



Creamline
AT THE HEART
OF DAIRY

PHUTHU PAP (PORRIDGE)

Experience the authentic taste of South Africa with our Phuthu Pap recipe!
This traditional maize meal dish is quick and easy to make, with just 5 minutes
of prep and 30 minutes of cooking time.



SERVES
2



PREP TIME
5 MINS



COOK TIME
30 MINS



DIFFICULTY
EASY



SCAN TO WATCH
THE RECIPE VIDEO

INGREDIENTS

- 1 ½ cups water
- 1 tsp salt
- 50 g Creamline Salted Butter
- 2 cups maize meal

DIRECTIONS

1. In a pot over medium heat, bring water and salt to a boil.
2. Turn the heat low and add the maize meal into the pot, leave in a heap and close the pot.
3. After 5 - 10 minutes, using a fork, fluff the pap vigorously to create a sand-like rocky texture with some lumps.
4. Add Creamline Salted Butter and close the pot. Let it cook for another 15 - 20 minutes while adding a few drops of water if it resembles a dry consistency.
5. Remove from heat and serve warm with tomato relish.



PRO TIP Add sweetcorn kernels to the phuthu for extra crunch when preparing for a braai.