

## How to Grind Maize

### English translation:

I: Ok so now let's talk about food in Zimbabwe. Starting with you, Rutendo, what would you say is the most important food in Zimbabwe?

R: In Zimbabwe we have a food that we eat daily. We call this food *sadza*. It's made from corn meal. This corn meal comes from maize (corn). After shelling the maize cobs we take the maize seeds to the grinder. In the olden days corn meal was ground manually using a mortar and pestle. Now there are machines that grind the maize for us.

I: What exactly do you mean by grinding maize?

R: When you grind anything manually you need a mortar and pestle. A pestle is made by carving a tree trunk or branch into a long, smooth, thick rod. The mortar is a hollow, tall drum-like structure that is also carved from a tree trunk. So when you have the two, you crush the maize in the mortar using a pestle until you get a powder. As you crush the maize, you occasionally remove any residues that remain. But now people go to the grinder with their maize. After you harvest, you just take your maize to the grinder and get your corn meal. Usually the corn meal is white but sometimes if your maize is of poor quality then you also get yellowish corn meal. However this is rare. It usually happens if there is a drought. So for that reason *sadza* is very white.

I: Ok thanks.

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