

Lesotho

Pap & Morogo (Maize Meal with Vegetables)

Lesotho is a mountainous country with steep slopes and deep valleys. *Pap & morogo* is a nutritious, energy-rich meal that is great fuel for long walks around this small nation.

Bibiana recently volunteered in Lesotho and tried a variety of green, leafy vegetables for this dish at local markets. She settled on morogo (also known as African spinach) which is found throughout Southern Africa, and is a traditional side dish at community events.

Ingredients

For the pap

500g maize meal
500ml water

For the morogo

1 bunch morogo*, chopped
1 onion, chopped
1 cup fresh or tinned tomato
½ cup water or stock
Salt and pepper to taste

Method

For the pap

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

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

For the morogo

Fry onion and tomato in a medium-sized pan until softened.

Add water and cook on medium heat until most of the liquid has evaporated.

Add morogo and stir until the leaves have wilted and the liquid has reduced.

Add salt and pepper, and serve with pap.



Tips

* Morogo can be substituted with any green leafy vegetable, such as spinach, and polenta can be used as alternative to maize meal.