

Tips to Make the Perfect Nsima!

1. Stir consistently.

The nsima tends to stick to the pot easily, so try to stir constantly.

2. Let it rest once cooked.

It's important to let the nsima rest a few minutes for it to fully congeal. Don't wait too long, it's best served hot!

3. Form it into hamburger-sized patties.

Scoop out the nsima with a large, wet wooden spoon and flip it onto a plate.

4. Get the consistency you desire.

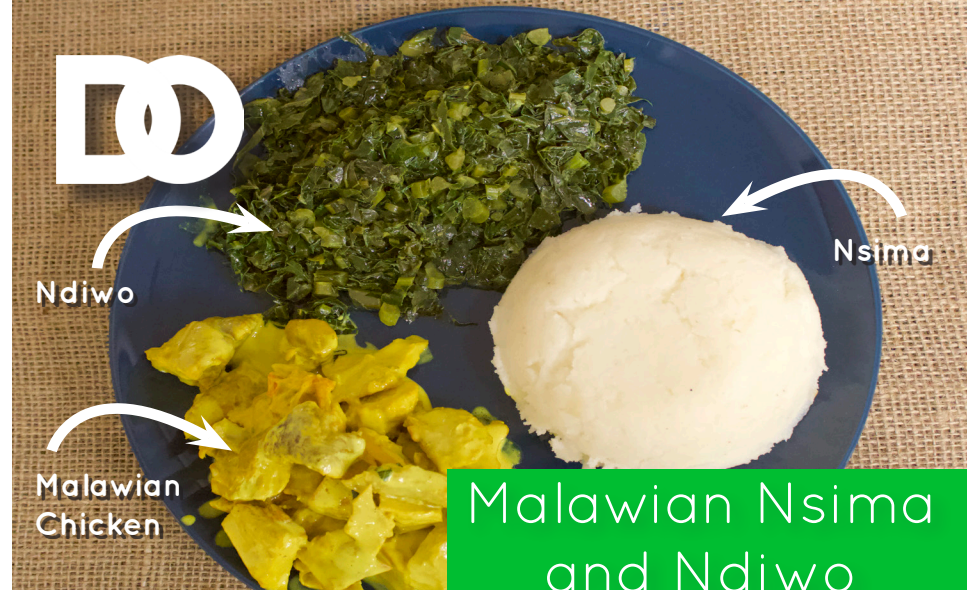
Malawians like their nsima soft, but if you'd like yours to be thicker, you can add more cornmeal. If you'd like it softer, add a little more water.

5. Dip the serving spoon in water.

To ensure each nsima patty doesn't stick, dip the serving spoon in water in between each serving.

6. Nsima is never eaten on its own.

Eat nsima with the included ndiwo recipe. In Malawi, nsima is usually served with vegetables, beans, fish, or meat.



Malawian Nsima and Ndiwo



Malawian nsima (pronounced en-see-ma) is a thickened corn porridge that Malawians eat for breakfast, lunch, and dinner. Made from ground corn (maize in Malawi), this hearty meal is the national dish of Malawi. Many communities commonly serve it with ndiwo (collard greens) and on very special occasions, Malawian style chicken. Malawians typically eat this with their fingers.

Maize is one the the most vital and widely grown crops in Malawi. In fact, the Malawians have a saying, “chimango ndi moyo,” which translates to “maize is life.” Nsima is a staple of the Malawian diet, because it is a good source of carbohydrates needed to sustain energy. **Water is essential** in cooking nsima. For nearly eighty percent of Malawians, life revolves around growing enough maize to feed their families and accessing safe water to ensure healthy crops, like the greens cooked in ndiwo.

“madzi ndi moyo”
“water is life”

Nsima

Prep Time

• 10 Minutes

Cook Time

• 30 Minutes

Total Time

• 40 Minutes

Adapted from: Darlene, International Cuisine

Ingredients

- 3 cups water
- 1 cup cold water
- 2 cups cornmeal
(white cornmeal is traditional)



Instructions

1. Heat the 3 cups of water in a saucepan, to boiling.
2. In a bowl, make a paste using part of the cornmeal and all the cold water.
3. Add the paste to the boiling water.
4. Stir with a wooden spoon until the mixture has a thick, porridge-like texture.
5. Cover the saucepan, and simmer for 15 minutes.
6. Turn heat to the lowest setting, remove the lid, and gradually add the rest of the cornmeal, stirring constantly.
7. Continue until the mixture thickens to the desired consistency.
8. Cover and cook on lowest heat for another 5 minutes.
9. Stir before serving. Dip a small bowl or large spoon in water and scoop out nsima. Keep it covered in order to keep it moist. Serve hot.

Photos by: Priyangi Pukara, Cookpad.com

Ndiwo

Prep Time

• 15 Minutes

Cook Time

• 15 Minutes

Total Time

• 30 Minutes

Adapted from: Linda McElroy, Dining for Women

Ingredients

- 2 large bunches of mixed greens (e.g. kale, collard greens, cabbage), finely chopped
- 1 small onion, chopped
- 2 cloves garlic, minced
- 1 tbsp. oil
- 2 tomatoes, chopped
- 1/4 cup water
- Salt, to taste



Instructions

1. Sauté the onions in the oil until soft.
2. Add the garlic and sauté another minute.
3. Add the remaining ingredients, bring to a boil, cover the pan, and reduce to a simmer.
4. Cook for 5 minutes until the greens are tender.
5. Serve with nsima.



Tips to Make the Perfect Cookies!

1. Consistency depends on sweet potatoes.

The consistency of the dough will depend on how soft the sweet potatoes are cooked before they are mashed.

2. Too soft?

Add a little more flour as you knead out the dough. You want the dough to be soft but able to be easily rolled and cut.

3. Chill the dough.

If you have the time, chill the dough 1-2 hours in the fridge. Chilling the dough concentrates the flavors of the ingredients.

4. Don't overmix.

Overmixing the dough will result in flat, crispy cookies. The mbatata cookies are more cake-like and aren't meant to be eaten crispy.

5. Get creative.

While this is the traditional way to eat mbatata cookies in Malawi, other ingredients like oats can be added for an even healthier variation!



Mbatata Biscuits (Cookies)



Malawi is known for its people's friendliness and kindness. It's even been recognized as one of the kindest countries to strangers in the world. That's why it is known as the "Warm Heart of Africa." When making mbatata (pronounced MM-ba-TA-ta) cookies, it's common in Malawi to cut them into the shape of a heart, paying tribute to the friendly people and character of Malawi.

High in fiber, the sweet potato is three-fourths water, making it very filling, not to mention delicious. It is an important nutritional element in the diet of Malawi's people. **LifePumps provide families with dependable water to grow** community gardens year-round.

"madzi ndi moyo"
"water is life"

Mashed Sweet Potatoes

Prep Time

• 5 Minutes

Cook Time

• 30 Minutes

Total Time

• 35 Minutes

Recipe by: Sarah Ozimek, Curious Cuisiniere

Ingredients

- 1 medium sweet potato
- Water for boiling

Instructions

1. Peel and quarter the sweet potato.
2. Place it in a saucepan and cover it with water.
3. Cover the pan, and bring the water to a boil.
4. Boil the peeled sweet potato for 30 minutes, or until easily pricked with a fork.
5. Once cooked, drain and mash the potato with an electric hand mixer until smooth.
6. You will need 1/2 cup of mashed sweet potatoes for 1 dozen cookies.



Mbatata Biscuits

Prep Time

• 10 Minutes

Cook Time

• 30 Minutes

Total Time

• 40 Minutes

Recipe by: Sarah Ozimek, Curious Cuisiniere

Ingredients

- 1/2 cup mashed sweet potatoes
- 2 tbsp. unsalted butter, melted
- 1 cup unbleached all-purpose flour
- 1/4 cup brown sugar
- 2 tsp. baking powder
- 1/4 tsp. salt
- 1 tsp. cinnamon
- 1/4 cup raisins

Instructions

1. Preheat oven to 375°F.
2. In a large bowl, mix mashed potatoes and melted butter.
3. Add flour, brown sugar, baking powder, salt, and cinnamon. Mix well until a soft dough forms.
4. Add the raisins and mix until incorporated.
5. Turn the dough out onto a well floured surface and knead it a few times until the dough is solid enough to roll out.
6. Roll the dough 1/2 inch thick, and cut the cookies with a cookie cutter dipped in flour (heart shaped is traditional). Place the cut cookies onto a parchment-lined baking sheet. Re-roll and cut any remaining dough, until all the dough has been used.
7. Bake the cookies for 12-15 minutes, until firm and slightly springy when touched.
8. Remove the cookies from the oven, and let them cool on the pan for 5 minutes.
9. Remove the cookies from the baking sheet to finish cooling on a wire rack.





Tips to Make the Perfect Samosa!

1. Mixing the oil with flour is important.

Rub the flour between your hands for 3 to 4 minutes until the oil is well incorporated.

2. Don't overwork the dough.

You only need to bring the dough together. If you overwork it, the samosas will be hard.

3. Let the dough rest for around 30-40 minutes.

The dough relaxes as it rests, so it is easier to roll out.

4. Roll the dough evenly and thin.

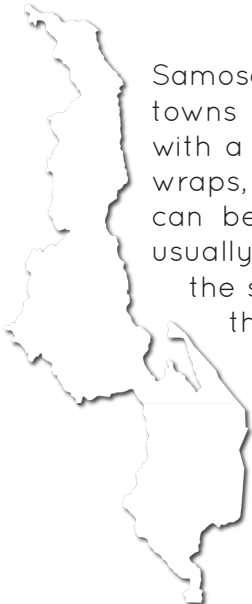
Try to roll the dough thin and even. If the dough is thick, it will take a long time for it to get cooked.

5. Fry the samosas on low heat.

Always fry the samosas on low heat so they will turn crisp.



Beef Samosas



Samosas are a popular street food in Malawian towns and cities. They are traditionally made with a thinner pastry dough, similar to egg roll wraps, and stuffed with ground beef. While they can be eaten any time of the year, they are usually reserved for special occasions. However, the samosa has grown so much in popularity that it can now be found in big chain supermarkets around the world.

Water is essential for this recipe in order to make the dough and to water the cattle needed for ground beef. The LifePump is giving families an opportunity **to raise livestock** for their families and to sell.

“madzi ndi moyo”
“water is life”

Samosa Filling

Prep Time

• 10 Minutes

Cook Time

• 20 Minutes

Total Time

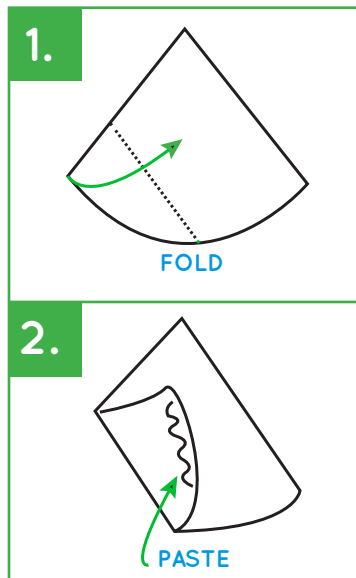
• 30 Minutes

Recipe by: Manali, Cook with Manali

Ingredients

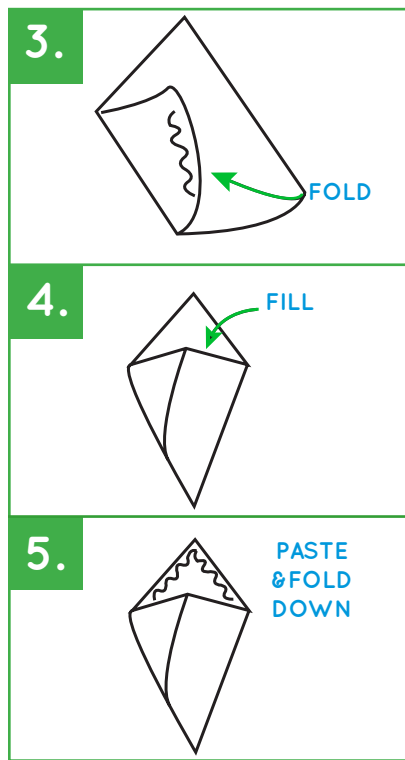
- 1 tbsp. olive oil
- 1 lb. ground beef
- 1 med red onion, diced
- 1 clove garlic, minced
- 1 jalapeño, minced (optional)
- 1 tsp. salt
- 1 tsp. pepper
- 1 tsp. cumin
- 4 green onions, diced
- 1 cup frozen peas, defrosted
- 2 tbsp. cilantro, chopped

Folding Instructions



Instructions

1. In a large pan, heat the olive oil over medium-high heat. Once hot, add the ground beef and onions and cook until beef is brown, about 5 minutes.
2. Add the garlic, jalapeño, salt, pepper, cumin, and green onions to the meat. Cook for 2 minutes. Add the peas and cilantro, then cook for another 2 minutes.



Samosa Dough

Prep Time

• 45 Minutes

Cook Time

• 10 Minutes

Total Time

• 55 Minutes

Adapted from: Manali, Cook with Manali

Ingredients

As an alternative, use pre-made dough such as ready to cook tortillas, egg roll wrappers, or empanada dough (from an international supermarket).

- 3 cups all-purpose flour
- 1 1/2 tsp. salt
- 2 tsp. olive oil
- About 1 1/2 cups water
- Extra flour for dusting
- 3 cups canola oil

Instructions

(If using pre-made dough, skip to step 3.)

1. In a large bowl, combine the flour and salt. Drizzle the olive oil and combine again with your hand. Add the water, a little at a time, until the dough pulls away from the sides of the bowl. Knead the dough in the bowl for 4 minutes until it is smooth and soft. Cover the bowl with a damp towel and allow it to rest for 30 minutes.
2. Shape the dough into a log on a floured surface. Cut into 10 equal sections. Roll each section into a ball. Use a rolling pin to roll the balls into 8-9" circles. The dough should be very thin. Stack the well-floured circles on top of each other.
3. Heat a greased large pan over medium-high heat. Place one of the circles of dough in the pan and cook for 10 seconds on each side. Repeat with the remaining dough.
4. Make flour paste by mixing 1/4 cup flour with cold water until it is the consistency of cake batter.
5. Cut the semi-cooked dough circles into quarters. Follow the folding instructions to form a cone. Fill it with a spoonful of filling. Seal shut.
6. In a large, deep pan, heat the canola oil to 350 °F. Fry for about 5 minutes, flipping once, until light, golden brown. Drain on a paper towel-lined plate.

