

Recipe for Toh

Tô (or Toh) is the staple meal in the Sahel region of West Africa. It can be made from any finely-ground flour, such as maize, millet, rice or sorghum and can be served with flavoursome soups, stews and sauced.

It's very similar to the nshima of Zambia, Zimbabwe's sadza and Kenya's ugali.

Ingredients:

500g millet, sorghum, corn or rice flour

2.2l cold water

Method:

1. Add the water to a large pot, place on a high heat and bring to the boil.
2. Slowly add roughly 125ml of your chosen flour to the pot, stirring rapidly so that no lumps form.
3. Reduce the heat and pour 250ml of the water and flour mixture into a jug. Set it aside.
4. Slowly add the remaining flour to the pot, stirring continuously. Add a little of the reserved liquid back to the pot if necessary. In the end you should have a smooth paste that's too thick to stir properly.
5. Complete the cooking by covering the pot and simmering very gently over a low heat for about 10 minutes.
6. Remove from the heat and serve warm with any soup, stew or sauce.