

Bota (cornmeal breakfast porridge)

Ingredients

- 4 to 5 cups water (divided use)
- 1 cup white cornmeal
- 1 pinch salt
- 1 to 2 tablespoons peanut butter
- Optional: milk, and sliced fruit (to serve)
- Optional: sugar or sweetener like honey or agave (to serve)

Take 1 cup of cornmeal and add it to a pot. Add 1 cup of cold water to wet this and mix to create a paste.

Add boiling water, then place the pot over high heat. The amount of water required will depend on the type and quality of cornmeal, but 3 to 4 cups is a good measure. Extra liquid can be added or cooked off as needed to achieve your ideal consistency.

Bring the mixture to a boil and reduce to low heat to simmer for 15 minutes. You will notice it thickens rapidly. (tip – cover pot with a lid as the mixture tends to bubble and splatter)

If it is too thick for your liking, add a few teaspoons of boiling water.

Transfer cooked porridge to a bowl and mix in 1 to 2 tablespoons of peanut butter until well-incorporated.

Add sugar or another sweetener to taste if desired, and enjoy with or without milk and sliced fruit.