

# *Fried Pap*

## **Ingredients:**

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- 500g Maize Meal
- 2.5lt Water
- 300g Chopped Cabbage
- 2 tablespoon Butter or Pork lard
- To taste Olive oil, Thyme, Garlic, Salt & Pepper
- Carrots, beans and pork salted meat is your choice

## **Instructions:**

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1. Place in a pot some olive oil, butter or pork lard, garlic, thyme, salt and pepper. Let it cook.
2. Add the water and the maize while water is still warm. Mix well, and add the cabbage. Optional: Here you can add other vegetables as carrots, beans, even meat.
3. Cook, mixing well very often until thick. Tip: Maize is ready when the wooden spoon holds in the middle of the pot.
4. When ready, place the pap into trays and let it cool.
5. Cut in cubes and fry in hot oil.