



Gnush

SAMP

Samp is dried maize dry corn kernels that have been stamped and chopped until broken, but not as fine as Mielie-meal or mielie rice.

The coating around the kernel loosens and is removed during the pounding and stamping process.

It is used in the Xhosa (South African language) variant of Umngqusho, and sometimes eaten with Chakalaka.

It can also be served with beef, lamb, poultry and in stuffings.

Samp is often served with beans, as in "samp and beans".