

Nshima

Nshima is Zambia's staple food item that is eaten at most meals. The combination of nshima and ndiwo is the only thing that most Zambians call a "real meal." This dish is the foundation for every meal or snack and provides children with a rich source of calories, protein, and fiber. One serving provides selenium, zinc, calcium, iron, and vitamin A.

Nshima **must** always be served hot with a cooked vegetable, bean, meat or fish ndiwo relish.

Servings: 4

Ingredients

- 4 cups (948 milliliters) water
- 2 cups (450 grams) cornmeal, corn flour, or ground maize
(Alternative: ground millet, sorghum, or cassava tuber)

Directions

1. Pour water into a large pot. Heat the water for 3-4 minutes or until luke warm.
2. Using one tablespoon at a time, slowly sprinkle $\frac{3}{4}$ cup of the corn meal or ground alternative into the pot while stirring continuous with a cooking stick (Mthiko). Keep stirring slowly until the mixture begins to thicken and boil.
3. Turn the heat to medium, cover the pot, and let simmer for 3-5 minutes.
4. Cautiously remove the lid. Slowly pour $1\frac{1}{4}$ cups of corn meal or ground alternative into the pot and briskly stir with the cooking stick until smooth and thick. Stir vigorously.
5. Sprinkle a little more corn meal or ground alternative if you desire the nshima to be thicker or less if you want thinner nshima.
6. Cover, turn the heat off, and let nshima sit on the stove for 2-3 minutes until serving.
7. Fold into oval shaped balls and serve hot with a ndiwo of your choice.

Texture Modification:

This recipe is appropriate for young children or children with disabilities. A sauce or gravy can be added to the nshima.

Estimated Nutrition Information per Serving

221 calories | Protein 5 g | Calcium 11 mg | Iron 2 mg | Vitamin A 23 IU | Vitamin C 0 mg