

CHEERS

tops!
at home



UPHUTHU NE KLABISHI (UPHUTHU AND CABBAGE)

SERVES 6

This is a famous meal in my village and is referred to as 'intombi yesigodi' (local girl). It's not just an affordable meal, but one that fills the soul. When I eat it, it always takes me home to my mom's rondavel, wherever I am.

INGREDIENTS

For the uPhuthu

4 cups water
2 cups maize meal
1 tsp salt

For the cabbage

1 Tbsp oil
1 onion, chopped
4–6 rashers streaky bacon, chopped (optional)
1 Tbsp mild curry powder
½ head green cabbage, roughly chopped
1 cup chopped mixed red, green and yellow peppers
Salt and pepper, to taste

METHOD

In a pot, bring the water to a boil. Add the maize meal and salt in a heap in the centre of the pot. Lower the heat. Using a fork, mix the maize meal, salt and water until a crumbly mixture forms. Close the lid and cook for 25 minutes, stirring every 5 minutes. Remove from the heat

Heat the oil in a pan over medium heat. Add the onion and sauté for 2 minutes, or until lightly golden. Add the bacon and stir until cooked. Mix in the curry powder, then stir in the cabbage and peppers. Cook over low heat until the cabbage is soft. Season with salt and pepper. Serve alongside the uPhuthu.