

1. Origin:

Amala is a traditional Nigerian dish that originated from the Yoruba tribe. It is a starchy and thick porridge made from yam flour, and it is commonly served with various stews and soups.

2. How to Make:

Step 1: Gather Ingredients

To make amala, you will need the following ingredients:

- 2 cups of yam flour
- 2 cups of water
- Salt to taste

Step 2: Prepare the Yam Flour

In a pot, mix the yam flour with one cup of water. Use a wooden spoon to stir until there are no lumps in the mixture.

Step 3: Cook the Yam Flour

Add the remaining cup of water to the pot and place it on medium heat. Continue stirring until the mixture thickens and starts to pull away from the sides of the pot.

Step 4: Adjust the Consistency

If the amala is too thick, you can add more water to achieve your desired consistency. If it is too thin, you can add more yam flour.

Step 5: Flavor with Salt

Once the amala is cooked and has reached your desired consistency, add salt to taste and stir well.

Step 6: Serve

Transfer the amala to a serving bowl and use a wooden spoon to make a well in the center. This is where you will pour your soup or stew.

3. What to Serve With:

Amala is typically served with traditional Nigerian soups and stews such as Egusi soup, Efo riro, or Okra soup. It can also be served with meat or fish stews. In addition, it is commonly paired with a chilled drink such as palm wine or zobo (hibiscus) drink.

4. Ingredients:

- 2 cups of yam flour
- 2 cups of water
- Salt to taste

5. Directions:

Step 1: In a pot, mix the yam flour with one cup of water. Use a wooden spoon to stir until there are no lumps in the mixture.

Step 2: Add the remaining cup of water to the pot and place it on medium heat. Continue stirring until the mixture thickens and starts to pull away from the sides of the pot.

Step 3: Adjust the consistency by adding more water if it is too thick, or more

yam flour if it is too thin.

Step 4: Add salt to taste and stir well.

Step 5: Transfer the amala to a serving bowl and make a well in the center.

Step 6: Serve with your choice of soup or stew, and enjoy your delicious amala!