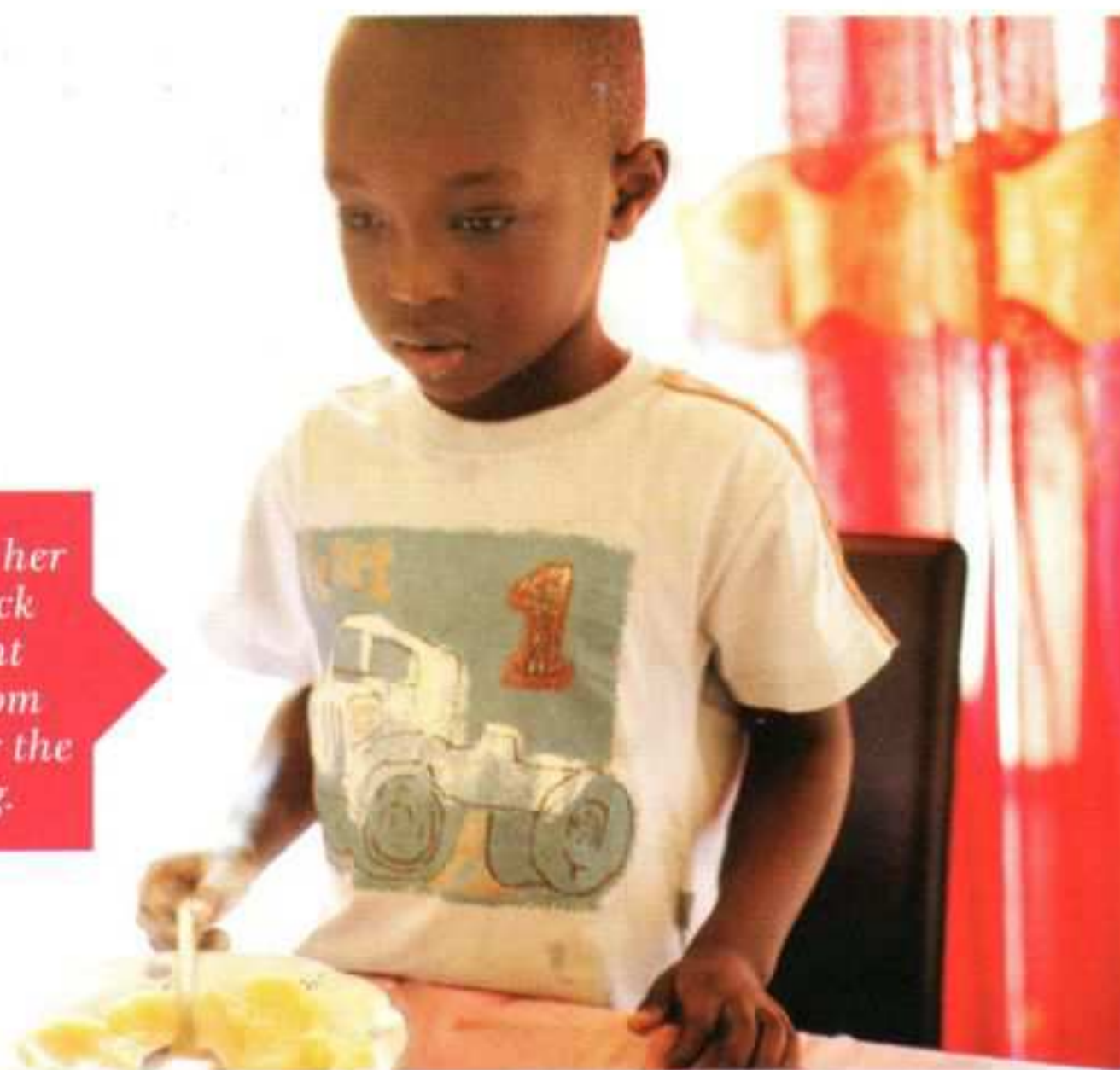


# MY NEIGHBOUR'S KITCHEN



Aluong uses her cooking stick she brought with her from Sudan to stir the kuindiong.



## Kuindiong (SWEETENED SEMOLINA)

IN SUDAN, A GIRL LEARNS TO COOK WHEN SHE IS NINE YEARS OLD, after washing dishes from the age of seven. I loved being in the kitchen, and was taught to prepare food by my sister.

*Kuindiong* (sweetened semolina) is a special welcome dish prepared by the Dinka people in Southern Sudan for guests. It's one of my favourite traditional dishes, but funnily enough, it can be much easier to make in Australia. Living in a small village, having a few of our own cattle, butter and yoghurt were luxuries. It's much easier to find those ingredients here, where they're always available. We serve the kuindiong with *miok*, which is a topping made from clarified butter and yoghurt.

I've been away from Sudan for 12 years, but I still use my cooking stick. It's good for this recipe, making sure there are no lumps in the semolina. I also use Sudanese-style pots with no handles – you get used to the heat.

– ALUONG MABANG

### RECIPE

Bring 1L water to the boil in a saucepan and stir in 560g natural yoghurt. Reduce heat to low, then add 250ml milk, 360g semolina and 220g sugar. Stir until mixture thickens. To make *miok*, melt 500g butter in a small saucepan over medium heat, then stir in 560g natural yoghurt. Bring to the boil, stirring constantly, and continue to cook for 20 minutes or until butter and yoghurt separate. Immediately remove from heat once yoghurt granules turn a pale, nutty colour. Serve kuindiong topped with *miok*.