



South African Mielie Meal

A porridge made from maize

Recipe submission by Nicky



Photo by @theethnicfoodshop

KEY INGREDIENTS & WHERE TO BUY

- White maize meal/corn meal
- Milk
- Brown sugar

Available at:
Khartoum market
304-306 Streatham
High Rd, London SW16
6HG

PERSONAL SIGNIFICANCE

"It reminds me of my family in South Africa specifically my Aunt who used to make it for us when we went to visit her."

"Grounded, loved, content"

"It reminds me of South Africa and as I left when I was six that I know very little about the culture, yet it is also part of me."

For the full authentic recipe visit

<https://www.myrecipes.com/extracrispy/gold-flecked-avocados-tesco>