



♥ Feed them ♥ Clothe them ♥ Educate them ♥ Love them ♥
Reaching out to the orphan and at-risk children of Tanzania with "Hearts in Unity"



Tanzanian Ugali

Ugali is a staple starch component of many African meals, especially in Southern and East Africa, Tanzania included. It is generally made from corn flour (cornmeal) and water, and varies in consistency from porridge to a dough-like substance. Ugali is relatively inexpensive to make and the flour can last for considerable time in average conditions. For these reasons, ugali is an important part of the diet of millions of Africans.

- 1 cup corn flour (or cornmeal)
(white cornmeal or corn flour is preferred, but yellow will also work)
- 2 cups water
- Salt, if desired

Heat water to near boiling in a large pot.

Slowly pour the corn flour into boiling water. Avoid forming lumps. Stir continuously and mash any lumps that do form. Add more corn flour until it is thicker than mashed potatoes.

Cook for three or four minutes, stirring continuously.
(Continuing to stir as the ugali thickens is the secret to success -- for lump-free ugali.)

Remove the pot of ugali from the heat, allow it to stand for a minute, and then turn it upside down onto a serving dish.

Serve immediately with any meat or vegetable stew, or any dish with a sauce or gravy.

The traditional method of eating ugali as a main course (and the most common in the rural areas) is to tear off a small handful of ugali, roll the piece of ugali into a ball, make a dent in it with your thumb, and use the ball of ugali to scoop up your meat, vegetable, and sauce or gravy.

Serves 4.

© Hearts in Unity, 2010



To learn more about how you can help feed the children of Tanzania, visit www.heartsinunity.org