

Recipes & Cookery

31 Healthy African Food For Your Home

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Photo: "Bread and vegetable" by FoodGuide Magazine

Home cooking is man's cultural and traditional heritage that promotes family bonding. It is apparent that eating healthy meals helps to maintain a healthy lifestyle, which in turn boosts our productivity. However due to the many challenges of life, it is increasingly becoming a difficult task for many people, both young and old, to maintain proper feeding habits in their homes. Not necessarily because they can't afford to cook good meals, but because majority of people, don't create time to plan their meals. So these days, we are faced with the dilemma, of having teenagers, youths, adults, working class parents, finding it very difficult to enter the kitchen to cook authentic meals. When they attempt to; they either fall-short of what and how to cook. FoodGuide attempts to guide you with healthy authentic African recipes that encourages home cooking for beginners, intermediates and established cooks.

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If you have interest in food tourism; then you should be exploring African food. This is not about blowing our trumpet. I am an African who is passionate about our rich cuisine. Hence my goal is to promote our traditional and innovative recipes and method of cooking.

I also dream to see “you” trusting our brand “FoodGuide” when it comes to authentic African food; cooking good food from scratch and learning new ways to get creative in the kitchen.

As a people, we've reached a point where the lack of food knowledge and cooking skills is having a really negative impact on our health and life expectancy. To cut a long story short, for the first time in history, younger generations are expected to live shorter lives than their parents, because of poor diet.

I do believe that the key to tackling these big problems lies in the kitchen.

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10 Fish and Potato Meals

Vegetable Fish Sauce

Ingredients:

1 whole mackerel fish, cleaned and cut into 5 pieces
10 tbsp vegetable oil
1 medium white onions, minced
4 fresh pepper, finely chopped
2 green pepper, roughly chopped
3 small carrot, finely chopped
3 fresh tomatoes, minced
Garlic, minced
70g tomato paste
4 cubes seasoning
1 and half cups water
Salt to taste.

Method:

(1) in a medium pan, add 5 tbsp oil, set on medium heat, toss in half of the white onions. Allow to simmer for few minutes. (2) Add in water, stir, add 2 cubes, salt, and allow to heat. Add mackerel fish, simmer for 10 minutes. Remove from heat. (3) Gently separate fish and stock. (4) Return pan on heat, add stock and vegetables (carrots, tomatoes, pepper, garlic), and allow simmering for 5 – 8 minutes. Remove from heat.

(5) Heat remaining oil in frying pan, toss white onions, simmer, and add tomato paste, stirring till tomato and oil blend-well. (Add 1 or 2 more tbsp oil if necessary) (6) Using a spoon, gently transfer ingredients (vegetables) and stir. (7) Add fish, 2 cubes, (Add little water and salt if needed) reduce heat and allow to cook for few minutes.

Note:

Vegetable fish sauce can be used to eat boiled potato or yam

Fish Pepper Soup

Ingredient:

1 ginger, finely chopped

1 garlic, minced

Indigenous pepper-soup spices(available in local Nigerian markets)

3 cubes seasoning

Salt to taste

Hot pepper, grinded

1 medium onions

uziza seed (Igbo spice)

500 ml (half liter) Water

1 fresh tomato, chopped

1 large size Cat fish, cleaned and cut into 4 equal parts.

Method:

(1) wash fish with salt or vinegar.

(2) Put into cooking pot. Add local spices, 3 cubes seasoning, grinded pepper, and 500ml water. For maximum flavor, allow marinating for 5 – 10 minutes (for all spices to blend). Gradually cook on low heat for 30 minutes.

Fish Potato Soup

Ingredients:

2 medium size Catfish, cleaned and washed
Cloves Garlic, minced
100 ml vegetable oil
3 large green pepper, minced
3 large Fresh tomatoes, minced
2 medium onions, finely chopped
4 cubes of seasoning
1 tsp salt
3 cup of water
Roughly chopped curry leaves
1 kilo Irish potatoes, neatly peeled and chopped into smalls sizes.

Method:

(1) in a medium size pot, heat vegetable oil. (2) Add pepper, tomatoes and stir and simmer for 5 minutes. (3) Add water, bring to boil. Add peeled potatoes; cover, allow cooking for 5 minutes. Add 2 cubes, and salt (4) reduce heat; add cat fish, onions, garlic, and remaining cubes. Allow to simmer for 15-20 minutes. Add curry leave and salt (if needed). Turn off heat. Leave to steam for 3-5 minutes. Serve in a dish.

Note:

Fish potato soup can be eaten for breakfast and also used for eating rice or bread.

Potato Fish Roll with Cabbage Gravy

Preparation Time: Approximately 60-90 minutes

Cooking Time: 2 hours

Ingredients:

1 small cabbage, finely chopped/ 6 fresh tomatoes, pounded or blended/ 4 green pepper, finely chopped/ 1 tsp hot pepper /1 medium onions, thinly chopped/ 500g Irish potatoes//1 liter Vegetable oil (for deep frying)/4 cubes choice seasoning/ 5 eggs / 1 ½ tsp salt. 1 kilo Mackerel fish or 4 pieces of whole fish (Separate 2 whole fish: Remove gunk. In a bowl mix salt and 1 cube seasoning, curry/thyme, little water; rub inside and outside of fish, set aside for deep frying. Then thoroughly wash the remaining fish, cut into several pieces, put into a medium pan, spice with salt, 2 cubes, onions, pepper, little water and steam under low heat till the water is almost absolved and fish is cooked. Allow cooling before removing the bones and mince the cooked fish, using hand or spoon)

Method:

(1) Wash and cook potatoes with its back (allow to cool before peeling). Using a thin pointed object (knife or skewer) carefully drive a deep hole through the body of the cooked potatoes/ (Keep the potato crumbs aside for coating the surface of the hole) (2) Fill up the hole in the potato with the minced fish. Coat the edges of the hole with potato crumbs. Roll potato in the egg yolks. (3) Fry in deep oil until brown and well cooked. (4) Keep in a food warmer till further use. (5) Its time to fry the 2 whole fish till golden and set aside also. (6) Using the same pan which was used to cook the fish, add 6 tbsp oil, allow heating before adding onions, tomatoes and green pepper, allowing simmering for 10 minutes. Add sliced cabbage and 1 tsp hot pepper, stirring occasionally. Allow to simmer for 5 minutes. Beat 2 eggs yolk and pour into the vegetables mixture on fire. Add 2 cubes seasoning and salt. Stir thoroughly and allow further cooking for 5 minutes. Remove pan from heat. (7) Arrange fried potato-rolls along with fried fish on a plate and cover fish with cabbage gravy. (6) Serve and enjoy.

Potato Fish Salad

Ingredients:

300g potatoes wash and peel

1 medium size Mackerel fish, , cut into several pieces, put into a medium pan, spice with salt, 2 cubes, onions, pepper, little water and steam under low heat till the water is almost absolved and fish is cooked. Allow cooling before removing the bones and mince the cooked fish, using hand or spoon)

1 medium size white onions, finely chopped

4 large carrots, scrub the back

2 tbsp mayonnaise

Vinaigrette dressing

1 tbsp honey (optional) .

Method:

(1) Cook potatoes and carrot until they are done, (but still firm) Drain and allow to cool. (2) When they are cool enough to be handled, cut them into fine slices or cubes.

(3) Marinate in the vinaigrette dressing for 20 minutes (marinade: a mixture consisting of vinegar or lemon juice, oil and flavoring. steeped potatoes and carrots in for a short time to give additional flavor)

(4) Mix potatoes, carrots, minced fish and finely chopped onions, mayonnaise and sprinkle honey (optional)

(5) Put the Potato fish salad in a glass dish.

Potato and Dry Fish Stew

Ingredients:

1.5 kilo potatoes, washed and boiled
2 medium size dry fish, thoroughly washed.
250 ml groundnut oil
4 garden eggs, and 6 medium size tomatoes, blended separately.
140 g tomato paste
1 and half cup water or potato stock
1 onion, finely sliced
1 tbsp fresh pepper
half tsp salt
3 cubes seasoning to taste.

Method:

(1) in a medium size pan, heat oil, toss in onion and allow to simmer for few minutes, lower heat.
(2) Add tomato paste, stirring occasionally for 7 minutes. Add blend vegetables (starting with garden eggs, then fresh tomatoes) stir and allow simmering for 8 minutes. It's time to add water or stock. Allow cooking for 5 minutes, and then adding pepper, seasoning, salt and dry fish. Allow further cooking for 15 minutes. Serve stew along with boiled potatoes.

Fish Flavored Soup

Ingredients:

1 medium size cat fish, cut into 4
2 red pepper, chopped
2 pc of carrot, chopped
1 medium onion, chopped
2 tsp, minced garlic
1 ½ cup of water
¼ tsp salt
3 tbsp olive oil
1 tsp of indigenous pepper soup spices
2 cubes seasoning
Curry leaves

Method:

Heat oil. Add carrot, pepper, onion, and garlic. Cook for 5 minutes. Add water, stir in cubes seasoning, salt, indigenous spices, and bring to boil. Add fish, cook under low heat, uncovered for 15 -20 minutes. Turn heat off, cover lid and let stand until flavor absorbed. Serve with fresh baked bread.

Onion Rings Fish

Ingredients:

1 large onion sliced in rings
4 red pepper, 3 fresh tomatoes, and 1 onions, blend together
1 tsp thyme and salt
2 cubes seasoning
1 mackerel fish, cut into four parts.
1 cup Flour.
2 eggs yolk.
Oil for deep frying

Method:

- (1) Wash fish thoroughly and remove any remaining gunk. Rinse again and sprinkle salt and thyme all over 'inside and outside' of fish. Rub into egg yolk and coat fish with flour.
- (2) Fry fish in heated oil until all sides are cooked. Remove and set aside to drain.
- (3) In sauce pan, heat 5 tbsp oil, add blended vegetables (tomatoes, pepper and onion), add seasoning and salt. Simmer for 15 minutes. Garnish fried fish with sauce.
- (4) **To prepare onion rings:** mix 3 tbsp flour with little water to form thick batter, add pinch of salt. (The mixture shouldn't be too watery). Deep sliced 'onion' rings into batter and fry in hot oil. Serve fish in a dish and garnish with onion rings. Best served with Jollof rice.

Spiced Roasted Fish

Ingredients:

3 medium potatoes, peeled, chopped into pieces like cubes.
¼ medium cabbage, thinly sliced and chopped.
3 cloves garlic, minced.
2 medium size whole cat fish, thoroughly wash and remove gunk.
3 red pepper, chopped.
2 tomatoes, chopped.
10 tbsp vegetable oil.
1 small onion, chopped.
1 carrot diced.
3 green pepper cut into strips.
4 cubes seasoning.
1 tsp each of salt, dry pepper powder, thyme and curry.
2 tsp indigenous spice.
2 slices of lime for garnishing.

Method:

(1) In a pan, boil potatoes, carrots, garlic, onions, add little salt, cook for 10 minutes (or till soft). Sieve and set aside (to be reserved for filling).
(2) In a bowl, mix 5 tbsp oil, dry pepper, thyme, curry, indigenous spice, salt, and 2 cube seasoning together. Rub 'in and out' of fish/ marinate for 15 minutes. Using a clean barbeque wire, roast fish on charcoal heat until fish is well-cooked. (Or grill in conventional microwave for 45 minutes) Remove and set roasted fish aside.
(3) In a sauce pan, heat 5 tbsp oil, add red pepper, green pepper, tomatoes, and onions and allow simmering for 15 minutes, stirring occasionally. Add the reserved cooked ingredients (vegetables), and stir thoroughly. Add 2 cubes seasoning, little water (and 1 or 2 tbsp oil if needed) and cook for 10 more minutes. To serve: dress the tasty ingredients in the center of plate and top of roasted fish, garnish with slices of lime.

Potato Vegetable Porridge

Ingredients:

500 g potatoes: boiled with skin. Allow to cool, peel, then cover and set aside.

150 ml vegetable oil.

2 medium size dry fish, rinse, broken into pieces, remove bone.

2 medium onions (roughly chop 1 and thinly slice the other. Separate onions).

3 large green pepper, roughly chopped.

3 red pepper, roughly chopped.

2 cubes seasoning.

½ tsp salt.

3 tbsp crayfish, pounded.

1 cup water.

3 handful reasonable quantity of *ugwu* (pumpkin) leaves, (or 1 medium size bowl filled of *ugwu*) finely chopped and rinsed.

1 small tin (or 70 grms) tomato paste.

Method:

(1) Using a blender, combine roughly chopped vegetables (1 onion, red and green pepper) add little water and blend together.

(2) In a medium size pot, heat vegetable oil, add thinly sliced onion, and fry till golden. Add tomato paste, fry for 7 minutes, stirring occasionally. Add blend vegetables; allow simmering for 15 minutes, under low heat, stirring occasionally. Add 1 cup water, dry fish, salt, 2 cubes seasoning, stir and further allow to cook for 8 minutes.

(3) Add the chopped *ugwu* (Pumpkin) leaves, stir well. Add crayfish; allow simmering for 10 minutes.

(4) Add reserved cooked potatoes into the ingredient on fire and mix carefully. Allow to further cook for 5 minutes. Turn off heat.

Serving Tips:

Dish 'potato vegetable porridge' on plate, and serve along side with slices of orange (to be taken at the end of the meal).

15 Chicken Dishes

Gbegiri Chicken Soup

This is a traditional Nigerian recipe that is credited to the Yoruba People. Gbegiri is a Yoruba word which means 'beans'.

Ingredients:

1 medium size cat fish, cut into 3 pieces, remove unwanted part, wash thoroughly.

3 medium pieces of chicken meat.

2 cup white beans.

1 liter Water.

1 small size Onion, finely diced,

1½ tablespoons Dry Pepper, ground.

Blended pepper and Tomato.

1 cooking spoon Palm Oil.

Grounded Crayfish.

1 small piece Potash.

3 cubes Royco seasoning.

Salt to taste.

Method:

Step 1. For the back of the beans to easily come off; soak beans in hot water. Wash the beans until it is completely clean. Put it in a pan and allow boiling until it is soft and mushy. For a very smooth consistency, blend beans with your kitchen blender until you're ok with the smoothness of the beans.

Step 2. Season the chicken meat with 2 cube seasoning, salt and diced onion and cook on medium heat till tender. **Step 3.** Add the fish to the pot containing the chicken, reduce heat to low. Cook further for about 15 minutes. Remove set aside. **Step 4.** Pour the blended beans into a pot, add palm oil and potash. Allow to boil for about 5 minutes. **Step 5.** Add the blended pepper/tomato, crayfish, remaining seasoning cube, and gently add the fish together with the chicken meat and the stock. Continue cooking till soup blends. Add dry pepper. **Step 6.** Serve with tomato stew or ewedu (jute leaves) and Amala.

Brown Chicken Stew

Origin: African Jamaican. **Serves:** 4

Ingredients:

1 kg chicken, cut into several pieces.
7 tbsp Margarine.
2 tsp of knorr chicken stew seasoning.
2 cubes of Knorr seasoning.
2 tbsp of tomato ketchup.
1 each of Green pepper, Cayenne pepper and Sweet pepper, all chopped.
1 white onion, diced.
1 tsp black pepper.
2 tsp of thyme.
1 tsp curry.
5 garlic cloves minced.
4 tbsp soy sauce.
2 cups water.
Salt to taste.
1 green onion, finely chopped.
1 tbsp of BBQ seasoning.
2 sprig onions, thinly sliced.

Methods:

Step 1: Marinade and browning of the Chicken. Mix your garlic, thyme, green onions, knorr chicken stew powder seasoning, salt, 1 tablespoon of soy sauce and rub your chicken generously. For flavors to blend, allow to marinate for 1 hour in a refrigerator. **Step 2:** In a heated frying pan add 5 tablespoons of margarine, brown your chicken for 5 minutes on each side to obtain a nice golden brown color (add as little or as much fat than you can tolerate to brown your chicken) and set aside **Step 3:** Making of the Gravy. In the same frying pan, add 2 tablespoons of Margarine heat over medium heat, and then add white onion, ketchup, thyme, curry, green onion, salt, Spicy BBQ seasoning and all chopped peppers. Stir and allow cooking for 5 minutes. **Step 4:** Add reserved browned Chicken, spring onions to the mixture and 2 cups of hot water. **Step 5:** Reduce the heat to low and allow simmering until the chicken is fully cooked and gravy thickens. **Step 6:** You may add water progressively to have thick gravy which is ideal for this dish. To have more gravy or lighter gravy, just add a little bit of water and adjust salt and pepper. Serve with coconut rice, Rice and peas, boiled Cassava.

Chicken Cashew Sauce with Cuscus

Preparation Time: 30min

Cooking Time: 40min

Ingredients:

- 3 tablespoons low-sodium soy sauce, divided.
- 2 tablespoons dry sherry.
- 4 teaspoons cornstarch, divided.
- 500g skinless, boneless chicken breast, cut into bite-sized pieces(pre-cooked).
- 1/2 cup fat-free, less-sodium chicken stock.
- 2 tablespoons oyster sauce.
- 1 tablespoon honey.
- 2 teaspoons sesame oil, divided.
- 3/4 cup chopped onion.
- 1/2 cup chopped celery.
- 1/2 cup chopped red bell pepper.
- 1 tablespoon grated peeled fresh ginger.
- 2 garlic cloves, minced.
- 1/2 cup chopped green onions.
- 1/4 cup chopped unsalted dry-roasted cashews.

Method:

Step 1: Combine 1 tablespoon soy sauce, sherry, 2 teaspoons cornstarch, and chicken in a large bowl; toss well to coat. **Step 2:** Combine remaining 2 tablespoons soy sauce, remaining 2 teaspoons cornstarch, stock, oyster sauce, and honey in a small bowl. **Step 3:** Heat 1 teaspoon oil in a large nonstick skillet over medium-high heat. Add chicken mixture to pan; sauté 5 minutes. Remove from pan. **Step 4:** Heat remaining 1 teaspoon oil in pan. Add onion, celery, and bell pepper to pan; sauté 5 minutes. Add ginger and garlic; sauté 2 minutes. **Step 5:** Return chicken mixture to pan; sauté 2 minutes. Stir in stock mixture. Bring to a boil; cook 5 minute, stirring constantly. Remove from heat. Sprinkle with green onions and cashews. Serve with cuscus. Enjoy!

Chicken Balls with Sweet Vegetable Sauce

Serving Size: 30 balls **Nutritious Tips:** Gluten free, Nut free

Chicken Balls are delicious and tasty, healthy for grown-ups and for little ones. It's simply chicken and it's quick and easy to prepare. This recipe is healthier than most because these chicken balls are oven baked rather than fried.

Ingredients:

1 small onion.

600g chicken mince.

½ cup cornflake crumbs (gluten-free).

½ (100ml) cup Hausa mai Shanu (cow oil).

1 egg, lightly beaten.

Sweet vegetable sauce, to serve.

Method:

Step 1. Preheat oven to 180°C. Line a baking tray with baking paper or drizzle a little extra oil into a roasting pan. Finely chop the onion. **Step 2.** In a food processor, combine onion, chicken, cornflake crumbs, ½ cup Hausa mai Shanu and egg, process until well combined. Season to taste with salt and stir. Roll the mixture into small balls and refrigerate for 30 minutes. Place balls on tray and roast in oven for 30 minutes, stirring once during the cooking time until golden and sizzling.

Sweet Vegetable Sauce Recipe:

Handful of Pumpkin leaves(Ugwu),washed and finely chopped. In a blender, blend 5 tomatoes, 3 sweet pepper, 1 onions. Heat pan, add 3 tbsp vegetable oil, and add the blended ingredients. Simmer for 5 minutes. Add 1-½ cube Royco seasoning, stir, and add the chopped Pumpkin leave. Allow to further simmer for few minutes. Serve with Chicken ball/Noodles.

Chicken Mushroom Soup

Origin: Nigerian. This chicken mushroom soup is delicious and an ideal soup for the family. It could be eaten on its own as an appetizer, or with all kinds of foods such as bread, white rice, cuscus, boiled yam or plantain.

Cooking Tips: To prepare this soup, use boneless chicken breasts.

Preparation Time: 20min **Cooking Time:** 30min

Ingredients:

900 grams boneless chicken breasts, cut into several pieces or cubes.

300grams mushroom (local).

50grams spring onions, cut into pieces.

3 sticks of fresh carrots, shredded.

1 tbsp of vegetable oil.

1 tsp of salt.

4 pieces of Cayenne pepper, finely chopped.

1 Knorr chicken soup powder seasoning.

3 cups of water.

Methods:

Easy Steps: Pour 3 cups of water in medium size pot, add pieces of chicken and bring to boil for at least 30 minutes. Then add all the ingredients: Vegetable oil, chopped vegetables (mushroom, spring onions, carrots, and Cayenne pepper) salt, and Knorr chicken soup powder seasoning. Allow to cook further for 5 minutes. Stir continuously for a few minutes. Stir intermittently and allow simmering for another 5 minutes. Remove from the heat. Ready to serve.

Chicken Peanut Soup

Origin: Mali. The soup is also known as Maffe'Tiga. Peanut soup is enjoyed in many West African countries.

Cooking Tips: Peanut soup can also be made with other meat of your choice.

Preparation Time: 15 min **Cooking Time:** 50 min

Ingredients:

1 Chicken, clean and cut into desired pieces.

5 tbsp peanut butter.

Vegetable oil for frying chicken.

3 fresh tomatoes, mashed.

1 tbsp tomato paste.

2 onions, chopped.

2 Garlic gloves.

1 tsp Black pepper.

2 Knorr cubes seasoning.

Salt to taste.

3 cups water.

Methods:

Step 1: In a cooking pot, heat the vegetable oil and fry the chicken until brown. Remove and set aside. **Step 2:** Reduce the oil in the cooking pot and leave around 3 tablespoon and add onions, mashed tomatoes, tomato paste, garlic, Knorr cubes seasoning and black pepper. Stir. Fry further for 15 minutes. **Step 3:** Add water and the peanut butter, and then cook everything for 20 minutes. **Step 4:** Add pepper and salt to taste. Allow simmering for a few more minutes. **Step 5:** Add the reserved fried chicken to the ingredients on fire and simmering for 8-10 minutes. Turn off heat. (If you like the consistency of the soup to be thicker, allow simmering for further minutes). Your Chicken Peanut Soup is ready to serve. Serve with Tuwoshinkafa.

Chicken Pepper Soup

Ingredients:

1 local Chicken, cut into several pieces, thoroughly washed.
3 cups of water.
1 Nutmeg, grated.
2 or 3 pieces of Ghana dry Pepper, pounded.
Dry Uziza.
1 medium Onion, roughly chopped and pounded.
Salt to taste.
3 Royco Seasoning cubes.
1 tsp each of Thyme and curry.
Curry leave or Scent leave.

Methods:

Step 1: Place the pieces of chicken in a pot and pour 3 cups of water (or enough of water to cover the contents). Add the pounded pepper, 3 Royco cubes seasoning, thyme/curry powder. Heat on stove until chicken is well cooked.

Step 2: Add grated nut Meg, dry uziza, pounded onions, and salt to taste. Cover the pot and allow further cooking for 10 minutes. Add curry or scent leave. Turn off heat. Leave for few minutes. Ready to serve.
Chicken Pepper Soup best served hot.

Chicken Tomatoes Stew

Ingredients:

1.5kg vegetables (Fresh Tomatoes, Habanero (atarodo) Pepper, Cayenne pepper, 2 large white onions. Note: the quantity of tomatoes should be more). Wash and then blend vegetables together. Pour blended vegetables in medium size pot, (add ½ tsp of potash for tomato to lose its sour taste). Heat on fire until the consistency is thicker and the excess water is dried up. Set aside.

400ml Vegetable Oil.

1kg chicken parts, cut into desired pieces and washed.

1 medium bulb Onion, finely chopped (divide into two parts).

4 Knorr cubes.

1 tbsp each Thyme and curry.

Salt to taste.

Methods:

Step 1: In a sizeable pot of choice, add the cleaned chicken, 1 and half cups of water (For chicken stock you may add more water if necessary), half of the chopped onions, thyme, curry, 2 Knorr cubes, salt to taste. Cook the chicken until soft. Further remove the cooked chicken (reserve the Chicken stock for further use).

Step 2: Heat the vegetable oil, toss bits of sliced onions to sanitize the oil. Under medium heat, lightly fry the chicken and set aside. (Please remember to remove bits of over fried onions).

Step 3: In the same oil, Add the dried vegetables, and remaining onions, fry for about 20 minutes, stirring occasionally and constantly to prevent it from burning at the bottom.

Step 4: Add the Chicken stock and cook further for 12 minutes.

Step 5: Add reserved fried chicken, 2 Knorr cubes and salt to taste. Allow simmering for 5 minutes. Turn down heat. Your Chicken Tomatoes Stew is ready to serve. Best with Boiled basmati rice.

Chicken with Peppers & Onions

Preparation Time: 40minutes **Cooking Time:** 60 minutes

Ingredients:

- 1 kg chicken parts for stewing.
- 2 heaped tablespoons curry powder.
- 1 tsp black pepper.
- 1 tablespoon paprika.
- 1 medium onion, diced.
- 1 tablespoon fresh ginger, crushed.
- 4 cloves garlic, crushed.
- ½ cup bell pepper (any color), diced.
- 2 ripe medium tomatoes, diced.
- 120 ml coconut milk (optional).
- 3 large carrots, chopped.
- 2 medium potatoes, chunks.
- 2 Tablespoons Tomato Paste.
- Salt to taste.
- 100 ml oil for frying.
- 1 sachet knorr stew seasoning powder.

Method:

Easy Steps: Season chicken with curry powder, salt, black pepper, knorr seasoning powder and paprika. Preheat oil in large pan. Add seasoned chicken to oil in pan and gently fry until brown. Add the onions, garlic and ginger to the meat and continue to fry until onions are translucent. Add the chopped tomatoes and continue to stir until mixture begins to simmer. Pour the coconut milk into the meat mixture. Allow to simmer for 40 minutes or until chicken meat is almost-cooked. Add Carrots, potatoes and season to taste. Allow simmering to cook further. If a thicker stew is preferred, add the tomato paste. Cook for 10 more minutes. Serve with Spaghetti.

Ghana Traditional Soup with Beans

This is a traditional Ghanaian recipe for a classic stew of chicken with beans, onions and green bell pepper with aubergines (eggplant) in a tomato-based sauce thickened with okra.

Ingredients:

1 kg chicken.

200g white pea beans.

200g onions, coarsely chopped.

100g green bell pepper, coarsely chopped.

1½ liter water.

1 tbsp salt.

1/2 tsp black pepper.

1 tsp red chilli flakes.

400g tin whole tomatoes, crushed.

400g aubergine (eggplant) cut into 3cm dice.

300g okra, topped, tailed and sliced.

Method:

Step 1: Add water, the chicken, beans, onions, green bell pepper, salt, pepper and chilli flakes to a large casserole dish. Cover and bring to a boil.

Step 2: Reduce heat to a simmer and cook until the chicken is done .

Step 3: Add the tomatoes, aubergine and okra. Simmer until the beans are thoroughly cooked and the volume of the soup has reduced by a quarter.

Step 4. Slice the chicken, place the meat in a bowl and spoon the soup over the top. Serve immediately.

Light Chicken Soup

Origin: Ghana

Ingredients:

500g or half chicken.

7 whole tomatoes, diced.

Half a kpakpo shito (or hot pepper).

10g ginger.

10g garlic.

2 onions.

50g tomato puree.

Salt to taste.

1 aubergine (also known as a garden egg in Ghana.

Fufu, banku or rice.

Method:

Step 1. Wash ginger, garlic, chilli, one of the onions and four of the tomatoes, drain, and place in blender, season, and blend to a paste.

Step 2. Marinate the chicken meat in the blended paste for 15 minutes.

Step 3. Pour the chicken/paste in a pan cook gently for 10 minutes.

Step 4. Add tomato puree cook further for 10 minutes.

Step 5. Add 500ml of water and simmer until the meat is tender.

Step 6. Dice and add the remaining three tomatoes, the diced aubergine (garden egg), and the last chopped onion. Cook for 30 minutes.

Step 7. Remove onions and tomatoes and blend in blender, then add to soup again. Allow to simmer. Season to taste. Serve with fufu, or rice. Enjoy.

Ogbono Chicken Soup

Preparation Time: 35 minutes **Cooking Time:** 60 minutes

Cooking Tips: To get the desired flavor for this recipe, ask the butcher in your local market to have the chicken roasted.

Ingredients:

1 local chicken, roasted and cut into 10 pieces, thoroughly washed.
100g (or 2 handful) Ogbono seed, grind with a handful of crayfish.
2 large dry fish, flaked (remove the bone) thoroughly wash.
1 medium Stock Fish, soaked with warm water and broken into pieces.
80 ml (or ¼ cup) Palm Oil.
100g dry Pumpkin(ugwu) leaves, sanitized in water.
Handful of Okro, finely sliced and diced.
1 tsp Bush pepper (*Eche*) pounded.
4 pieces of dry Ghana pepper (Note: the Ghana pepper should be pounded with the Bush pepper).
Crayfish and Salt to taste.
4 Knorr cubes.
600ml water.

Methods:

Step 1: Pour water into sizeable cooking pot. Add chicken, palm oil, salt, the pounded Ghana/Bush pepper. Turn stove on medium heat. Cover lid and allow cooking till meat is tender and ingredients blends into stock. **Step 2:** Meanwhile, in a clean dry bowl mix grind Ogbono with 2 tablespoon of palm oil, when all the Ogbono powder has completely mixed with the palm oil, set aside. **Step 3:** Add the stock fish, dry fish, and 2 Knorr cubes to the ingredients on fire. Cook further for 25 minutes. **Step 4:** Remove the cooked chicken and set aside. Pour the mixed Ogbono into stock on fire, allow to heat for 2 minutes. Using your cooking spoon; gently whisk Ogbono until it completely absorbed the stock. Reduce the heat to low, add the remaining 2 Knorr cubes, crayfish, gently stirring the soup for few minutes until the Ogbono start to thicken and draw. **Note:** If the soup is too thick, add little quantity of warm water. Do not cover the lid or the soup may lose its drawing potency. Allow simmering further for 15 to 20 minutes until the soup contents have heated up. Your kitchen should be saturated with the aroma of the Ogbono at this stage. **Step 5:** Add dry Pumpkin (ugwu) leave and Okro. Continue stirring to blend the vegetables with the soup, scraping the ingredients that stick to the base of the pot. **Step 6:** Add the reserved chicken to the soup stirring gently. Allow to cook for 5 minutes. Turn off stove heat. Allow Ogbono soup to stand for about 5 minutes and serve with Pounded yam, Eba, or Wheat.

Okro Chicken Soup

Ingredients:

- 1 average size chicken, cut into choice size pieces.
- 2 dried fish properly washed and cut into small pieces.
- 1 cup dried crayfish.
- 100gm okra finely chopped.
- 1 teaspoon ground red pepper.
- 2 cubes Royco seasoning.
- 3 Scotch bonnet (atarodo).
- 2 teaspoon salt.
- 1 onion bulb, chopped.
- 50gm Spinach, chopped and washed.
- ½ cup (or 12cl) palm oil.
- 2 cups of water.

Method:

Step 1. Put washed chicken to a pot, add 2 cups of water, onion, salt and seasoning. Boil for 25 minutes.

Step 2. Add dried fish and crayfish. Allow to continue cooking for 7 minutes.

Step 3. Add chopped okra and stir to properly mix. Add the pepper, scotch bonnet, palm oil, stir and cook further for 7 minutes.

Step 4. Add the spinach and cook for another 7 minutes.

Step 5. Serve with fufu, Eba, or amala.

Senegalese Chicken Soup

Preparation Time: 30 minutes **Cooking Time:** 50 minutes

Cooking Tips: The soup should be silky and smooth but not thick; it should be spicy, but not too hot; it should have a sharpness of tomato and lemon, but not be sour; it should taste of peanuts, but not of peanut butter.

Ingredients:

1 chicken, cut into six parts, spicily cooked, stock set aside/1 large white onion, chopped.
2 garlic cloves, minced.
1 tsp cayenne pepper.
½ cup of vegetable oil.
2 tbsp curry powder.
1 heaping tbsp yellow curry paste.
4 cups chicken stock.
4 cups diced tomatoes.
1 tsp Chili paste.
1 Cup chunky peanut butter.
1 and half cup coconut milk.
1 bunch cilantro(Coriander Leaves , chopped.
2 Knorr cubes.
Salt to taste.
1 lemon juice.

Methods:

Step 1: Add the vegetable oil to a large soup pan. Saute (fry) the onion, garlic and cayenne pepper in oil until the onions are translucent. **Step 2:** Add the curry powder and curry paste, fry further for a few minutes. **Step 3:** Add in the chicken stock, chicken, tomatoes and chili paste. Add Knorr cubes, salt to taste. Bring to a boil then reduce heat and simmer for 20 minutes. **Step 4:** Whisk in the peanut butter a little at a time until incorporated. Add coconut milk, stirring to incorporate. **Step 5:** Turn soup to low heat and add the cilantro, lemon juice to brighten the taste. Serve with white rice or tuwoshinkafa.

West African Chicken Stew

Preparation Time: 30min

Cooking Time: 40min

Ingredients:

500g boneless skinless chicken breasts, cut into 1-inch cubes.

½ teaspoon salt.

¼ teaspoon pepper.

3 tbsp canola oil, divided.

1 medium onion, thinly sliced.

6 garlic cloves, minced.

2 tablespoons minced fresh ginger root.

2 cans (15-1/2 ounces *each*) black-eyed peas, rinsed and drained.

1 can (28 ounces) crushed tomatoes.

1 large sweet potato, peeled and cut into 1-inch cubes.

1 cup -chicken stock.

¼ cup creamy peanut butter.

1 ½ teaspoons minced fresh thyme (or ½ teaspoon dried thyme, divided).

¼ teaspoon cayenne pepper.

Hot cooked brown rice, optional.

Easy Steps:

Sprinkle chicken with salt and pepper. In a Frying Pan, cook chicken over medium heat in 2 tbsp. oil for 4-6 minutes or until no longer pink; remove and set aside. In the same pan, fry onion in remaining oil until tender. Add garlic and ginger; cook 2 minutes. Stir in the peas, tomatoes, sweet potato, stock, peanut butter, 1 ¼ teaspoons thyme and cayenne. Bring to boil. Reduce heat; cover and simmer for 15-20 minutes or until potato is tender. Add chicken; heat through. Serve with rice if desired. Sprinkle with remaining thyme.

6 Special Soups

Egusi Soup

Egusi soup is a popular West African soup. The soup is thickened with ground melon.

Nutritional Tips:

This dish is high in good fats which provide essential fatty acids needed for healthy brain function, skin, nails and hair. Calorie count for this dish will vary depending on the other ingredients used to prepare it.

Ingredients:

2 cups Egusi (melon) seed, grind to powder/1 kilo chicken or goat meat, cut in bite-size pieces/2 medium size Dry fish, and 1 medium size stock fish, broken into pieces/2 medium onions, roughly chopped/Salt to taste/4 Royco cubes seasoning/3 cups water/3 dry Ghana pepper, pounded with 200 grms crayfish/300 grms Ugwu (Pumpkin) leaves, finely chopped, washed/2 cooking spoon palm oil.

Cooking Method:

Step 1. Put the chicken or goat meat in a medium pot. Add Dry fish and stock fish. Add 1 onion, salt to taste and 2 Royco cubes. Add 3 cups water and bring to a boil on high heat. Reduce heat and allow simmering till meat is tender. **Step 2.** Mix the grinded Egusi powder in a bowl with little water to form thick barter, set aside. **Step 3.** Drop the cooked ingredients from fire, remove ingredients, and set stock aside. **Step 4.** Return pot on heat, add 2 cooking spoon palm oil, allow to heat, toss chopped onions, and fry for few minutes. Add Stock, (add a cup of water if stock not enough), add pounded Ghana peppers with crayfish, allow to boil. **Step 5.** Using tablespoon drop Egusi barter in bits into stock to form Egusi balls in stock, cover, allow simmering for 15 minutes. **Step 6.** Marsh the Egusi balls with cooking spoon, add the reserved ingredients (chicken or goat meat, etc.), allow to further simmer for 15 minutes under low heat. **Step 7.** Add remaining 2 Royco seasoning, Ugwu leaves. Stir thoroughly; cover and allow simmering for 15 minutes. (If the soup is too thick or dry you may add little Palm oil or water). **Step 8.** Turn off heat. Allow Egusi to stand.

Nsala (white) Soup

Nsala soup is also known as White Soup. It is a tasty, fast and easy to prepare. It is traced to the riverine areas of Nigeria.

Nsala soup Ingredients:

1 kg of assorted parts of goat meat cut into several parts/3 pieces of Fresh or dry Utazi Leaves/1/2 tuber of Raw White Yam (or yam powder) / Chilli peppers/Salt (to taste)/a handful of Crayfish/2 Roycco seasoning/ Nigerian traditional seasoning Ogiri Okpei .

Cookery Tips:

When using yam powder as thickener, mix the powder with hot water first to make a thick smooth paste (as if you are making pounded yam) before adding it to the soup. Adding the powder directly into the soup will make the soup mushy and you may end up with lumps. If you don't have Utazi leaves do not fuss over it as it only adds a slightly bitter flavour to the soup. Utazi is bitter in taste and only used for flavouring so two leaves should be enough (when using the fresh leaves). Boil a few cubes of raw white yam. When soft, pound with a mortar and pestle till a smooth paste is formed, then set aside. Wash and pound the utazi leaves, chilli pepper and the crayfish and set aside.

Cooking Method:

Step 1. Place the pieces of goat meat into a sizable pot and pour enough water to cover the meat. Add the seasoning and cook till tender. **Step 2.** When the meat is almost cooked, add the pounded crayfish, pepper and utazi leaves. **Step 3.** Add the yam paste in small lumps/Roycco cubes/salt to taste. Cover the pot and allow the contents to cook at high heat till all the yam paste has dissolved. **Step 4.** Reduce heat Stir thoroughly. Your Nsala Soup is ready to be served with Pounded Yam.

Oha (or Ora) Soup

Ora soup is native to the South Eastern Nigeria. It is a traditional soup cooked with Ora leaves. Ora Soup is special because the tender Ora leaves used in preparing it are seasonal.

Ingredients: Reasonable quantity of Ora vegetable leaves/7-8 small corms of Cocoyam/2 cooking spoons of palm oil/ ½ kilo chicken parts/ Assorted shaki (cow tripe)/1 medium size each of Dry Fish and Stock Fish/Chilli Pepper/ Salt and Crayfish (to taste)/2 Royco cubes/stock/1 teaspoon Ogiri, for the traditional flavour (optional).

Cookery Tips:

To prevent the Ora vegetable from becoming darker in colour. Use your fingers to cut the Ora leaves into tiny pieces. It has been observed that Ora vegetable turn darker when you cut the ora leaves with a knife.

Cooking Method:

Step 1. Grind the crayfish and pepper and set aside. **Step 2.** Wash and boil the cocoyam corms till soft. Remove the peels and use a mortar and pestle to pound the corms to a smooth paste. **Step 3.** Using your fingers, cut the Ora (Oha) leaves into tiny pieces. **Step 4.** Boil the assorted meat or shaki (cow tripe), stock fish and dry fish in 1 liter of water till they are well cooked. To establish if the shaki is cooked, it will start curling on itself. **Step 5.** Wash the chicken and add to the assorted meat/ shaki and continue cooking. When the meat is tender, add 2 stock cubes and cook further for 7 minutes. **Step 6.** Add the pepper, Ogiri and ground crayfish and cook for 12 minutes. **Step 7.** Add the cocoyam paste in small lumps and then the palm oil. **Step 8.** Cover the pot and leave to cook on high heat till all the cocoyam lumps have dissolved. You can add more water if you feel that the soup is too thick. **Step 9.** Add the Ora leaves and leave to cook for about further 8 minutes. **Step 10.** Add salt to taste. Your **Ora Soup** is ready to be served with Pounded Yam.

Okazi Special Vegetable Soup

Ingredients:

2 handful Okazi leaves, washed and finely chopped
1 handful Oziza leaves, washed and finely chopped
3 handful Water-leaves, washed and finely chopped
3 pieces of Bush meat
1 large dry fish, remove the bone, washed, and broken into pieces.
1 stockfish, washed and broken into pieces.
1 cup crayfish, pounded.
2 tin cups palm oil
1 onions, roughly chopped
4 pepper, pounded,
1 Okpenyi (indigenous seasoning) it can be pounded with pepper.
1 tsp salt
4 cubes Royco
½ liter water

Method:

1. Wash and thinly chop the vegetables respectively and separate. (Uziza, Okazi and water-leave) 2. Wash the bush meats into a medium pot, add water and place on fire, add salt, 2 cubes royco, onion and, cook until meat is tender. 3. Add Palm oil, pepper/okpenyi seasoning, dry fish, stock fish, and cook further for 20 minutes. 4. Stir ingredients well. Add vegetables starting with Water-leave; allow simmering for 10 minutes before adding the Okazi and Uziza leaves. Cook further for 15 minutes. Add remaining 2 cubes royco, little salt (if needed), crayfish and stir thoroughly, reduce heat and allow simmering for 5-10 more minutes. (Please be careful not to over cook green). Turn off heat and let stand for 5 minutes before serving. Best eaten with Akpu, corn food, or Eba.

Alefor Soup

Ingredients:

3-4 handfuls Spinach, chopped and washed, then soak in salted hot water for 15 minutes. Sieve and set aside.

1 medium onion, 2 medium tomatoes, 3 medium peppers, chopped and blended together.

1 kilo of mackerel fish, cut into 4-5 pieces.

1 dry fish, washed and broken into pieces.

4 cubes seasoning.

1 dadawa (Indigenous seasoning)

1 cup Palm oil.

1 tsp salt.

1s. onions, sliced.

1 cup crayfish, pounded.

1 cup stock or warm water.

Method:

In a pot, pour Palm oil and heat till hot. Add slice onion and fry for few minute till deeply fried. Add blended vegetable, stir and cook for 10 minutes. Add stock or water, stir and allow boiling then add dadawa and 2 cubes seasonings, ½ salts, stir thoroughly and add mackerel fish. Cook for 15 minutes. Reduce heat, add spinach, dried fish, stir, and add 2 cubes seasoning, crayfish and cook further for 10-15 minutes. Turn off heat and allow your 'Alefor soup' to stand for 5-7 minutes. Serve with any choice meal.

Bitter Leaves Flavoured Soup

Ingredients:

1 guinea fowl, cut into pieces and thoroughly washed. (to enjoy traditional flavor: roast bird with feathers)
2 medium dry fish, remove bone, washed and broken into pieces.
1 medium stock fish, washed and broken into pieces.
7 medium coco-yams. (Cooked and pounded)
1 and ½ cup Palm oil.
1 and ½ tbsp pounded red pepper
1 and ½ tsp salt.
4 cubes Royco.
½ cup crayfish, pounded.
1 small onion, finely chopped.
2 cups 'hand squeezed' bitter leaves (the types readily washed; soaked in water, and sold at the market)
1 *Okpehe* (Indigenous seasoning), pounded.
1 liter water.

Method:

1. in a moderate soup pot, add water, guinea fowl meat, dry fish, stock fish, pepper, salt, 2 cubes royco, palm oil, onions, boil together till ingredients blends and meat is cooked. 2. Add pounded cocoyam, crayfish, *Okpehe*, stir thoroughly and cook for 15-20 minutes. Add bitter leaves, stir, reduce heat, add remaining 2 cubes royco seasoning and cook further for 10 minutes. Serve with pounded cassava (*Akpụ*), or pounded yam.

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