

RECIPE

# Lesotho Likhobe



Ready in **3 hours**

Serves **8 people**

Featured in **GLF Bonn 2020**

Watch Live Demo:

<https://bit.ly/lesotho-likhobe>



## Ingredients

- 1 cup cracked wheat berries
- 1 cup sorghum
- 1/2 cup dried beans
- 40g solid or liquid vegetable oil
- Salt to taste
- Water
- Black pepper (optional)
- 1 tablespoon turmeric (optional)

## Preparation

1. Sort the wheat berries and crush/crack them into smaller pieces on a mill or in a food processor. Winnow the cracked wheat from the husks and any other particles.
2. Rinse all the berries, sorghum and beans in clean water.
3. Put all the ingredients into a pot, including the seasonings. Add water to completely cover the grains and bring to a simmer.
4. Let the grains simmer on low heat for two hours, or until all the grains are nice and tender, stirring occasionally. Replenish water throughout the cooking process as necessary.
5. Serve warm.

## The Chef

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