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by ewfood

Pap 'n Sous

Ingredients

For the pap

8fl oz. water

1 tsp. salt

4.5 oz. milie meal (maize meal, lulu should stock it)

For the sous

1 fl oz. oil

2 onions

chopped

4 tomatoes, chopped or 1 tin chopped tomatoes

1 clove garlic, minced

1.5 oz. fresh herbs, any

½ tsp. sugar

½ tsp. cayenne pepper or chili powder

salt and pepper to taste

Preparation

- 1 For the pap
- 2 In a pot bring the water and salt to boil
- 3 add the milie meal gradually and stir continuously
- 4 lower the heat and allow to simmer for 10 minutes until thick, stir occasionally, the porridge should hold its own shape
- 5 For the sous
- 6 Sauté the onions in the oil until the onions have browned
- 7 add the garlic and potatoes and simmer for a few minutes until it begins to thicken
- 8 add the remainder of the ingredients and simmer for a further 5 minutes
- 9 taste the sauce and season accordingly with salt and pepper
- 10 serve with pap and braai vleis (meat off the barbecue)

Cooks Note
