

[Making Ugali, By GoGoRunning](#)



Ugali is a bread-like side dish that can be served with Stew, Sukuma Wiki, Eggs, and just about any meal. It is made by "feel", based on preference of flour and thickness.

Recipe

You'll need:

Water

Maize Corn Flour*

Sugar (optional)

Wooden Spoon

Sauce Pan

Makes several large servings

Instructions:

Bring water in a pan to a boil (about half full)

Reduce heat to medium and pour a layer of flour

Stir until flour is absorbed

Continue to pour/stir until the consistency is dough-like

Let it sit for a few minutes to thicken

Invert the pan so that the Ugali "drops" on serving plate

Keep covered until it is time to serve and eat

*The type of flour used--from white corn flour to yellow cornmeal--determines the texture of the ugali.

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