

MACHOU



By Food lovers recipes



MACHOU

Nelson Mandela described his favorite meal as being a freshly slaughtered sheep washed down with a bowl of Amarhewu!

2 lb Cornmeal

2.5 Gallons Water

1/2 lb Wheat Flour

Boil the cornmeal in the water for about 2 hours.

Mix in the wheat flour

pour mixture into a container with a lid (not sealed)

Leave in a dark place for 2 days

The mixture may be drunk after 2 days as it will have developed its distinctive sour taste, but it will increase in 'flavour' and potency for up to a week.

Posted by Karin Rheeders Pearson