

Gold Coast Ghal Kitchen

Banku Recipe

Cornmeal - 2 cups

Cassava dough - 2 cups

Water - 8 cups

Salt - to taste

Directions

1. In a large bowl, mix the cornmeal and cassava dough together until well combined.
2. Add 2 cups of water to the mixture and stir well.
3. Cover the bowl with a clean cloth and let it sit for 2-3 days to ferment. The mixture will become slightly sour and bubbly.
4. After fermentation, add 2 cups of water to the mixture and stir well. Use your hands to knead the dough until it becomes smooth, like a grainy cake batter.
5. In a large pot, bring 4 cups of water to a boil. Reduce the heat to medium and gradually add the dough to the pot, stirring constantly to prevent lumps from forming.
6. Continue stirring the mixture for about 20-30 minutes or until it thickens and becomes smooth and glossy.
7. Add salt to taste and stir well.
8. Remove the pot from the heat and use a wooden spoon to beat the mixture vigorously until it becomes fluffy and elastic.
9. Serve the banku hot with soup, stew, or sauce.