SERVES 6
Per serving • Calories: 537 • Fat: 4.3g • Carbs: 114g • Protein: 21g

Ingredients:
• 700g green grams – cleaned and sorted (alternatively you can use pigeon or cow peas)
• 700g sorghum (alternatively use millet)
• 3l water
• 2 tbsp salt
• pepper to taste

Cooking instructions:
1. Remove the seed coat of the sorghum grains (dehulling, traditionally done using a pestle and mortar).
2. Wash the dehulled sorghum.
3. Bring the water to boil.
4. Add the sorghum to the boiling water and boil for about 20 minutes.
5. Add the green grams to the boiling sorghum and stir.
6. Add hot water until the mixture is covered.
7. Simmer until the mixture is easily crushed between fingers, stirring occasionally.
8. Add salt and pepper (optional) to taste.
9. Mash the mixture to a dough and serve hot.