

Modified Ghana Kenkey (millet)



Provides 2 servings. Preparation time is 20 minutes

Ingredients:

4 Cups of millet flour OR 2 cups each of millet and corn flour

3 – 4 Cups of lukewarm water

Corn husks, soaked in water for at least 30 minutes

1/2 tsp salt (optional)

Each 400g portion contains:

| ENERGY | FAT | SATURATES | SUGARS | SALT |
|-------------------|-----------|-----------|-----------|-----------|
| 1611kJ 381kcal | 4.3g | 0.5g | 1.7g | 0g |
| 19% | 6% | 3% | 2% | 0% |

of an adult's reference intake

Nutritional information per 100g of edible portion:

| | |
|---|-------------|
| Energy (kcal / kJ) | 95kcal/39kj |
| Total Fat (g) of which saturated fatty acids (g) | 1.5 0.2 |
| Carbohydrates (g) of which sugars (g) | 16.7 1.7 |
| Dietary fibre (g) | 2.7 |
| Protein (g) | 1.8 |
| Salt (g) | 0 |

Preparation method:

Pour the millet flour and salt in a bowl and mix. Gradually add lukewarm water, mixing to form a sticky dough. Adjust amount of water to avoid a watery dough. Cover the dough with clean kitchen towel or cling film and leave to ferment at room temp for 28 to 48 hours. Stir the dough occasionally. The dough will rise and develop sour aroma.

Divide the dough into two equal parts. Boil about 3 cups of water in a large bowl, on medium heat. Add one half of the dough to the boiling water, stir until smooth consistency and cook for about 20 minutes or until it thickens and turn off the heat.

Add the cooked dough to the uncooked fermented portion and mix. Divide the mixed dough (*kenkey*) into two equal portions and roll each into a ball. Rinse the soaked husks and pat dry. Place each *kenkey* ball in the centre of a husk, seal by folding the husk at the top and tie with strips of husk to avoid water seeping in during cooking.

Place the two *kenkey* portions in a large cooking pot. Add salt (if using) and water to reach above the *kenkey*, cover the pot and cook on medium heat for about 1 hour or until thoroughly cooked and firm to touch, adding more water to prevent burning. Take out the *kenkey*, cool for about a minute, unwrap and serve with modified *shito*, *pepper* sauce (ground tomato, pepper and onion) and grilled fish, or with modified okro or peanut butter soup or modified meat stew.