

Traditional *krummelpap*

(crumbly maize porridge)

Serves 4 persons.

Ingredients

2 cups maize

½ tsp salt

2 cups pure water

2-4 tbsp farm butter

1 tbsp raw honey

Preparation

1. Measure the grain.
2. Set your stone mill to the medium fine setting; remember, the mill must be switched on.
3. With the mill switched on, pour the grain into the hopper.

Remember: Once a grain berry/kernel has been rolled or milled the natural process of decomposition starts as the protecting bran sheath is broken and oxygen is introduced. Nutrients will be lost and oxidized over time. The solution is to process (roll or stone-mill) grains on demand.

4. Boil the water and salt in a saucepan on the stove.
5. When the water starts boiling, gently pour the flour on top of the water, to make a pyramid. **Do not stir.** The flour pyramid will float and will be steam-cooked.
6. Cover with the lid and cook slowly for 15 minutes.
7. Using a fork, whisk the flour into crumbs.
8. Set the stove plate to the lowest temperature and slow-cook the porridge for another 10 minutes. Turn off the plate.
9. Let it stand and cook by itself for another 5 minutes.
10. Remove the lid and leave to cool down for approximately 5 minutes. The reason why the porridge must cool down before the butter and honey are added is to ensure that the fragile enzymes in both the honey and butter are not harmed.
11. Add the butter and honey and whisk with the fork.
12. Serve with kefir or fermented dairy.

Enjoy it and



www.gonatural.co.za