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Adult help needed.

People in Burkina Faso love to eat this dish with stews and soups (try it with the West African Peanut Soup). It's similar to a dish called ugali in Kenya and Tanzania.

Ingredients

- 1 lb. millet flour or cornmeal
- 8 c. water
- 2 tbsp. butter or margarine

Directions

- 1 Bring water to boil in large pot over high heat. Slowly add about $\frac{1}{4}$ of the flour or cornmeal to the water, stirring quickly and constantly for about 5 minutes so no lumps form.
- 2 Reduce heat. With large spoon, scoop out about $\frac{1}{4}$ of the flour-water or cornmeal-water mixture and set aside in a bowl.
- 3 Add remaining flour or cornmeal, about a cup at a time, to pot. Stir vigorously each time a dry ingredient is added. If mixture becomes too thick to stir, add some of the mixture you set aside. After about 5 minutes of adding flour, the smooth paste should be too thick to stir.
- 4 Reduce heat to very low. Cover pot and cook 10 more minutes.
- 5 Remove from heat. Shape into balls, sprinkle with salt to taste and serve along with stew, sauce or soup.

