



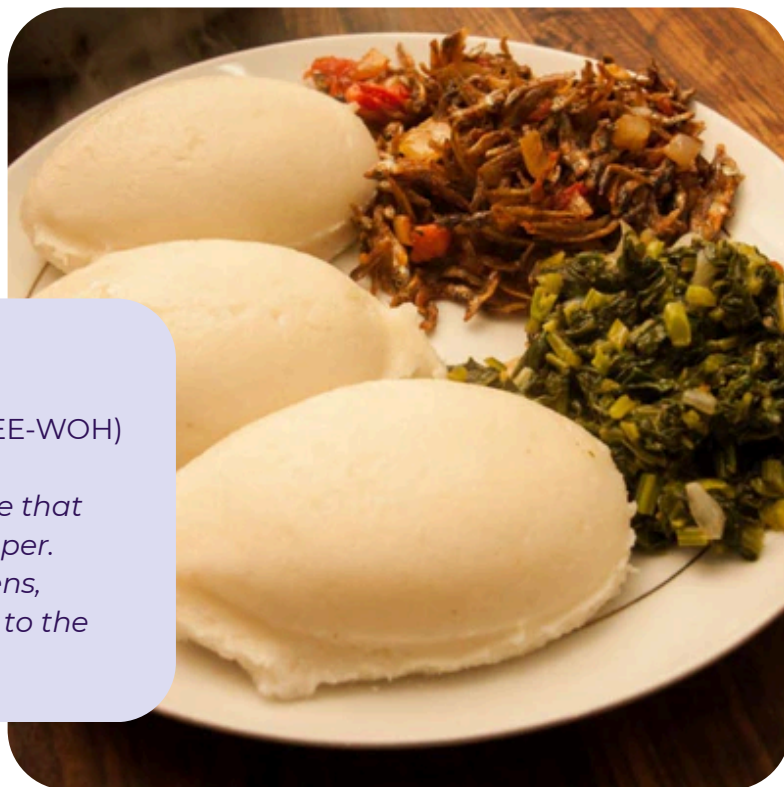
Recipes from Malawi

NSIMA & NDIWO

(PRONOUNCED EN-SEE-MA AND EN-DEE-WOH)

Nsima is so integral to **Malawian** culture that locals eat it for breakfast, lunch and supper.

Ndiwo is a delightful fusion of leafy greens, tomatoes and spice, and is a testament to the vibrancy of Malawian cuisine.



SERVINGS: 4

PREP TIME: 10 MINS

COOK TIME: 45 MINS

INGREDIENTS

Nsima:

- 2 cups cornmeal
- 4 cups water

Ndiwo:

- 2 tbsp cooking oil
- 1 onion, finely chopped
- 2 garlic cloves, minced
- 4 tomatoes, diced
- 1 tsp chilli flakes
- 500g leafy greens (kale, spinach or similar), finely chopped
- Water
- Salt and pepper, to taste

INSTRUCTIONS

Nsima:

1. Pour water into a large pot (2 cups for each cup of cornmeal). Bring to a boil over high heat.
2. After 4-5 minutes, add in half the cornmeal to the water (one spoonful at a time). Stir with a wooden spoon.
3. Continue stirring until the mixture begins to boil. Reduce the heat to medium. Cook for a few more minutes.
4. Add the remaining cornmeal and stir. It's crucial that you keep stirring until the mixture is smooth, thick and lump-free.
5. Feel free to keep adding cornmeal until you reach the desired consistency. Then, turn the heat off, cover the pot and let it rest for a few minutes.
6. Stir and scoop the nsima, shaping it into balls/patties (see image). Allow it to cool.
7. Serve with fish or meat and ndiwo (relish).

Ndiwo:

1. Heat oil and saute onions and garlic until fragrant.
2. Add tomatoes, cooking until they break down and form a thick sauce.
3. Stir in the chilli flakes, adjusting according to your desired spice level.
4. Add the greens to the pot, stirring to coat them in the tomatoes.
5. Add a splash of water if needed and let the ndiwo simmer until the greens are tender. Season with salt and pepper.