

# PRIDE SAMP AND BEANS



## Product Info

This provides an excellent combination of starch and protein. Samp is dried 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.

Samp is often served with sugar beans, as in "samp and beans". It provides a complete dinner or anytime meal. It is traditionally served with beef, lamb, and poultry and in stuffing's.

320176	SAMP & BEANS PRIDE PL 50KG	6002310009500
320175	SAMP & BEANS PRIDE PL 10KG	6002310009494
320179	SAMP & BEANS PRIDE PL 5KG	6002310009531
320172	SAMP & BEANS PRIDE PL 10 X 1KG	6002310009463
320182	SAMP & BEANS PRIDE PL 10 X 500GR	6002310009760

  
**PRIDE**  
MILLING CO. [PTY] LTD

**Nigel Mill**  
45 First Avenue,  
Vorsterskroon, Nigel,  
South Africa, 1490

**Phone** +27 11 814 8383  
**Fax** +27 11 814 8370  
nigelmill@pridemilling.co.za  
[www.pridemilling.co.za](http://www.pridemilling.co.za)