

45 minutes (+ cooling time)

Makes about 35

Share

Share on facebook

Share on twitter

Share on pinterest

Share on whatsapp

Share on email

Ingredients:

- 5-6 cups (1.25L-1.5L) water
- ½ Tbsp (7ml) salt + extra for seasoning
- 3 cups (750ml) white maize meal
- 1/2 cup vegetable oil + 3 cups (750ml) for deep-frying
- 1 onion, chopped
- 2 red peppers, deseeded, diced
- 2 packets (200g each) bacon, diced
- 3 cloves garlic, chopped
- 1 tsp (5ml) smoked paprika
- ½ tsp (3ml) of each ground cumin and ground coriander
- Handful chopped fresh herbs (such as parsley or thyme)
- 2 Tbsp (30ml) butter
- 3-4 discs (100g) feta, crumbled
- Flour, for coating
- 2 eggs, whisked
- 2 cups (500ml) panko or regular breadcrumbs
- Pesto and chopped parsley, for serving (optional)

Method:

GOOD IDEA

When hosting, prepare pap bites in advance and simply fry just before serving. You can also keep bites warm in the oven on a low heat for about 20-30 minutes until serving.

1. To make a stiff pap, bring half the water to a boil and add salt.
2. Mix maize meal and remaining cool water to form a runny paste.
3. Add to the boiling water in the pot while whisking vigorously, and let it come to the boil again, still whisking.
4. Cook the pap, stirring it occasionally, for 10-15 minutes - it will thicken and form a cooked film on the base of the pot. Remove from heat and set aside.
5. Heat a glug of oil in a pan and fry onion, peppers and bacon until golden.
6. Add garlic and cook for about 1 minute.
7. Stir bacon mixture into pap, along with the spices, herbs, butter and feta - this works best while pap is still warm.
8. Spoon pap into an oven tray to cool, then roll into golf ball-sized balls.
9. Coat balls in flour, egg and breadcrumbs.
10. Repeat for a second layer of crumbs.
11. Heat 3 cups of oil in a pot and deep-fry balls for 3-4 minutes until golden. Drain on kitchen paper and season while hot.
12. Serve warm bites with pesto and parsley as a starter.