

CHIGUMU – MALAWIAN BANANA CAKE

CHIGUMU IS A HEARTY, TRADITIONAL MALAWIAN CAKE MADE WITH RIPE BANANAS AND CORN FLOUR (MGAIWA OR GRAIN MEAL). IT'S PERFECT AS A BREAKFAST TREAT OR A SNACK, OFFERING A RICH, FIBRE-FILLED BITE WITH A NATURALLY SWEET FLAVOUR.

INGREDIENTS:

- 6 ripe bananas
- 3 cups corn flour (Mgaiwa or grain meal)
- ¼ teaspoon salt
- ½ cup demerara sugar
- 2 eggs (optional)
- ¼ cup vegetable oil
- 1 cup milk or water
- 1 teaspoon bicarbonate of soda

INSTRUCTIONS:

1. Preheat & Prepare Pan:

- Preheat your oven to 180°C (356°F).
- Grease a medium-sized baking pan (approximately 11 x 8 inches).

2. Mash the Bananas:

- Blend the bananas into a smooth paste using a blender or mash thoroughly with a fork.

3. Mix Wet Ingredients:

- Add the eggs (if using) and vegetable oil to the mashed bananas.
- Stir in the demerara sugar and salt.

4. Add Dry Ingredients:

- Mix in the corn flour and bicarbonate of soda.
- Gradually add milk or water, stirring until the batter is smooth. The consistency should be thick but pourable—not too watery or too stiff.

5. Bake:

- Pour the batter into the greased pan.
- Bake for 25–30 minutes at 180°C.
- Check doneness by inserting a skewer or knife—if it comes out clean, the cake is ready.

6. Cool & Serve:

- Allow the cake to cool before slicing.
- Serve with a hot or cold beverage.

