

FOOD



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La Bouillie (Africa)

La Bouillie is a hot breakfast cereal from the African country of Chad. Makes three servings.



Ingredients:

- 4 cups water
- 1 cup of rice (you can also use wheat)
- 3 Tablespoons all-natural peanut butter
- 3 Tablespoons of wheat or corn flour (or millet)
- juice from one whole lemon
- milk as desired
- sugar as desired

Directions:

1. In a large sauce pan, bring 3 cups of the water to a boil. Add rice.
2. In a bowl, combine peanut butter with remaining cup of water. Stir until peanut butter is nearly all dissolved. Add mixture to cooking rice. Allow water to return to a boil and add the wheat, millet or corn flour.
3. When cereal nears desired thickness, remove from heat, stir in lemon juice and cover.
4. Add milk and sugar to achieve desired sweetness and thickness.
5. Serve warm.

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