Main dishes / Sudan

Asida with mulah

A stiff porridge of sorghum or wheat, served with stewed meat in a dried okra sauce.

Time 90 min **Servings** 5

What you'll need.

- ☐ 400 g Sorghum or wheat flour
- ☐ 60 g Ground dried okra
- ☐ 3 tbsp Tomato paste
- ☐ 2 tbsp Peanut butter
- ☐ 60 ml Vegetable oil
- ☐ 600 g Lamb — diced
- ☐ 2 piece Onions
- ☐ 4 clove Garlic
- ☐ 1 tsp Ground coriander
- ☐ Salt and pepper — to taste

Let's make it.

01 Brown the meat with the onion and garlic, then add the tomato paste and coriander.

02 Add water, season and stew forty minutes, until the meat is tender.

03 Stir in the peanut butter and rain in the ground okra in a thin stream, stirring constantly.

04 Cook the sauce ten minutes; it turns thick and stringy.

05 Bring a litre of salted water to the boil, set a cup aside and rain in the flour, working it with a stick.

06 Work it fifteen minutes, adding the reserved water, until the mass is dense and smooth.

07 Turn the asida onto a platter with a wet spoon, make a hollow and pour the mulah into it.

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