

Ugali Recipe

Ingredients

4 cups of water

1 1/2- 2 cups of corn meal

1 t Salt (optional)



1. Boil 4 cups of water in a large pot.
2. On medium heat add corn meal a little bit at a time, mixing constantly so that there are no clumps.
3. Keep mixing in cornmeal until the mixture thickens. You want the mixture to be thicker than a porridge so that it begins to get hard to stir. If you want your ugali to be soft you can keep cooking and adding corn meal.
4. Turn heat down to low and cook covered for 10 minutes.
5. When the ugali is still hot (but cool enough to handle) roll the dough into balls (the traditional way is one big ball, but it is more fun to make lots of small balls!) If you have a soft ugali use wax paper to help form the balls. Do this while the Ugali is still hot (but cool enough to handle.)
6. Eat ugali while it's still warm! Tastes great with soups or stews!