



Nyam and Go - Jamican Boiled Dumplings



INGREDIENTS:

- 2 cups flour
- 1.5 teaspoon salt
- 1/4 cup cornmeal
- 1/2 cup cold water

METHOD:

1. Sift the flour, cornmeal, and salt together into a large mixing bowl. Add the water 3 teaspoons at a time, just enough to bring the dough together with a firm consistency.
2. On a lightly floured surface, knead the dough well, for about five minutes.
3. Boil a pot with water
4. Break off pieces and form the dough into slightly flattened biscuits, about 2 inches across. For spinners roll the pieces between your palms into a pen shape.
5. Place the pieces, uncrowded, into the pot of hot water (Approx 5 -8 minutes)
6. Serve hot with other food (Serves 6-8)