornmeal Porridge)

The national dish of Kenya is a cornmeal mush called Ugali. It is cornmeal cooked with water to a thick consistency and poured out onto a board or plate for everyone to eat from. The following recipe for ugali could be made over an open fire outside, or in a kitchen. Beef broth with vegetables can be poured over it, and on special occasions chunks of meat are added to the broth.

Yield: serves 4 to 6

Ingredients:

- 1 cup cold water
- 1 cup yellow cornmeal
- 1 teaspoon salt, more or less to taste
- 3 cups boiling water

Equipment:

Medium-size saucepan, mixing spoon or whisk

Directions:

1. Put cold water in saucepan, and, mixing continually, add cornmeal and salt. Bring to a boil over high heat, and, mixing continually, slowly add 3 cups Boiling water to prevent lumps.
2. Reduce to simmer, cover, and cook for about 8 minutes, mixing frequently to prevent sticking. Add salt to taste and mix well.

Serve ugali in individual bowls with cream, sugar, syrup, ghee, or butter poured over it.