

eSwatini

Pap & Emasi (Sour Milk Porridge)

Many people in eSwatini work hard outdoors, collect water and wood for the home and travel long distances on foot every day. Pap & emasi is a popular meal for breakfast or lunch, and provides lots of energy for a long working day.

Jo volunteers at Cheshire Homes, where the cook in their work kitchen makes this meal every week.

Ingredients

750ml emasi (sour cow's milk)

500g maize meal*

500ml water

Method

Bring water to boil in a large saucepan. Add the maize meal, stirring constantly as it cooks and thickens.

Lower the heat, and simmer gently for 25 minutes until the mixture has lost its grittiness, stirring every five minutes to prevent burning.

This cooked maize meal is known as pap. It should be soft and crumbly, but able to be pressed and stuck together.

Mix the pap with the emasi and serve.

Tips

This porridge-like dish makes a delicious breakfast, but can be eaten any time of day.

* Polenta is a good substitute for maize meal, and you can make your own emasi by combining buttermilk, yoghurt and cream. The result should be a thicker, creamy milk that has a sour tang.

