



FOOD CULTURE AND CUISINE IN NIGERIA



EMBASSY OF THE FEDERAL REPUBLIC OF
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NIGERIA: "MOST PROSPEROUS BLACK NATION IN THE WORLD", PRESIDENT BUHARI DECLARES AT UNVEILING OF THEME AND LOGO FOR 60TH ANNIVERSARY



Unveiling the theme and logo for the commemorative activities to celebrate 60 years of independence, President Muhammadu Buhari on Wednesday, 16th September 2020 in Abuja described Nigeria, Africa's largest economy, as the most prosperous black nation in the world. "Today, we stand on the threshold of history as we formally begin a series of activities commemorating Nigeria's Diamond Anniversary. "The task history has saddled me with today, is to proclaim a theme that will keep us united, help us forge ahead, and unveil a logo that will form the critical pillars which our 11-month modest commemorative activities would rest on. "Celebrating sixty years of independence really calls for pomp, but the global COVID-19 pandemic, which has forced all nations in the world to think and act differently, has also foisted on us the imperative of a low-keyed celebration. Operating within the limitations placed by the COVID-19 pandemic, we created an internet challenge for Nigerians to make a choice from a set of four pre-selected logos that would appropriately define the theme.

Of these four options, Nigerians from all walks of life participated in making a choice, and I am happy to let you know that the logo I would be unveiling is a product of choice from the Nigerian people," President Buhari said. Speaking further on the logo, the President declared: "The selected option depicts our togetherness, a country of over 200 million people whose natural talent, grit and passion glitter like the precious DIAMOND we are. "This, to me, is a special appreciation to our most precious asset – our people. Everywhere you go, Nigerians are sparkling like diamonds in the pack, whether in academia, business, innovation, music, movie, entertainment, fashion, and culture. Furthermore, the neatly encrusted Diamond on the Nigerian Map symbolizes our age of treasure, the worth of the Nigerian people with our sparkle to the admiration of the world. "In the same vein, the pear green and dark green colours should respectively remind us of our warmth, welcoming spirit and love as well as the abundant wealth inherent in our human capital and the richness of our land. All these properties make us unarguably the most prosperous black nation in the world and Africa's largest economy."

NIGERIA AT 60 THEME: TOGETHER

On the theme: **TOGETHER**, President Buhari recounted that the country's founding fathers, in spite of the differences in faith, tribe, and tongue, came together to fight for Nigeria's independence. "This shall be a befitting tribute to the struggles of our heroes past," he said. President Buhari pledged that his government would work towards greater inclusiveness and look forward to the participation of all Nigerians in the celebration.

**FEMI ADESINA,
SPECIAL ADVISER TO THE PRESIDENT
(MEDIA AND PUBLICITY)
SEPTEMBER 16, 2020**





awara onunu masa ehuru ukpa ofe oha soup masa
 ugba afang soup boli yam tuwon shinkafa aya
 onunu phi abata acha ube agbalumo
 Dan wake Miyankuka chin chin
 one onugbu ogiri Ireby garri
 aya fufu jollof rice isi ewu ukwa
 ube pounded yam plantain owho soup aya
 boli akara uda yam moi moi
 onunu suga Ofada rice kuli kuli
 gari okpa zobo efo riro yan
 yam dambu nama suya suya ponmo
 gbure meatpie uda kunun gyada okpa
 onunu kunu dadawa pomo
 aya acha suya boli igi ose nkwobi asala
 bitterleaf palm wine awara efo riro asun
 egusi soup ewedu masa yam tuwon shinkafa awara
 kosai okro soup ogogoro ganyen gauta cassava bangasoup
 Achara soup nsala soup fura da nono ayan ekpang
 boli zobo ewa aganyin adalu uziza leaves cashew nut masa uda ehuru
 gari ogbono soup ofada stew balangu yam ogiri
 kosai masa ube amala acha abacha
 awara kanafuru palm oil aya efirin
 ube edikangikong soup gbegiri soup
 uda palm oil uda seeds



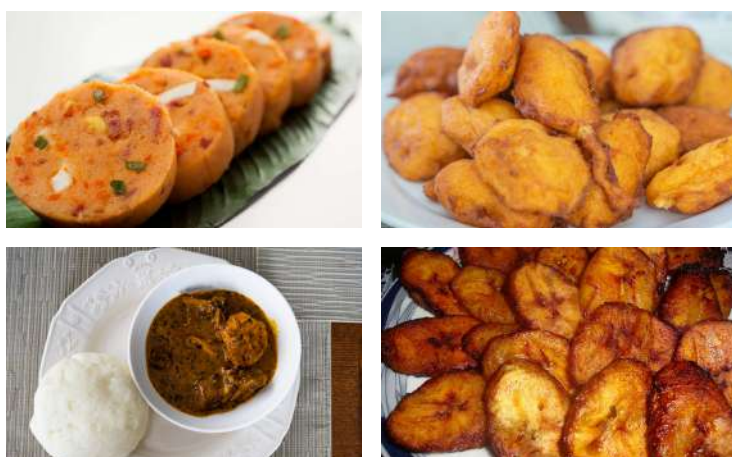
MESSAGE FROM THE AMBASSADOR

FOOD CULTURE AND CUISINE IN NIGERIA

It is indeed a great privilege and honour to represent President Muhammadu Buhari GCFR and the people of the Federal Republic of Nigeria as the Ambassador Extraordinary and Plenipotentiary to Hungary; with concurrent accreditation to Bosnia and Herzegovina, Croatia and Serbia. It is heartwarming to be on this tour of duty while Nigeria celebrates its Diamond Anniversary! We are thankful for sixty (60) years of independence as a nation and we would have been rolling out drums to celebrate but for the current global pandemic. We toast to our health and well being! Despite the global pandemic, we could not miss the opportunity to publish our third brochure as part of our Independence Day publication series we started in 2018. This year's publication will focus on **'Food Culture and Cuisine in Nigeria'**. The cuisine in Nigeria is as diverse as our over two hundred and fifty (250) ethnic groups. We are endowed with arable land that allows us to grow every type of food in all the regions. Nigeria has many crops, grains, fruits, vegetables, tubers, drinks and foods which can be found across the entire nation even though some are unique to certain regions as well. This publication will attempt to showcase some of our tasty cuisines and food culture. I strongly believe that some of our cuisines should actually be enjoying international recognition if only people had knowledge of it.



The second category of our cuisine that I am proud of, is our various types of soups. Our soups are mainly prepared from vegetables and seeds. Some of our soups include but are not limited to **efo riro** soup, **egusi** soup, **edikangikong** soup, **ogbono** soup, **okoho** soup, **nsala** soup, **ofe-owerri** soup, fisherman soup, **owho** soup, rivers native soup, groundnut soup, **gbegiri** soup, **okazi** soup, okro soup, **oha** soup, **miyan kuka** soup, **banga** soup, and pepper soup made with different types of meat or fish. The soups can be eaten on its own or with some solid bolus foods popularly called 'swallow' in Nigerian denotaion such as **iyam** (pounded yam), **fufu**, **amala** (yam/plantain) and **eba** (fried cassava) or even rice and **dodo** (fried plantain).



I will give an overview of our cuisine that I think is worth mentioning. The first category is **moin-moin** and **akara**. **Moin-Moin** is a pudding made from beans. It is very ideal for vegetarians but non-vegetarians can also prepare it by adding eggs, kidney, liver, fish, corned beef, and shrimps. In Yoruba culture, when all these are added, it is said to have seven hearts '*emi meje*'. It is common to eat moin-moin with rice and vegetable salad. **Akara** on the other hand is a bean-cake made by frying in either palm oil or vegetable oil. It is very crunchy and works well as a filling for bread known as akara-burger. Akara is so healthy and tasty because it is purely beans (protein) and pepper sauce mix. They can be served in a fast food outlet or as part of a full indoor dining experience when eaten with other things.



The third category that I would like to focus on is our barbecue meats. One example is **Suya** which is made with beef, gizzard, kidney, chicken or fish and offered as an appetizer to make the drinking experience more pleasurable. Suya is barbecued with ground pepper, spices, and salt. It is spiced from mild to hot depending on the taste of the consumer. Suya is a delicious delicacy that people of all ages enjoy in Nigeria. It is usually served with fresh slices of onions and tomatoes. Suya is so delicious to the point that it keeps you longing for more. The two natural drinks that can accompany suya beautifully are the **Zobo** (made from hibiscus flower) and **Emu** (palm wine). It is so refreshing when served chilled. The beauty of our drinks is that they are suitable for most age groups and relatively affordable. I dare say, healthy.



This publication aims to showcase a diverse range of fruits, vegetables, grains, tubers and much more. Nigerian food are undoubtedly nourishing and healthy which explains why we have less incidences of obesity and lifestyle sicknesses. It is not surprising that Nigerians wherever they find themselves, always search for Nigerian restaurants where they can eat a nourishing Nigerian meal.

The taste of the pudding is in the eating as they say. I trust that you would love to relive this adventure over and over again. Please feel free to explore our cuisine and gastronomy.

Yours in service, with truth and respect,

H.E. DR. ENIOLA AJAYI
AMBASSADOR

HEALTH BENEFITS OF NIGERIAN LEAFY VEGETABLES



UZIZA LEAVES



Glossy with a spicy scent, **Uziza** leaves are used in yam pepper soup, **egusi** soup, the classic traditional pepper soup broth, and **Oha/Ora** soup. It is called **Uziza** by the Ibo tribe, **iyere** by the Yorubas, **edusa** among Ibibio, **etinkene** for Efik people, and **ebe-ahinhi akpoke** in the Edo tribe. As one of the most pungent and flavourful of all the other Nigerian leafy vegetables, the consumption of **uziza** leaves has spread to neighboring countries like Cameroon, Ghana, Benin Republic, and Liberia. It is used for flavoring, seasoning, and giving aroma to meals. In Eastern Nigeria, **uziza** leaves are usually part of post-partum care to clean out the placenta, other remains in the womb, and enhance uterine contraction. For others, it is used in conjunction with rheumatic treatment, asthmatic treatment, and weight control as well.

ZOGALE {ZO.GAH.LAY}

English Name: Moringa

Botanical Name: Moringa oleifera

Health benefits of Zogale:

- Normalizes blood sugar
- Improves vision
- Improves digestion and reduces constipation
- Increases energy and mental clarity
- Stimulates hair growth
- Prevents against ulcers
- Contains vitamin A, C, Calcium, Iron, Potassium and Protein
- Helps against intestinal infections
- Helps with osteoporosis and diabetes treatment
- Supports regulated breathing
- Helps with arthritis treatment
- Reduces age wrinkles



ZOGALE IS A POWER-PLANT. IT HAS 92 NUTRIENTS AND 9 ESSENTIAL AMINO ACIDS WITH 3X THE POTASSIUM CONTENT IN BANANAS. IT ALSO REDUCES WRINKLES AND AGE LINES

AFANG LEAF {AH.FANK}

English Name: Wild Spinach

Botanical Name: Gnetum Africanum or African Jointfir

Health benefits of Afang:

- Fiber reduces low-density lipoprotein
- Supports healthy hearts and slows heart diseases
- High source of protein
- Reduces the risk of cardiovascular diseases
- Decreases blood pressure due to a good source of magnesium



AFANG LEAF HELPS IN TREATMENT OF SORE THROAT AND NAUSEA. IT ALSO CONTROLS BLOOD SUGAR LEVELS AND AIDS THE TREATMENT OF DIABETIC PATIENTS

EFIRIN {EH-FEE.REEN}

English Name: Scent Leaf

Botanical Name: Ocimum gratissimum

Health benefits of Efirin:

- Improves the heart function
- Lowers blood sugar
- Treats fungal infections and diarrhea
- Contains anti-inflammatory properties to aid treatment of joint aches, stomach aches and menstrual pain
- Vitamin A from the leaf improves eyesight



IN SOME PARTS OF NIGERIA, SCENT LEAVES ARE USED AS INSECT REPELLENT TOO. NOTE: AVOID CONSUMPTION OF SCENT LEAVES DURING LACTATION

EFO {EH-FOH}

English Name: African Spinach

Botanical Name: Amaranthus cruentus

Health benefits of Efo:

- Improves eyesight
- Reduces stress and blood pressure
- Improves digestion
- Contains fiber
- A rich source in Zinc to boost the immune system
- Contains anti-ulcer properties
- Promotes healthy bones



EFO IS RICH IN
VITAMINS A,
VITAMIN K,
VITAMIN C, IRON,
AND MAGNESIUM

EWEDU {AE.WAE.DOO}

English Name: Jute Leaves

Botanical Name: Corchorus Olitorius

Health benefits of Ewedu:

- Contains anti-aging benefits
- Helps maintain youthful skin
- Considered as a remedy for some headaches
- Controls blood pressure
- Helps strengthen bones and teeth
- Lowers risk of diabetes and heart diseases
- Aids in the treatment of bladder problems



JUTE LEAVES ARE
RICH IN VITAMINS
AND
MINERALS, AND
SUPPORT THE
TREATMENT OF
ARTHRITIS AND
BLADDER
PROBLEMS

GBURE {GBU-REH}

English Name: Waterleaf

Botanical Name: Talinum Fruticosum or Talinum triangulare

Health benefits of Gbure:

- Contains nutrients that support cerebral flow to improve brain power
- The iron in gbure also helps strengthen brain muscles
- Improves blood circulation in the body
- Promotes the health of the heart
- Improves bones and teeth
- Repairs body tissues
- Aids digestion



IF YOU ARE IN A
NIGERIAN MARKET,
GBURE IS A
YORUBA NAME,
YOU MAY ALSO
CALL IT MGBOLODI
(IGBO). GBURE
IMPROVES
COGNITIVE
THINKING AND
BRAIN POWER

OFE ONUGBU/EWURO {ONO.GBU}

English Name: Bitterleaf

Botanical Name: Vernonia amygdalina

Health benefits of Ofe Onugbu:

- Aids in the treatment of some cancers
- Aids in diabetic treatment
- Cleanses the blood
- Cures stomach aches
- Aids in the treatment of typhoid
- Useful in boosting vital organs of the body
- Rich in antioxidants
- Fights infections
- Helps treat malaria



ONUGBU/EWURO
(BITTERLEAF)
AIDS IN BLOOD
PRODUCTION,
CIRCULATION,
AND EVEN
TYPHOID
TREATMENT

OHA LEAF {AW.HA}

English Name: African Rosewood Leaf

Botanical Name: Terocarpus mildraedii

Health benefits of Oha:

- Controls and aids blood glucose
- Contains fiber that prevents and treats constipation
- Aids in treating anemia
- Boosts the immune system
- Contains iron, amino acids, vitamin A, vitamin C and Calcium
- Inhibits malignant growth of tumors
- Helps against joint and arthritis pains



OHA LEAVES HELP
IN TREATING
ANEMIA

UGWU LEAF {OO-GWOO}

English Name: Fluted Pumpkin Leaves

Botanical Name: Telfairia occidentalis

Health benefits of Ugwu:

- Dietary fiber supports a healthy digestive system
- Reduces irritable bowels
- Maintains body tissues
- Rich in antioxidants which helps in prevention of cancers and ulcers
- Balances hormones
- Aids in diabetic treatment
- Improve blood production and circulation
- Sometimes used to treat convulsion in children (when mixed with coconut water and small salt)
- Supports memory retainment



WHEN PUMPKIN
LEAVES ARE
CONVERTED TO
DELICIOUS
HEALTHY SOUP,
UGWU IS A GREAT
SOURCE OF
IMPROVING HEART
AND BLOOD
HEALTH

RICE BASED RECIPES



**"A Nigerian party without
rice is just a meeting"**



JOLLOF RICE

RECIPE BY

KITCHENBUTTERFLY

(CHEF OZOZ SOKOH)



Jollof rice is one of the most common West African dishes eaten in the regions of Nigeria, Ghana, Togo, Senegal, Gambia, Mali, Sierra Leone, Ivory Coast, Cameroun, and Liberia. However, each of these West African countries have their variation of this meal. It is inexpensive and easy to make, yet delicious.

INGREDIENTS

- 1/3 cup oil (vegetable/canola/coconut, not olive oil)
- 6 medium-sized fresh plum/Roma tomatoes, chopped, OR a 400-gram tin of tomatoes
- 6 fresh red poblano peppers (or 4 large red bell peppers), seeds discarded
- 3 medium-sized red onions (1 sliced thinly and 2 roughly chopped)
- 1/2 to 1 hot pepper (yellow scotch bonnets are my favourite)
- 3 tsp tomato paste
- 2 tsp (Caribbean/Jamaican-style) curry powder
- 1 tsp dried thyme
- 2 dried bay leaves
- 5 to 6 cups stock (vegetable, chicken, or beef) or water
- 2 tsp unsalted butter (optional)
- 4 cups long-grain rice or golden sella basmati
- Salt to taste
- Black and white pepper to taste
- Extra: Sliced onions and tomatoes

INSTRUCTIONS

1. In a blender, combine tomatoes, red poblano (or bell) peppers, chopped onions, and scotch bonnets with 2 cups of stock. Blend for two minutes until smooth. You should have roughly 6 cups of blended mix. Pour into a large pot or pan and bring to a boil, then turn down and let it simmer, covered for 10 - 12 minutes.
2. In a large pan, heat oil and add the sliced onions. Season with a pinch of salt, stir-fry for 2 to 3 minutes, then add the bay leaves, curry powder and dried thyme and a pinch of black pepper for 3 - 4 minutes on medium heat.
3. Add the tomato paste and stir for another 2 minutes. Then add the reduced tomato-pepper-scutch bonnet mixture, stir, and set on medium heat for 10 to 12 minutes till the mixture is reduced by half.
4. Add 4 cups of stock to the cooked tomato sauce and bring it to boil for 1 - 2 minutes.
5. Add the rinsed rice and butter, stir, cover with a double piece of foil/baking or parchment paper and put a lid on the pan. This will seal in the steam and lock in the flavour. Turn down the heat and cook on low for 30 minutes.
6. Stir rice, taste and adjust as required.
7. If you like, add sliced onions, fresh tomatoes and the 2nd tsp of butter and stir through.

FRIED RICE

RECIPE BY LOLA OSINKOLO



INGREDIENTS

- 2 cups parboiled rice
- 1 cup mixed vegetables: (carrots, sweet peas, sweet corn and green beans)
- 1 cup onions finely chopped
- 2 spring onions
- 1/2 tsp thyme
- 1 tsp curry powder
- 1/2 cup chicken stock
- 1 stock cube
- 3 tsp oil
- 1 cup beef liver, cut into cubes
- Salt to taste

INSTRUCTIONS

1. Place parboiled rice into a pot, add stock and cook for 10-15mins
2. Pre-heat the oil in a pan, throw in the onions and fry for a minute or two.
3. Add spring onions, mixed vegetables and seasonings (thyme, curry powder, salt and stock cube).
4. Add in rice and stir fry for about 3 to 5 minutes.



TUWON SHINKAFA (RICE FUFU)

RECIPE BY AMINA AHIGO YUSUF

"Tuwo shinkafa is a Nigerian dish which originates from Northern Nigeria and popular among the Hausa and Fulani. It is typically prepared using non-parboiled white rice. It can also be prepared using rice flour"

~NAIJA CHEF



INGREDIENTS

- 3 cups white rice (non-parboiled)
- 6 cups water

INSTRUCTIONS

1. Wash the rice, add water and cook till the water is dry. Add water if necessary and ensure the rice is tender.
2. Mash the rice using a kitchen spatula and continue to stir and mash until it comes together forming a nice lump.
3. Serve **tuwon shinkafa** with any soup of your choice ; kuka, miyan taushe, okro soup or egusi soup.



MASA / WAINA

RECIPE BY ZULY ATARE

Masa (or Waina) is a rice dish shaped like a mini cakes which is mainly consumed in Northern Nigeria.

INGREDIENTS

- 3 cups white rice
- 2 tsp flour
- 1 tsp active dry yeast
- 1 tsp baking powder
- ¼ cup sugar
- ½ tsp salt
- 1 small onion bulb (optional)

INSTRUCTIONS



1. Soak rice for 8-12 hours.
2. After soaking, add ½ cup of rice to boiling water and cook until soft, then set aside to cool.
3. Chop the onion and blend with the remaining raw rice and water until you get a smooth batter.
4. Add cooked rice to the batter and whisk (not electric) until well combined.
5. Combine flour and yeast, mix together then add to the batter.
6. Cover with cling film and keep in a warm place for 1½ hours.
7. After mixture sets; add baking powder, sugar and salt and mix thoroughly.
8. Place pan on high heat and add 1 tablespoon of oil to each mould and heat.
9. When oil is hot, use a ladle and pour 1 serving into each pan mould and let it fry on medium heat. Fry for 2½ minutes or until golden brown then flip to cook the other side and cook for another 2 minutes.



◆ NIGERIAN RICE PRODUCTS ◆



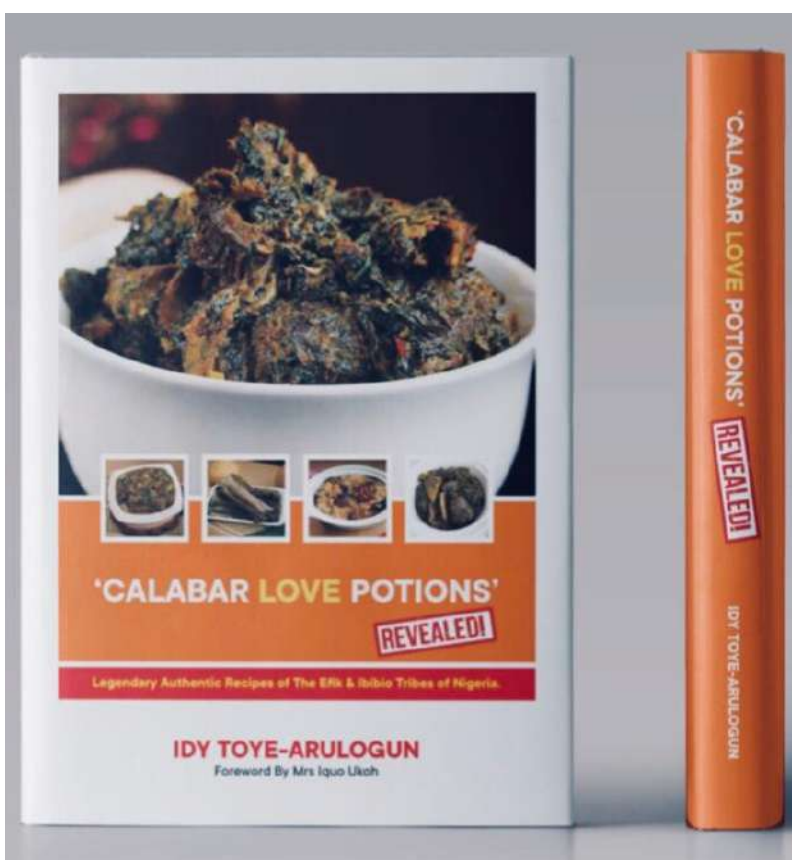
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www.tiaminnigeria.com



FEATURE

RECIPES
FROM THE
BOOK
"CALABAR
LOVE
POTIONS" BY
IDY TOYE-
ARULOGUN



This is a documentation of the rich variety of meals from the staples of the Efiks and Ibibios of Nigeria. Idy attempts to demystify the myths surrounding these meals as 'love potions', and in some cases ends up affirming them to be so!

It is also an effort aimed at preventing certain meals from becoming extinct because people hardly prepare them, especially those that are time consuming and involve a lot of processes in their preparations.

Finally, it is a documentation of an extremely rich food culture which has been long overdue.

Idy Toye-Arulogun is a fashionpreneur and Resident Designer at African Idy, a fashion enterprise. She is an alumna of University of Lagos where she bagged a degree in Philosophy.

Idy is a graduate of the Executive Program of Enterprise Development Centre, Pan Atlantic University, Lagos. She is also a social crusader and co-founder of Advocacy Against Negligence In Schools (AANIS). She is passionate about protecting the lives of the future of Nigeria.

Idy loves cooking. Being born and bred in Uyo, Akwa Ibom State of Nigeria, she learnt to cook quite a variety of the meals captured in this book and is enthusiastic about their preservation.

Idy is married to Mr. Toye-Arulogun and is a mother of two children.

ISBN: 979 864 840 0870
9 798648 400870



EFERE AFANG (AFANG SOUP)

RECIPE BY MRS. IDY TOYE-ARULOGON

INGREDIENTS

- 1 large bunch of leaves, sliced and pounded or ground
- 2 small bunches of waterleaf sliced finely
- Some pieces of beef or goat meat
- **Shaki** (beef tripe)
- Snails (optional)
- Stockfish
- Cowskin (**ponmo**)
- Dry fish
- 1 cup of periwinkles (shelled or unshelled)
- 3-4 cooking spoons palm oil
- 2 tbsp grounded crayfish
- 1 onion
- 4 pieces yellow and red pepper (diced)
- 1 leveled tsp ground dry yellow pepper
- 4 stock cubes



INSTRUCTIONS

1. Wash goat meat, (or your meat of choice) cow skin, stockfish and put in a pot. Add salt, pepper, sliced onions and 2 cubes of seasoning. Stir and put to boil. Don't add water. Allow the meat to cook in its own juice for enhanced flavor. When the stock is almost dried up, add a cup of water and continue cooking till the meat are tender. Add the dryfish and cook for another 2 minutes.
2. Add palm oil, diced yellow and red pepper, salt and seasoning cubes to the boiling meat. Add crayfish and the waterleaf, stir and allow to steam for about 5 minutes. Add your **afang** and stir. Turn off the heat. You don't want to overcook the vegetables so that they stay fresh and green. Mind you, residual heat continues to cook the soup for a few minutes.
3. Stir again and your **afang** soup is ready. Serve with your swallow of choice eg. **fufu**, **pounded yam**, **garri**, or semovita.

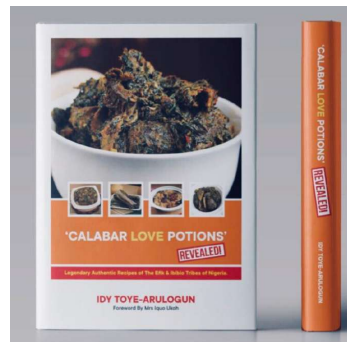
This is one of the most popular soups from the region. It is delicious and widely accepted. It is important not to overcook the soup, so as to have it looking fresh and green after cooking.

UBOBOK OR IWUK UKOM (PLANTAIN POTTAGE)

RECIPE BY MRS. IDY TOYE-ARULOGON

INGREDIENTS

- 5 fingers of unripe plantain
- 1 big dry fish
- 2 tbsp ground crayfish
- 1 onion
- Fresh pepper
- 2 cooking spoons of palm oil
- 3 stock cubes
- Pumpkin leaves or **ntong** (scent) leaves
- Salt



This is pottage made from unripe plantain. It is a regular feature in the meals of the region and does not take long to cook. It is highly nutritious and healthy.

INSTRUCTIONS

1. Wash the plantains. With a sharp knife, slice the plantain skin open by making a vertical cut along one side. Remove the plantain from the skin and cut into small cubes into the bowl of water. This is to prevent the plantains from turning black. After cutting, put the plantains in a pot and add water enough to barely cover the plantains. If the water is too much the pottage will be watery.
2. Wash your dry fish properly and debone. Keep it aside.
3. Blend your fresh pepper with some onions. You can also slice them if your prefer.
4. Put your pot of plantain on the heat and allow to boil. When the plantain boils, add the fish, sliced onions, blended pepper, crayfish, stock cubes and palm oil. Continue cooking while it thickens. Add some salt and your chosen vegetable. i.e. pumpkin or **ntong** or both. Stir and cook for about 5 minutes and the pottage is ready.

INDY'S TIPS

To thicken the pottage quickly, scrape the plantains a little bit into the pot before cutting into cubes. When you add water and boil, it thickens faster.



UFOBOMMONG BIA OR UKOM (YAM OR PLANTAIN PEPPERSOUP)

RECIPE BY MRS. IDY TOYE-
ARULOGUN

This is a broth (pepper soup) prepared with goat meat or other meat of choice like chicken or fish. It is usually made to be a bit spicy and is a great meal to have in a cold season. It is also good for people recovering from a cold or flu. The yam or plantain makes it filling. It is also important to mention that the goat that is smoked is the common variety used for this meal, as opposed to the one scraped with a razor blade. The smoked one adds a distinct barbecue flavour to the pepper soup.

INGREDIENTS

- 1 medium sized yam tuber or 4 fingers slightly ripe plantain
- Pieces of goat meat
- 1 onion
- Fresh pepper
- 3 cooking spoons of palm oil
- Fresh pepper (scotch bonnet)
- Dry yellow pepper
- Blended pepper soup spices
- 3 stock cubes
- **Ntong** (scent) leaves
- Salt

INDY'S TIPS

For the pepper soup to cook quicker, it is advisable to use the male variety of the goat for your cooking. It gets tender faster than the female variety and provides great aroma.



INSTRUCTIONS

1. Cut yam (or plantain) into thick cubes, wash and put aside.
2. Wash the goat meat thoroughly and put in a pot to boil. Blend the onion and fresh pepper together and add to the boiling meat. Add 2 stock cubes and salt. Allow the meat to start cooking in its own juices. This is to allow the absorption of flavours into the meat before adding water. Add more water when the stock reduces. Allow to cook for about 20 minutes or till tender. Add some dry yellow pepper for flavour, peppersoup spices and an additional stock cube.
3. While boiling, add your yam (or plantain) and cook together till the yam is soft. The yam cooks quickly, that is why you don't add it at the beginning.
4. Add sliced ntong and taste for salt. Adjust accordingly. Continue cooking for about 3 minutes and your **ufobo mmong bia** is ready.



EDITA IWA(SLICED TAPIOCA)

RECIPE BY MRS. IDY TOYE-ARULOGON

INGREDIENTS

- Cassava

This is a snack made from cassava. It can be eaten with cocount, steamed fish or salted fish (kippers), 'Isip eyop' (palm fruit nuts), salted pork (dried in the sun and over 'Utang', the over head local oven.

INSTRUCTIONS

1. Peel the cassava and wash. Boil till it is cooked but firm. Remove from boiling water into cool water.
2. With a sharp knife, slice the cassava into strips of your desired thickness and size. The thinner the strips, the better.
3. Soak the cut cassava in cool water and leave to stand, preferably for several hours or over night. Strain and rinse the cassava and the **Edita Iwa** is ready to be eaten.





BEANS

get creative with protein...



AKARA

RECIPE BY CHICHI UGURU

mydiasporaKitchen.

"Akara is a deep fried food made from puréed beans. It is usually made with 4 ingredients; beans, salt, pepper and onions. It is similar to moin-moin since puréed beans is the base but moin-moin is either steamed or baked and has a lot more ingredients and they definitely taste different. Both dishes taste delicious and are enjoyed with pap, bread or garri"-mydiasporakitchen

INGREDIENTS

- 2 cups black eyed peas or honey beans (cleaned, soaked and skin peeled for (1 -2hrs)
- 1 habanero pepper
- 1 large onion
- Salt or seasoning powder to taste
- 3/4 cup of water
- 3 cups cooking oil (for deep frying)

INSTRUCTIONS

1. Transfer the soaked beans into a blender, add onions, pepper and water. Blend until smooth.
2. Transfer the batter into the bowl of a stand mixer, add salt, then whisk for about 6 minutes to incorporate air into the mixture.
3. Heat up the oil for frying. When the oil is hot, carefully scoop the batter into the oil with your hand [or a table spoon]. Do not crowd the pan.
4. Fry until golden brown. Remember to flip the akara to ensure that the akara balls are evenly brown
5. Transfer to a frying basket lined with kitchen paper towel to absorb any excess oil.



TIPS

- Soaking the beans softens it and makes it easier to blend. For best results, you need to use a powerful blender
- Do not skip the whisking stage. If you don't have a stand mixer, you can use a hand mixer or a whisk
- You can also stir batter in a circular motion continuously with a spatula
- Oil temperature test: Put a slice of onion into the oil, if it bubbles and comes up immediately, then the oil is ready to fry the **akara**. The oil needs to be hot enough to prevent the akara from absorbing too much oil

MOIN-MOIN AND EKO TUTU

RECIPE BY MRS. CAROLINE TOSAN

Moin-Moin, also known as steamed bean pudding is a Nigerian bean delicacy. It is made with either brown beans, black eyed beans or lentils. **Moin-Moin** can be hob steamed or oven steamed, though the hob steamed method is much more popular than the oven steamed moin-moin. It can be made with either vegetable/sunflower or palm oil or a mixture of both. **Moin-Moin** can either be steamed in banana leaves, foil containers, plastic/freezer bags, ramekins or even old/baking tins. **Moin-Moin** can be made with several fillings like corned beef, boiled or smoked fish, shredded beef/chicken, smoked/fresh shrimps"- **Sisi Jemimah**

INGREDIENTS

- 6 cups washed beans
- ½ cup vegetable oil
- Seasoning cubes and spices
- 1 cup palm oil
- 12 long peppers (paprika)
- 6 round peppers (scotch bonnet)
- 2 large onions
- 6 medium tomatoes
- 8 cups dried white corn
- 1 roll of wide leaves (also known as **moin-moin** leaves)



INSTRUCTIONS

TO PREPARE EKO TUTU (CORN PAP)

1. Soak dried corn for two days.
2. Blend your soaked corn on the second day and thoroughly mix with more clean water. Sieve and keep aside.
3. Boil some water you would use to make the corn pap and take out one liter of hot water. Slowly stirring the sieved corn paste, add the liter of hot water as you stir, this warms the corn mix before you boil it; it reduces lumps if you mix it into a smooth consistency.
4. Stir again as you pour the warm corn mix into the boiling water. Leave to cook for about ten minutes and cool for about twenty minutes. Serve into leaves and wrap with old newspapers. Keep overnight. Eat with **moin-moin**.



TO PREPARE MOIN-MOIN

1. Wash beans and take off skin.
2. Blend washed beans with peppers and crayfish into a smooth paste.
3. Add vegetable oil and seasoning and cook in small containers (aluminum tins or leaves).
4. Dice all vegetables.
5. Deep fry onions and pepper in palm oil.
6. Add tomatoes and spices into the palm oil
7. Empty each container of **moin-moin** into a dish and serve the palm oil stew directly on top.
8. Mash or eat **moin-moin** with palm oil.
9. Enjoy with your cold solid pap! (Eko Tutu).



DAN WAKE

{dan.wah.kay}

RECIPE BY BEATRICE
DOGARA ADANKAT



INGREDIENTS

- 2 cups beans flour
- 1 cup cassava or wheat flour
- 2 tsp baking soda or 1 tsp of **kuka** (baobab) powder
- Beef or chicken stock
- 4 cups water

INSTRUCTIONS

1. Mix all the dry ingredients in a bowl: beans flour, cassava flour/wheat flour, baking soda/**kuka** powder).
2. Add stock bit by bit and mix the ingredients at the same time until you get a soft sticky dough. If your stock finishes and you still have not achieved a soft sticky dough, continue with warm water and set aside.
3. Boil water in a pot. Once the water boils, start molding the danwake dough with fingertips. You pick up a small quantity of the dough with your fingertips, mold into a rough shape, and carefully drop into the boiling water. Repeat till the dough is finished.
4. You will notice that the lumps of **danwake** rises to the top surface of the water as soon as it heats up. Cover the pot halfway, and continue cooking in medium heat.
5. After 10 minutes, stir and continue cooking. It should be cooked on low to medium heat for 15 to 20 minutes. Serve with side dishes and vegetables.
6. Usually **danwake** is served with grounded pepper (**yaji**) and oil. You can also use hard boiled eggs, sliced onions, cabbage, or tomatoes.





YAMS

Yam and eggs, yam *in* eggs, yam and tomato sauce, yam with palm oil, yam with soup, yam grated with shrimps, yam grated with okra, yam fried, yam boiled, yam roasted... Welcome to the Nigerian kitchen! A whole multi-talented world of yams.

We selected a few for you, but feel free to experiment with your hot-stove.

YAMARITA

RECIPE BY
ALLNIGERIANRECIPES.
COM



INGREDIENTS

- 1kg yam
- 3 eggs
- 2 spoons flour
- 300ml vegetable oil
- 1 tsp ginger
- 1 tsp garlic
- 1 tsp ground pepper
- 1 seasoning cube
- Salt to taste

INSTRUCTIONS

1. Peel off the back of the yam, slice to any size, shape, and boil for about 15 minutes. It should be soft and well cooked. Drain and allow to cool.
2. Mix the flour, spices (ginger, garlic, pepper, seasoning cube, and salt) and the three eggs in a bowl. Whisk all together and immerse the boiled yam in it.
3. Fry and flip, don't allow to burn. You can use a spoon to apply more of the spiced batter while it fries.
4. Serve with your favorite sauce and juice. Grilled fish or chicken is a welcome addition.



YAM BALLS

RECIPE BY TOSAN



INGREDIENTS

- 1 small or medium yam tuber
- 2 eggs
- 1 tin sardine
- Seasoning cubes
- 1 scotch bonnet pepper
- 1 tbsp margarine or salted butter
- Breadcrumbs or flour for coating
- Vegetable oil for frying
- Dried parsley
- Garlic powder
- Spring onions
- Chilli flakes or spices of preference

KITCHEN TOOLS YOU NEED

Masher, whisk, pots, pan, fork, two mixing bowls, knives, chopping board

INSTRUCTIONS

1. Slice and boil the yam until soft and well cooked.
2. While boiling, chop the pepper and onions into tiny pieces.
3. Separate the egg yolk from the egg white.
4. Mash the boiled yam with a potato masher or fork.
5. In one bowl, whisk onions, sardine, seasoning cubes, pepper, parsley, garlic powder, chilli flakes, egg yolk and other preferred spices. Mix together with the mashed yam.
6. Add salt to taste.
7. In a plate or third bowl, pour in the flour or breadcrumbs.
8. Using washed clean hands, mold the yam mixture into balls. Dip in the egg white, then roll it in the breadcrumbs. At this point you can heat up your vegetable oil or wait till you're done molding.
9. Drop gently in the heated oil. Avoid overcrowding the oil so the temperature stays hot enough. Fry till golden.
10. Eat and enjoy with a sauce, dip or stew!

YAM PORRIDGE (ASARO)

RECIPE BY FOOD BLOGGER:
AJOKI (MYACTIVEKITCHEN.COM)



INGREDIENTS

- 1kg yam
- Red bell pepper (**tatashe**)
- Scotch bonnet chillies (**ata rodo**)
- Onion
- Palm oil (use according to preference or you can substitute with vegetable oil)
- Beef
- Seasoning powder or stock cubes
- Salt
- Mackerel fish, cleaned (can be substituted with dry fish or smoked fish)
- Beef stock (optional) as you can also use water
- Spinach or any green vegetable

PREPARATION

- Peel and cut yam into chunks
- Roughly blend red bell pepper, scotch bonnet chill and onions together on a pulse and set aside
- Boil fish for about 5 minutes with seasoning and salt. Save fish broth for the porridge if you are not using beef stock
- Place a small pan on medium heat, add palm oil and heat for about 2 minutes. Add chopped onions and fry till onions are translucent. Take it off the heat and set aside. This is to be added to the yam at the tail end of the cooking.



INSTRUCTIONS

1. Place a pan on medium heat; add yam chunks, blended pepper mixture and enough water to cover it (about one cm above the yam or keep it at the same level). Add salt and bring to boil until yam is almost tender. Add your stock or water to yam in between cooking if need be.
2. Once yam is almost tender, add the already heated palm oil and chopped onions to the yam.
3. Add seasoning powder or stock cubes to your taste.
4. Using a wooden ladle, break yam into pieces but not to puree, leave some yam chunks as you desire.
5. Add flaked fish and stir together gently to avoid breaking the fish and cook for 2-3 minutes.
6. Add chopped spinach (or any other green vegetable).
7. Gently stir the spinach into the porridge and cook for another 3 minutes.

OJOJO (YAM FRITTERS)

RECIPE BY MS. GLORIA AYANBIMPE
(G'STAG CONFECTIONERIES)



INSTRUCTIONS

- 01 Peel and rinse yam.
- 02 Cut into slices to make grating easier.
- 03 Grate yam to tiny shreds using the smallest side of the grater so that it creates a paste.
- 04 Rinse and cut off the top of the okra. Also grate.
- 05 If using a substitute to okra, grate as well so the tiny pieces blend naturally with the yam paste.
- 06 Mix the yam paste, okra, and palm oil.
- 07 Add seasoning, salt, and pepper.
- 08 Heat up the vegetable oil to fry.
- 09 You can either roll into balls, or scoop with spoon to fry. Do not overcrowd the pan.
- 10 Fry the batches for about 10 minutes. Enjoy!

INGREDIENTS

- 1 medium tuber of yam
- 8 pieces okra (can be substituted with shrimps, onions, crushed fish)
- 4 tbsp palm oil
- Seasoning cube
- 1/4 tsp pepper by preference
- 1/4 tsp salt or by preference
- Garlic (optional)
- Vegetable oil for deep frying



SOUPS



MIYAN KUKA(BAOBAB LEAF SOUP)

RECIPE BY AMINA AHIJO YUSUF

"Miyan kuka is a delicacy of Hausa origin. If you have ever been to the North, you must have noticed some dark green powder sold in Northern markets by the traders; that is what northerners call Kuka. It is made from Baobab leaves. The leaves are usually dried in the sun and then grind into fine powder. Miyan kuka is also called Luru soup". ~Royac Shop

INGREDIENTS

- 1 pc medium sized smoked black catfish (dried fish)
- ½ kg assorted meat
- 2 tbsp **kuka** (baobab) powder
- 1 tbsp ginger powder
- 1 tbsp garlic powder
- 1 pc small onion (finely chopped)
- 2 oz palm oil
- 2 seasoning cubes
- 1 cup water
- 3 tbsp locust beans
- 1 tbsp ground crayfish
- ½ tbsp dry pepper
- 1 tbsp salt (or by preference)



HEALTH BENEFITS OF BAOBAB LEAVES

- Boosts the immune system
- Aids against wrinkles
- Contains 6x more vitamin C than oranges
- Produces energy in the body at a healthier pace to reduce spikes

INSTRUCTIONS

1. Wash the assorted meat and smoked fish (dried fish.)
2. Put the meat into a pot and season properly. Also add the powdered ginger and garlic. Add water and cook until the meat is tender.
3. Once cooked, separate the meat stock
4. In a separate pot, heat up the oil and fry the onion. Gently add the meat stock to the oil. Add the washed dried fish and more water if you desire. Cook for 5 minutes to get the seasoning into the fish.
5. Add crayfish, pepper, seasoning and locust bean to the boiling pot of meat stock and dried fish. Allow to simmer.
6. Take out the fish from the pot. The essence of taking out the fish is so you can have enough space to whisk the kuka so that you don't end up with a lumpy soup. But, if you are sure you can whisk it properly with the fish in there, then there is no need to take it out.
7. Sieve the **kuka** powder into a bowl before adding it to the pot. You are advised to add the powder with your hand: a little at a time and whisk consistently until you end up with a lump free consistency. You can add more water if the soup is too thick.
8. Allow to cook for about 3 minutes.
9. Add the fish, meat, and salt to taste. Allow to simmer.
10. Your soup is ready. Serve and enjoy your meal.



EFO RIRO

RECIPE BY OLUWATOYIN KUTEYI

'Efo riro' is a delicacy with its origins in the South-West part of Nigeria. 'Efo' can be referred to as 'green leafy vegetable', and 'riro' is a word from the Yoruba language, meaning 'to stir'. So simply put, **efo riro** is mixed-stirred leafy vegetables. **Efo riro** in all its glory is a healthy vegetable soup because it contains various nutritional ingredients. For instance, the leafy vegetable is rich in vitamins and antioxidants, while the locust beans used in its preparation also contains protein and lipids which aid energy storage and cell building in our bodies.



Efo riro can be whipped up in a few short minutes once all ingredients are available. (Feel free to mix up your ingredients). Boil meat and set aside. I usually like to cut these into small edible bites. I then put the pot or saucepan on fire and heat up the **palm oil** (no bleaching please). I chop a bit of onions into the oil and fry for a few seconds, after which I add the coarsely blended peppers, meat stock, **ponmo** and locust beans to fry, until water evaporates from the sauce and the **ponmo** is cooked. Next is to add the meat, smoked fish, crayfish, seasoning powder and salt to taste and allow it to cook until the meat has absorbed the sauce. I must mention here that I usually blanch my shredded leafy vegetable in hot water followed almost immediately with a dip in very cold water then drained. Once the meat and others are well cooked in the sauce, I stir in the vegetables, leave it to simmer while stirring for a few minutes and voila! **Efo riro** is ready! **Efo riro** can generally be eaten with all sorts of swallows, rice, and boiled plantain. I particularly love to have mine with **moin-moin**.

The two vegetables that are commonly used in cooking **efo riro** are **efo shoko** (spinach) and **efo tete** (green amaranth). Other ingredients are fresh pepper (large red bell pepper and scotch bonnet), onions: coarsely blended, meat: beef, **shaki**, **ponmo**, snail (optional). Smoked or dry fish, blended crayfish, locust beans (**iru**), palm oil, seasoning, and salt.



EGUSI SOUP

RECIPE BY MRS. PEACE BEKEE

PÖLÖSKEY

Egusi soup is prepared from blended melon seeds and one of the most popular soups that is recognized by most tribes in Nigeria. It is usually eaten with pounded yam, amala, eba (made from gari) and cassava fufu.



INGREDIENTS

- 3 pieces stock fish
- 1 medium dry fish
- Palm oil
- 1 medium onions
- 1 large tomato
- 1 kg fresh bitter leaf
- 1 tbsp salt
- 2 scotch bonnet pepper
- 1 big melon seeds
- 1kg goat meat or any meat of your choice
- 2 seasoning cubes
- Crayfish
- Water



INSTRUCTIONS

1. Add 1 liter of water and two spoon of palm oil to the pot. Add the washed stock fish and dry fish and cook for 5 to 10minutes. Cook until fish is soft.
2. Wash goat meat and put in a different pot. Do not add water unless necessary (to avoid burning). Add onions, salt, seasoning cube, and cook on low heat for one hour.
3. Transfer cooked goat meat to the pot of cooked stock and dry fish.
4. Blend the melon seeds (egusi) and crayfish together. Add to the pot of boiled meat and fish. Allow it to cook for 20minutes on low heat.
5. Add the chopped habenero pepper.
6. Wash the bitter leaf and add to the soup and cook for 5 minutes on low heat.



OKAZI SOUP

RECIPE BY MRS. PEACE BEKEE PÖLÖSKEY

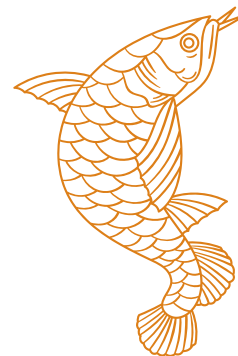
"Okazi soup is a thickened vegetable soup from eastern Nigeria. It is similar to Ofe Owerri, the main difference being that Ofe Owerri is thickened with cocoyam (Owerri court), while Okazi soup is thickened with achi, ukpo or ofo. Each thickener has its own peculiar flavour. Ofo is my favourite, while achi is my least favourite".- The Pretend Chef

INGREDIENTS

- 6-8 pieces beef
- 5 pieces stock fish
- 1kg cow skin
- 3 dry catfish
- 2 cups broken pieces of achara (20 stalks of **achara**)
- 1 handful of sliced **okazi** leaves
- 1 handful of sliced **uziza** leaves
- 2 tbsp of **ogiri**
- 2 handful ground crayfish
- 2 yellow pepper
- 3 seasoning cubes
- 2 tsp **uziza** seeds
- 3 tbsp palm oil

INSTRUCTIONS

1. Add 1 liter of water and two spoons of palm oil to one pot. Add the washed stockfish and dry fish and cook for 45mins. If necessary cook until fish is soft.
2. Wash goat meat and put in a different pot. Do not add water unless necessary (to avoid burning).
3. Add onions, 1 tbs salt, 1 seasoning cube and cook on low heat for one hour.
4. Transfer cooked goat meat to the pot of cooked stock and dry fish.
5. Blend the **uziza** seed, **achi** seed, **uda** seed and crayfish together. Add to the pot of boiled meat/fish. Allow it to cook for 20minutes on low heat.
6. Add the 1 teaspoon of dry pepper and salt to taste.
7. Wash the **okazi** leaf and add to the soup and cook for 5 minutes on low heat.





Ofada Stew

Recipe By
Ms. Folakemi
Ayo-Ibitoye

"Ofada stew, also known as ayamase stew or 'designer stew', is a delectable Nigerian stew made with palm oil, iru, green, and red bell peppers. Serve with cauliflower rice for a delicious African keto lunch or dinner"- Low carb Africa

INGREDIENTS

- 3 green bell peppers
- 2 chili pepper
- 1 large onion -diced
- 1 cup bleached palm oil
- Assorted meats: This include but not limited to beef tripe, **shaki**, **ponmo** (cow skin) and beef
- 4 boiled eggs
- 1 ½ tsp locust beans (**iru**)
- Salt to taste
- 1 ½ tsp ground crayfish



INSTRUCTIONS

1. Season your meat of choice with curry, thyme, stock cubes, salt, paprika, garlic and ginger powder and bring to boil.
2. Blend green bell peppers.
3. Boil blended pepper to reduce water content.
4. Boil your eggs separately.
5. Bleach oil for 10 minutes by allowing it to boil on low heat till it starts turning honey-brown, keep the lid shut to avoid smoke. Then allow to cool down.
6. Fry in diced onions, locust beans, and already boiled green pepper in the bleached oil till onions float and becomes darker.
7. Add the already boiled meat, crayfish, and the boiled eggs. Cook for another 10-15minutes.
8. Green **ofada** sauce is ready to be served.



MIYAN TAUSHE: NIGERIAN PUMPKIN SOUP

RECIPE BY LOIS
(YUMMYMEDLEY.COM)

INGREDIENTS

- 1.5 lbs lamb or goat meat
- 1.5 lbs pumpkin peeled and cut into chunks
- ½ cup palm oil
- ½ cup roasted peanuts
- 7 plum/roma tomatoes
- 2 large onions
- 1 bell pepper
- 4 scotch bonnet peppers
- 10 oz chopped spinach (fresh or frozen)
- 5 oz sorrel (substitute with spinach more spinach when unavailable)
- ¼ cup ground dry cray fish
- Salt to taste



This delicious pumpkin stew locally called Miyan Taushe is native to Northern Nigeria and is commonly eaten with fufu/swallow, rice, and even naan bread. Miyan taushe can be prepared with any ripe pumpkin.

INSTRUCTIONS

1. Slice 1 onion and 2 scotch bonnet peppers, and set aside.
2. On low-medium heat, in a large stock pot, braise the lamb/goat meat with the sliced onions, scotch bonnet peppers, 1 tsp bullion and 1 tsp salt for 30 minutes or until the meat is tender.
3. While the meat is braising, blend the tomatoes, bell pepper, 1 onion, and two scotch bonnet peppers. Place the blended tomato mix in a pot and cook on medium heat until the sauce reduces down to a thick paste. You might need to reduce the heat to prevent the tomato paste from burning.
4. Once the meat is tender and done braising, add in the pumpkin chunks and 2 cups of water into the pot with the braised meat. The water should just cover the pumpkin chunks and meat. At this stage, adjust the seasoning of the broth and water to the pumpkins. Cover and boil for 15 minutes or until the pumpkin is tender.
5. While the pumpkin are cooking, grind the peanuts in a blender, food processor, or with a mortar and pestle until it forms a rough paste, and set aside.
6. Once the pumpkins are tender, use the back of a spoon to smash the pumpkin chunks. Add in the crushed peanuts, tomato paste, cray fish, and stir the stew. Cover and cook for 5 minutes on low- medium heat.
7. After the stew has cooked for 5 minutes, add in the palm oil, chopped spinach and chopped sorrel, and cook the stew covered for 10 minutes on low heat.
8. After 10 minutes, taste the stew for seasoning and adjust the salt if necessary. Turn the heat off and allow the stew to sit for 5 minutes. Serve hot.



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OKRO SOUP

RECIPE BY LOLA OSINKOLU
(CHEF LOLA'S KITCHEN)



INGREDIENTS

- 1.5 lb okra: half minced and half sliced
- 1 red bell pepper
- Smoked turkey wings
- 1 small onion minced
- 1 habanero pepper
- 3 tbsp crayfish
- 1/2 lb spinach
- 1 lb shrimps
- 1 large dry fish
- 4 tbsp locust bean
- 1/2 to 3/4 cup palm oil
- 1 tsp seasoning powder
- 4 to 5 cups water

INSTRUCTIONS

1. Boil the smoked turkey wings with salt, seasoning powder and minced onions. Cook till tender.
2. While the meat is boiling, mince half of the onion in a food processor or food chopper and slice the other half. Set aside.
3. Separately mince the red bell pepper and habanero pepper in the chopper and set aside.
4. When the meat becomes tender, add the minced pepper, crayfish, and locust bean and leave to cook for about 10 minutes.
5. Shred and add the washed dry fish and leave to soften for about 5 minutes.
6. Add the palm oil, shrimps and the minced and sliced okro. Leave to cook for about 3 to 5 minutes.
7. Stir in the spinach and mix until wilted.
8. Remove from heat immediately and serve.

TIPS

- I like to mince half of the okro in a food chopper. This helps the okra to become thick. If you want the okro soup to be very thick, simply chop more than half of the okro.
- The protein (meat) used is first boiled. The idea behind this is to create a base and stock for the soup.
- Boil the meat until it is tender
- It is essential to not overcook any vegetable. The okro should be cooked on medium heat to retain the nutrients.



OGBONO SOUP

RECIPE BY LOLA OSINKOLU
(CHEF LOLA'S KITCHEN)



INGREDIENTS

- 1 cup blended **ogbono** (wild mango seed)
- 4 cups stock beef or chicken
- Meat tripe, cow skin or fish of choice
- 1 cup stock fish
- Salt to taste
- 2 stock cubes
- 1/2 tbsp red chilli flakes or cayenne pepper
- 1 tbsp ground crayfish
- **Ugwu**, kale, or collard greens
- 3/4 cup periwinkle
- 1/3 cup palm oil
- 1 medium onion diced

INSTRUCTIONS

1. Cut the beef, rinse, and place in a pot. Season with salt and stock cubes. Add the diced onions and the red chilli flakes. Leave to boil for about 20 to 30 minutes depending on how tender you want the meat to be.
2. Once the meat is almost done, add the stockfish and cook for 5 minutes until soft.
3. Blend the ogbono seeds and add it to the boiling meat. Be sure you have enough stock in the pot. You need about four cups of stock to start with. Stir very well until the **ogbono** is well dissolved in the stock.
4. Stir in the periwinkles, crayfish, and palm oil and leave to cook for another 5 minutes.
5. Turn down the heat and add your leafy greens. Leave to simmer for another 2 to 3 minutes.
6. Serve with your favourite bolus food like **eba**, **amala**, and **pounded yam**. ENJOY!

TIPS

- **Ogbono** soup gets thicker as it stays. So if you plan on not serving this immediately, you can add a little more extra stock or water.
- Palm oil is an essential part of this meal so you can increase or reduce the quantity you use. It all depends on your personal preference.
- Ideally, **ugwu** leaves are stirred in at the final stage of cooking this soup, but you can use any other leafy greens. I will strongly suggest you use a strong leafy green alternative like kale or collard greens, especially if the stew will last you more than a day. You can also add okra in place of the leafy green if preferred.
- I added red pepper flakes for some real heat. You can also use cayenne pepper, minced habanero or simply skip the heat if you don't like it.

TOMATO STEW (OBE ATA)

RECIPE BY LOLA OSINKOLU (CHEF LOLA'S KITCHEN)



INGREDIENTS

- 5 cups starter sauce
- 1/4 cup palm oil
- 1/4 cup vegetable oil
- 1 ½ cup stock (any choice of stock will work)
- 1 tsp paprika
- 1 tsp curry powder
- 1 stock cube
- Salt to taste
- Beef (or use what suits you like fish, chicken, tofu vegetables etc.)

INSTRUCTIONS

1. Add the palm oil and vegetable oil to a pot.
2. Once the oil is hot, add the starter sauce and the stock and let it come to a boil.
3. Add paprika, curry powder and stock cube and salt to taste.
4. Add meat, fish or whatever you like.
5. Allow it to come to a boil once more.
6. Serve with rice, beans, yam, spaghetti..... ENJOY!

STARTER SAUCE:

- 2 Red Bell Peppers
- 1 habanero
- 1 Chili pepper
- 4 Big plum tomatoes
- 1 Sweet Onion
- 2 Tablespoons Vegetable Oil

1. Blend the peppers, tomatoes and onions
2. Add oil in the Pot
3. Pour the blended sauce (You don't need to heat the oil). Note that if you heat the oil the sauce will start to fry and we really don't want to fry it in the oil we just want to boil.
4. Boil the blended paste on a low heat between 1 hour and 1 hour 30 minutes depending on the consistency you want.



EDIKANG IKONG SOUP

RECIPE BY LOLA OSINKOLU (CHEF
LOLA'S KITCHEN)

Edikang Ikong soup is a highly nutritious, delicious and savory vegetable soup natively prepared using 'ugwu' (the native name for fluted pumpkin leaves) and malabar spinach (locally called water leaf in Nigeria).~Lois, Yummy Medley

TIPS

- **Edikangikong** is not a watery soup, so you have to go easy on the meat stock
- You can start with 4 cups, adding the 5th and 6th cup as the recipe progresses using your discretion
- Squeezing out the water from the thawed spinach is vital to your water control in the soup
- For this recipe, more oil is better but you can use less based on your dietary needs



INGREDIENTS

- 350g beef or smoked turkey precooked
- 300g cow feet precooked
- 350g stock fish precooked
- A piece african style dried fish--deboned and washed thoroughly (this is optional)
- 1/4 cup crayfish coarsely blended
- 5-6 cups meat stock
- 1 large onion finely chopped
- 1 ½ cup palm oil
- 1 tbsp ground cameroon pepper or 2 habanero peppers
- 226g (8oz) fresh kale vegetable--chopped
- 907g (32 Oz) frozen spinach--completely thawed and all liquid squeezed out
- Salt to taste

INSTRUCTIONS

1. Bring meat stock to a boil. Add ground crayfish and dry pepper.
2. Pour palm oil in a clean saucepan over medium heat. When oil has heated up, pour chopped onions in. Stir and sauté for a minute.
3. Pour pre-cooked meats into boiling meat stock. Then pour in the palm oil and sautéed onion mix.
4. Stir in, taste and adjust for seasoning accordingly. Cover pot and allow to simmer for about 2 minutes.
5. Stir in your completely defrosted and drained spinach, allow to simmer for about a minute, and then stir in the chopped kale leaves.

CATFISH PEPPERSOUP

RECIPE BY THE FOOD DISCIPLE

INGREDIENTS

1. To clean catfish, place fish in a bowl, add salt and hot water. The slimy skin will come off and it will kill any unwanted bacteria. Repeat process 3 times, rinse off with cold water and set aside.
2. Place cleaned catfish in cooking pot. Blend scotch bonnet and red onion with very little water and add to pot. Add 4- 5 cups of water, depending on the quantity of soup needed. 5 is ideal because the liquid will reduce later on.
3. Add ground crayfish, black pepper, bay leaves, seasoning cubes and salt. Cover and cook on medium high heat for about 15 to 20 minutes. All ingredients will have mixed together, and the soup will become light brown in colour. Add salt according to preference and also you can reduce the amount of scotch bonnet pepper used if you do not like a lot of spicy heat.
4. Reduce cooking heat to low medium and stir. Stir carefully to not break the fish into pieces. You can hold both pot handles and gently shake the pot to stir. Taste for seasoning and adjust if needed, by adding only salt or one seasoning cube.
5. Add more water, if you need more soup/liquid. If you added more water, adjust seasoning with ½ a teaspoon of ground crayfish, one seasoning cube. Cover and cook for an additional 7- 10 minutes so added ingredients can mix together. Add salt according to preference.
6. Add pepper soup or banga soup spices, and cook for 7-10 minutes still on medium low heat. Taste for seasoning and adjust if needed because the soup is ready at this point. If you need more seasoning or soup/ liquids repeat step 3 until you achieve your desired quantity and taste.
7. Reduce heat to simmer and add **uziza** leaves. Simmer for 3-5 minutes.
8. Your food is ready!!

INSTRUCTIONS

- 1 catfish (cleaned, washed and cut into 4 pieces)
- 1 red onion
- 2- 3 scotch bonnet pepper
- 1 ½ tbsp of ground crayfish
- Black pepper
- 1 ½ tsp of **uziza** leaves
- 1 tsp of ground pepper soup or banga soup spices
- 3 bay leaves
- 2-3 seasoning cubes
- 4-5 cups of water
- Salt



"Nigerians love pepper soup, it is the spicy broth of meat or fish with some bitter herb added. Catfish pepper soup is always high in demand by guests at Nigerian parties, and is about the most common pepper soup cooked in Nigeria homes, pubs, restaurants etc. Catfish pepper soup is called 'point-and-kill' in drinking parlours. The combination of spices, pepper and herbs is delectable and gives a feeling of wellbeing after having a bowl of pepper soup" -**The Food Disciple**

ASUN: PEPPERED GOAT MEAT

RECIPE BY MRS. PEACE

BEKEE PÖLÖSKEY



Finger-licking and lip-smacking, Asun is smoked and spicy goat meat and skin sauteed in a variety of spices. Goat meat is a lot healthier than beef. It has more protein and iron and is lower in calories. Although goat meat can be tough to work with, it brings its own unique savory flavours if cooked properly. Asun is marinated in spices based on preferences and the meat and skin is usually cut into bite-sized chunks for easy chewing.

ISI EWU (GOAT HEAD)

Isi Ewu is a traditional Igbo meat delicacy that is made from goat head. This is a delicacy originating from Eastern Nigeria and could be found on the food menu when visiting restaurants or pubs. It is prepared by spicing and steaming the goat head and using ingredients like habanero peppers, **ehu** seeds, **utazi**, **ehuru**, and palm oil. **Isi ewu** is usually mistaken for **nkwobi** because they both have similar ingredients. A major difference is that isi ewu is prepared with goat head while nkwobi is prepared with cow feet. **Isi ewu** is usually served hot with a cold brew **palm wine**, or soft drink.



ASUN INGREDIENTS

2 big onions, 2 kgs goat meat, 1 tbsp thyme, 3 habanero pepper, 3 big california pepper (green, red and yellow), 1 tbsp of turmeric powder, 1 teaspoon of cumin powder, 1 teaspoon of curry powder, 1 tbsp coriander powder, 2 seasoning cubes, olive oil or vegetable oil and salt to taste

INSTRUCTIONS

1. Wash the goat meat and add salt, seasoning cubes, sliced onions, curry and thyme. Do not add water. Cook on low heat for 45 minutes until meat is soft. Keep checking meat to ensure it is not too soft.
2. Remove any water left from cooked goat meat and fry with vegetable oil.
3. Chop the habanero pepper, California pepper and onions and put aside.
4. Pre-heat vegetable oil in a pan and add the chopped onions, habanero pepper, california pepper. Stir fry until cooked. Add the spices (curry, cumin powder, turmeric powder and salt) to the fried sauce in Step 3
5. Add the fried goat meat to the sauce and stir thoroughly. Allow to simmer for 5 minutes on low heat.
6. Your goat meat is ready to be served.



MEAT CUISINE

SUYA

Suya often called '**tsire**' is spicy meat which is a popular food item across Nigeria. This is kebab on a whole new level. **Suya** is meat fillets wrapped in blended peanuts (**kuli kuli**) and dried mixed pepper spices (**yaji**) which is sold on skewers by street vendors. The meat is usually beef, ram, or chicken. Although common to Northern Nigeria, **suya** is now permeated across the whole country and an appetizer that bonds many Nigerians. If you're in Nigeria, vendors who sell **Suya** are called **Mai Suya**. In Lagos, **Suya** has created niche restaurants as in the case of 'Sooya Bistro', managed by Nigerian Celebrity, Banky W.



“Food no get value if meat no dey on top ”

GABRIEL AFOLAYAN

BALANGU

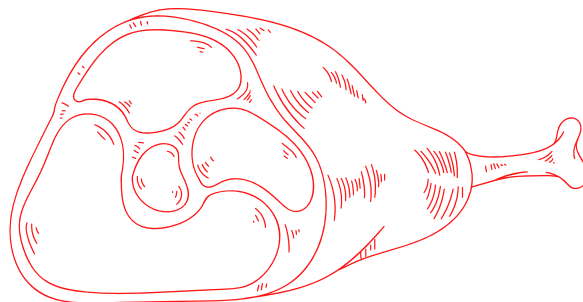
Balangu refers to grilled ram meat that is very popular in Northern Nigeria, but eaten all over Nigeria. **Balangu**, sometimes called '**balango**', is boneless beef grilled in its fat. **Balangu** is a **suya** alternative. The meat is usually roasted without seasoning first to smoke out the natural flavor of the meat before adding salt and spices in later stages. **Balangu** is more moist and tender and sometimes focused on particular roasted parts of the meat. As street food, **balangu** is served in brown paper or newspaper together with onions or rice cake (**masa**).



MEAT CUISINE

KILISHI

The dried version of **suya** is **kilishi**. It is eaten itself as a snack or with **garri** or even cornmeal (**ogi**). **Kilishi** is 'beef jerky' wrapped in peanut sauce, cloves, ginger, and pepper seeds. Kilishi is cut as very thin slices from the reddest part of beef and usually with no fat. It is dried under intense heat for some hours and sometimes for days. It takes skill from the vendors to cut the fillets thinly so that the drying, marinating, and roasting process is more effective and the kilishi turns out crunchy and tasty.



DAMBU NAMA

Ever had meat floss? **Dambu nama** looks like meat that has been through a thorough beating. The flavourful meat-snack is made of fried shredded meat with suya spices. Traditionally, the meat is pounded in a large mortar, but the modern kitchen can use a food processor to roughly blend the boiled meat to shreds. You can take it to the extreme and have a bowl of **dambu nama** with you instead of popcorn when watching a movie. A variety of recipes can be found on Nigerian food blogs.

MEAT CUISINE

NKWOBİ

Cow skin is **ponmo**, cow feet is **nkwobi**. Spicy cow feet. A Nigerian delicacy found in beer-parlours and kitchens of many Nigerian households. **Nkwobi** is a traditional dish from Eastern Nigeria cooked with pepper soup spice for extra zest. As cow feet are quite tough, it's best to cook with a pressure cooker to save time and gas. The whole cooking process of nkwobi involves other condiments like calabash nutmeg, **palm oil**, and **utazi** leaves among others which result in delightful flavours. Recipes can be found on Nigerian food blogs.



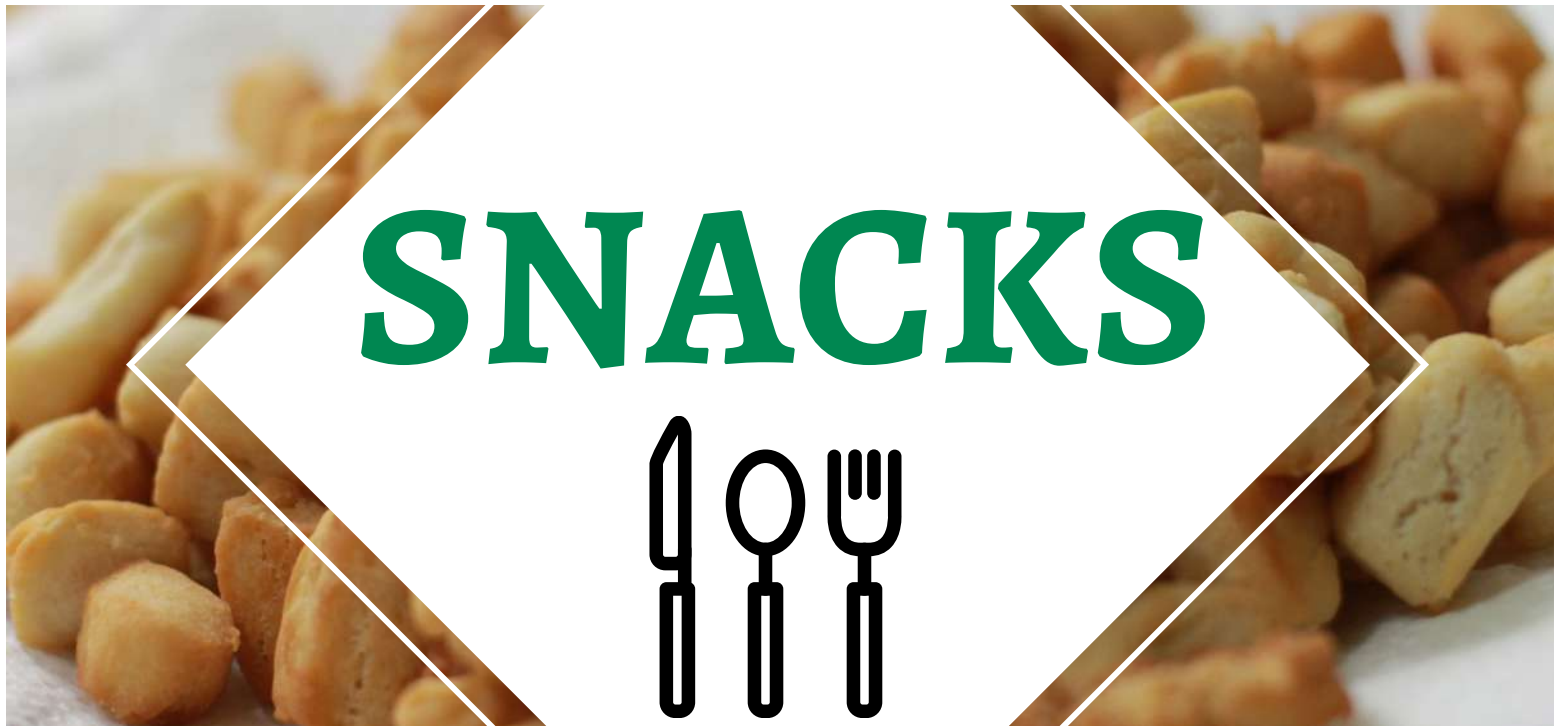
**"Eating is a necessity,
but cooking is an art"**

GESINE LEMCKE

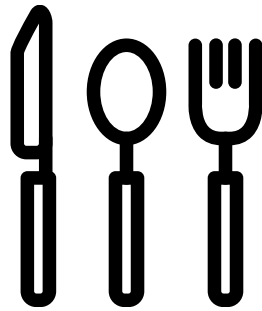


PEPPERED PONMO

Ponmo is cow skin that is processed for consumption. Nigerians make amazing foods from the most amazing sources, and eating ponmo in flavorful soups makes you forget its origin. Ponmo starts on a butchery table in the local abattoir before it is roasted and washed thoroughly to take off the burnt fur. A common staple in many Nigerian soups, ponmo has no taste and is easily adaptable to absorb the flavours of meals it is submerged in.



SNACKS



NIGERIAN MEATPIE

RECIPE BY ALLNIGERIANRECIPES.COM

FILLING INGREDIENTS

- 500g minced meat
- 2 big irish potatoes
- 2 big carrots
- 1 onion
- 1 tsp thyme
- 1 tsp curry powder
- ¼ cup vegetable oil
- 2 seasoning cubes
- 1 egg
- Water
- Salt to taste

DRY INGREDIENTS

- 1kg flour
- 500g butter or margarine
- 2 pinches salt
- 2 tsp baking powder
- ½ cup cold water



INSTRUCTIONS

1. Mix the flour, salt, and baking powder.
2. Add the margarine in small bits into the bowl. Avoid cutting big chunks of margarine so the mixing process is easier. Use your fingertips to rub it into the flour until mixed evenly. Then pour in cold water little-by-little until you get a fine dough. Knead the dough very well and set aside.
3. Peel and cut your potatoes, carrots, and onions into tiny cubes.
4. In a pot on medium heat, add the vegetable oil and stir-fry the onion cubes with the minced meat until the meat turns pale.
5. Add seasoning cubes, curry, thyme, a cup of water, and boil.
6. Pour in your carrot and potatoes cubes to the meat mixture and allow to cook well.
7. In a cup or bowl, mix 2 tablespoons of flour with some water to form a watery paste.
8. Add this flour paste to the meat pie filling in the pot and stir immediately. This preserves moisture and keeps the filling from drying up when baking. Add salt to taste. Stir the content and put aside.
9. Prepare to bake by breaking the egg and whisking. Pre-heat your oven to 180°C. Rub the insides of your pan with margarine so the pies don't stick or burn to the pan.
10. Knead the dough again. This time with the rolling pin, roll it flat on a cleaned surface. Using a cutter or bowl or a pot cover, cut out circles of the flat dough.
11. Put a teaspoon or tablespoon of the meat mixture in the center of the circle-cutouts and rub the egg on the edges in a semi-circle.
12. Folding over to cover the meat filling, use a fork to press the two edges together.
13. Rub the raw egg on top of the pies, bake at 170°C
14. Enjoy your tasty meat pies.



CHIN -CHIN

RECIPE BY MRS. CAROLINE
TOSAN

KITCHEN TOOLS YOU NEED

- Measuring cups
- Measuring spoons
- Rolling pin
- Frying pan or baking tray
- Knives
- Paper towels
- Storage cans
- Pastry blender

DRY INGREDIENTS

- 6 cups flour
- 1½ cups sugar
- 1 tsp baking powder
- 1 tsp salt
- ½ tsp nutmeg

INGREDIENTS

- 2 eggs
- 3 tbsp margarine or salted butter
- 1 cup of milk
- Oil for deep frying



INSTRUCTIONS

- 01 Mix up flour, sugar, baking powder, salt, and nutmeg evenly.
- 02 Separately, mix the egg and milk together.
- 03 Add your margarine or salted butter to the dry ingredients and mix with your fingers or a pastry blender until evenly combined and crumbly.
- 04 Pour in your wet ingredients and mix together to create your dough. If the dough is too hard, add a little water or milk (note, a little). If the dough is too soft, add a tablespoon of flour. The dough should have the consistency of 'playdough' for kids—moldable without being sticky or hard.
- 05 Let dough rest for about 5 minutes.
- 06 Divide the dough into workable sections and roll out each piece on a flat surface till it is about ¼ inch thick (0.6cm).
- 07 With a knife or pizza cutter, cut across vertically and horizontally to form little squares.
- 08 Sprinkle a little flour on the little squares and into a bowl or tray where you would keep the squares. The flour prevents them from sticking to each other.
- 09 Heat up your oil and fry till golden, it gets browner when cool, so once it starts turning golden take it out.



PLANTAIN PIE

RECIPE BY MS. ADEDUNMOLA
GBOGBOADE



thenationonlineng.net



INGREDIENTS

- 2 over-ripe plantains
- 3 eggs
- 1/2 cup of melted butter
- 1 cup of flour
- 1/3 - 1/2 cup of brown sugar
- 1/4 tsp of salt
- 1 tbsp of baking powder
- 1 tsp of baking soda
- 2 tsps of vanilla extract
- 1/4 tsp of ground cinnamon
- 1/4 tsp of ground nutmeg
- 1/4 tsp of ground cloves

KITCHEN TOOLS YOU NEED

- Measuring cups
- Measuring spoons
- Potato masher
- Blender
- Baking pan

INSTRUCTIONS

1. Pre-heat oven to 180°C.
2. Mash plantain in a bowl or blend in a blender till purée.
3. Pour in all the ingredients and thoroughly mix in a bowl.
4. Rub butter onto a pie dish/loaf pan/muffin pan and apply a little flour.
5. Pour the mixture in the pan and bake for about 45 minutes between 150°C - 180°C



PEPPERED PUFF PUFF

RECIPE BY MRS.DORCAS ANGBAZO

INGREDIENTS

- ½ cups of all-purpose Flour
- 2 tsp of yeast
- ½ tsp of ground nutmeg
- ¼ cup of sugar
- 3 pinches of salt

KITCHEN TOOLS YOU NEED

- Mixing bowl
- Plastic (cling) film or aluminum foil
- Frying pan
- Ice-cream scoop, strainer or sieve
- Paper towels

PEPPERED PUFF-PUFF IS THE HOT & SPICY VERSION OF THE CLASSIC NIGERIAN PUFF-PUFF. FOR THOSE WHO WANT SOME ZEST, (THE CLASSIC PUFF-PUFF IS SAME RECIPE WITHOUT THE PEPPER). FOR OTHER VARIATIONS, REPLACE HABANERO PEPPER WITH YOUR SPICES OR ALTERNATIVE FILLINGS.



INSTRUCTIONS

1. Mixing the dry ingredients: Stir the flour into a clean dry bowl. Add the nutmeg, yeast, sugar, and salt. Mix well.
2. Add warm water and continue to mix.
3. Cover the bowl with the plastic film or aluminum foil and place in a warm place to rise for 45 minutes or until it doubles in size.
4. While waiting, cut the habanero pepper into tiny pieces and add to the batter. Stir very well.
5. Put some oil into a deep pot and allow it to heat up. The oil should be at least 3 inches deep. This is to give room for the puff-puff to swim in the oil. It is not advisable to use a deep fryer for puff-puff because of the netting, but if you do, set the temperature to 180°C.
6. Test that the oil is hot enough by putting a drop of batter into the oil. If it sizzles and floats back to the surface, then the oil is perfectly hot. If the drop of batter drowns, the oil is not ready.
7. When the oil is hot enough, scoop some batter with a small ice-cream scoop or use your hands. Put in more scoops in the pan without overcrowding the puff-puff, the more room there is, the better it fries.
8. Reduce the heat to medium to avoid burning the puff puff.
9. Once the underside of the puff-puffs have turned golden brown, flip the balls so that the opposite side would be fried as well.
10. Once the puff-puff is golden brown all over, take it out and place in a sieve lined with paper towels to absorb the oil.
11. Eat your puff-puff warm or cool and enjoy!

BOLI: ROASTED PLANTAIN

RECIPE BY TOSAN

Boli or Bole is a roasted plantain dish which is native to the Yoruba people of Nigeria. It is usually eaten with groundnut, peppered fish or meat sauce.



INGREDIENTS

- Unripe or perfectly ripe plantains

PEPPER SAUCE INGREDIENTS

- 500 g shredded fried fish or boiled minced meat
- 1 medium onion
- 2 chili peppers
- 1 cup Palm oil (or vegetable oil with tomato paste)
- Salt to taste

KITCHEN TOOLS YOU NEED

- Kitchen oven or grill
- Knives
- Blender
- Saucepan



INSTRUCTIONS

1. Heat up your oven to 180°C. Or warm up your grill.
2. Roughly blend your pepper and onions together or use a knife to chop them to tiny pieces.
3. Wash and peel your plantains and place them on a grill rack in the oven. You want the plantains to roast slowly, so if you increase the heat, it must not exceed 200°C. Remember to turn over the plantains so both sides roast evenly.
4. In a pot on low heat, add the palm oil and stir fry the onions and pepper mix. The palm oil quantity should be based on the consistency you like your stew and the amount of plantains you have. If you opt for vegetable oil, on medium heat, fry the tomato paste in it for about 5-7 minutes before stir-frying the pepper and onion mix.
5. If you are not using minced meat, mash your fried fish into small pieces or cut small chunks into the pepper sauce.
6. Add salt to taste.
7. Take out your roasted plantains and eat hot or warm with your sauce. Enjoy!



AWARA DAIRY

RECIPE BY HASHAL ANANI

KITCHEN TOOLS NEEDED

- Cloth sieve
- Strainer or colander
- Knives
- Large pot, Frying pan

INGREDIENTS

- Cow milk
- Sour milk or lime juice
- Oil for frying

CONTRARY TO POPULAR BELIEFS
NIGERIAN DAIRY 'AWARA' IS
NOT CHEESE.

IT IS MADE BY ADDING A
COAGULENT TO FRESH MILK
AND EATEN WITH MEALS OR AS
A SNACK.

INSTRUCTIONS

1. Sieve the cow milk and pour into a big pot.
2. Boil the milk on medium heat for 45 minutes to 1 hour; closely watching and stirring frequently so it doesn't burn or boil over.
3. Reduce the heat, add in your coagulant of choice—lime juice or sour milk. (then do not stir), the tofu should start to form.
4. Pack the curds in a sieve or colander and allow excess water to strain out.
5. Let it cool.
6. Cut into desired shapes and deep fry in hot oil.
7. Serve as a snack or put in soups. Enjoy!





IPEKERE (PLANTAIN CHIPS)

RECIPE BY TOSAN

INGREDIENTS

- 2-3 unripe or semi-ripe plantains
- ¼ tsp salt
- Powdered pepper (optional)
- Ginger powder (optional)
- Garlic powder (optional)

KITCHEN TOOLS YOU NEED

- Frying Pan
- Sharp knife
- Kitchen stove
- Oven
- Strainer
- Paper Towels
- Baking Sheet

INSTRUCTIONS

- Cut both ends of the plantain and peel them.
- Horizontally or diagonally, cut thin slices, about 0.5cm.
- Sprinkle salt and spiced powders of preference over the slices.

TO FRY:

- In hot oil, fry for about 2-3 minutes.
- Scoop out and let it cool in a strainer lined with paper towels.

TO BAKE:

- Heat up your oven to 190°C
- Over the seasoned plantains, pour 2 tablespoons of oil and mix with the plantain to avoid sticking in the pan. You may also use baking parchment paper (with no oil).
- Arrange the slices on the baking sheet. Bake for about 18 minutes or until they start turning brown on the edges.
- Eat cold or with salsa. Enjoy!

IPEKERE ARE AS CRUNCHY AS CHIN-CHIN, AND THEY MAKE A PERFECT SNACK TO SNEAK IN YOUR HANDBAG OR EAT ON A ROAD TRIP



loveandlemons.com



melskitchencafe.com

GARRI GRANOLA

RECIPE BY Ms. GLORIA AYANBIMPE
(G'STAG CONFECTIONERIES)



KITCHEN TOOLS NEEDED

- Measuring cups
- Blender
- Cooking spoon

INGREDIENTS

- 1 cup **garri**
- 1 cup shredded coconut (coconut shavings)
- 1 cup fresh tiger nuts
- ½ cup honey or 2 tbsp sugar
- ½ cup mixed nuts (optional)

**"EASY TO MAKE,
HEALTHY TO EAT"**



INSTRUCTIONS

- Blend the fresh tiger nuts with the sugar or preferably honey to form a binding paste.
- Add your coconut shavings and garri.
- If using additional nuts, blend or pound roughly to smaller pieces. Add to the mixture.
- With a cooking spoon or spatula, mix thoroughly and evenly.
- Mold into balls and refrigerate for 2 hours. OR pat flat in a plate and refrigerate for 2 hours. When taken out, cut to small squares.
- Enjoy!





KULI KULI

Kuli-Kuli originated in Northern Nigeria as a crunchy satisfying snack full of surprising flavours. Although quick to nibble and enjoy, the process of converting peanuts to **kuli-kuli** is labor-intensive; especially without a machine. Peanuts, which are fondly called ‘groundnuts’ in Nigeria, are first dry-roasted, ground, and blended into a paste with spices, seasonings, and sometimes ginger. This paste is further cold-pressed to extract excess oil, and once removed, **kuli-kuli** is made into different shapes and sizes. Then it is deep-fried or baked to create a snack. Nigeria is one of the largest producers of peanuts in Africa, and with **kuli-kuli** easily accessed, enthusiasts enjoy the versatile snack with different midday meals. It tastes great with soaked gari (fried cassava flakes), toppings of salads, and a good source of protein and Vitamin E to some smoothies.



COCONUT CANDY

RECIPE BY TOSAN

INGREDIENTS

- 1 cup powdered sugar
- 1 cup coconut shavings
- ½ cup water or ½ cup coconut milk

KITCHEN TOOLS YOU NEED

- Grater, Knife, wide saucepan, mixing spoon or spatula



INSTRUCTIONS

USING THE COCONUT FRUIT

1. Break whole coconut and extract the milk.
2. Take out the white flesh inside.
3. With the grater, grate the white flesh you extracted.
4. With the saucepan on medium heat, pour the cup of coconut milk and the cup of sugar, and bring to a slow boil (it is ready when the mix thickens and turns brown). **Note:** Because you are boiling sugar, watch closely and be careful not to let it burn.
5. Add the shredded coconut flakes into the pan and mix thoroughly with your spatula so all the flakes are coated in the sticky juice.
6. Stir more for about 30seconds to 1 minute
7. Take it out and spread unto a plate to cool down
8. When cool, mold it to the shape you like. Eat and enjoy!

USING PREMADE COCONUT SHAVINGS

1. Mix the cup of cold water with the cup of sugar evenly.
2. With the saucepan on medium heat, pour the sugared water, do not stir it on the heat. Bring to a slow boil, (it is ready when the mix thickens and starts turning brown). **Note:** Because you are boiling sugar, watch closely and be careful not to let it burn.
3. Add coconut shavings into the pan and mix thoroughly with your spatula so all the flakes are coated in the hot sugar.
4. Take it out and spread unto a plate to cool down.
5. As it starts to cool, mold it to the shape you like. Eat and enjoy!





PEANUT BURGER (COATED PEANUTS)

RECIPE BY MRS. YEMISI ABOYEJI

INGREDIENTS

- 1 cup roasted peanuts
- 3 cups flour
- ½ cup powdered sugar
- ½ tsp salt
- 1 tsp ground nutmeg
- ½ tsp baking powder
- 3 eggs
- Vegetable oil

KITCHEN TOOLS YOU NEED

- Large bowl
- Measuring cups
- Measuring Spoons
- Frying pot
- Paper towels

INSTRUCTIONS

1. Whisk the eggs in a bowl.
2. Add sugar, nutmeg, baking powder, and salt.
3. Pour your peanuts into the mixing bowl and pour a little of the whisked eggs.
4. Combine the peanuts with the egg mix by shaking up the bowl, so that the eggs coats the peanuts.
5. Sprinkle some plain flour and shake the bowl again so the flour coats the peanuts without any sticking together. Add more sprinkles of flour if need be.
6. Pour a little of the egg mix and shake the bowl so that the eggs coat the peanuts.
7. Repeat step 4 and then step 5 & 4 until the egg mix is finished.
8. Heat up the vegetable oil to deep fry the peanuts.
9. Fry until golden brown. Takeout and place on paper towels to absorb the oil.
10. Allow it to cool down and enjoy as a snack.



BOLUS MEALS

AMALA

Àmàlà is a local indigenous Nigerian food staple, which is native to the Yoruba ethnic group. "It is made out of yam and, or cassava flour, or unripe plantain flour". It is similar to iyan but normally darker brown in colour. It is served with a variety of soups. "The yams are peeled, sliced, cleaned, dried and then blended into a flour, also called **elubo**. There are three types of **àmàlà**: '**àmàlà isu**' (yam flour), '**àmàlà láfún**' (cassava flour) and '**amala ogede**'(plantain flour)".



FUFU

Fufu also spelled "foofoo" is a staple food common in Nigeria which is made from plantain, cocoyam, yam or cassava. It can be prepared in different ways and often eaten with meat, fish or vegetable soup.



AKPU

Akpu is a popular Nigerian food from Southern Nigeria. It is a wet paste food made from Cassava. **Akpu** is prepared by peeling and washing raw cassava until it is white. It is then allowed to ferment for a few days, before it is sieved and pounded into moulds.

EBA



Eba also called **garri**, is a very thick paste that is either rolled into balls or served like amala, and made from cassava (gari). It is either white or yellow in colour depending on the type of **gari** used.

IYAN



Iyan, also called **pounded yam** is similar to mashed potatoes. It is made from boiled yam tubers and then pounded into a smooth consistency. In some grocery stores, you may find the yam flour already prepared for a quick hot-water mix; this makes the process easier but some are of the opinion that fresh **pounded yam** is the best kind.



SEMOLINA

Semolina is made by milling flour grains into powder. In Nigeria, flour is used to organize the **fufu** flour that is consumed with varied soup recipes. It is popular among the majority of Nigerian tribes and can be prepared by mixing the **semolina** flour with hot water.

DRINKS AND BEVERAGES



FEATURE

OGOGORO

This is Nigeria's Vodka, except it is extracted from palm wine. **Ogogoro** has different names in the Nigerian community, including **kai-kai**, **sapele water**, **shekpe**, **kparaga**, **kpuru achia**, and hilariously 'push-me-I-push-you' (based on the aftermath of drinking). The perception of **ogogoro** has changed over the years from a long history of 'local drink for commoners' to a luxe gin served in high-end restaurants after refining, distillation, and packaging. As vodka is seen as a traditional Russian drink, so is **ogogoro** for Nigeria. In fact, on several occasions, foreigners have attested to its high quality.

Introducing PEDRO'S ... Africa's 1st Premium Ogogoro.

To break into the international market, "Pedro's", the first Nigerian premium **ogogoro** brand, refined and distilled the drink to retell the story of the gin. Together with her partner, Chibu Akukwe, Lola Pedro said "I was doing research work in the South-South region. Everyday after work I'd be with villagers drinking this **ogogoro**. And that's when I started thinking, why have we not massively produced and elevated this drink? Other countries who have vodka or whiskey have elevated it to something people can be proud of," she told CNN. Pedro took up the passion and collected samples from different parts of the country, which she further experimented with master distillers abroad till she got the perfect formula. Today their brand sits in high-end bars and puts Nigeria's **ogogoro** as an African premium drink.



PALM WINE

Palm wine is a local beverage which is locally referred to as '**pami**'. Palm wine is usually a fermented drink extracted from the sap of different palm wine trees. The drink is particular to the Southern and Eastern region of Nigeria and usually served chilled in celebrative gatherings. It is called '**emu**' by the Yorubas, '**gya**' [jha] by Hausas and "**mmanya ocha**" by the Igbo tribes. Producing the drink is called 'palm wine tapping'. It is considered as a profession in Nigerian towns and villages. Extracting the wine takes skill from a 'tapper' climbing the palm, date, or coconut tree to collect fresh sap, or cutting the tree and using fire to quicken the process of extraction. The sap is very sweet and can be drunk as non-alcoholic before it is fermented into palm wine for other occasions. Passion for the drink are at different levels, some striking nostalgia to the place called home while others see it as a symbolic african drink.



FURA DA NONO

Fura da Nono is a locally made cold drink prepared from a combination of millet dough balls (**fura**) and fermented cow milk (**nono**) or yogurt. It originates from the Fulani people of Northern Nigeria. The preparation of **fura** involves washing the millet first and removing the peels. It is then dried and blended with spices (dried ginger, cloves, and chilly pepper) to turn in powder form. After it is in a powdered form, the mixture is placed in the mortar and pounded while water is sprinkled gradually. "It then forms a dough and then molded to desirable shapes. The balls are cooked for some minutes in boiling water. It is allowed to cool down, then pounded again and water is sprinkled while pounding till it gets soft. It is molded again and dusted with the millet flour". **Nono** is a local yoghurt produced from the fermentation of cow milk. "It is obtained from the fermented milk after the separation of the milk from its lipid component known as "man shanu" (cow oil). **Nono** is loaded with vitamins and minerals that support vital physiological processes in the body".





KUNUN ZAKI

RECIPE BY MRS. PATRICIA GODWIN
GANDU

Kunun Zaki drink is a popular grain based beverage in Northern Nigeria which is made from millet or wheat.

INGREDIENTS

- Millet (**gero/dawa**)
- Spices: ginger, kanipari (cloves), mosoro (negro pepper)
- Dry sweet potatoes (**dankali**)
- Tiger nuts (**aya**)
- Sugar or honey

INSTRUCTIONS

1. Soak the millet in water (at least 8 hours) until it becomes soft.
2. Wash the millet so as to remove sand or any dirt particles.
3. Wash the spices to be used and add to the soaked millet.
4. Blend the soaked millet and spices until it becomes soft paste.
5. Divide the paste (3/4 to 1/4 ratio) into two different containers.
6. Add hot water to the 3/4 portion of grinded millet paste and stir. Ensure paste is mixed well with hot water.
7. Allow paste to cool down for around 45-90 mins (half of original temperature). The duration might be more depending on the quantity of the paste.
8. Mix 1/4 ratio of millet paste to the mixture from Step 7.
9. Mix the paste of dry sweet potato powder and spices and add to mixture in Step 8.
10. Allow the mixture to cool down for a few hours and allow to ferment a little.
11. Using a sieve, filter and remove the chaff. Add cold water during the process if necessary.
12. Add sugar or honey to taste and **kunu** is ready to drink.





INGREDIENTS

- Sweet or sour **agbalumo** (The more used, the stronger the taste)
- 5 bananas (or any soft fruit i.e. pawpaw or mango)
- 2 apples (or any hard fruit i.e. plums, pears or kiwi)
- 2 passion fruits (or any fruit with high water content i.e. pineapple, watermelon or oranges)
- ½ tsp cinnamon
- Honey (optional but preferably if the **agbalumo** is sour)
- Milk (optional)

KITCHEN TOOLS YOU NEED

- Knife
- Blender

HEALTH BENEFITS

- Rich in Vitamin C
- Helps weight loss
- Natural anti-oxidant

AGBALUMO IS A FAMOUS FRUIT IN SOUTHERN NIGERIA. ALSO KNOWN AS THE "AFRICAN STAR APPLE", THIS SMOOTHIE IS PACKED WITH VITAMINS AND NATURAL FLAVOURS

AGBALUMO SMOOTHIE

Recipe by Ms. Adedunmola Gbogboade

INSTRUCTIONS

1. Prepare all the fruits by doing the following: Peel the **agbalumo** and remove the seeds. Peel the bananas and cut into halves or thirds. Core the apples and cut into four parts. Cut the the passion fruits into two and scrape out the pulp. The seeds can be removed but it is better if they are left in.
2. Blend the bananas with a little bit of water or milk.
3. Add the agbalumo and blend until there are no strings left.
4. Add the passion fruit pulp and blend till the seeds are smaller.
5. Add the apples and blend.
6. Add 1/2 tsp of cinnamon, and then add honey depending on taste and individual preference.
7. Blend again and serve. Enjoy!



ZOBO DRINK RECIPE BY MRS. GLORIA ESIONYE

Zobo or **Zoborodo** is a popular Nigerian drink made from dried Hibiscus flower. It is also known as Hibiscus tea, sorrel drink or roselle. To enjoy the health benefits of **zobo**, you've got to retain its natural goodness as much as possible. The addition of artificial sweeteners may interfere with its natural nutrients.

INGREDIENTS

- 500 grams **zobo** leaves
- 2 medium-sized pineapples
- 2 stumps ginger
- 1 tbs cloves
- 2 sticks of cinnamon or 1 tsp of ground cinnamon powder
- 1 lemon (3.6 ounces)
- 3 inches cucumber
- Sugar or honey (optional)



HEALTH BENEFITS

- Speeds metabolism
- Boosts and protects liver
- Contains antioxidants
- Rich in Vitamin C
- Rich in minerals
- Curbs hypertension
- Reduces anxiety
- Anti-inflammatory
- Helps lower blood pressure
- Helps reduce high cholesterol



INSTRUCTIONS

1. Wash and peel the pineapples, then extract the juice using a juice extractor.
2. Transfer the juice into a container with lid and refrigerate.
3. Handpick, then rinse **zobo** leaves with cold water at least twice transferring into a separate bowl to take out any sand sediment. This should be done quickly, to reduce the nutrients rinsing out.
4. Place **zobo** leaves in a pot and add pineapple peels, pineapple pulp, grated ginger, cinnamon, cloves and cut lemon.
5. Add in 4 litres of water and boil for 30 mins.
6. Turn off the heat and set aside to cool completely.
7. Wring out the juice from the **zobo** leaves and pineapple peels.
8. Pour the juice through a sieve and a chiffon cloth to take out all particles.
9. Add the freshly squeezed pineapple juice.
10. Add sugar to taste (optional) and refrigerate.
11. Add diced cucumbers when ready to serve.



FEATURE

"DELIVER US FROM BOUILLON PRODUCTS."

HIGHLIGHTING NIGERIAN SPICES!

HAPPY DIAMOND JUBILEE TO NIGERIA. A LAND OF BRILLIANT MINDS AND IMMEASURABLE WEALTH.

BY CHEF-PHARMACIST WURAOLA AJIBADE



It continues to grieve my mind as a Pharmacist so see several kidneys and livers fail in Nigeria. These are definitely multi-factorial; bouillon products cannot be exonerated in the pool.

I therefore attempt to proffer some solutions to some silent killer agents in our kitchens. Every ancient cuisine now calls for bouillon cubes. The foods were delicious before the advent of bouillon products. As a Culinary student I was astounded to discover that none of my Chef Instructors used a single one in my years at Le Cordon Blue! Why then do we run after them as a people? What became of the things we had before these were introduced to us?

ORIGIN: Bouillon is a French word for broth. Root French word is bouillir which means boil. When you boil animal flesh with herbs or spices in water you get a broth. If you use bones in place of flesh or vegetables, it is called stock. These are liquids. Herbs are fresh leaves while spices are dried herbs. Spices may contain leaves, seeds, barks or any part of the plant. One of the earliest people that tried to get concentrated food flavors to consumers was Swiss Julius Maggi. His product became the branded name MAGGI. Other products like Accent, Knorr, Ajinomoto etc. worked to claim their market shares. These products made us take the convenience without considering the health hazards that get to us on a daily basis in unnoticeable quantities that result in cumulative damages. It helped us to also lose a lot of cooking skills. Julius Maggi attempted to give the taste of meat or fish to those who could not afford them because they were expensive at the time. In a colonized environment, perception changed to that of affluence. Iru got displaced, ehu, uda, dadawa got shoved aside.



CONTENT OF BOUILLON CUBES: How did a broth (which is a liquid) become a solid? Products are boiled until about 75% of the moisture evaporate. With such boiling, nutritional contents are damaged. Remember they are flesh or plants or bones. To replace nutrients, chemicals are used to replace naturals if considered necessary. They only promised you taste bud teasers. At this point they are helped further by introducing hydrogenated fats, most often Palm oil as binders. Palm oil will melt easily with your body temperature. It is an edible oil, that must now maintain a solid form, mainly grease- not hard, not liquid. This is achieved by sending our palm oil through Reactors for hydrogenation by making the oil pass through Nickel columns at very high temperature and pressure. What comes out is a fat (means solid oil). Degree of solidity depends on processing time, quantity of hydrogen, degree of temperature and pressure. They told you Palm Oil is the worst oil in the world. You did not question it. This makes them able to buy our oil at ridiculous prices. This is not what Grandmother cooked with. Most recipes that called for Lard (fat of pork) or synthetic fats were quietly replaced with hydrogenated Palm, Coconut or Kernel oils.

Depending on the country of manufacture of bouillon and what it was designed for, contents vary. They must contain binders, flavor enhancers, food colors, texturizers, preservatives etc. MSG (monosodium glutamate) has a bad reputation so you may not see that when you check for content. The code for MSG is Flavor enhancer E621, there are others. Salt, hydrogenated cottonseed oil, chicken fat, hydrolyzed soy/corn protein, dehydrated mechanically separated cooked chicken, dehydrated chicken meat, dehydrated chicken broth, autolyzed yeast extract, dehydrated onions, parsley, lactose, water, color, spices, spice extract, disodium guanylate (DSG or E627). DSG delivers 10-15 times the flavor enhancing effect of MSG, Sugar, partially Hydrogenated Palm Oil, Cornstarch, Garlic Powder, Turmeric, Disodium Inosinate (E631), TBHQ (PRESERVATIVE), Sugarcane, Molasses. These contents have been de-branded in order not to be bashing a specific company.

Food Code E635 = E621+ E627+ E631. Now, why do you need so much sodium in your body? Which natural product can produce this unnatural high. This is where repeat sale that gets you hooked and sick come in. Your tastes buds have been trained to receive an unnatural high with every meal. You need to retrain your palate and live. This is not a Medical Journal, but I want you to eat your health (good food) instead of drink your health (drugs). I will attempt to compare just table salt with MSG in bouillon product.

| Properties | Sodium Chloride | Monosodium Glutamate |
|--|---|--|
| Common Name | Table Salt | MSG |
| Common Brands | Available in every culture Maggi, Knorr, Accent, Ajinomoto etc. | |
| Chemical Formula | NaCl | C ₅ H ₇ NO ₂ Na |
| Molecular Weight | 58.5 | 169.11 |
| Solubility in Water at 25 degrees Centigrade | 357000g/liter | 8.64g/liter |
| Solubility in Alcohol (Ethanol) at 25 deg. C | 650g/liter | .0044g/liter |
| pH | Neutral | Acidic |

Highlighted in red is the reason MSG does a lot of damage to your kidneys and liver. Your blood will be circulating crystals that act like invisible blades because they do not dissolve well in the body. Damage heightens in alcohol users. MSG molecules are 2.89 times heavier than table salt. Crystals are hitting end organs with heavy blades, get it? Why must we pay to kill ourselves?

NIGERIAN HERBS, SPICES AND FLAVORS:

Spices enhance your tasting experience. It does not change the perception, curry will taste like curry, salt tastes salty. Flavorants enhance and change perception for example in baking, sugar tastes like sugar until you add vanilla or lemon. Vanilla is a flavor because it masks other tastes, sugar is not a flavor. A little salt in the batter heightens the vanilla flavor. Table salt is a spice, while MSG is a flavorant. Flavor enhancers are designed to keep you addicted to bouillons, like nicotine to tobacco users. Things without bouillons taste flat if you do not train your buccal expectations. Rain forest Africa has so many plants that a single volume encyclopedia will not contain them. You need to explore within and across your culture. Be bold.

1. Genus: Allium Kingdom: Plantae

This is your friend, use it lavishly. This is the Onion family. Common members include white, yellow or red onions, garlic, scallions, chives, cipollini, white or red pearl onions, shallots, leeks. These plants produce different kinds of bulbs that store their foods as fructose and not starch.



FOOD CULTURE AND CUISINE IN NIGERIA

It is described as a "vegetable candy", it is safe to use. Cut them when you are ready to use them because they have volatile oils that actually season your food. Cutting them too much away from the time of use make you lose a lot of the beneficial components. You can fry, sautee, pound, soak, each mode of preparation gives you a different exciting result. Cooking in oil via frying or sauteeing will go from natural, to soft, to translucent, then brown. At browning, caramelization occurs whereby aromatic compounds are released because the heat breaks down the surface fructose molecules to become sweeter. They produce different levels of sweetness and have different uses. Various ones can be combined or used individually to make a stew, jollof rice etc. is not what Grandmother cooked with. Most recipes that called for Lard (fat of pork) or synthetic fats were quietly replaced with hydrogenated Palm, Coconut or Kernel oils.

2. Making Stock Solution:

This is basically what is put together in a chemically modified manner to create the bouillon cubes. You can make stocks or broths in your kitchen. This is what Chefs use to cook. Stock= water100% + bones80%+Mirepoix 10% +herbs. Mirepoix is 1 part carrots, 1 part celery and 2 parts onion, cut them. Carrots can be changed to parsnips when you need clear liquids. In using bones you need to leave in coldwater to take out the blood. For the bones to yield the mineral contents, simmer content for a long while, never allowing to boil. Firing the bones with tomato paste on it makes it richer by helping it to dissolve the connective tissues. You can use stock to cook or sip. Broth= water + flesh/vegetables+ Mirepoix + herbs. Herbs can be thyme, rosemary, basil, oregano,cloves, parsley, garlic, peppercorn, bay leaves or whatever you like and is readily available. Product can be refrigerated and used till it is gone.

| Product | Ethnic Names | Botanical Names | Uses | Medicinal Values |
|--------------------|-------------------------|--------------------------|--|--|
| Onions, Scallions | Alubosa, Alubosa elewe | Allium cepa | Sauces, salads, stews | Sitosterol in it lowers cholesterol |
| Garlic | Aayu | Allium sativum | Various foods | Anti-hypertensive |
| Sweet Prayer Plant | Ewe Eran, Ewe Iran | Thaumatococcus daniellii | To wrap moin moin for cooking. Leaf yields sweeteners in to the bean mix | Thaumatocin is 200x sweeter than sucrose |
| Iyere | Iru, Dadawa | Parkia biglobosa | Soup, specialty stew | Vitamin B |
| Ginger | Ata ile | Zingiber officinale | Foods, Beverages | Immune boosters |
| Turmeric | Ata ile pupa | Curcuma longa | Curry powder component | Immune boosters |
| Calabash nutmeg | Ehu, Ehuru, Ariwo | Monodora myristica | Any food. Fragrant | Boost fertility |
| Cloves | Kanafuru | Syzygium aromaticum | Stews, pastries | Local anesthetic |
| Nutmeg | | Myristica fragrans | Pastries, Culinary | Anti-fungal |
| Negro pepper | Uda, Chimba, Eeru alamo | Xylopia aethiopica | Culinary Stew, Jollof Rice, Dodo | Contraceptive. |
| Soup perfume | Arindan, Prekese | Tetrapleura tetraptera | Pepper soup | Anti-convulsant, Diabetic mellitus |

| Product | Ethnic Names | Botanical Names | Uses | Medicinal Values |
|---------------------------------|-----------------------------|--|--|---------------------------------|
| Alligator Pepper | Ataare | Aframomum daniellii | White pepper low heat value | Anti-rheumatoid, anti-malarials |
| Cameroon pepper | Scent pepper, Penja pepper | Patented. Name unknown, grows in the volcanic hills of Penja, Cameroon | Black peppercorn, very pungent and hot | Minerals |
| Peppers | Atarodo, Cayenne, Paprika, | Various | Picked according to what is to be cooked | Anti-rheumatoids |
| Carrot | Carrot | Daucus carota | Salads, stock solutions, appetisers | Vitamin K-clotting agents |
| Scent leaf | Efirin | Ocimum gratissimum | Salads, pastries | Carminative, Appetite stimulant |
| Plantain | Ogede Agbagba | Musa paradisiaca | Meal,flavorant, thickeners | Iron, Hematinics |
| Yams, Cocoyams | Isu, Ikoko, Ede | Dioscorea rotundata Colocasia esculenta | Thickeners in soups. Imparts taste | Phytoestrogens |
| Egusi-itoo, Melons, Ogiri Ijebu | fermented and smoked melons | Citrullus colocynthis, Cucumeropsis mannii | Vegetable, Okro soups | Fats |

Suggested Spice Mix for some foods:

| Foods | Suggested spice & other organic flavor enhancers mix |
|--|--|
| Common Red Stew- Obe Ata | Onion, Ginger, Garlic, Nutmeg, Ehu, Cameroon Pepper, Habanero, Ataare, Tomato paste. Curry, white pepper |
| Jollof Rice | Ginger, Garlic, Cloves, Ataare, black pepper, Ehu, Habanero, tomatoes, onions |
| Kelewele (spiced Ghanaian Dodo). More delicious, | Use Jollof Rice Spices skip onions and Garlic. Add Eru. |
| Moin moin (Oole)- Not Moi moi or Mai mai . Eyin is tooth in Yoruba language. Moyin moyin means something that sticks to your teeth. The other name is Oole- something that sticks | Ground fish, ground shrimp. Skip seafood for vegans. Just use Habanero, onions, tomato paste. Fresh tomato is unadvised. Optional garlic, ginger and nutmeg. |





NIGERIAN SPICES



KANAFURU

Kanafuru is added to Nigerian soups and stews for its scented and aromatic benefits. English name: Cloves. They can be purchased whole, or in powdered form, and used to spice meats as well. In most cuisines, kanafuru is combined with uda and ehuru for unique results. Kanafuru is the Hausa name for cloves, but in some markets, the women call it 'Zobo pepper'. As an air freshener, Kanafuru also releases a calming scent when boiled with orange peels and left to simmer in the room. Kanafuru oil is good for dental care as well, it helps those suffering from tooth decay. Its natural anesthetic property relieves toothache and discomfort which come from cavities and other dental problems. Boiling for a few minutes and biting the clove releases the juice into the aching areas and relieves pain.

DADAWA(IRU) LOCUST BEANS SEED

'Iruuuu!'. It is hard to dissociate 'Dadawa' and 'Iru' in a Nigerian mind without attaching the smell of fermented African locust beans. Combined with the right stews and vegetables, this condiment—also called 'eware' in other regions—brings out the bold flavours and sweetness of **okra, ewedu, efo riro, gbegiri, egusi** soups among others. Soybean dadawa, another variant, is mostly found among the people of Benue, Kaduna, and Plateau State, and then spread to other regions. The soybean appears to have more nutrients than locust beans and is protein-rich. Soybeans also carry twice the protein of animal products and have essential amino acids. The fermentation process is similar to that of ogiri, but preparation takes six hours of boiling time instead of eight, and fermentation takes two to three days. **Dadawa/Iru** is commonly found in tightly wrapped leaves, bags, or containers in Nigerian markets as a soup staple.



UZIZA SEEDS: WEST AFRICAN PEPPER

Although similar to black pepper, **uziza** seeds are more floral scented and not as spicy as the typical black pepper. **Uziza** does not contain as much piperine (the spiciness concentration) found in black peppers. The seeds have health benefits when added to meals or even the Nigerian classic pepper-soup. It releases small amounts of antioxidants in the body. **Uziza** seeds also have anti-hermohoidal, anti-malarial, anti-hypertensive, anti-fungal, and anti-bacterial effects. In some parts of Nigeria, a special broth with **uziza** seeds is served to post-natal women to normalize blood flow and heart functions. Sometimes, the soup with its leaves and seeds are used as traditional medicine. The broth also reduces nausea and vomiting when drunk. When served as an appetizer, it stimulates digestion and builds an appetite for more food. **Uziza** seeds are rich in Vitamins A, B, C, Iron, Magnesium, Potassium, and Calcium.



Oburo in Yoruba, **chitta** in Hausa, **ntuen** in Efik, or **ose oji** in Ibo, alligator pepper is a multi-functional spice in Nigeria. In some regions, it is chewed with kola nuts during ceremonies to create a numbing effect in the mouth. In other regions, it is used to symbolize divinity, while in some others, alligator pepper is enjoyed as a pepper soup condiment. Some regions of Nigeria use it as a complementary herb to treat snake bites. Medicinal uses may stretch as far as regulating blood sugar levels in diabetic patients too. Research shows that the seed extracts contain high anti-bacterial properties against disease related bacteria in the body. Alligator pepper bears its name because of the bumpy skin of the pepper pod. It is also an aphrodisiac that helps erectile dysfunction.

ALLIGATOR PEPPER



EHURU

Ehuru is known as ‘African Nutmeg’ or Calabash Nutmeg. **Ehuru** is common as a Southeast and Niger-Delta spice for its strong fragrance and additional flavour to soups like **banga**, **ogbono**, and pepper soup. The longer it is left in the food, the stronger the flavours enhance and develop. Cooks keep this in mind and only use tiny amounts of the nutmeg, so the spice does not overpower other flavours in the food. In eastern countries, this calabash nutmeg is used more as medicinal than as a condiment. It is rubbed on the skin or can be used to relieve constipation when consumed in appropriate doses. Essential oils from ehuru are used for pharmaceutical and dental care in some other parts of the world as well.



OGIRI



Nigeria has unique ways of enhancing flavours in our foods and **ogiri** is one of them. Made from fermented oil-based seeds—particularly castor, and melon (**egusi**) seeds—the pungent smell from fermentation is usually compared to aged cheese. Regardless, ogiri deepens the savory tastes in dishes especially if it is cooked in oil. Many Nigerian soups which benefit from the enhancement by ogiri are **ofada** stew (for **ofada** rice), **ofe nsala** (the white soup of Anambra state), **abacha** (a cassava meal in the Eastern region) and Bitter-leaf soup. The fermentation process takes about a week or boiled alternatively for eight hours. The hull is then separated from the bean seeds and then sieved under running water before kept in a calabash coated with wood ash and leaves and wrapped tightly for another one to two days. Research shows that the fermentation process helps with the digestibility and vitamin content of the seeds. Ogiri is then cooked in relatively small quantities with Nigerian cuisines to boost flavor and give you a never-to-forget mouth-watering taste.

UDA



Uda is commonly known as Ethiopian pepper, African pepper, or Guinea pepper. As a multi-functional plant, the bark, fruits, seeds, and even the roots have health benefits in Nigerian cuisine. Juice from the fruit extract and bark is sometimes drunk to treat bronchitis and dysentery. The powdered root is traditionally used to dress sores and ulcers in the gum; while the ground seeds are used to prepare a special pepper-soup for lactating mothers. Known as **'Uda'** among Ibo people, this pepper is also called **'Urheri'** with Urhobo people, **'Unien'** among the Edo people, **'Attah'** in Ibibio and Efik tribes, and **'Eeru'** in Yoruba. To add as a condiment to soups and palm wine, sometimes the skin of the seed is ground or bruised, and could be slightly burnt to add a crystalized sharp scent. In some parts of Nigeria, **uda** is put in water to purify it as well.



FEATURE



ATARO
FOOD & SPICES



"Ebere Akadiri, founder of Ataro Food and spices has been helping people in the Netherlands and Europe to experience the vibrant cuisine of Nigeria and West Africa. Relocating to the Netherlands in 2013, Ebere took her love of her native cuisine with her and offered cooking classes to introduce West African and Nigerian cuisine to the Netherlands. So far, Ebere and her team have introduced her Nigerian cuisine to thousands of people from different nationalities. Loyal fans have named Ebere as "The West African Cuisine Ambassador". Ataro has gone from being a spice business to providing a marketplace for other West African food brands to sell their products."

~www.atarofoods.com

"I love to share the beauty of my culture and the different herbs and spices that distinguish Nigerian cooking."-**Ebere Akadir**



VISUAL FOOD ART BY HANEEFAH ADAM



Haneefah Adam is a Nigerian born visual food artist that turns food into art. She is a self-taught multi-disciplinary artist with an MSc from Coventry University, England, and is famous for presenting food in creative ways, using it to make portraits and other works of art. In 2016, she won the #TechMeetsArtNG exhibition, a culinary exhibition aimed at exploring the artistic presentation of some local meals from Nigeria. The exhibition was sponsored by Samsung Nigeria and Rele Gallery. Her winning entry was inspired by one of her favorite childhood meals, **ogbono** soup, a southern Nigerian delicacy made from ogbono seeds (wild mango seeds). Her work has received significant coverage from a number of international publications including CNN, BBC and New York Times. Haneefah currently lives and works in Nigeria.



© HANEEFAH ADAM





CULINARY CREATIVES

NIGERIAN CHEFS





CHEF FREGZ



@chef_fregz

Gbubemi Fregene also known as "Chef Fregz" is a Nigerian private chef who is passionate about food and life and is one of the most sought-after chefs in Nigeria. He is the CEO of Chef Fregz and studied at Le Cordon Bleu, one of the top culinary schools in the world. His passion for cooking started at home while growing up as a kid. His goal is to make Nigeria the continent's number one food destination and also take Nigerian cuisine globally. He carved a niche for himself by creating world-class cuisines by combining western ingredients with traditional African dishes. The inspiration to cook came from his mum, Jamie Oliver, and Nigella Lawson. He has been featured on CNN African Voices and makes regular appearances as a guest judge on televised cooking competitions. Chef Fregz hopes to publish a Nigerian cookbook, open a restaurant, and take his brand global in the future.





CHEF TIYAN ALILE



@tiyanalile



@culinaryacademyng



@tarragonlagos

Tiyan Alile is a Nigerian celebrity chef and restaurateur who established the first culinary school in Nigeria, Culinary Academy. The culinary arts education meets international standards while focusing on Nigeria's diverse cuisine. She has been considered the pioneer of Nigeria's growing dining culture as well as providing employment opportunities for youths in the restaurant business. She is also the Executive Chef of Tarragon, a fine dining restaurant and wine club located in Lagos. Chef Tiyan worked as a corporate lawyer for 10 years before venturing into the food industry. She attended the culinary school, L' Academie de Cuisine, in the US in 2012. In 2017, she launched her brainchild project, the African Young Chefs Competition (AYCC), a platform for young African chefs with a focus on African indigenous cuisine on an international scale. She is the author of "Tale in a Pie".





CHEF STONE

Abiola Akanji alias “Chef Stone” is a Nigerian celebrity chef, author, and online media personality who grew up in Lagos. He is the CEO/Head Chef of Red Dish Chronicles Culinary School. He took on professional training at the French Culinary Institute in New York City. He is one of Nigeria’s top celebrity chefs and has a passion for empowering youths. He has taught master classes at the GT Bank Food & Drink Fair and makes regular appearances as a guest judge on cooking competitions such as Oando ‘Teens Can Cook’. His passion for food started as a young boy who was always in the kitchen with his mum. These bonding times stirred up his interest in food, and as he watched her, he experimented and perfected the art of cooking. Chef Stone is inspired by the likes of Jamie Oliver and Gordon Ramsey.



@chefstoneofficial



@reddishchronicles



CHEF NKESI



@nkesi_enyioha

Nkesi Enyioha is a seasoned Chef with nearly a decade of experience in offering private culinary and catering services. An alumnus of the Ashburton Cookery School in the United Kingdom, Chef Nkesi is widely admired for her fusion of European techniques with the bold flavors of Africa and Asia. Her most recent venture is HSE Café, a cozy restaurant serving gourmet cuisine to a cosmopolitan audience of consumers, in the heart of Lekki, Lagos. Chef Nkesi Enyioha has hosted a master class at the GTBank Food and Drink Fair, where she showcased her culinary style and shared her passion for food making.





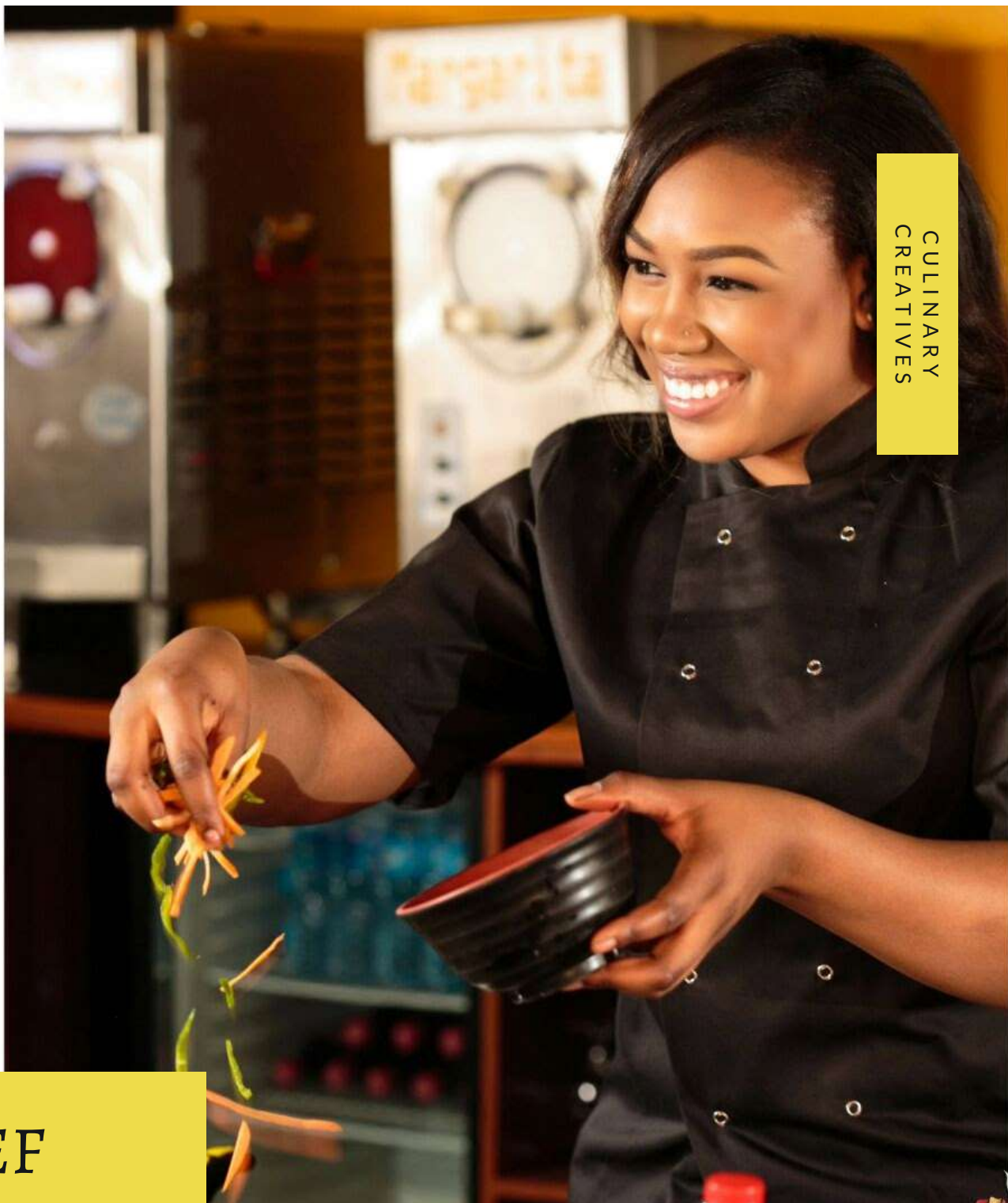
CHEF TOLU EROS



@thebillionairechef

Tolu Erogbo (Chef Eros) is a rising star that has been bringing heat to the gourmet food scene in Nigeria. He has been active in the Lagos Food Scene for over ten years, starting with his first restaurant, La Saison Restaurant. He later founded Cookie Jar Gourmet Bakery, a celebrated home of gourmet cookies and cupcakes, luxurious cakes, pastries, and desserts, Eros Gourmet, “the African oriented catering part of the Eros House of brands, and Ile Eros, “An authentic Nigerian restaurant with a modernist twist.” He is also the Chef Ambassador in Nigeria for the German home appliance brand Miele. Leaving university with a degree in International Business Management and a love for creating recipes, he has since been able to use those skills to his advantage in staking out his place as one of the most prominent chefs in Lagos.





CHEF ZARA MUSTAPHA



@chefzeelicioussss

Chef Zara Mustapha is a social media personality, professional chef, and ardent food lover. She is the Executive Chef at the Abuja branch of Red Dish Chronicles and the first-ever Ambassador for Dangote Salt and DanQ seasoning. "Her creative and artistic flair has always enabled her to try new things and experiment with all kinds of herbs, spices & food. Chef Zara has focused her energy on paving the way for young men and women. She also shares her passion and knowledge with others and encourages young people to follow their dreams and achieve their goals. She is proficient in Nigerian, Asian, and Continental/European cuisines, which she reinterprets through contemporary styling and plating.



CHEF MICHAEL



@michael_elegbede

Michael Adé Elégbèdé is a third-generation chef, trained at the Culinary Institute of America, Graystone. He started his journey in the kitchen at a very young age due to the exposure to his mother's and grandmother's work running local restaurants that also served as cooking schools for young women. He is the founder of Abóri, a collective movement aimed at facilitating sustainable growth in Nigeria's food system, and the creator of the ÌTÀN test kitchen, a space for recipe and development which hosts private dinners, tasting experiences, and events. To fortify his knowledge, Elégbèdé worked with some of the most remarkable chefs across America including the renowned Daniel Humm of Eleven Madison Park and Nomad Restaurant.



CHEF BEE



@chef_beatrice

Chef Beatrice Dogara Adankat (Chef Bee) is a professional chef with over a decade of cooking, baking and catering experience. The passion for cooking and baking started at the age of 12, when she picked up skills watching her mum cook and bake for the family. Chef Bee is a graduate of the National Institute for Hospitality and Tourism Kaduna, where she obtained a Professional Certificate in Cookery and Pastry. She currently runs a catering outfit "Bee and Dee Snacks and Foods" which she manages with her husband. The outfit specializes in preparing various local and continental dishes and offers catering services to private individuals and several organizations. In her free time, Chef Bee offers baking classes to those interested in learning.





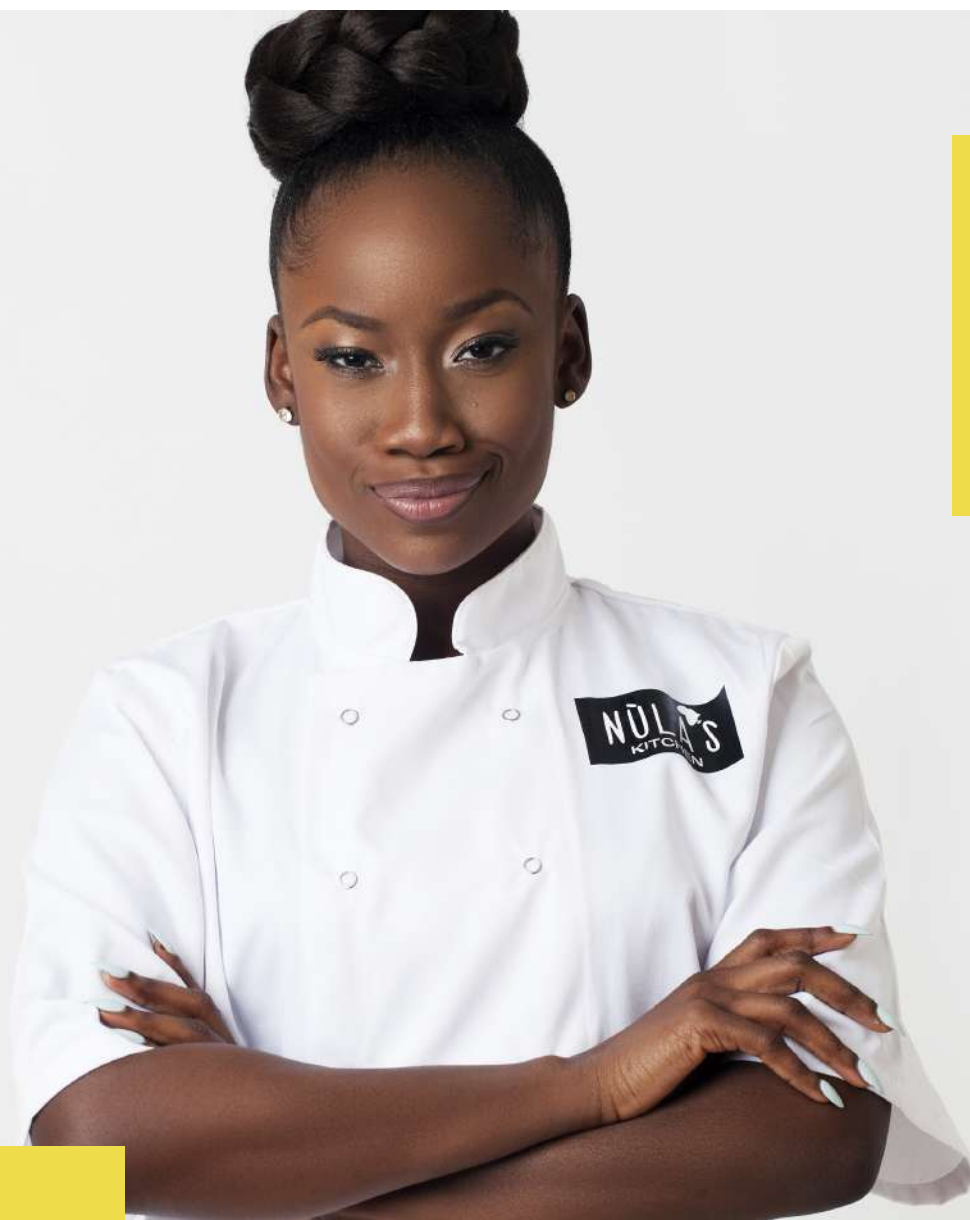
CHEF BENEDICT



@chef_benedict

Known as a “custodian of Italian Cuisines,” Chef Benedict has “built a reputation for his extensive knowledge of Italian cuisine and ability to replicate and elevate classic Italian dishes using produce from local farmers.” An alumnus of both Le Cordon Bleu Firenze (Scuola d’arte Culinaria Italiana), and Carpigiani Gelato University, Bologna, he grew up in Florence, Italy which along with his Nigerian heritage has greatly influenced his cooking. Of his influences, Benedict says “My approach and interaction with food is a very personal one, my choice of working with Italian food and fresh ingredients is due to my experiences, it is what I grew up with, it is what I know.” Want to taste his food? He also runs a pasta delivery service through @lunchconbenedict on Instagram.





CHEF SOLIAT BADA



@soliatmsbada

“From CEO Dancers to CEO of Nula’s Kitchen and Byrd Lagos, Soliat Bada moved from the UK as a celebrity dancer to a celebrity chef on Accelerate TV. Switching from her dance shoes to an apron, Bada told Nigerian Network Community “I’ve always loved cooking and I used to, and still post little 15 seconds videos on Instagram. With the reception that I got from it, I saw that people really enjoyed it and it made me think about it as more of a business than just a hobby. The ‘Nula’ comes from my mum’s name which is ‘Nura’ and my sister’s name which is ‘Lara’ and it’s a combination of their names as they were the ladies that taught me how to cook...I’m just really passionate about African food, especially Nigerian food. I’m so passionate about it. In Britain, the British people have accepted Indian food and Chinese food, and every Friday they get an Indian or Chinese takeaway, but why can’t they get a Nigerian takeaway? Why can’t they order Jollof rice or Ayamase?” Soliat’s dream is to commercialize and globalize Nigerian food and have recognizable Nula’s Kitchen products sold worldwide. She also believes in connecting with like-minded Nigerians who are determined to improve the successes of Nigeria.



CHEF OZOK SOKOH



@kitchenbutterfly

Ozok Sokoh is a Nigerian food explorer, culinary anthropologist and food historian passionate about food in its entirety – cooking, eating, researching, writing, photographing and styling it on her blog, Kitchen Butterfly. A pioneer of The New Nigerian Kitchen, a term she coined that “celebrates Nigerian cuisine by reinventing and representing Nigerian food, unearthing history, sharing techniques, using old ingredients in new ways and focusing on in-season produce,” she is trained as an exploration geologist and it is those skills that make her one of the selective people to go to when looking for accurate information on Nigerian Food. As an exceptional researcher, her blog is filled to the brim with facts and experiments about all you ever want to know about Nigerian Cuisine. She has been featured on CNN's African Voices.



CHEF ALEX OKE



@alexcooksfood

Chef Alex Oke is a Pacific Institute of Culinary Arts (PICA) trained chef who owns XOBakery, where they “feature traditional French and new world breads, viennoiserie, and pastries with a modern flair.” He is an instructor at the Culinary Academy in Lagos, and consults on the menus on various food institutions around the city. Of his own cooking style Oke says “I find inspiration from local and seasonal produce, and try to live and work within the farm to table philosophy. The truth is I’m still finding my voice with regard to food. As a young chef staying true to my training, I identify as a traditionalist with regard to French pastry.”





CHEF FATIMA



@cheffatima.ng

Chef Fatima Nasiru is a “Professional Chef, Entrepreneur, Public & Motivational Speaker“ and the “Radio Host of “Kitchen Republic” on Human Right Radio 101.1FM in Abuja.” She is a member of The Association of Professional Chefs in Nigeria, as well as the Founder and CEO of Nisa Distributors & Suppliers Limited. She has also represented Nigeria in various culinary competitions and has “trained well over ten thousand people on several areas on food processing and manufacture of house hold items within the last 6 years.” She says, “My dream is to train as many people as possible and contribute to the development of Nigeria by creating jobs and skills for thousands of Nigerian youths to be economically empowered”.





CHEF IMOTEDA

 @hitkitchenng

 @thenfft

Chef Imoteda Aladekomo is a Cordon Bleu trained chef who is the founder of Heels in the Kitchen (HITK) which is a “food service company that provides a range of services including but not limited to private chef services, catering for events, food content provision (recipe videos, content for brands and also a TV show coming soon, titled: Heels in the Kitchen).” HITK combines the stylishness that infuses every part of Nigerian culture with one of our greatest loves, food. She is also the creator of the Nigerian Fusion Food Tour, “a seven-city tour that showcased Nigerian food in new and exciting ways.”





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As much as Nigerians consume meats, they are fish lovers too. There are about 104 marine fish species belonging to Nigerian waters. Nigerians are also creative with fish meals and preserving various fish types for flavour in our soups and dishes.



Out of the 36 states in Nigeria, 9 have coastlines in the Atlantic Ocean. Nigerians consume fish in large quantities daily; either in soups--stock fish, croaker fish, dry fish, mackerel etc., in stews and sauces--cray fish, shrimp, shellfish, among others, in pepper soup appetizer--catfish and the likes, and grilled--tilapia and more. Fish are an important source of protein in the Nigerian diet. Fish farming is important to the Nigerian economy as well. As aquaculture and fish industries expand globally, fisheries in Nigerian agriculture generate revenue to both small large and scale farmers; it is a lucrative business to those who study and acquire the skill and management of fish farming. Nigeria is working to promote local fish farming and cut down fish importation, and improve exports due to the abundance of seafood already available to the country from the Atlantic Ocean.

CASH CROPS IN NIGERIA



PALM OIL

Did you know palm oil is in your toothpaste and lipstick? Nigeria is the largest consumer of palm oil on the continent, and in the top 5 producers in the world. The versatility of palm oil and its storage properties make it very competent and efficient. Because of its resistance to oxidization, it is semi-solid at room temperature and gives products a higher shelf-life. As the most resourceful of all vegetable oils, palm fruits, and kernels produce more oil than the land space they consume. The majority of Nigerian soups recipes are cooked with palm oil which gives a distinct taste.



The two types of oil derived from the palm fruits are crude palm oil which is extracted from squeezing the fleshy fruit, or palm kernel oil that comes from an intense process of crushing the seeds and sometimes bleaching the oil. Palm kernel trees start to bear fruit after 3 years of growth, and palm oil can be harvested 12 months a year; the trees also live for an average of 25 years if properly managed.

CASHEW NUTS

With 19 producing states in the country, Nigeria is a leading exporter of quality cashew nuts globally. Cashew nuts are usually produced in peak season—December to June, and exporting occurs all year round. Cashew nuts are cholesterol and sodium-free, and a good source of Vitamin K for the body. Cashew nuts contain heart-healthy fats instead, and give longer-lasting energy than fast foods and snacks. The nuts may also aid in digestion, boost the immune system, and improve oral health for the teeth and gums. It can be grated into salads, eaten independently, or included in smoothies and milkshakes.



GINGER



According to 2018 statistics from FAO, Nigeria produces around 360,019 metric tonnes of ginger annually, which makes it the 3rd highest producer in the world. It is known as '**chita**' in Hausa and '**atale**' in Yoruba, and is a commonly used spice in the Nigerian household. It is used for soups, sauces, stews, and drinks. Some benefits of ginger include boosting immunity, reducing cholesterol, treating nausea, and soothing indigestion.

Sesame seeds are one of Nigeria's top leading agricultural exports. According to 2018 statistics from FAO, Nigeria is the 4th highest producer of sesame seed globally. Called 'benne seeds' or '**ridi**' in Northern Nigeria, the seeds have numerous uses apart from being a good source of cholesterol-free vegetable oil. The climate of Northern Nigeria is perfect for cultivation due to the resistant nature of sesame plants. The vegetable oil of sesame seeds is in high demand worldwide, and investors are encouraged to not only export the seeds but extract this oil for commercial sale. Sesame seeds are loaded with nutrition that triggers hair growth, boosts healthy skin, and contains anti-aging properties too. The healthy oil and omega acids lubricate the intestines while its fiber aids with proper and healthy digestion. Sesame seeds, like other nuts and seeds, are a good source of energy and should be considered as a healthy snack alternative.

SESAME SEEDS





CASSAVA

Cassava is a major food staple in Nigeria from which a variety of food is processed. Some of these foods include but are not limited to **gari**, starch, cassava **fufu (akpu)**, **boboz**, **abacha**, and **amala**. Nigeria is the highest producer of cassava globally based on 2018 statistics from FAO (Food and Agriculture Organization of the United Nations).



SUGAR CANE

The most popular form of sugarcane in Nigeria is the chewing sugarcane, whose juice is ordinarily consumed through chewing. Sugar cane is produced in Kwara, Kaduna, Kano, Niger, Taraba, Sokoto and Jigawa State respectively but is eaten all over the country. According to www.knoema.com, Nigeria produced 1.42 million tonnes of Sugar in 2018. Nigeria's three main sugar processors are the Dangote Group, BUA Group, and Golden Sugar Refineries.



COCOA

Cocoa is one of the major cash crops grown in Nigeria and cocoa production is important to the Nigerian economy. Nigeria is a major exporter of premium quality raw cocoa beans renowned for its aromatic and smoother flavor, due to the various stock from which it originates. Nigerian cocoa boasts excellent qualities such as good bean count, low slaty, low mould, and strong aromatic and smoother flavor. Nigeria is a leading player in the global cocoa industry. It is the fourth-largest producer, covering a 6.5% share of global production. The cocoa bean seed is used to produce cocoa butter, the cocoa butter, in turn, is converted into chocolates which are regarded as the cocoa beverage when grounded.



MAIZE



Maize is a common cereal plant that produces grains that can be cooked, roasted, fried, ground pounded, or crushed to prepare various food items across various ethnic groups in Nigeria. Some of the food includes pap (**ogi** or **akamu**), **tuwon masara**, **gwate**, **aadun**, and bean and maize pottage.



NUTS

OBJI ABATA

The kola nut comes primarily from three kola nuts (**Obi Abata**) species, namely: *Cola acuminata*, *Cola nitida*, and *Cola vera*. Kola nuts are rich in caffeine and leave a floral scent like rose petals. It is slightly bitter at first but tastes sweeter if chewed longer. As a powerful cultural symbol, kola nut is offered to show respect in celebratory settings. It is equally accessible at any time during the week as a natural stimulant or to suppress appetite. Most health claims surrounding these nuts are linked to the effect of consuming caffeine. While Coca-Cola and Pepsi now use some synthetic flavours in their beverage, their origins started from the West African kola nut tree. Some energy drinks today still contain kola nut extract. Some research shows that kola nuts also have anti-bacterial properties and are effective in treating cavities and preventing oral infections. Due to its caffeinated content, consumption in high quantities is not recommended. Therefore, those with high blood pressure, insomnia, anxiety, and diabetes are usually advised to stay away from consuming obi abata.



BITTER KOLANUT

Traditionally, the fruits, seeds, nuts, and bark of bitter kola were used as medicine over the years. It is mostly found among the elderly who chew it relentlessly as it is believed to prolong life. It is no surprise as bitter kola is a remedy for osteoarthritis and reduces pressure in the eyeballs which causes glaucoma or blindness. This kola contains vitamins A, E, C, B1, B2, Fiber, Potassium, Calcium, and Iron, and has chemical compounds that help detoxify the liver and aid the digestive organs too. Bitter kola is consumed to combat colds and congestion in the respiratory tract. The high amount of antioxidants found in it helps to fight bacteria in the body. Studies show that some of the chemical compounds in bitter kola also have antimalarial properties.



AYA (TIGER NUTS)

Are you lactose intolerant? Have you considered tiger nut milk? Tiger nut itself is not a nut, but very tiny tubers which are rich in high fiber content. In Nigeria, especially in the Northern region, the drink is called **kunun aya**. Fresh tiger nuts are blended and strained for the milk but various forms of the drink involve dates and coconut juice, together with ginger and spices in some cases. With a nutty taste, the drink tastes best chilled and can be poured over cereal or even roughly blended to combine with muesli for a healthy breakfast. Tiger nuts are also associated with heart-friendly oils that have similar benefits like olive oil. The vitamins found in the nuts are vitamins B, C, and E. Most people incorporate it into their weight-loss diets because of its sweet nature without added sugars, and a good source of protein. Apart from the drink and oil, another form of tiger nuts found in supermarkets is the tiger nut flour, which can be used as an alternative in pancakes and pastries.



UNIQUE FRUITS EATEN IN NIGERIA





GRAVIOLA (SOUP SOP)



Tasting strawberry and pineapple, some citrusy undertones, with creamy coconut and banana, in one fruit? Meet Graviola. With extra doses of vitamins and minerals, consuming Graviola fruit shields your body from some cell damages as well. Practitioners sometimes use the bark, leaves, and even the roots of Graviola to treat infections, stomach ailments, and parasites in the body. In the past 40 years, Graviola fruit has been extensively researched and tested in laboratories for its anti-cancerous properties. Though the results are still being reassessed, one report says it is a thousand-times stronger in inhibiting the growth of certain breast and liver cancer cells. The fibers in Graviola also aid the digestive system together with vitamins B1, B2, C, Potassium, Iron, and Phosphorus found in this power-fruit. For those passionate about healthy living, Graviola fruit is found to boost energy, relieve migraines, and improve the body's bone health. The soft pulp of the fruit can be blended into smoothies, juices, and candy too.

GANYEN GAUTA (GARDEN EGG)



Rich in fiber and antioxidants, this is the bitter version of the garden egg, and another variant of eggplant is used in porridges. The eggplant is good for pumping and supplying blood in the body. Consumption also boosts the immune system and lowers cholesterol levels. Drinking the juice is always good for detox therapy. In some Nigerian cultures, ganyen **gauta** represents blessings and fertility and therefore is served at wedding and baby-naming ceremonies.

UKWA (NIGERIAN BREADFRUIT)



Bread on trees? Popularly known as '**Ukwa**' by Igbo people, the exotic fruit is cooked as a main dish in some cultures, the seeds are also sought after for their high nutritional value—carbohydrate, fat, and crude protein. The seeds can be ground to flour, pressed for oil, or used as a flavoring for some drinks. As an excellent source of potassium, **ukwa** is heart-friendly and is good for cardiovascular health. The dietary fiber reduces the absorption of cholesterol as well, and its antioxidants fight against bacterial agents in the body. High levels of omega 3 and 6 fatty acids are found in ukwa too. Its fiber also aids digestion and helps the pancreas increase insulin in the body. **Ukwa** is usually cooked as a porridge with maize and considered highly nutritious. Furthermore, the fruit helps the body produce collagen that improves the elasticity of healthy skin.





UBE (NIGERIAN PEAR)



As small as it is, the indigo-coloured fruit has proven to be beneficial in many ways. **Ube** is a popular street food in South eastern Nigeria and is mostly eaten with roasted or boiled corn. The fiber found in it prevents constipation and regulates bowel movements too. High dose of vitamin C in **ube** helps the skin stay healthy and glowing. Sometimes traditional doctors use the paste of the green pulp to treat skin wounds and rashes as well. This fruit which also contains Vitamin B5, helps in the production of red blood cells and boosts the immune system; while the calcium content strengthens bones and teeth. **Ube** is fondly called what it is as it sometimes translates to “pregnancy super fruit”; it has natural folic acid which help in the baby’s brain and spinal cord development. The fruit is considered hypoallergenic as it hardly causes allergic reaction.

GARDEN EGG



Have you had this with peanut butter? Or in tomato stew? Nigerian garden egg also called **yalo, igba, angara** doubles as both a fruit and veggie. Components of garden eggs help the liver get rid of certain toxins and hydrate the body when treating piles. With its spongy texture, the cream coloured fruit when cooked in sauce is served with rice, yam, pasta, chips, or even eaten as soup. The soup is packed with lots of ingredients and has a blend of smoked seafood or meats, chilli, onions, garlic, palm oil, and chopped vegetable leaves. The lighter the buttery colour of your **yalo**, the less bitter it is. The green version also known as **gauta**, is added to porridges that need it’s bitter taste.

UKPA/ASALA (NIGERIAN WALNUTS)



One small nut, one big brain booster. The brain-friendly and heart-friendly Nigerian walnut make a healthy snack variation to processed foods. Oil of the nuts also has high medicinal and pharmaceutical value. Although they can be boiled and even used to make a similar dish like egusi soup, many enjoy the crunchiness of these walnuts when roasted or added to salads. **Ukpa** contains amino acids that help in sustaining healthy body cells and may contribute to the release of some hormones in the body. Vitamin B6 found in ukpa may help the brain improve its cognitive functions as well. It is recommended that children eat some **ukpa** from an early age.

MONKEY KOLA



Crunchy just like carrots, our tropical cola is packed with nutrients and vitamins. Sometimes monkey kola is called **ochiricha** in Igbo and **ndiyah** in Ibibio. The leaves are medicinal for eye infections and cataracts. Eating the fruit is also beneficial for weight management and metabolism. Monkey Kola also helps with digestion due to the soluble fiber found in the kola.



AGBALUMO (AFRICAN STAR APPLE)

Walking down the market streets of Southern Nigeria, in all the buzz, your ears may tingle to the sound of **ajase**, **agbalumo**, or **udara**. If you turn, your eyes find a pile of bright orange tennis-sized balls on flat trays calling to you. If you end up purchasing, you are in for a surprise. Maybe sweet, maybe tart, **agbalumo** is a game of chance. The succulent fleshy fruit is full of dietary fiber which is important in fighting obesity related diseases and supplying high vitamin C content. As **agbalumo** contains ascorbic acid, people with peptic ulcers should keep away until healed. In your kitchen, **agbalumo** is a “jack of many trades”: the fruit can be converted to jams, juices, smoothies, cakes, jellies, ice-cream, fruit salads, and even flavour for liquor as experimented by Chef Ozoz.



NIGERIAN VELVET TAMARIND



Awin in Yoruba, **tsamiya biri** in Hausa, and **icheku** in Igbo. This black velvet tamarind, as ‘licky licky’ in Nigerian nomenclature, leaves a sweet tangy flavour in the mouth and is loved by many Nigerian children. What many don’t know is that licking **icheku** and using its leaves and bark have some health benefits. According to research, some compounds of the plant are anti-malarial and anti-microbial. The stem is used in traditional medicine to cure toothache too. Several studies concluded that chewing the orange fleshy pulp increases lactation and strengthens internal organs against oxidative damage. When the tender leaves of **icheku** are squeezed on the skin, it stimulates healthy skin elasticity. Tamarind’s peak yield is in March and April, and Nigerian households can convert the product to juice, beverages jams, and syrup.

BAOBAB FRUIT (IGI OSE)



A super fruit and super food, baobab fruit has one of the highest amounts of antioxidants in the world! (BusinessDay Nigeria). It has the highest amount of Fiber, Vitamin C, Potassium and Magnesium than any other fruit. The calcium rivals that of milk and therefore strengthens the body’s bones and teeth. Baobab fruit also maintains heart health and balances blood sugar levels. The fruit helps prevent cancer due to its antioxidant and anti-inflammatory properties. As a nutrient-packed and adaptable food, baobab fruit can be added to smoothies, yoghurt, oatmeal, and cereal. Mixing the powder of the fruit with honey helps to brighten the skin and even skin tone. The oil also helps to condition african hair. Baobab contains collagen-supporting nutrients which help more keratin for the hair and strengthen hair strands to reduce breakage.

HOG PLUMS

Never take a big bite. You have been cautioned. This delicious fruit has a defensive spiky seed at its core that reminds you to take your time to pause and smell the roses, or in this case, pause and taste the plums. Some of the older generation claim that hog plums was their stomach-cleanser during their childhood. Also known as **iyeye**, yellow mombin, or monkey mombin, the fruit also comes in green, purple, red, yellow, and orange. The fruit can be eaten raw or blended to jams and jellies. In some regions, the leaves of the fruit are also used to make antiseptic soap, or when boiled and blended, the juice is conjoined to treat fever, malaria and stomach aches. Hog plums are also suppliers of Vitamins A and C for your body.



PITANGA



Also known as Brazilian cherry, Surinam cherry and Cayenne cherry, Nigerian pitanga is a species of tiny cherries. Thrilled, Ozoz Sokoh explained “Pitanga cherries are interesting. They look like thin-skinned tomatoes, have subtle pepper-tones and yet are fruits....Fruits that make me want to think ‘dessert’, yet would be more at home in a salsa; in some savoury offering. The taste of these cherries are embossed on my lips, slightly peppery, somewhat sweet. Not quite tomato or strawberry.” The special fruits improve the immune system and have anti-inflammatory properties for the lungs too. The barks of the plant are used to treat gastrointestinal health and in some cases, diarrhea.

ATILI



Atili [ah-tee-lee] looks like a smaller version of the Igbo **ube**. It is most common in Southern Kaduna and Plateau State. Usually, atili is boiled or softened with hot water before the pulp is eaten. It has a very strong oblong seed in the middle. Antioxidants in it make it great quality for anti-aging body creams and the atili oil is very healthy and beneficial. It can be extracted for cooking and for cosmetics because it contains pro-vitamins. Atili oil which has the thickness consistency of castor oil has also been researched to treat some intestinal worm infections and aid in treating anemia. Since Atili contains oleic acid, it keeps the skin soft and healthy from wrinkles and ageing.

TROPICAL ALMONDS



With seeds just like almond nuts, tropical almonds have both nuts and seeds that are edible. Tropical almonds are simply called “fruit” in Nigerian street lingo; in Benin however it is referred to as **ebeleboh**. Tropical almonds are one of the sweet fruits in Nigeria, and can be blended into smoothies, or chopped into fruit salads. Like almond nuts, oil extracted from the seed of this fruit is used for cooking as well. Almonds are great for the skin, and its vitamins help protect the body cells from diseases and aging. Its roots, bark, and leaves help improve blood glucose regulation in the body.



NIGERIAN ROSE APPLE

In the same family as guava and pitanga, this ‘Nigerian Apple’ is not your typical apple--it resembles a flower, and does not taste like apples either. It has a gentle watered down taste like watermelon too. The fruits are beneficial to diabetic patients, and in India, it's regarded as a tonic for the brain and liver. It is true, eat an apple a day to keep the doctors away. The vitamin contents, A, C, E, help the body fight radicals. Consumers are warned to avoid eating the seeds however.

Together @60



AMB (DR) ENIOLA AJAYI WITH THE HOME BASED STAFF OF THE EMBASSY



AMB (DR) ENIOLA AJAYI WITH THE ENTIRE STAFF OF THE EMBASSY



AMB (DR) ENIOLA AJAYI WITH THE LOCAL BASED STAFF OF THE EMBASSY



ADDRESSES OF RELEVANT GOVERNMENT AGENCIES

Nigerian Investment Promotion Commission(NIPC)

Plot 1181 Aguiyi Ironsi Street Maitama District, Abuja

Website: www.nipc.gov.ng

Email: infodesk@nipc.gov.ng, osicinfodesk@nipc.gov.ng

Federal Ministry of Industry, Trade and Investments

Old Federal Secretariat Area, 1, Garki District, Abuja

Website: www.fmiti.gov.ng

Email: info@fmiti.gov.ng

Federal Ministry of Agriculture and Rural Development

1 Capital Drive, Area 11, FCDA, Garki, Abuja

Website: www.fnard.gov.ng

Email: adm@fnard.gov.ng

Federal Ministry of Mines and Steel Development

No 2, Luanda Crescent, off Adetokunbo Ademola Crescent,

Wuse II, Abuja

Website: www.minesandsteel.gov.ng

Email: info@fmmsd.gov.ng

Federal Ministry of Information and Culture

Radio House, Area 11, Garki, Abuja

Website: www.fmic.gov.ng

National Agency for Foods and Drug Administration and Control (NAFDAC)

Plot 2032, Olusegun, Obasanjo Way, Zone 7, Wuse, Abuja

Website: www.nafdac.gov.ng

Email: nafdac@nafdac.gov.ng

Nigerian Export Promotion Council (NEPC)

Plot 424, Aguiyi Ironsi Street,

Maitama, Abuja

Website: www.nepc.gov.ng

Email. Address: ceo@nepc.gov.ng

Nigerian National Petroleum Corporation (NNPC)

NNPC Towers, Central Business District,

Herbert Macaulay Way, Abuja.

Website: www.nnpcgroup.com

Email: contactus@nnpcgroup.com

Nigerian Tourism Development Corporation (NTDC)

Old Federal Secretariat., Area 1, Garki, Abuja

Website: www.tournigeria.gov.ng

Email: hello@tournigeria.gov.ng

Ministry of Foreign Affairs (MFA)

Tafawa Balewa Building, Federal Secretariat, Abuja

Website: www.foreignaffairs.gov.ng

Email: info@foreignaffairs.gov.ng

Federal Inland Revenue Service (FIRS)

12 Port Harcourt Crescent, Off Gimbiya Street, Abuja

Website: www.firs.gov.ng

Email: enquiries@firs.gov.ng

Federal Ministry of Finance and Budget Planning

Ahmadu Bello Way, Central Business District,

Abuja

Website: www.finance.gov.ng

Corporate Affairs Commission (CAC)

Plot 420, Tigris Crescent,

Off Aguiyi Ironsi Street, Maitama, Abuja.

Website: www.cac.gov.ng

Email: cSERVICE@cac.gov.ng

Standards Organisation of Nigeria (SON)

52 Lome Crescent, Zone 7, Wuse, Abuja

Website: www.son.gov.ng

Federal Ministry of Power

Headquarters,

Mabushi, Abuja

Federal Ministry of Petroleum Resources

Block D, NNPC Towers,

Herbert Macaulay Way, CBD, Abuja

Website: www.petroleumresources.gov.ng

Email: info@petroleumresources.gov.ng

National Automotive Council (NAC)

Plot 23, Parakou Crescent, Off Aminu Kano Crescent,

Wuse II, Abuja.

Website: www.nac.gov.ng

Email: contact@nac.gov.ng

Manufacturers Association of Nigeria (MAN)

77, Obafemi Awolowo Way, Ikeja, Lagos State

Website: www.manufacturersnigeria.org

Email: info@manufacturersnigeria.org





ADDRESSES OF FOOD AND BEVERAGE INDUSTRIES IN NIGERIA

Afro Food & Spices Limited

45, Industrial Layout, Western Bypass Minna, Minna, Niger State,

Ayoola Food Nigeria Limited

Plot 7-9, Ayoola Street, Gemade Estate, By Gowon Estate Extension, Ipaja Lagos Alimosho, 100275, Lagos

Beloxxi Industries Limited

Plot C21/5A Anioma road, Agbara Industrial estate, Agbara, Ogun State

Cadbury Nigeria Plc.

Lateef Jakande Road Agidingbi, Ikeja, Lagos

Dangote Flour Mills

Plc.8 Rycroft Street Off Liverpool Road, Apapa, Lagos State

Dufil Prima Foods Plc.

38 Eric Moore Road, Iganmu, Lagos

Food, Agro & Allied Industries Limited

Km 40, Lagos Abeokuta Expressway, Sango-Otta, Ogun State

Grand Cereals Limited

Km 17, Zawan Roundabout, P.O. Box: 13462, Jos, Plateau State

Guinness Nigeria Plc.

24 Oba Akran Ave, Ikeja, Lagos

Honeywell Flour Mills Plc.

2nd Gate Bye-Pass Tin-Can Island, Apapa, Lagos

Nasco Foods Nasco Group

1 Old Airport Road Jos, PMB 2722, Plateau State

Nestlé Nigeria Plc.

22/24 Ilupeju Industrial Ave, Ilupeju, Lagos State

Nigeria Bottling Company Limited

A.G. Leventis Building Iddo House, Herbert Macaulay Way Lagos, Mainland Lagos

Nigeria Breweries Plc.

Iganmu House, Abebe Village Road Iganmu, Lagos

Niji Foods Nigeria Ltd.

Km 10, Komu Road, Ilero, Kajola Local Government. Oyo State

O.K. Foods Ltd.

6, Block E, Industrial Scheme Apapa Express Way, Isolo, Lagos State

Ola Ola Pounded Yam Flour African Food Direct

43 Plains Road Mappedey Nottingham NG3 5LE, UK

Pee Ventures Limited

School Road, Elelemwo, Obio Akpor, Pourt Harcourt, Rivers State

PZ Cussons Nigeria Plc.

Town Planning Way, Ilupeju, Lagos State

The Nut Place Ventures

20B Bank Olemoh Street Surulere, Lagos State

7UP Bottling Company Plc.

247 Moshood Abiola Way, Ijora, Apapa, Lagos State





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