Recipes

Sishwala (Bean Porridge)

Ingredients:

- 1 kg maize flour
- 500 g beans
- Salt, to taste

Method:

This tasty and protein-rich breakfast from eSwatini is perfect for early risers because it takes a little time! Remember to soak the beans overnight in a large bowl of cold water. In the morning, wash them well and put them in a large pot. Add enough water to cover the beans completely, then add a pinch of salt and cook until tender. Drain the water, add fresh hot water, and cook the beans for another five minutes. Next, add the maize flour and salt, stirring well until everything is combined. Cook for another 30 minutes. Finally, enjoy your breakfast… and what a breakfast it is!

Sitfubi (Maize Porridge)

Ingredients:

- 2 cups milk
- ½ cup maize flour
- A pinch of salt
- Sugar (optional, for topping)
- Honey (optional, for topping)
- Fresh tropical fruit (optional, for topping)

Method:

If you prefer a sweeter, fruitier breakfast, here's another eSwatini favourite! Put 1½ cups of milk in a small saucepan, keeping the remaining ½ cup aside. Heat the milk over medium heat, stirring occasionally so it doesn't burn. Add a pinch of salt. Meanwhile, mix the maize flour with the remaining ½ cup of milk until smooth, then pour it into the warm milk. Stir constantly and bring almost to the boil until it thickens, but don't let it become hard. Et voilà! Your sweet breakfast is ready. Top with sugar, honey, and fresh fruit!

Pap Porridge (Simple Porridge or Polenta)

Recipe by Dolores Godeffroy

Ingredients (for 3–4 people):

- 1 cup maize flour
- 2 cups water
- ¼ teaspoon salt

Method:

This famous local polenta is quite simple to make. First, bring the salted water to a boil. Add the maize flour and stir well. Cover the pot and simmer for about 3 minutes. Stir again until the maize flour reaches a soft, smooth consistency. Cover again and continue to simmer, stirring constantly for another 10 minutes. Your polenta is ready! Or at least, it should be if you followed all the steps carefully…

Sinkwa Sembila (Maize Bread)

Recipe by Dolores Godeffroy

Ingredients (for 3–4 people):

- 2 fresh maize cobs
- ½ cup water or milk
- 1 cup self-raising flour
- 2 tablespoons sugar
- ¼ teaspoon salt

Method:

This simple maize bread starts by husking and grinding the fresh maize (keep the cobs and some inner leaves). Mix the ground maize, flour, sugar, and salt. Slowly add the water or milk while stirring until you get a soft, pliable dough. Divide the dough into fist-sized portions, shape them into squares, and wrap them in maize leaves. Place the remaining maize cobs at the bottom of a pot, add water (making sure it doesn't cover the cobs completely), and bring to the boil. Put the dough portions on top of the cobs, cover the pot, and cook for one hour. Finally, enjoy this special bread! Yummy!