

Sesotho food and beverages Terminology

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Sesotho Dish/ Beverage	Definition
Papa	Soft porridge
Mabele	Grain of sorghum
Jwala	Traditional beer
Lesheshele	morning porridge/ type of soft porridge made of a mixture of boiling water and sorghum or maize powder.
Dipabi	Roasted ground maize or wheat
Seqhaqhabola	Home made beer
Dinawa	The immature pods and dried pulse can also be used as vegetables
Thepe	Amaranthus
Ditokolo	Ripe fruit is edible and it can be processed into jam and jellies. Numnum can be used as a decorative plant in parking areas
Dikgobe	Made from maize
<i>Dipabi</i>	This is a powder that is eaten throughout the day to combat hunger during working times in the field
Dihoete	Carrots
Setjhu	Meat
Seapatlapatla	Leaf vegetable
Leotja	It is used mainly as whole, cracked or dough, or grain-like rice.
Mothwanye	Wild medlar is found in the wild in all types of woodlands, especially on rocky ridges and hillsides or in wooded grassland; also near the sea on sanddunes
Setjabane	A meal made from pumpkin
Setjetsa	Pumpkin and maize meal
Bohobebadipolokwe	Dumpling balls
Mabelebele	Wild berries
Hloenya	Traditional medicine
Leshoetla	soft, spongy part of a bone
Lehapu	Watermelon
Mokopu	Pumpkin
Matokomane	Peanuts
Pone	Maize
Dierekisi	Pees
Apole	From apple (fruit)
Tamati	From tomato
Morara	From grape
Moelela	Wild garlic

Lebese	milk
Mafi	
Phofo	Flour
Mantatane	
Sehwapa	Bilton
leting	Sorghum beer/ is a type of beer made of sorghum fermented by with warm water. It is a sour beer.
letsina	distillated beer, redistillation
Lephotho	milk pap, porous pap: granules podrige mixed with milk.
Leqebekoane /Letompolo	Dumbling/ bread made of a mixture of flour, sugar, salt, yeast and warm water.
Leqhome	Popcorn/ Roasted jumping maize because of heat and then it shows whiteness.
Leqoashapa (sebera)	fried corn from the ground heat without pan or a pot.
Leshoabe	type of wild vegetable
Letsete	
Dikgadika	Fried remains of mixed food
Bohoko	
Hlenghlenyane	Mixed food
Kgatsela	Skinned milk
Mothamahane	Sorghum beer
Setoto	Thick porridge
pekgenene	Sesotho beer fermented with wheat.
Nyekwe	Boiled sorghum
motsididi	Fresh milk
Dikgadika	Hard undissolved animal fat roasted
Bobete	Cooked blood of an animal
Ditshifa	Sediment /dregs
Nyakafatana	Mixed boiled sorghum corn with beans
mofutswela	Mixed porridge with milk/sour milk
Mafi	Sour milk
Potele	Porridge cooked with dried, grounded vegetable
Seqhaqhabola	A type of a soft porridge made with mealies corn
Sehwapa	Dried meat
Mothosolo	Tasteless beer