

Tanzania with its famous lakes (Lake Victoria et al), national parks (Serengeti et al) famous islands (Zanzibar et al) and the famous Mount Kilimanjaro, can also boast a cuisine that has had many cultural influences. But its national dish is the humble Ugali na Maharage ya nazi. It is a dough prepared with cornmeal (maize meal), cassava flour, sorghum or millet served with beans and vegetables cooked in coconut milk.

Ugali

Ingredients

- 1 l water
- 2 ¼ cups maize flour

Directions

1. In a pot, warm the water on high heat for about 3 minutes. Do not boil.
2. Add half of the flour and stir it in with a wooden spoon. Continue to stir until it thickens and becomes porridge. It should be bubbling.
3. Once you've reached this consistency, cover the pot, and leave it to cook for 4 minutes on medium heat.
4. Take the pot off the heat and add the rest of the flour. Stir it in with the wooden spoon (you can do this in portions). As you mix in the rest of the flour it will become harder, almost like play dough, continue to mold it until all the flour is mixed in, and mash all the lumps.
5. Spread it flat at the bottom of the pot as much as possible, cover, and put back on the on medium heat.
6. After 4 minutes, open the pot and turn the mixture one the other side. Cover and put back on the heat. Repeat this step twice.
7. Mold it in the middle of the pot into a nice round shape, and place on a serving dish.

Maharage

Ingredients

- 1 can kidney beans drained and rinsed
- 5 tbsp vegetable oil
- 1 onion
- 2 tomatoes
- 1 large carrot
- 1 cup coconut milk
- Salt

Directions

1. In a pot, warm the water on high heat for about 3 minutes. Do not boil.
2. Add half of the flour and stir it in with a wooden spoon. Continue to stir until it thickens and becomes porridge. It should be bubbling.

3. Once you've reached this consistency, cover the pot, and leave it to cook for 4 minutes on medium heat.
4. Take the pot off the heat and add the rest of the flour. Stir it in with the wooden spoon (you can do this in portions). As you mix in the rest of the flour it will become harder, almost like play dough, continue to mold it until all the flour is mixed in, and mash all the lumps.
5. Spread it flat at the bottom of the pot as much as possible, cover, and put back on the on medium heat.
6. After 4 minutes, open the pot and turn the mixture one the other side. Cover and put back on the heat. Repeat this step twice.
7. Mold it in the middle of the pot into a nice round shape, and place on a serving dish.
8. Dice the tomatoes, carrot, and onions
9. In a pan, heat the oil over medium heat, add the onion and stir.
10. When the onion begins to become light brown, add the tomatoes. Stir and mash.
11. Once the tomatoes soften, add the carrots, stir, and let them cook for 2 minutes, then add the beans and salt to taste, and stir.
12. Add the coconut milk and stir. Reduce the heat to low and allow simmering for 3 minutes, stirring it occasionally to prevent the mixture from sticking to the bottom.