BOZA – Alida Malushi’s recipe

Ingredients:
500 gr. corn flour
5 gr. dry yeast
5 liters warm water
Sugar to taste

Start making Boza two days before you plan to drink it.

Day 1 Evening
In a big pot, mix the corn flour and the warm water. Cover and let it sit overnight.

Day 2
Morning
Place the pot over medium to low heat and cook for approximately about 2 hours, mixing it often with a wooden spoon. Remove the mixture from heat and let it cool at room temperature until evening.

Evening
In a separate container, dissolve dry yeast with 3 Tbsp of warm water and let it rise for about 10 minutes. Add the yeast to the cooked corn mixture, cover, and let it sit until the next day.

Day 3
Boza is ready! Strain the liquid through a cheesecloth, add sugar to your taste, mix well, fill your bottles and refrigerate. You can also add flavorings like vanilla extract and cinnamon once it is strained. Serve very cold.