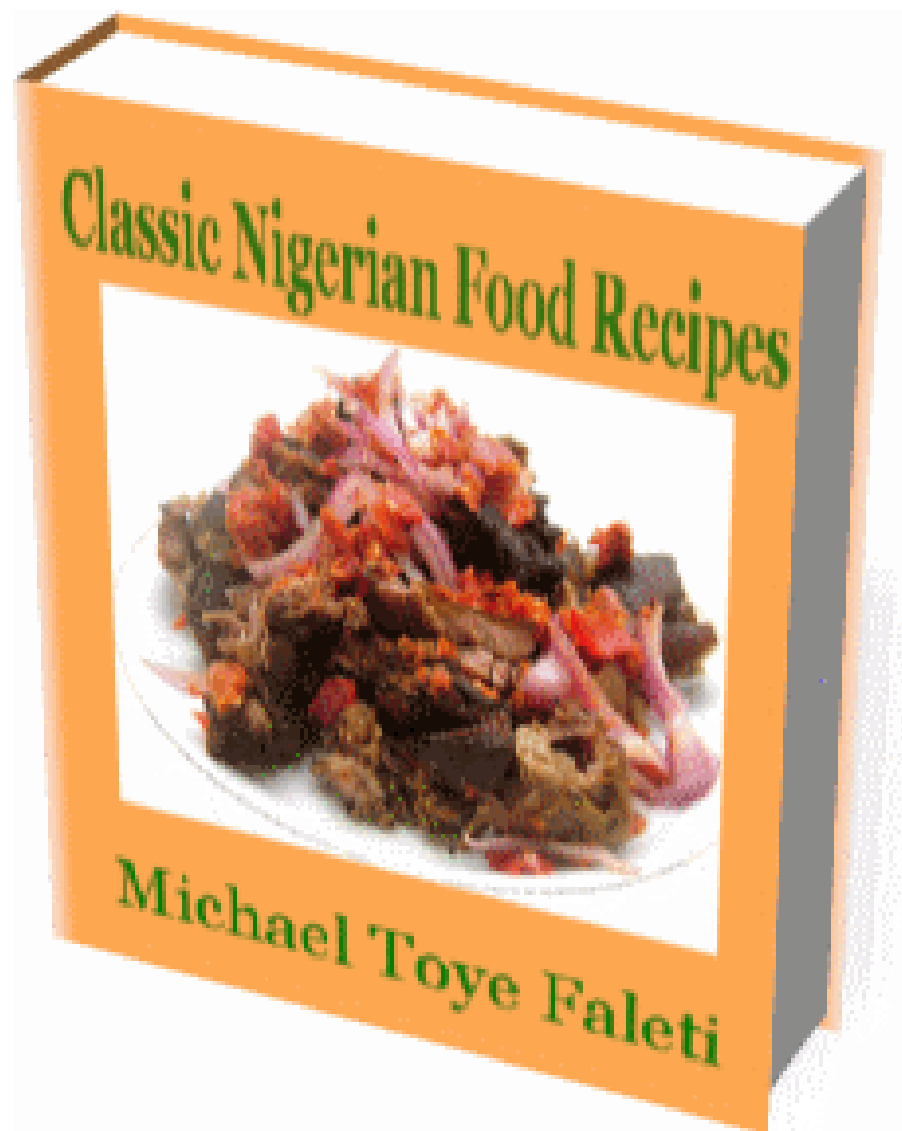


# CLASSIC NIGERIAN FOOD RECIPES



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# INTRODUCTION

This ebook is written as a guide to learning how to cook Nigerian foods. You will find fifteen main recipes of some of the most popular dishes enjoyed all across southern Nigeria. So why make an ebook about Nigerian food recipes? Firstly, I love Nigerian foods. I think Nigerian cuisine has penetrated a lot of cultures across the world and many people are becoming more curious of African cuisine in general.

However, this ebook is for women and maybe men who are Nigerians or have been influenced by the culture through marriage, family or friendship to broaden their knowledge about Nigerian cuisine and develop their confidence in the kitchen. And most importantly for the young women starting out wanting to become better skilled at the Nigerian culinary arts.

If you are Yoruba and have always wanted to learn how to cook Ibo food then there are plenty of Ibo food recipes here to get you started. Or maybe you learned to cook Nigerian foods in countries like the U.S, Great Britain, South Africa or elsewhere and want to improve on the recipes you know or learn some new ones. This ebook will take your cooking to the next level by extending the range of Nigerian foods you can cook and teach you how to combine native ingredients to get the most authentic flavour and taste.

## TIPS FOR BECOMING A BETTER COOK

1 **CONFIDENCE:** It is normal for you to be scared of how your food looks and taste, but no harm in trying, make your mistakes and learn from it, keep practicing and experimenting until you are able to build up your confidence. CONFIDENCE is having total control of what you do, once you make your mistakes in cooking, for instance adding too much seasoning or pepper or using the wrong recipe, learn from it then move on. This attitude will make you a better cook eventually.

2 **BELIEF:** You have to believe in your own mind that you can become a good cook. Try cooking more meals on your own, eat less of fast food, make your kitchen a part of you, according to my sister Busola cooking is a thing of the mind, and practice makes perfect.

3 **NEATNESS:** As a cook, you need to create a good standard of hygiene and appearance. It helps to have a high standard of personal cleanliness in your hair, nails, face, clothing, utensils and gas cooker, which should be cleaned thoroughly after use.

4 **PRESENTATION:** Cooking is all about creativity, the presentation of your food is very important, it makes the food attractive and most times a well presented food can make you go hungry. You should present your food using your own imagination as long as it looks pleasing to the eye. Food should be neatly served on the dinner table or in a tray.

5 **COMMUNICATIONS:** Communication is very important in all aspect of life, and cooking is no exception. When you want to cook something new, invite some friends over to your home that can help correct your mistakes by giving constructive feedback. Never fail to listen to their corrections and don't get angry, this will help you a lot. Make sure you ask questions on how the food looks, the taste, does it need more or less seasoning etc. Listen to their comments and take each on board, it will help improve your cooking and build your confidence.

6 **PRESERVATION:** The taste of your recipe is very important, do not make use of spoiled food, it will make your food distasteful and results in waste of time and effort. Make sure you use fresh or well preserved ingredients before usage. Your perishable goods can be kept in your deep refrigerator and non perishable can be preserved in sunlight.

7. **Have Fun:** Eating is not just about surviving but enjoyment as well. The more fun you have when cooking, the more your guests will enjoy what you serve them. So make your cooking times fun, try to relax and remember you have the **Classic Nigerian Foods Recipes** ebook as a guide©

# COMMON INGREDIENTS



**Bitter Leaf**

Bitter leaf (Ewuro in Yoruba or Vernonia). It can be bought fresh or dried. It is bitter to taste but very delicious in stews or together with Egusi soup.



**Brown Beans**

This is a sweet type of beans used for Moi-Moi or bean cake(akara). Brown beans is Ewa-oloyin in Yoruba.



**Cocoyam**

Cocoyam or Tannia or Taro is a starchy shrub use in thickening vegetable soups and in the making of Fufu.



**Crab**

Crabs often make a delicious garnish to Nigerian vegetable soups. You can cut the pincers off and remove the intestines with a knife.



**Crayfish**

Like crabs crayfish/lobsters are other delicious additions to soups for that added crunchiness.



**Ewedu(Jute)**

Ewedu, Jute leaves or Saluyot is an iron rich fresh vegetable similar to spinach.

It is cooked until slippery then served with tomato and pepper stew to give a natural richness



**Garden eggs**

Garden egg, mock tomatoes, huckleberry or Igba in Yoruba is a vegetable fruit. Sometimes yellow in colour they are used in preparing stews or eaten with yam.



**Ginger**

Ginger, tomatoes, onions, small chilli pepper, yellow pepper, garlic & red peppers blended together are the essential ingredients you need to make your red pepper stew.



**Goat Meat**

Although similar to lamb Goat meat is far healthier and it has far less fat than chicken whilst being higher in protein and iron.



**Green Bananas**

Green bananas are bananas used for plantain which are only 60% ripe. They make a healthy and delicious porridge dish.



**Locust beans**

Fermented locust beans or Iru in Yoruba enhances the flavour of soups like ogbono or Ewedu. They are pungent smelling and should be freeze for storage. The aroma makes vegetables taste delicious.



**Melon seeds**

This is the main ingredient in making Egusi.



**Okra**

Okra or gumbo is one of the most common African vegetables. It is often enjoyed as a soup thickener and very slippery. Do not store okra for too long (3 days max) and use whilst fresh.



**Palm kernel**

Palm kernel is the fruit seed of the palm fruit, a source of unrefined palm oil.



**Periwinkle**

The common periwinkle is an edible small sea snail with a thick shell. A choice addition to garnish all kinds of vegetable soups.



**Scent leaf**

Scent leaf or Efirin in Yoruba is a condiment similar to basil.



**Shrimps**

Along with crabs, periwinkles and crayfish, shrimps are another example of a delicacy you can add to enhance richness of your cooking.



**Spinach**

Spinach is the vegetable used in making Efo riro.



**Stockfish**

Dried stockfish or panla in Yoruba is quite expensive but very tasty. The taste is very rich and fleshy; it also has a lovely aroma in food, mainly used in vegetable soup.



**Stockfish(smoked)**

Like the dried variety Smoked stockfish is far healthier than fresh fish and more succulent in taste. You should soak them in water for at least 2 hrs to make them tender.



**Ugu**

Ugu or pumpkin leaves is a vegetable favoured by the Igbo people of Nigeria. Use it to cook Edikai Ikong or add it to Egusi or Ogbono soup for a delicious taste.



**Yam**

Yam is a highly nutritious tuber plant that is very rich in carbohydrates and can also be boiled, mashed or pounded.

## MOI MOI (BEANS CAKE)



Moi Moi, so tasty they named it twice. Okay that was a bit corny but I love this dish made from beans/black eyed peas. I think it makes an excellent Saturday morning breakfast because it is highly nutritious whilst filling. Serve with custard or if throwing a party alongside Jollof rice.

### INGREDIENTS

#### Serves 4

- 500g Beans/Black Eyed Peas.
- 4 Boiled Eggs (optional)
- 2 ½ cooking spoons of Palm oil /Vegetable oil
- Cooked Fish/Sardines
- ½ Clove Garlic/Ginger
- 60g Shrimps (optional)
- Leaves / Sandwich bags / Aluminium cups.
- 4 Fresh Tomatoes
- 7 Small Chilli Pepper
- Maggi/Salt

### METHOD

- STEP 1** Soak the Beans/Black eyed peas for not longer than 30 – 45 minutes, wash and peel off the brown back of the beans by rubbing the beans with your palms until it becomes white then wash thoroughly. Be sure to remove all the brown peels.
- STEP 2** Wash the beans till all is clean white, add onions, red chilli pepper, tomatoes, chopped small garlic and a bit of ginger (very little), blend all together.
- STEP 3** Boil the eggs, shrimps and fish
- STEP 4** Add 2 ½ tablespoon of palm oil or vegetable oil and seasoning like Maggi/salt then stir, taste if seasoning is okay.
- STEP 5** Slice the egg and shred the fish make sure to remove the bones.
- STEP 6** Rinse the leave/sandwich bag/aluminium cups, fold into a cone brake the bottom backward to avoid leakage, pour the grounded beans, add few shrimps, fresh sliced eggs and wrap the leave.
- STEP 7** Put water in a cooking pan and add all the wraps inside cover to cook for 30mins.
- STEP 8** Open one wrap to see if cooked and solid.

**Note:** Instead of leaves use sandwich bags or aluminium cups.

**Tip:** Make aluminium cups by cutting open cans of condensed or evaporated milk.

Use palm oil instead of Vegetable oil with enough large red peppers to improve the richness and reddishness of Moi Moi, which makes it more appetising.

## **BOILED YAM with GARDEN EGG, SHRIMPS, EGGS AND SMOKED FISH**



This is a very tasty experimental dish. It can be eaten as breakfast, lunch or dinner.

### **INGREDIENTS**

#### **Serves 4**

- 1 tuber Yam
- 6 pieces Garden egg (igba)
- 6 or more Chicken eggs
- 2 or 3 Fresh tomatoes
- 1 large Onion
- 3 small red chilli peppers
- 1 ½ cooking spoon Vegetable oil
- 20g Shrimps
- 1 piece of Smoked Fish
- 1 can of Sardine or Corn beef (optional)
- Optional seasoning (thyme, Maggi, curry)

### **METHOD**

- STEP 1** Slice yam into round pieces, remove back with a knife, and then place in a pot of water. Add a bit of sugar and salt, put garden egg in a black thick paper bag then boil either separately or with the yam.
- STEP 2** If garden egg is boiled or soft, pound or marsh with a small mortar.
- STEP 3** Add 1 ½ cooking spoons of vegetable oil into a deep frying pan, slice in few onions, some tomatoes and the red chilli peppers then cook for 1 min.
- STEP 4** Add the sardine/corn beef, smoked fish, shrimps and the garden eggs. Meanwhile, whisk some chicken eggs in a bowl with a little bit of thyme, curry and a cube of Maggi.
- STEP 5** Continue cooking by adding very few slices of scent leaves, the egg mix and some seasoning then fry and stir all together for 3-4 minutes.
- STEP 6** Cook yam to tender, test with a fork and serve as pictured above.

## JOLLOF RICE



Jollof rice is a popular party favourite in Nigeria and most West African countries. It has a basic simple method and the ingredients are easy to find. It is a very flexible dish that you can experiment with by adding your own signature ingredients.

### INGREDIENTS

#### Serves 4

- 500g Long grain rice
- 3 cooking spoons Margarine /Vegetable oil
- 2 Large Onions
- 6 or more Red chilli peppers
- 3 large Fresh tomatoes
- 3 tablespoons Tomato purée
- 1 clove Garlic/ginger
- Bay leaves
- Thyme
- 3 Maggi cubes
- 500g Chicken
- 100g Boiled seasoned snails
- 40g Cooked green peas
- 2 Smoked stock fish (optional)
- 4 pieces of Crabs or 50g Shrimps
- A bunch of Plantain bananas
- 500ml water

### METHOD

- STEP 1** Melt the butter or pour 1 cooking spoon of vegetable oil in a deep cooking pan, add sliced onion till slightly brown, add grated garlic, tomato purée, sliced red chilli pepper and small grated ginger, stir all together, add other seasoning – leave to fry for 3mins then add water.
- STEP 2** Add the rice and bay leaf (optional) to above.
- STEP 3** In another cooking pan boil the shrimps, crab, and snails together, add a bit of seasoning till cooked then add or separately boil green peas inside for 2mins.
- STEP 4** Season the chicken and grill with onions, a bit of garlic and ginger.
- STEP 5** Check the rice, if almost done, or bring to boil, add the shrimps, green peas either to garnish or to add to rice depending on you.
- STEP 6** Melt small cooking spoon of oil into frying pan, slice a bit of onion, chopped red chilli pepper, a little tomato purée, add the snail, crab, smoke stock fish and grilled chicken. Stir, add seasoning and fry for 10 minutes to make sauce.
- STEP 7** Check rice if well cooked. Softly stir up from the root with a wooden spoon because of the sauce settled at the bottom. If done, garnish with cooked and boiled green peas, fried plantain and the sauce. Serve with your favourite beverage.

**TIP:** Grate instead of chopping the garlic and ginger into the dish in Step 1 for a sweeter unique flavour to the dish.

## EDIKAI IKONG WITH POUNDED YAM



Edikai Ikong is a scrumptious vegetable soup from Calabar, Southern Nigeria. It is made from an assorted selection of vegetables, palm oil and spices. This dish is truly delicious and a nation's favourite. Hope you have fun cooking and eating it.

### INGREDIENTS

#### Serves 4

- 1 tuber Yam
- 400g Ugu/pumpkin leaves
- 200g Waterleaves or Gure in Yoruba
- 1kg boiled assorted meat
- 200g Periwinkle
- 200g boiled Dried Stock Fish (pre-soaked)
- 4 pieces boiled Crabs and or Snails
- 100g Shrimps
- 50g Crayfish
- 300ml Palm oil
- 1 large Onion
- 1 large fresh tomato
- 2 or 3 pieces red chilli peppers
- 10g Locust beans
- Maggi and salt

### METHOD

- STEP 1** Fry 3 or 4 cooking spoons of palm oil into a deep cooking pan, slice in a few onions.
- STEP 2** Add blended pepper and allow to cook for 3 minutes. Slice in red chilli peppers, tomatoes to add colour and a little bit of chopped garlic (optional) then steam for 3 minutes.
- STEP 3** Add the sliced waterleaves; do not add water because waterleaves generate water on their own. Now cook for 3 minutes.
- STEP 4** Add remaining ingredients, periwinkle, shrimps, boiled stock fish, smoked stock fish, boiled assorted beef, crayfish, crabs, snails and locust beans.(Season with Maggi/ salt) Stir all the ingredients together, then leave for 2 minutes.
- STEP 5** Add the Ugu, a bit of water then stir, leave for 2 minutes.
- STEP 6** Serve with Pounded yam.

**Seasoning Tip:** Try using three cubes of Maggi and a pinch of salt to ensure your cooking never has too much or too little salt. Always taste before adding salt.

## AMALA, GBEGIRI, EWEDU AND STEW



Most Nigerians will agree that this classic is a highly savoury dish. The combination of Ewedu, Gbegiri and stew forms a mouth watering slippery vegetable soup that aids the smooth passage of Amala down your oesophagus. I say yummy!

### INGREDIENTS

- 300g or 4-6 cups Yam Flour(Elubo)
- 100g Beans
- 400g Ewedu vegetable
- 8 Or more Red pepper
- 10 Small Red Chilli Peppers
- 7 or more Fresh Tomatoes
- 1 bottle of palm oil
- 20g Locust beans
- ¼ oz Potassium salt
- 450g Beef/Fish
- 200g Snails
- 50g Crayfish
- Maggi/Salt
- Other seasoning

### METHOD

- STEP 1** Soak the beans for 30 minutes, remove the brown back by rubbing between your hands or use any technique you find convenient then wash thoroughly.
- STEP 2** Pour the beans into a cooking pan, add enough water and a tiny bit of Potassium salt ( Kanhu) then leave to cook until the beans is very soft or watery then add 1 ½ cooking spoon of palm oil.
- STEP 3** Add a bit of chilli pepper, a pinch of salt, Maggi cube, and then marsh the beans together into a paste until it becomes creamy. This is your Gbegiri. If too thick add some water.
- STEP 4** Chop / slice, then blend the Ewedu, add it to a small pot of boiling water with a bit of Potassium salt (Kanhu) to soften, include the locust beans, crayfish and a pinch of salt to taste. Cook the Ewedu until it feels slippery or draws.
- STEP 5** Blend your red peppers, tomatoes and the small chilli peppers with onions to make a stew.  
**(To make the stew)**
- i. Add 1 or 2 cooking spoons of palm oil and slice few onions into a thick hot pan, allow to fry for 2-3minutes, then add the pepper plus some seasoning (curry, thyme, salt, Maggi, meat, snail).
  - ii. Leave all to cook for 10-12 minutes, taste it, if too hot or tasting raw pepper, leave to cook for further 10 minutes.
- STEP 6** Add all the assorted meats, fish and snail. Boil water and prepare the yam flour. Sprinkle the yam flour into a boiling water and stir, till solid or texture is smooth. Add a little bit of water, cover to steam together for 5 minutes and stir round with wooden spoon until it becomes soft then make dough. Your Amala should be ready. Serve the stew with the Gbegiri and Ewedu on top, garnish with your selection of meat, snails etc. Sit, relax, enjoy with your favourite drink.



## EFO RIRO



Efo riro is a vegetable soup from Yoruba land. Essentially it is cooked by mixing Spinach with spices and an assorted garnish of meat or other delicacies. Serve with Pounded yam, Eba, Fufu or Amala.

### INGREDIENTS

- 400g or two bunches of Spinach Vegetable / Efo tete.
- Blended pepper with onions.
- 5 or more Fresh Tomatoes
- 8 or more some Red Chilli Peppers
- Boiled Seasoned Crab / Snails / Shrimps-
- Boiled and seasoned assorted Meat (Beef parts)
- Smoked Stock Fish
- Dry Stock Fish
- Periwinkle
- 300 ml Palm oil
- Maggi/Salt or other seasoning

### METHOD

**STEP 1** Fry four cooking spoons of palm oil in a deep cooking pan, slice onions and add salt, then leave for 2mins.

**STEP 2** Add the blended pepper, small red chilli pepper, ½ a clove of chopped garlic and ginger and cook for 10 minutes.

**STEP 3** Add all the ingredients, sliced tomatoes , boiled beef, Cray fish, stock dry fish, assorted meat, shrimps, crab, snail and seasoned, add periwinkle.

**STEP 4** Add the Spinach vegetable and cook for a further 2-3mins stir together.

Serve Efo Riro vegetable soup with Eba, Fufu, Amala or Pounded yam.

## OFE ONUGBU and EBA



This is a native food serve with a traditional clay plate from Eastern or Igbo part of Nigeria; the food is made with palm kernel and a native Eastern Cocoyam for thickness, serve with either Fufu, Eba or Pounded yam.

### INGREDIENTS

#### Serves 4

- 100g Palm kernel
- 100g Periwinkle
- Shrimps
- Cray fish
- Handful or more Bitter leaves
- 100g Boiled seasoned Snail
- 2 or 3 Boiled dried Stock fish
- 2 smoked Stock fish
- 200g Boiled seasoned assorted Beef or Goat meat
- 5 pieces small yellow chilli peppers
- 1 oz Locust beans
- 6 or 7 pieces Cocoyam
- 2-3 of cubes Maggi
- Salt to taste (Maggi may be enough)

### METHOD

- STEP 1** Boil the palm kernel and cocoyam till cooked and soft. (Wash the vegetable thoroughly)
- STEP 2** Marsh the palm kernels with either hand or small mortar till the entire shaft are out, use a sieve to extract the palm oil.
- STEP 3** Put the palm kernel's palm oil in a thick pan, boil for 10 minutes, marsh the cocoyam to thicken the oil then stir, blend the yellow pepper inside, and add the entire ingredient except the bitter-leaf and periwinkle. Add the meat /goat meat, shrimps, snail, crayfish, assorted meat, Maggi, salt, locust beans, dried and or smoked stock fishes. Cook for 15 minutes.
- STEP 4** Check the soup if very thick, add little bit of water and the periwinkle, taste the seasoning if okay.
- STEP 5** Wash the bitter leaves then squeeze out the bitter juice, chopped into slices and sprinkle into soup then leave for 10 minutes.

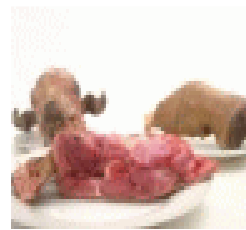
**NOTE:** Taste the soup if seasoning and recipes are okay especially pepper and salt, then serve with Garri (Eba cassava flour) Fufu or Pounded yam.

**Tip:** Wash the bitter leaves thoroughly with salt to reduce the bitterness.

## ASUN (Goat Meat Barbeque)



Asun is traditional goat meat barbeque. A whole goat meat or part could be used depending on need. But a whole goat is usually cooked for an occasion. It goes well with a very chilled drink.



### INGREDIENTS

#### Serves 4

- Part or whole 1kg Goat Meat
- Fresh small red chilli peppers
- 1 bottle Groundnut oil
- 1 whole Onions
- Seasoning (Maggi, salt, curry etc)
- Water

### METHOD

- Step 1** For a whole goat, cut out the head, the intestine, and the limbs and pierce a thick stick through the anus to the head. Brush kerosene or similar on the goat skin to roast out the hair then set up your barbeque equipment.
- Step 2** Make firewood or light up the barbeque beneath the pierced goat. After 15 minutes take a mild knife and scrape off the burns on the skin. Wash thoroughly with soap and sponge to remove the kerosene smell and wash your hands with soap thoroughly.
- Step 3** Place the goat on a chopping board. Dissect the goat meat into pieces, and fillet by removing all the bones, take a hammer or something strong to hit the meat to soften. Place content in a bowl and proceed to step 3.
- Step 4** Season the meat with Maggi, red chilli peppers, onions, garlic, curry etc cover the bowl and leave for 10mins.
- Step 5** Make a local grill bar outside because of the smoke.
- Step 6** Brush the meat with fat or oil, then place on the hot local grill bar to cook for 45mins, every 20 minutes keep turning the meat from side to side till well cooked add a little oil to prevent burnt.
- Step 7** To get pepper soup with your Asun. After grilling add all the meat in a thick pan, add the pounded or sliced pepper with enough onions, add small quantity of water and stir.

Do not add any more seasoning, cover to simmer for 30mins then serve with very chilled drink.

OR

Instead of grilling, just season and cook for 45mins.

## NKWOBÌ with Cow leg



This is a traditional native sauce, served in a traditional bowl mostly from the eastern part of Nigeria.

### INGREDIENTS

#### Serves 4

- 1 Cow leg
- 1 cooking spoon of Palm oil
- 1 whole Onions
- Few Soft Ugba(optional)
- 35g Garden egg vegetable, Utazi or spinach leaf
- Potassium salt
- Seasoning (Maggi, salt, curry, thyme)
- 10g Boiled Pomo (cow skin)
- ½ oz Cray fish (optional)

### METHOD

- Step 1** Dissect the cow leg into 2 then slice and remove the bones.
- Step 2** Boil the cow leg and slice a half onions into 4 pieces to soften fast with a pinch of salt to taste (seasoning) cook for 45 minutes.
- Step 3** Add a cooking spoon of palm oil in a pot, sprinkle very tiny potassium salt, mix it with warm water, stir all together until when the potassium melts and the sauce becomes thicken, add pounded or dry chilli pepper with seasoning.
- Step 4** Add the boiled skin cow (Pomo), a bit of Cray fish.
- Step 5** Check the cow leg, if softened, drain out the water, and put the meat in bowl.
- Step 6** Add all the sauce and ingredients together then stir. Do not add seasoning.
- Step 7** Pour the sauce on the meat and stir. Sprinkle few slices of vegetable on it.
- Step 8** Served in a traditional bowl with a chilled drink

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### MIXED OKRA SOUP



This method, is mostly used by the Yoruba's in the southern part of Nigeria, it's called Ila - a - lasepo, it's served with Fufu, Semolina, Pounded yam or Eba.

#### **INGREDIENTS**

- 15 fingers of Okra
- 25g Fresh blended peppers (Tomatoes, chilli red small/big)
- Dried stock fish and smoked stock fish
- ½ oz or more Crayfish
- 25kg Boiled assorted meat
- 1 oz Shrimps
- 1 ½ cooking spoon Palm oil
- 1 medium Onion
- Other seasoning(Maggi and salt)

#### **METHOD**

- Step 1** Cook the blended peppers including 3 cooking spoons of palm oil for 10 -15mins.
- Step 2** Add the boiled meats, Cray fish, locust beans, seasoning, and a few slices of onions. Leave to cook for 10 minutes and blend the Okra.
- Step3** Add the blended Okra to the mix, do not cover, stir and leave to cook for 15mins.
- Step 4** Check if seasoning is okay, stir, if Okra draws or slips well, it's ready.
- Step 5** Serve with Eba, Fufu, Amala, Pounded yam and a chilled drink.

**Tip:** if okra doesn't draw/slip first time, add more okra and cook for further 10mins

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## ISIEWU (GOAT HEAD MIX)



Isiewu could either be used as an Nkwobi sauce or pepper –soup, it's a sauce mostly eaten in the eastern part of Nigeria, and enough spicy pepper should be added to avoid nausea.

### INGREDIENTS

#### Serves 4

- 1 Goat head
- ½ oz Fresh blended or pounded chilli pepper
- 1 whole Onions
- Potassium salt (káhùn in Yoruba)
- Seasoning
- 1 Tablespoon Palm oil
- Garden egg leaf /Utazi (optional)

### METHOD

- Step 1** Boil the goat head meat with 1/4 of potassium salt to make it soften quickly because it takes time to cook, leave for 45 minutes.
- Step 2** Take another thick pan and add small quantity of water, allow to warm, add 1 cooking spoon of palm oil, add 1/8 of 1 potassium to melt in the warm water for thickness, Add spicy pounded or dry chilli pepper, add a bit of dry or smoked crayfish (optional) and seasoning (Maggi and salt). Heat all together for 10 minutes; if too thick add bit water. Bring down to cool before adding the meat.
- Step 3** Check the goat head, if well cooked and softened, Drain out the water, and mix the meat alone inside the sauce.
- Step 4** Rinse and add Utazi leaf or spinach vegetable leaf and also add slices of a bulb of onion to spice it up
- Step 5** Serve the Isiewu goat head sauce with very chilled drink

Note – There should be enough pepper to avoid being nauseated, you could boil the vegetable for 1min depending on your taste but not compulsory.



## BANGA SOUP



Bang soup is a special dish from Delta State among the Irobo people. The spices are special, and might be difficult to pronounce if not familiar with, they can be easily identified in the market, they are called Banga soup Spices.



From left to right - Oburunbebe (brownstick), native salt, Rokojie (tiny black seed), Obeletientien(dry leaf spice), Palm kernel, Onion

### INGREDIENTS

- 1 oz Palm kernel nuts
- 1 Onions
- 6 pieces Pepper (yellow pepper)
- Seasoning (Maggi, Tyko, Rogojie, Obeletientien)
- 1 kg Beef meat/goat meat/fish
- ½ oz Periwinkle
- 6 pieces of Snails
- ½ stick Oburunbebe

### METHOD

- Step1** Boil palm kernel nut for 25mins.
- Step2** Check the palm kernel if soften, pour out water and extract the oil by pounding the nut with a mortar, after which, add some water.
- Step3** Put the extract in a pot and boil for 30 minutes.
- Step4** Pound the pepper, tyko, rogojie, sprinkle few leaves of obeletientien, add all to the soup, add a pinch of native salt and seasoning, break the oburun-bebe stick into 2 and drop ½ of the stick in the soup, these spices gives it a great aroma and taste.
- Step5** Add the meats/fish/beef, snail, periwinkle and boil for 15mins, after this, check seasoning if tasty. The soup becomes thick. Remove the oburunbebe (brown stick). Save for another use.
- Step6** Serve the soup in with Fufu, starch, even Eba.

**Note:** When warming the soup, warm in a native plate. If unable to get these spices (tyko, rogojie, obletientien, oburunbebe), cook the soup without them and add Pomo, stock fish, snails, allow cooking for 35mins.

## OKRA AND MELON (EGUSI) SOUP



### INGREDIENTS

#### Serves 4

- 2 handfuls of Grinded dry melon / Egusi
- Blended Okro (6 pieces)
- 25 kg of Boiled assorted meat
- 4 Snails
- Dried stock fish and smoked stock fish.
- ½ oz Periwinkle
- ½ oz Crayfish
- A handful of Ugu leaf
- ½ oz Locust Beans
- Seasoning
- 4 Small yellow chilli pepper
- 1 ½ cooking spoon of Palm oil

### METHOD

- Step 1** Soak the melon (Egusi) in a bowl of water, add a few slices of onion inside, then leave to soak for 3mins.
- Step 2** Add 1 ½ cooking spoon of palm oil in the cooking pan, slice a bit of onions and fry the melon. Add some water, pepper, the locust beans and seasoning.
- Step 3** Stir up everything then include the crayfish, meat and stockfish. Leave to cook for 15mins.
- Step 4** Add the blended Okra and stir, if too thick, add some little water and stir do not cover. Add the periwinkle, and then cook for 10 minutes.
- Step 5** Add a few handful of vegetable, leave to cook for 5mins, then cover, taste the seasoning if okay.
- Step 6** Serve with pounded yam, Eba, Fufu or Amala.



## OGBONNO (DRAW SOUP)



This soup is mostly eaten in the eastern part of Nigeria. Ogbonno is thick, slippery and very nutritious. It could be served with Eba, Amala, Pounded yam or Fufu.

### INGREDIENTS

- 2 oz of blended ogbonno
- Blended Okra (10 pieces)
- 25 kg of Boiled assorted meat
- 4 Snails
- Dried stock fish and smoked stock fish.
- ½ oz Periwinkle
- ½ oz Crayfish
- A handful of Ugu leaf
- ½ oz Locust Beans
- Seasoning
- 4 Small yellow chilli pepper
- 1 ½ cooking spoon of Palm oil

### METHOD

- Step 1** Heat 1 cooking spoon of palm oil and a few slices of onions for 2 minutes.
- Step 2** Add two cups of water and the Ogbono then stir altogether. Do not cover, leave for 5 minutes. The content turns into thick brown, if too thick add some water.
- Step 3** Add the crayfish, pepper, stock fish, shrimps, locust beans, assorted meat and Pomo (skin beef). Leave to cook for 10 minutes.
- Step 4** After cooking for 10 minutes add the blended Okro and periwinkle leave to cook and check it draws (very slippery), then stir altogether, leave for another 10mins.
- Step 5** Add the Ugu vegetable and seasoning for taste leave for 3mins (do not overcook vegetables).
- Step 6** Serve with Fufu, Amala, Pounded yam, EBay or Semolina.

## OHA SOUP SERVED WITH FUFU



Oha soup is an Eastern food from Nigeria it's very delicious and spicy it's mostly serve with Fufu or Eba.

### INGREDIENTS

#### Serves 4

- Handful of Oha leaves
- 6 Oziza leaves
- 2 ½ cooking spoon of Palm oil or palm kernel nuts
- 10 pieces of Cocoyam
- ½ oz Crayfish
- 8 Snails
- 1 oz Stockfish
- Seasoning
- Ibo land Ogiri (locust beans)
- 250g Assorted meat
- Cow skin (pomo)
- 1 oz Periwinkle
- 6 Yellow peppers

### METHOD

- Step 1** Boil the palm nut and cocoyam. Allow to soften for 25 minutes.
- Step 2** Extract the palm nut oil before adding to a thick pan. Allow to heat for 2 minutes with a few slices of onion.
- Step 3** Peel the back of the cocoyam with your hands. Quickly add in the palm oil to melt, then a small amount of water and pounded yellow pepper.
- Step 4** Add the crayfish, stockfish, snail, ogiri (locust beans), cow skin (Pomo), periwinkle and seasoning. Allow to cook for 15 minutes.
- Step 5** Stir and then allow the cocoyam to melt in the soup. Cocoyam serves as a thickener in the soup but if too thick, add some water.
- Step 6** Add the Oha leaves. Do not chop/slice with a knife but use your hands to tear it into the soup.
- Step 7** Add the Oziza leaf (you can chop/slice the Oziza with a knife). Leave all to cook for 5mins then stir. Taste the seasoning (adjust according to taste).
- Step 8** Serve with Fufu or Eba.

## BONUS DISH 1

### UNRIPE/GREEN BANANA PORRIDGE



Unripe plantain is very nutritious, and healthy for diabetic patients without the sugar, it has a lot of Vitamin D and calcium.

#### INGREDIENTS

- 6 pieces of green/unripe plantain
- Handful/Green of Fresh Shrimps(optional)
- 2 cooking spoon of Palm oil
- ½ oz Crayfish
- 1 Teaspoon Sugar
- 3 or 4 Ugu Vegetable leaves
- 4 pieces of Boiled or Fried Snails
- ½ oz Dry Shrimps
- 3 Fresh tomatoes
- 3 Fresh peppers/ or 1 Teaspoon of Dry chilli powder.
- 1 medium sized Onions
- Seasoning

#### METHOD

- Step 1** Slice the plantain into 4 pieces each and rinse thoroughly.
- Step 2** Add 2 cooking spoon of palm oil in a thick pan. Allow heating for 2 minutes and add a few slices of the onion.
- Step 3** Add 3 cups of water, the green or unripe plantain, crayfish, pepper, shrimps, few slices of onions, tomatoes, a bit of sugar, seasoning and cover to cook.
- Step 4** Check if plantain is soft, mash it together with wooden spoon, allow to simmer for 2 minutes.
- Step 5** Add water if too thick and a few Ugu vegetable, taste the seasoning and pepper.
- Step 6** If satisfied then serve boiled fried snails, you could fry the snails in a pepper sauce.
- Step 7** Served with a chilled drink.

## BONUS DISH 2

### COCONUT RICE WITH GRILLED CHICKEN



This scrumptious dish is often served at parties, where the hosts are keen to show off their culinary skills. You obviously don't need to have a party as an excuse to cook this delectable combination of rice, coconut extracts and some luscious garnish. Why not surprise your family or friends with a yummy pot of Coconut rice and grilled chicken.

#### INGREDIENTS

##### Serves 4

- 400g Rice
- 3 sticks Carrot
- 1or 2 Coconut fruit
- 150g Cray Fish
- 300g Boiled Seasoned Snails
- 300g Boiled Seasoned Shrimps/Crabs
- 400g Smoked Stock Fish
- 2 Fresh Tomatoes
- 1 Onion
- 1/2 clove Garlic
- 4 Plantain bananas
- 400g Grilled Chicken
- 2 oz pepper

#### METHOD

- STEP 1** Grate or grind the Coconut then soak overnight in water before use. (Optional)
- STEP 2** The next day, sieve out the Coconut juice
- STEP 3** Pour the juice in the cooking pan, the Add 1 ½ cooking spoon of vegetable oil, slice in a few onions, and grate little bit of ginger and garlic to add.
- STEP 4** Add either red small chilli pepper or dry chilli pepper
- STEP 5** Pour the rice and cover to boil.
- STEP 6** Check the rice, if boiled, add the Cray fish, some diced carrot and shrimps. Cover until steamed then stir with wooden spoon.
- STEP 7** Add 1 cooking spoon of oil in a frying pan, add some tomato purée or paste, 1 sliced small red chilli pepper, grilled chicken, smoked stock fish, snails, crabs then fry all together. Stir to make sauce.

**Note** Garnish coconut rice with a sauce of crab, shrimps, snail, grilled chicken then serve.

**Tip:** Experiment using Coconut Milk instead of the fruit

## BONUS DISH 3

### YAM PORRIDGE



See the Green/Unripe plantain porridge recipe. Replace green banana with yam. Yam is a good source of energy and fibre.

## BONUS DISH 4

### OFADA RICE WITH SAUCE



#### **INGREDIENTS**

- 200g Ofada(native)rice
- 10 pieces semi-ripe red chili peppers
- 1 oz Locust beans
- 2 ½ cooking spoon of Palm Oil
- 400g Assorted meat
- 7 pieces Tomatoes
- 1 Onions
- 1 Garlic/ ginger
- 1 oz Shrimps
- ½ Crayfish
- 8 Snails
- Seasoning (Maggi, salt, thyme and curry)

#### **Method**

- STEP 1** Boil the native Ofada rice till cooked (be sure the rice is clean before boiling)
- STEP 2** Grind or pound all the pepper, with tomatoes, few onions, a bit of garlic and gingers.
- STEP 3** Add 2 ½ cooking spoon of palm oil with sliced onions, a pinch of salt, allow to fry for 3mins.
- STEP 4** Add all the grinded pepper, crayfish, shrimps, snail, assorted meat and the rest, enough locust beans, Add a pinch of salt and 1 ½ Maggi to cook and add, curry, thyme and brown stock, but check the taste if okay, leave all to cook for 15 minutes.

NOTE Serve rice in a moi-moi leaf, serve with the sauce.

## Bonus Dish 5

### Cat Fish Pepper Soup



#### INGREDIENTS

- ginger
- catfish /fresh fish/goat meat or head (Isiewu)
  - Cow leg /meat
- Yellow pepper or dry black pepper,
- Fresh red pounded chilli pepper and tomatoes
- Seasoning
- Eire (scent leaf)
- Utazi vegetable (it's a bitter leaf from the eastern part of Nigeria)
- Ere (it a small round seed (Yoruba's call it Ariwo)
- Uririen (long black seed like alligator pepper)
- gbafulo (it is in a round brown shape)
- Native salt-(it's very salty) a pinch
- Omilo (in a small rough round shape)
- Aidan (it called in Yoruba land, it the long black big thick stick that has plenty seed inside)
- Garlic.

All the spices are not compulsory, but it gives a very spicy and rich pepper soup, or in place of the above. These ingredients below are enough

- |  |                |
|--|----------------|
| - Ginger   | 1/8 of a clove |
| - Cat/ fish/ fresh fish/ goat meat or head         | 1½ oz          |
| - Fresh yellow pepper or pounded red chilli pepper | 1 oz           |
| - Seasoning  |                |
| i. Efiri (scent leaf)                              | small handful  |
| ii. Garlic   | 1/8 of a clove |
| iii. Uririen                                       | 3 seeds        |

## **Method**

- Step 1** Boil the meats, do not boil the fish, wash the fish and season, if it is catfish, and wash it with warm water to remove the slime from the skin.
- Step 2** Grind all the ingredients spices and pepper.
- Step 3** Add water into a thick pan allow it to boil for 5 minutes, then Add pepper and all the spices, a pinch of native salt and seasoning.
- Step 4** Add meats or fish. Allow boil for 10 minutes.
- Step 5** Add the Efiri scent leaf and Utazi bitter leaf.
- Step 6** Optional sliced fresh tomatoes.
- Step 7** Check seasoning if okay to taste then serve with very chilled drink.

Pepper soup is usually served in a bowl

**THE END**

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