



Abim's method of forming the grains is an acquired skill, so don't worry if yours is a little more crumbly.



MY NEIGHBOUR'S KITCHEN:

SOUTH SUDANESE RED RICE 'COUSCOUS'

THIS IS A SPECIALTY DISH that's particular to my tribe in Southern Sudan. It looks similar to large couscous, but it is made from red rice flour. The flour is mixed with a little water to make a paste, then left overnight to ferment and develop a tangy flavour. When it's ready to use, I use a technique where I scoop up handfuls and flick my fingers quickly through it until it eventually forms tiny spheres. This method was taught to us as kids, and has been passed down through the family.

Once the red rice flour is cooked, it can be served with any savoury dish. My family's favourite is with beef and spinach stew. The spinach is an Australian addition that we all enjoy. We also like the red rice with cooked natural yoghurt and butter, which is boiled down to make a delicious sauce that complements all kinds of dishes.

— ABIM AGIANGA

RECIPE Serves 8

• Prep 25 mins, plus overnight fermenting • Cooking 15 mins
Place 2kg red rice flour* in a large bowl. Remove 1½ cups and reserve. Add 1.5L water to bowl and mix to form a very thick paste. Cover with a tea towel and stand overnight at room temperature to ferment. Add reserved rice flour to paste and, using your hands, gather handfuls and rub in flour for 20 minutes or until mixture resembles crumbs. Heat 2 tbs oil in a large frying pan

over medium heat, add 2 cups red rice flour crumbs and cook for 3 minutes or until it darkens slightly in colour. Add 80ml water, or more if necessary, until the entire mixture is moistened, and cook for a further 2 minutes or until tender. Transfer to a bowl and repeat with more oil and remaining red rice flour crumbs. Serve with stew, topped with natural yoghurt.

* Available from select African food shops. Substitute red millet flour, from Asian food shops. 🌱