

# Abkhazia — Abysta (cornmeal) with Cheese & Quick Adjika

Serves 4 · ~25–30 minutes · Sweden-friendly ingredients

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## Ingredients

### Abysta (cornmeal)

- 600 ml water
- ½ tsp salt
- 200 ml fine polenta/maize meal
- 1 tbsp butter (or neutral oil)

### Cheese (Sweden-friendly suluguni swap)

- 150 g grated mozzarella
- 75 g crumbled feta
- **Alternative:** 200 g halloumi, thinly sliced

### Quick Adjika (pepper–garlic paste)

- 1 roasted red pepper (jarred is fine), drained
- 1–2 garlic cloves
- 1 tsp ground coriander (or crushed seeds)
- ½ tsp chilli flakes (to taste)
- ½ tsp sweet paprika
- ½ tsp salt
- 1 tbsp apple cider vinegar
- 2 tbsp walnuts, roughly chopped (optional)
- 1 tbsp rapeseed oil

## Steps

- 1 **Make the adjika:** Blend or finely chop the pepper, garlic, coriander, chilli, paprika, salt, vinegar, walnuts and oil into a coarse paste. Adjust heat and salt; set aside.
- 2 **Cook the abysta:** Bring water and salt to a boil. Rain in the polenta while whisking. Reduce heat and simmer, stirring often, until thick and smooth (10–15 minutes). Add a splash more water if too stiff. Stir in butter.
- 3 **Set:** Spoon the thick cornmeal onto a plate or into a bowl; let it sit 3–5 minutes to firm up.
- 4 **Add cheese:** Scatter mozzarella + feta over the hot abysta so it softens/melts. (If using halloumi, quickly pan-sear slices and place on top.)
- 5 **Serve:** Spoon adjika over each portion and eat by breaking off pieces of abysta with cheese and paste.

## Notes

*Suluguni is traditional; mozzarella + feta gives a close flavour/texture with Swedish groceries. Abysta is meant to be firm (like thick polenta); add a little more water for softer. Adjika keeps in the fridge for up to a week.*