

Tupperware Microwave Pap Recipe

Ingredients

500 ml maize meal

250 ml cold water

5 ml salt

750 ml boiling water

Method

- Combine the maize meal and salt with 250 ml cold water in the Rice Maker bowl, mix with a Paddle Scraper.
- Add 500 ml boiling water to the mixture and stir. Cover with Rice Maker inner and outer cover and lock the side handles securely.
- Place in the microwave and cook on high for 5 minutes.
- Remove from microwave and stir the mixture to break it up.
- Add 250 ml boiling water and stir, place in microwave on high for 5 minutes. (Add less water for a stiffer texture.)
- Remove from microwave and serve.
- Cooking time may vary per microwave.

How I make it:

I only use one cup of Maize meal and I omit one cup of the Boiling water, it makes a wetter pap and that's how I prefer it. The recipe above is for a crumbly dry pap, why not experiment for yourself and see how you like it.