

### A Taste of Africa

Known as “Nsima” in Malawi or “Sadza” in Zimbabwe, maize meal porridge is the staple food in much of Sub-Saharan Africa. After harvest, the white corn is hulled and left to dry before it is removed from the cob and ground to create a delicious white corn meal. Often eaten three times a day - in the morning as a thin cereal and later in the day it is cooked to a thicker polenta-like consistency. For lunch or dinner, it is most often served with a relish consisting of onions, tomatoes, green leafy vegetable or meat.

Fortunately, here in the US you can find African maize meal at [specialty grocers](#).

Here are some tips for preparing perfect porridge your Summer Harvest of Hope event. Valentine was from Bulawayo, where she worked passionately to improve access to education for girls. She shared her cooking secrets while staying in Mutare with Tom and Elizabeth for a few nights in 2002. She passed away from HIV/AIDS related illness in 2003. In memory of Valentine, we are happy to share these tips with you!

#### Valentine Sibanda’s secrets to making great Sadza

1. Boil water in a tea kettle (depending on the no. of people who eat).
2. Take a cupful of mealie meal and make a thick paste in a pot using cool water.
3. Pour boiling water stirring continuously.
4. Place on the stove and keep on stirring until the porridge thickens slightly. Do not make it too high it might spill on the stove when it boils.
5. Let it boil on the stove for 10 minutes.
6. Ad mealie meal and keep on stirring to the required thickness.
7. Let the sadza simmer for 5 minutes.
8. Serve it hot with relish.

Depending on the preferred consistency allow about 1 cup of maize flour for every 2 people, which will require 2-3 cups of boiling water.

[Click here for an excellent meat \(nyama\) relish recipe from Zimbabwe.](#)

#### Vegetable Green Relish

5 Green onions; sliced  
1 bunch Covo, Rape, or Collard greens, washed (include white part.)  
1 c Water  
3 Tablespoons natural smooth peanut butter  
1 lg Tomato, cored & chopped

Salt to taste

The greens used in Africa, (most commonly Rape or Covo) are sometimes available in large farmers/ world markets in the US. Collard greens make an excellent substitute. Finely shred the greens, discarding tough stems. Place in a saucepan with the water. Bring to boil and cook, stirring occasionally, just until greens are crunchy-tender (don't overcook). Drain greens, reserving liquid. Return greens to medium heat; add tomato and onions. Heat through while stirring frequently. Thin the peanut butter with 3/4 cup of the reserved cooking liquid and add to vegetables. Heat, stirring constantly, until greens have a creamy consistency, adding more reserved liquid if mixture seems too thick. Taste, and add salt if needed. Serves 4.