

Ugali (Corn Porridge)

by Witangela

Ingredients

- Cassava flour or corn flour
- Water



Method

1. Bring the water and to a boil in a heavy-bottomed saucepan.
2. Reduce heat to medium-low and continue stirring regularly, smashing any lumps with a spoon, until the mush pulls away from the sides of the pot and becomes very thick (about 10 minutes.)
3. Place the Ugali into a large serving bowl.



“ I chose this recipe because I like it, I know how to make it ,and is my favorite food also is my tradition food .I like this food because is sweet more then honey if you eat ugali you will have a good health and you will be stronger like me ugali is the best food in this words I eat it every single day. i learn it from my mom because she always make it for us. before was hard to make it but now i”m the best in my home we can sleep without eating ugali we can’t be happy without eating ugali. ”