

Pap-pap



Lesotho is an enclave within South Africa. It's known as *the Kingdom in the Sky* because of its high mountainous regions. Its cuisine has been influenced by many cultures: British, South African, European, Malay and even Indian. Its national dish is called Pap-pap, a simple stiffened cornmeal similar to polenta which is a staple food and served with most stews and soups.

Pap-pap is usually just cooked cornmeal and water. This recipe has the addition of milk and cheese.

Ingredients

- ½ Cup Cornmeal
- 1 Tablespoon Heaped Butter
- 2½ Cups Boiling Water
- ½ Cup Milk
- 1 Cube Cheese

Directions

1. In a large saucepan add the water and butter, when it comes to a rolling boil add milk and the polenta, keep stirring till it form a lump free batter.
2. Keep stirring for another two minutes.
3. Then cover and cook for 7- 10 minutes, stirring after every 2 minutes, till all the water is absorbed.
4. Add the cheese and a salt to taste give it a good mix. Pap- pap is ready.