

How to make oshikundu

Oshikundu (also spelled *ontaku* in some areas) is a traditional fermented beverage from Namibia, made primarily from *mahangu* (pearl millet) or sorghum flour. It's a mildly sour, nutritious drink that's especially popular in northern Namibia.

Here's a basic recipe for making Oshikundu:

Ingredients:

- 2 cups *mahangu* (pearl millet flour) or sorghum flour
- 1/2 cup cooked mahangu porridge (optional, helps with fermentation)
- 4–5 cups of lukewarm water (adjust for preferred thickness)
- A clean container or clay pot for fermentation
- A lid or cloth to cover

Optional:

- A pinch of sugar or leftover oshikundu from a previous batch as a starter (to speed up fermentation)
-

Steps:

1. Mix the flour and water:

- In a clean bowl or bucket, mix the *mahangu* or sorghum flour with lukewarm water to make a smooth, slightly thick mixture.

2. Add cooked porridge (optional):

- Add a small amount of soft, cooled porridge to the mixture. This helps promote fermentation.

3. Ferment:

- Cover the container with a clean cloth or lid and leave it at room temperature (ideally a warm spot) for **8–24 hours** to ferment. The time depends on your taste

preference—longer fermentation makes it more sour.

4. Strain (optional):

- If you prefer a smoother drink, strain the mixture through a sieve or muslin cloth to remove lumps or grainy bits.

5. Serve:

- Oshikundu can be served at room temperature or chilled. It's traditionally enjoyed fresh, and best consumed within a day or two, as it can become overly sour or spoil.

Tips:

- Clean utensils and containers are crucial to avoid contamination.
- If it doesn't ferment well, add a spoon of leftover oshikundu or a pinch of yeast as a starter.
- Adjust flour-to-water ratio to achieve your preferred thickness.