



**Location**  
Zambia



**Prep time**  
5 mins



**Cooking time**  
30 mins



**Serves**  
Two

# Nshima

Nshima, Zambia's staple carbohydrate, is a "mealie meal" with a playdoh-like consistency. It's often served with relishes of meat, beans and vegetables.

Nshima can be enjoyed at any of Zambia's many traditional restaurants, as well as in boutique hotels.



## Ingredients

Water  
Cornmeal as needed  
Salt to taste

## Steps

- 1 Fill two-thirds of a large saucepan with water and bring to a boil.
- 2 In a bowl, mix two cups of cold water with one cup of cornmeal.
- 3 Add the mixture to the boiling water and reduce heat to medium.
- 4 Cover and cook for five minutes, then stir vigorously with a wooden spoon to remove lumps.
- 5 Gradually add more cornmeal, two tablespoons at a time, stirring to keep porridge smooth. As it thickens, add just one tablespoon at a time until the porridge forms a playdoh-like consistency (about 20 minutes).
- 6 Remove from heat, cover and let stand for a few minutes.

## Serving suggestions

Nshima and chicken is the most popular dish eaten across the country. Nshima can also be served with other protein, including fish, and one or two vegetables.