

PROCESSING OF INGREDIENTS

Processing of maize flour

Maize was first sorted to remove any defects. The maize was then milled into flour

Processing of cassava flour

The cassava was sorted, cleaned, peeled and grated into small pieces. The cassava was then dried in the solar drier for about 12 hours. After drying, flour was made by blending and then sieving. The remaining components from sieving were re-blended and re-sieved.

Processing of fish powder

The fish (sun dried usipa) was lightly roasted in an oven at 180°C for about five minutes to remove the fishy smell and to make pounding easier. After cooling for about 3 minutes, the roasted fish was blended until a fine powder was obtained. Sieving was done and the residues were blended again until a fine powder was obtained.

RECIPES

1. Maize fish porridge



Ingredients	Amount
1. Whole maize flour	6 Tablespoons
2. Pounded amaranthus leaves	1 level teaspoon
3. Fish flour	1 level Tablespoon
4. Cooking oil	1 Tablespoon
6. Water	2¼ cups
7. Salt	2 finger pinch

Notes

- Can use any small dried fish such as usipa, usipa ofutsa, matemba

Method

1. Measure and put aside 1 level Tablespoon of the fish powder
2. Mix whole maize flour with pounded fish powder and add water to make a paste
3. Bring the pot containing fish/whole maize flour paste on fire and stir continuously until it starts boiling
4. Once the mixture starts boiling, reduce the heat and cook on low heat for 20-30 minutes
5. Stir from time to time to make sure that the food does not stick at the bottom of the pot
6. Add cooking oil and pounded amaranthus leaves, mix well and cook for 2-3 minutes
7. Add iodized salt and sugar (optional)
8. Serve it to the child while it is warm.

Yield: Approximately 1 ¾ cups

2. Cassava fish porridge

Ingredients	Amount
1. Cassava flour	1 cup
2. Pounded amaranthus leaves	1 level teaspoon
3. Fish flour	½ cup
4. Cooking oil	1 Tablespoon
6. Water	4 cups
7. Salt	2 finger pinch

Method

1. Put 4 cups water and the fish flour into the pot and bring them to boil.
2. Cook the mixture for 5-10 minutes.
3. Add a teaspoons of pounded vegetables and a tablespoon of cooking oil and cook for 2 minutes.
4. Let the mixture cool after which a cup of cassava flour should be added while continuously stirring to avoid lumps and let it simmer for 2 minutes.
5. Add iodized salt and sugar (optional) to taste.