

Recipe: Ugali - African food

This African food is known by many names, for example ugali, fufu, sakora, nshima or sadza. It is made of corn flour and eaten by many people in Africa almost every day. Ugali is seen as a basic and important meal, because it is easy to cook and tastes good with different types of food.



1. Water in a pot is salted and brought to cooking.
2. The corn flour is mixed in the water and cooked for 10 minutes.
3. After it is cooked, it is for some time to cool down.
4. The ready ugali is with vegetables or meat.

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