



# 50 RECIPES ON HOW TO MAKE NIGERIAN FOOD



 096220606  0276507816

 [support@chinny.co.nz](mailto:support@chinny.co.nz) | [info@chinny.co.nz](mailto:info@chinny.co.nz)



## 1. Egusi soup

### Ingredients

- Egusi seeds (ground)
- Stockfish (soaked and seasoned)
- Fresh prawn (optional)
- Chicken/beef stock
- Chicken (Steamed and seasoned)
- Pepper mixture
- Ugwu leaves
- Palm oil
- Dry prawns
- Chopped onions
- Crayfish Powder
- Locust beans
- Crayfish seasoning powder
- Salt

(Pepper mix ingredients: tomato, scotch bonnet, bell peppers, and onions)

### Directions

- Heat some palm oil, and sauté onions in the slightly heated oil.
- Add crayfish powder and allow to fry along with the onions (cook on low heat)
- Stir, add dry prawns, and pepper mix, and allow to cook for 5 minutes
- Add the stockfish and seasoning powder (cook this till the oil starts to separate from the soup base).
- In a bowl, add the ground egusi and mix it

with very little quantity of the chicken stock (mix till it thickens into a paste).

- Next, drop the egusi paste into the cooking soup base in small bits.
  - Stir carefully till it begins to form tiny lumps or dissolves completely (continue to stir for 5 minutes).
  - Add some chicken stock to loosen the soup (very little quantity to avoid over-seasoning).
  - Add the fresh shrimp, stir, and allow to cook for 3 minutes.
  - Go in with the cooked chicken, and mix well to combine
  - Add some more water or chicken stock
- Note: Add chicken stock only if the soup requires more seasoning.
- Cover and allow to cook for 5 minutes.
  - Finally, add sliced ugwu, allow to simmer for 2 minutes and then turn off the heat

## 2. Vegetable soup

### Ingredients

- Meat stock
- Cooked assorted meat (goat meat/ offals)
- Cooked stockfish
- Red scotch bonnet pepper (blended)
- Crayfish powder
- Palm oil
- Waterleaf (washed and sliced)
- Ugwu leaves (washed and sliced)
- Seasoning powder
- Salt

### Directions

- In a pot, pour in meat stock, cooked assorted meat, cooked stockfish, blended peppers and crayfish powder
  - Allow to cook on low heat for 5 minutes
  - Go in with more crayfish, seasoning powder, salt and palm oil
  - cover and allow to simmer for a minute
  - Next add the sliced waterleaf, more blended pepper, and stir well to combine
  - Allow to cook for a minute
  - Then go in with the sliced ugwu, periwinkle
  - Allow to cook for 2 minutes and turn off the heat
- Note: Do not overcook the vegetables



### 3. Seafood Okra

#### Ingredients

- Palm oil
- Red scotch bonnet (blended)
- Dry bonga fish
- Smoked mackerel fish
- Crabs (cleaned and gutted)
- Calamari (cleaned)
- Fresh Fish
- Seasoning powder
- Salt
- Okra (chopped & Sliced okra)
- Uziza leaves (sliced)
- Ugwu leaves

#### Directions

- Heat some oil in a pot, go in with the blended peppers, crayfish powder and dry fish.
- Stir, and allow to cook for 5 minutes.
- Add some water and begin to boil.
- Next, add the crabs, calamari, fresh fish, seasoning powder and salt.
- Allow to cook for 12 minutes, then take the fresh fish into a bowl and set aside.
- Proceed to add in the chopped okra, and stir well to combine.
- Then add the shredded smoked fish.
- Allow to cook for a minute, then add the sliced okra, uziza and uguwu leaves.
- Cook for 3 minutes, add the fresh fish.
- Gently stir, allow to simmer for a minute and turn off the heat.

### 4. Assorted Meat Pepper soup

#### Ingredients

- Assorted meat (goat meat, tripe/Shaki)
- Scotch bonnet peppers (Blended)
- Ground Cameroon pepper
- Chopped onions
- African Basil (Scent leaf)
- Ginger
- Garlic
- Pepper soup spices
- Salt
- Seasoning powder

#### Directions

- In a pot, add the thoroughly washed goat meat and some water (quite a bit of water).
- Then allow to simmer for about 10 minutes
- Roughly blend the peppers, ginger, garlic and basil leaves.
- After boiling the meat for 10 minutes, drain out the liquid from the meat.
- Next, add in some onions, the dried Cameroon Pepper for heat and flavour, seasoning cubes and some salt, cover and allow to cook.
- After about 20 minutes of boiling, add pepper soup spices, give this a good mix and allow to cook
- Cook for another 10 minutes, then add the pepper mix blended earlier in step 2.
- Leave for another five minutes and turn off the heat.

### 5. Jollof Rice

#### Ingredients

- Blended pepper mix
- Vegetable oil
- Onions (chopped & sliced)
- Tomato paste
- Curry
- Thyme
- Seasoning powder
- Ginger & garlic powder
- Chicken stock
- Rice (washed)
- Butter

(Pepper mix ingredients: tomato/ red bell pepper/scotch bonnet/onions)

#### Directions:

- Begin by boiling the pepper mix till all the liquid dries completely
- Next, heat some vegetable oil, and saute chopped onions in the oil for one minute
- Add tomato paste and fry for 10 minutes, add the parboiled pepper mix
- Add curry, thyme, rosemary, seasoning powder, ginger and garlic powder
- Stir to combine, add chicken stock and bay leaves
- Add washed rice, stir well, and add water a little above the rice level
- Seal pot with foil paper, and cover to cook for 30 minutes



- After cooking for 30 minutes, add some butter and onions for garnish
- Stir to combine well
- Allow to cook for 2 minutes and turn off the heat

## 6. Nigerian Gizzard Shawarma

### Ingredients

- Cooked gizzard (minced)
- Cabbage (sliced)
- Carrot (grated)
- Cucumber (minced)
- Shawarma cream
- Tortilla wraps

### Cream mixture

- Greek yoghurt
- Mayonnaise
- Yaji
- Honey
- Lemon juice
- Black pepper
- Cayenne pepper

### Directions

- In a bowl, add the sliced cabbage, grated carrots, minced cucumber and gizzard
- Follow with the shawarma cream
- Mix thoroughly to combine and set aside
- Next, gently separate the tortilla wraps in two

- On a flat surface, gently place the wraps slightly on each other
- Then fill the wraps with the vegetable mix
- Fold and roll the wrap the shawarma, till it is completely sealed
- Grill on each side for 10 minutes, in an iron wrought pan
- Finally, wrap the cooked shawarma in foil paper

## 7. Fisherman soup

### Ingredients

- Blended Pepper mix
- Palm oil
- Chopped Onions
- Fresh fish (cleaned and gutted)
- Crabs (cleaned and gutted)
- Giant prawns (cleaned and gutted)
- Calamari (cleaned)
- Snails (optional)
- Seasoning powder
- Crayfish powder
- Salt
- Corn starch
- Garlic
- African basil (scent leaf)

(Pepper mix ingredients: tomato, scotch bonnet, bell peppers and onions)

### Directions

- To begin, heat some palm oil in a pot, sauté chopped onions for a minute
- Proceed to add the calamari, fresh fish, cooked snails, and the crabs
- Then add garlic, crayfish, and seasoning powder and salt
- Stir, cover, and allow to cook in the oil for 4 minutes
- After four minutes of cooking, add the pepper mix
- Stir gently, cover and cook for 15 minutes
- In a small bowl dissolve, a tablespoon of cornstarch in a little water (this will serve as a thickener)
- Add the giant prawns into the boiling pot and proceed to add the cornstarch mixture
- Allow to cook for 3 minutes, then add the sliced basil leaves
- Stir gently, allow to simmer for a minute and turn off the heat



## 8. Moimoi

### Ingredients

- Beans (Washed and peeled)
- Red scotch bonnet
- Onions
- Dry crayfish
- Seasoning powder
- Salt
- Vegetable oil
- Water
- Smoked mackerel fish (Shredded and deboned)
- Eggs (boiled and sliced)

### Directions

- Blend peeled beans, scotch bonnet, onions and dry crayfish with water in a blender till a smooth paste-like consistency is achieved
- Turn the mixture into a bowl, add and mix vegetable oil, seasoning powder and salt to taste
- Once the mixture is well combined, add the shredded mackerel fish
- Add some water to loosen up the paste
- Next, transfer the mixture into cooking cups
- Add the sliced eggs and shredded fish as toppings
- Gently put the cooking cups into a pot of boiling water
- Steam for about 35 minutes and turn off the heat

## 9. Amala & Ewedu

### Ewedu soup ingredients

- Ewedu leaves
- Potash (dissolved)
- Crayfish
- Locust beans
- Salt

### Amala Ingredient

- Elubo powder
- Boiling water

### Directions for preparing Ewedu

- In a pot of boiling water, add the dissolved potash
- Add the ewedu leaves
- Add crayfish, locust beans, and salt
- Cook this for 8 minutes
- After boiling, transfer into a blender and blend to a smooth consistency
- Turn the ewedu into a pot and cook for a minute on low heat

### Directions for preparing Amala

- In a pot of boiling water, continuously stir in elubo powder
- Stir vigorously in till the powder is no longer visible and starts to thicken
- Once the mixture solidifies, add a little hot water
- Spread the mixture around in the pot, to

enable it to cook thoroughly

- Cover and allow to cook for 5 minutes,
- Next, begin to turn and fold the amala till the liquid completely dries off
- Continue this process till a smooth and stretchy consistency is achieved

## 10. Peppered ponmo

### Ingredient

- Ponmo (steamed and seasoned)
- Cooked beef
- Scotch bonnet pepper (red and green)
- Vegetable oil
- Seasoning powder
- Salt
- Onions (chopped)
- Parsley (shredded)
- Vegetable oil

### Directions

- In a pan, sauté onions, and parsley for a minute
- Add the steamed ponmo, and cooked beef
- Add seasoning powder, salt and blended peppers
- Stir well, and allow to cook for 12 minutes
- Note: stir at intervals to avoid burning up the sauce



## 11. Plantain porridge

### Ingredients

- Plantains (peeled & cut in chunks)
- Blended pepper mix
- Crayfish powder
- Dry prawns
- Chopped onions
- Seasoning powder
- Salt
- Smoked mackerel (shredded and deboned)
- Sardines (optional)
- Palm oil
- African basil (sliced)

(Pepper mix ingredients: tomato, scotch bonnet, bell peppers, and onions)

### Directions

- In a pot of boiling water, add shredded fish and crayfish powder
- Add the pepper mix, and palm oil, stir gently and cover
- Allow to boil for 10 minutes, then add seasoning powder and salt
- Stir, cover, and allow to boil for 5 minutes
- Next, add the plantains, and sardines
- Cooked for 15 minutes, then add the sliced basil
- Stir to mash the plantains slightly
- Finally, allow to simmer for 3 minutes and turn off the heat

## 12. Rice and Beans porridge

### Ingredients

- Cooked beans
- Basmati rice (soaked)
- Onions (chopped)
- Spring onions (chopped)
- Vegetable oil
- Ginger & garlic paste
- Crushed tomatoes
- Scotch bonnet peppers
- Dry fish
- Salt
- Seasoning powder
- Curry powder
- Paprika powder

### Directions

- Heat some cooking oil, sauté chopped onions, spring onions, ginger and garlic paste
- After a minute, add paprika powder, curry powder, crushed tomatoes and pepper
- Add seasoning powder and salt
- Fry till the oil separates from the sauce
- Next, add in the soaked basmati rice, stir with the sauce and ensure it is well combined
- Add in the cooked beans, stir again, and add some hot water (to rice level)
- Go in with the dry fish, and cook till soft
- After cooking for a few minutes, stir and turn off the heat

## 13. Groundnut soup

### Ingredients

- Roasted groundnut
- Red bell pepper
- Red Scotch bonnet
- Red chili pepper
- Chopped Onions
- Giant prawns
- Crayfish powder
- Dry catfish
- Cooked Turkey and ram meat
- Meat stock

### Directions

- In a blender, transfer the roasted groundnuts, bell peppers, scotch bonnet, chilli pepper, onions and water
- Blend the mixture to a smooth paste-like consistency
- After blending, pour the mixture into a pot, and add the meat stock
- Then proceed with crayfish powder, dry fish and cooked proteins
- Add seasoning powder, salt and palm oil
- Cover, allow to cook for 15 minutes and turn off the heat.



## 14. Rice and Beans Sir fry

### Ingredients

- Vegetable oil
- Onions (chopped)
- Garlic (chopped)
- Ginger (chopped)
- Spring onions (chopped)
- Red scotch bonnet (blended)
- Cooked brown beans
- Cooked white rice
- Seasoning powder
- Curry powder
- Carrots (chopped)
- Runner beans (sliced)
- Purple cabbage (sliced)
- Celery (sliced)
- Sesame oil (optional)
- Ripe plantains (minced and fried)

### Directions

- In a pan, sauté onions, garlic, ginger, and spring onions in vegetable oil
- Add scotch bonnet pepper and cook for 5 minutes
- Next, go in with cooked beans and white rice, and stir well to combine
- Proceed to add seasoning powder, salt, and curry powder
- Stir, then add the runner beans, purple cabbage, and celery

- Keep stir-frying, add sesame oil and fried plantains
- Fry for 2 more minutes and turn off the heat

**Note: cook on low heat**

## 15. Concoction Rice

### Ingredients

- Pepper mix
- Vegetable oil
- Bay leaves
- Salt
- Curry powder
- Seasoning powder
- Shredded chicken
- Dry prawns

(pepper mix ingredients: Red scotch bonnet peppers, red bell pepper, garlic & Onions)

### Directions

- Begin by blending the red scotch, bell peppers, Onions and garlic (blend roughly)
- In a pot, heat some vegetable oil and margarine
- Sauté some chopped onions and add bay leaves
- Then go in with the blended pepper mix
- Stir fry for about 10 minutes
- Add salt, seasoning powder, curry powder, and thyme

- Stir, add very little water, cover and allow to cook
- After cooking for 2 minutes, add the washed rice
- Stir well, and add water to the rice level
- Cover, allow to cook till tender, and turn off the heat.

## 16. Ofada rice and Ayamase sauce

### Ingredients

- Roughly blended pepper mix
- Bleached palm oil
- Locust beans
- Cooked goat meat
- Crayfish powder
- Boiled eggs

(Pepper mix ingredients: Green Scotch bonnet pepper, green bell pepper, green chilli pepper, Onions & tomatoes)

### Directions for Ayamase sauce

- Into a pot, turn in a generous amount of bleached palm oil
- Allow to heat up a bit, then add locust beans
- Fry for a minute, then add the cooked goat meat and allow to fry for a minute
- Then go in with the blended pepper mix and cook on low heat



- Next, add crayfish powder, seasoning powder and boiled eggs
- Cover and allow to cook on low heat till the oil separates from the sauce
- Stir and turn off the heat

#### Directions for Ofada rice

- Add washed ofada rice into a pot of boiling water
- Cook for 10 minutes, and parboil
- Transfer the parboiled rice back into the pot and add some salt
- Cook for another 40 minutes and turn off the heat

### 17. Yam porridge (asaro)

#### Ingredients

- Yam (peeled, washed and cut into small chunks)
- Pepper mix
- Crayfish powder
- Dry prawns
- Chopped onions
- Seasoning powder
- Salt
- Fresh prawns
- Sugar
- Palm oil

(Pepper mix ingredients: tomato, scotch bonnet, bell peppers, and onions)

#### Directions

- In a pot, heat some palm oil, go in with chopped onions and sauté for a minute
- Add the pepper mix, stir well, then add seasoning powder, salt and crayfish powder
- Cover and allow to cook for 10 minutes
- Next add dry prawn, yam and a tablespoon of sugar
- Add water to yam level, stir well
- Cover and allow to cook, until the yams soften
- Add the fresh prawns
- Using a spatula, mash the yams slightly to form a paste
- Stir well, allow to cook for 2 minutes and turn off the heat

### 18. Fish sauce

#### Ingredients

- Boneless Fish fillet (cut into small chunks)
- Chopped onions
- Chopped spring onions
- Chopped yellow, red, & green bell peppers
- Oyster sauce
- Dry chilli
- Sliced carrots
- Corn starch
- Vegetable oil

#### Directions

- In a pan, heat up some vegetable oil, then add onions, and spring onions
- Stir well and allow to sauté for a bit
- Then add chopped yellow, red, and green bell peppers
- Add the oyster sauce (seasoning powder or salt is not required)
- Stir well to combine, then proceed to add the dry chilli and sliced carrots
- Add the cut fish fillet and allow to cook for 5 minutes
- In a small bowl, dissolve the cornstarch in little water
- Add the starch mixture to the cooking vegetables
- Stir gently, allow to simmer for 10 minutes and turn off the heat



## 19. Goat meat Asun

### Ingredient

- Goat meat (cut into chunks)
- Garlic (chopped)
- Onion powder
- Salt
- Seasoning powder
- Goat meat spice
- Pepper Mix (scotch bonnet/red bell pepper/ garlic)
- Onions (chopped)
- Green/yellow bell pepper
- Vegetable oil

### Directions

- In a bowl, season the goat meat with seasoning powder and salt
- Mix thoroughly, transfer into an oven or air fryer to roast
- Once the meat is well roasted, cut into smaller chunks
- Pour in a pan, add a little hot water, and stir well
- Next, go in with the pepper mix, garlic, goat meat spice, and onion powder
- Stir well, and allow to cook for 5 minutes
- Garnish with the red and green bell, stir well
- Allow to simmer for another 2 minutes and turn off the heat

## 20. Grilled fish & Roasted Plantain

### Ingredients

- Mackerel fish (cleaned and gutted)
- Plantains (peeled)
- Scotch bonnet pepper (Blended pepper)
- Paprika powder
- Fish seasoning
- Palm oil

### Directions

- Begin by scoring both sides of the fish, rub in the blended peppers on every part of the fish
- Follow this with fish seasoning, and paprika powder
- Next, rub in palm oil and set aside (ensure that all ingredients are evenly distributed on the fish)
- Transfer, the seasoned fish and peeled plantains into an oven
- Roast for 30 minutes, till properly cooked

## 21. Suya Shawarma

### Ingredients

- Roasted suya (minced)
- Cabbage (sliced)
- Carrot (grated)
- Cucumber (minced)
- Shawarma cream
- Tortilla wraps

### Cream mixture

- Greek yoghurt
- Mayonnaise
- Yaji
- Honey
- Lemon juice
- Black pepper
- Cayenne pepper

### Directions

- In a bowl, add the sliced cabbage, grated carrots, minced cucumber and suya
- Follow with the shawarma cream
- Mix thoroughly to combine and set aside
- Next, gently separate the tortilla wraps in two
- On a flat surface, gently place the wraps slightly on each other
- Then fill the wraps with the vegetable mix
- Fold and roll the wrap the shawarma, till it is completely sealed
- Grill on each side for 10 minutes, in an iron wrought pan
- Finally, wrap the cooked shawarma in foil paper



## 22. Catfish Pepper Soup

### Ingredient

- Catfish (washed and gutted)
- Scotch bonnet Peppers (as much as you can handle)
- Onions
- ginger and garlic paste
- 5 Cayenne peppers (Bawa)
- A handful of Spring onions
- 1 large Tomato
- 1 heaped tablespoon pepper soup spice
- 1 tablespoon ground crayfish
- A handful of chopped scent leaf
- Seasoning powder
- Salt
- A small piece of Uyayak

### Directions

- Put cleaned pieces of catfish into a pot, add some salt and set aside for about an hour (this is to allow the fish to absorb some of the salt).
- After letting the fish sit for an hour, add very little water, just enough to steam the fish.
- Roughly blend the scotch bonnet peppers, cayenne pepper, spring onions and add to the steaming fish.
- Follow with the uyayak, salt, and seasoning powder, cover this and allow it to steam for a few minutes.
- While cooking, blend some more peppers,

onions and one large tomato and set aside.

- Into the pot, add some ginger and garlic paste, followed by pepper soup spices and the blended pepper and tomato mix.
  - Next add enough water, cover and allow it to cook
  - Note: when cooking fish be careful not to stir vigorously
  - Finally, add the chopped African basil leaves, and cook for 2 minutes
  - Finish up with some crayfish powder (highly optional)
  - Turn off the heat.
- Note: Do not over-cook, total cooking time should last 20- 30 minutes

## 23. Afang soup

### Ingredient

- Afang Leaves (washed, sliced and pounded)
- Waterleaf (washed and sliced)
- Crayfish Powder
- Ponmo
- Periwinkle
- Stockfish
- Cooked meat
- Dried or smoked fish
- Palm oil
- Seasoning Powder
- Salt

### Directions

- In a pot, add cooked meat with its stock, dried fish, and ponmo
- Bring that to a boil, then add generous amounts of crayfish
- Add palm oil, and allow to cook for 5 minutes (do not allow the stock to completely dry)
- Next, add in the water leave, stir to combine and allow to cook for 2 minutes
- Go ahead with the pounded afang leaves
- Add periwinkle, and some more crayfish and adjust with salt and seasoning powder if necessary
- Lastly, add a little more palm oil, and stir well to combine
- Allow to simmer for one minute, then go ahead to turn off the heat



## 24. Okro Soup

### Ingredients

- Grated and chopped Okra
- Goat meat
- Beef
- Ponmo
- Stockfish
- Smoked fish
- Onion
- Scotch bonnets (yellow and red)
- Cayenne pepper (shombo)
- Ogiri okpei
- Salt
- Seasoning powder
- Chopped Ugu leaves
- Chopped uziza leaves
- Crayfish powder
- Palm oil

### Directions

- Begin by boiling all the proteins the goat meat, beef, ponmo and stock fish, to the pot add onions seasoning cubes, some salt and scotch bonnet peppers.
- Do not add water at the beginning of cooking allow the proteins to cook in their juice.
- Cover the pot and cook till tender.
- Once the proteins are properly cooked add the blended peppers.
- Add the palm oil into the mix.

- Then add some crayfish (add half of the crayfish)
- Stir, cover and allow it to cook for about five minutes.
- Add the washed-up smoked fish then go along with the ogiri okpei.
- Stir, cover it again and allow this to cook for another three minutes.
- Then add in the grated okra and the chopped okra.
- Add warm water (Do not add too much water at the beginning).
- Add the uziza leaves and ugu leaves.
- Add the remaining ground crayfish.
- Add salt and seasoning cubes to taste if necessary.
- Once the okra is added do not let it cook for more than two minutes, turn off the heat.

## 25. Oha Soup

### Ingredients

- Meat stock
- Cooked meat
- Snails
- Smoked fish
- Stockfish
- Boiled cocoyam paste
- Ground uziza seeds
- Ground scotch bonnet

- Okpei
- Uziza leaf (washed and sliced)
- Oha Leaved (washed and sliced)
- Seasoning powder
- Salt
- Palm oil

### Direction

- In a pot, add meat stock, cooked meat, snails, smoked fish
- Add stockfish, a generous amount of crayfish, pepper, seasoning powder, okpei and salt
- Add some water and palm oil, give it a good mix then allow to boil for a 2 minutes
- Next, add the cocoyam paste, stir well and allow to thicken for about 2 minutes
- Follow up by adding uziza seeds, allow to simmer for 3 minutes
- Then uziza leaves, more crayfish and stir to combine
- After about 30 seconds, add Oha leaves
- Stir well to combine, allow to cook for a minute and turn off the heat.



## 26. Goat meat pepper soup

### Ingredients

- Goat meat (washed & cut into chunks)
- Sweet corn (cut in bits)
- Ripe plantains (cut in small bits)
- Onions (chopped)
- Pepper soup spices
- Crayfish powder
- Fish spice
- Uziza spice
- Crayfish seasoning
- salt
- Mint leaves
- Red scotch bonnet pepper (blended)
- Water

### Directions

- In a pot, add washed goat meat, pepper, crayfish seasoning, salt and crayfish powder
- Stir well, cover and allow to cook on low heat for 10 minutes
- Then go in with all the spices, fish spice, uziza spice and pepper soup spices
- Next, add the ripe plantains, sweet corn and water
- Allow to cook for 15 minutes
- Finally, add mint leaves, cook for 3 minutes, and turn off the heat

## 27. BBQ Catfish

### Ingredients

- Catfish (cleaned and gutted)
- Salt
- Cayenne pepper
- Yaji
- Softened butter
- Red scotch bonnet (Fresh and ground)
- Onion powder

### Directions

- Gently place the cleaned catfish on a foil paper.
- Using a knife, make vertical incisions on the catfish.
- Apply a dry rub of salt, cayenne pepper and yaji, then set aside.
- In a clean bowl, mix softened butter, scotch bonnet pepper, seasoning powder and onion powder,
- Apply the mixture thoroughly over the catfish.
- Next, seal up the fish with the foil paper
- Lastly, grill the fish in the oven till properly cooked

## 28. Ogbono Soup

### Ingredients

- Cooked meat
- Ponmo
- Meat stock
- Stockfish (cleaned and boiled)
- Dried fish (washed and cleaned)
- Red & Yellow scotch bonnet (Grinded)
- Crayfish powder
- Seasoning powder
- Salt
- Ogbono (pounded in red oil)
- Ugwu Leaves (washed and sliced)
- Uziza leaves (washed and sliced)

### Directions

- Begin by adding a generous quantity of meat stock to a pot.
- Add Cameroon pepper, and a generous quantity of crayfish.
- Gradually add in ogbono.
- Stir the mixture well (to prevent lumps).
- Keep stirring till it starts to thicken.
- Add the cooked proteins, stock fish, and ponmo.
- Stir well, and add more water to loosen up (if the soup becomes too thick).
- Add more crayfish.
- Adjust with seasoning powder, salt and pepper if necessary.
- Finally, add dried fish, then go in with ugwu and uziza leaves.
- Stir to combine, cook for a minute and turn off the heat.



## 29. Edikanikong

### Ingredients

- Meat stock
- Cooked assorted meat (goat meat/ offals)
- Cooked stockfish
- Red scotch bonnet pepper (blended)
- Crayfish powder
- Palm oil
- Waterleaf (washed and sliced)
- Ugwu leaves (washed and sliced)
- Seasoning powder
- Salt

### Directions

- In a pot, pour in meat stock, cooked assorted meat, cooked stockfish, blended peppers and crayfish powder
  - Allow to cook on low heat for 5 minutes
  - Go in with more crayfish, seasoning powder, salt and palm oil
  - cover and allow to simmer for a minute
  - Next add the sliced waterleaf, some more blended pepper, and stir well to combine
  - Allow to cook for a minute
  - Then go in with the sliced ugwu, periwinkle
  - Allow to cooked for 2 minutes and turn off the heat
- Note: Do not overcook to the vegetables

## 30. Ofor Soup

### Ingredients

- Ground Ofor
- Catfish (steamed and seasoned)
- Croaker (steamed and seasoned)
- Crabs (steamed and seasoned)
- Crayfish powder
- Ground pepper
- Seasoning powder
- Salt
- Red scotch bonnet (blended)
- Washed Snails (optional)
- Periwinkles (de-shelled)
- Uziza leaves

### Directions

- In a pot, add fish stock, Snails, periwinkles, and crayfish,
- Add blended scotch bonnet pepper and chopped onions, stir and bring to a boil
- In a small bowl, add the ground ofor and mix thoroughly with palm oil
- When the pot boils for about 2 minutes, go in with the ofor mixture
- Stir well, and add the cooked croaker, catfish and crabs
- Add sliced uziza leaves, and stir gently
- Allow to cook for 5 minutes and turn off the heat

## 31. Ekpang Nkukwo

### Ingredients

- Cocoyam 6 pcs
- Water yam 5 small chunks
- Water 3 tsp (for blending)
- Palm oil 1 cup
- Ugwu or Cocoyam leaves for wrapping
- Seasoning powder
- Dried prawns
- Crayfish powder
- Bonga fish
- Ponmo
- Meat stock or hot water
- Periwinkles (shelled or deshelled)
- Chopped ugwu for garnish

### Directions

- Begin by blending coco yam /or water yam (Use either a grater or a blender).
- Transfer it into a bowl and season with salt (you can also season with crayfish and seasoning powder it is optional).
- In a pot, heat some palm oil, and ensure that the palm oil is spread across the pot
- Go in with your thoroughly washed periwinkles (Skip this step if you are using a non-stick pot)
- Next, wrap the blended cocoyam mix with the cocoyam or ugwu leaves and place gently into the oiled pot.
- Keep repeating the process until all the



cocoyam mixture is neatly arranged in the pot.

- Set on your cooker and begin to cook.
- Next, go in with your hot water or meat stock and any protein of choice.
- Add blended crayfish powder, scotch bonnet pepper, seasoning
- Cook on very low heat for 25 minutes (do not mix it during this first cooking)
- After cooking for the first 35 minutes, stir to combine but don't mix it too much
- Then add some more vegetables and stir.
- Cover, allow it to cook for another five minutes and turn off the heat.

## 32. Banga Soup

### Ingredients

- Palm kernel extract
- 1 tablespoon of banga spices
- seasoning powder
- salt
- Uyayak (Aidan fruit)
- Catfish (seasoned & steamed)
- Prawns (cleaned & seasoned)
- Shrimps
- Crayfish powder
- Dry Atama leaves
- scotch bonnet pepper (red and yellow)

### Directions

- In a pot, pour the palm nut extract and bring to a boil
- Add banga spices, blended peppers and Uyayak
- Allow to boil for 10 minutes and add fish, salt and seasoning powder
- Stir gently, cover and allow to cook for 20 minutes
- Next, add prawns, shrimps, and crayfish powder
- Stir, and allow to cook for 10 minutes and add dry atama leaves
- Cook for another 5 minutes and turn off the heat

## 33. Achiacha Ede

### Ingredients

- Dried cocoyam (Achicha)
- Cream Pigeon peas
- Palm oil
- Sliced Onions
- Ugba
- Red scotch bonnet pepper (blended)
- Crayfish powder
- Ogiri
- Seasoning powder
- Salt
- Sliced African basil (scent leaf)

### Directions

- In a mortar, pound roughly the dried cocoyam and soak for 30 mins.
- After soaking, drain its liquid, wrap it in foil paper and set aside.
- Next, wash and cook the pigeon peas till soft (a pressure pot for cooking is highly recommended).
- 20 minutes into cooking the pigeon peas, place the wrapped cocoyam into the pot.
- Next, in a pan, fry sliced onions, ugba, pepper, crayfish, and ogiri in palm oil
- Add seasoning powder and salt to taste
- Fry for a minute and add the steamed cocoyam
- Next, go in with the cooked pigeon peas
- Stir altogether, and follow with sliced African basil
- Stir again and allow to cook for 2 minutes
- Turn off the heat and serve with any protein of choice.



### 34. Archi Soup

#### Ingredients

- Meat stock
- Stockfish
- Smoked catfish
- Chopped onions
- Red scotch bonnet (blended)
- Seasoning powder
- Salt
- Cooked goat meat
- Ponmo
- Palm oil
- Archi powder
- Crayfish powder
- Ogiri
- Oha leaves (shredded)

#### Directions

- In a pot, add meat stock, some water, stockfish and smoked catfish
- Add some onions, seasoning powder, pepper and salt
- Stir, cover and allow to cook for 10 minutes
- Next, go in with your goat meat, ponmo and palm oil
- Cover and allow to cook for another 10 minutes
- Proceed to add archi powder, crayfish and ogiri
- Stir to combine, cover and allow to cook for 2 minutes
- Next, add the shredded Oha leaves,
- Cover, allow to cook for 1 minute and turn off the heat

### 35. Native Rice

#### Ingredients

- Palm oil
- Chopped onions
- Red Scotch bonnet pepper (as much as you can handle)
- Seasoning powder
- Salt
- Crayfish powder
- Dry prawns
- Cooked assorted meat (offals/beef/ goat meat)
- Ponmo
- Basmati rice (washed)
- Meat stock
- Hot water
- Smoked Mackerel
- African basil (scent leaf)

#### Directions

- In a pot, heat some palm oil, chopped onions, and blended pepper
- Stir to fry, go in with seasoning powder, salt, crayfish and dry prawns
- Allow to fry for 2 minutes, then add the cooked assorted meat and ponmo
- Next, add the washed basmati rice and stir well to combine
- Proceed to add the meat stock and hot water just a little above the rice level
- Stir well, then add the smoked mackerel
- Cover and allow to cook for 30 minutes
- Lastly, add the sliced basil leaves

- Stir well allow to cook for a minute and turn off the heat.

### 36. Abacha

#### Ingredients

- Abacha flakes
- 1 tbsp red palm oil
- 1 tsp ground potash
- Ugba
- 3 medium-sized fresh garden eggs
- Ponmo
- Chopped onions
- Red scotch bonnet (blended)
- Ground crayfish
- Ogiri
- Ehuru (blended)

#### Directions

- Begin by soaking the abacha in hot water until soft
- Into a pan or pot not heated up please transfer some palm oil.
- Dilute potash and add to the oil, stir well until it becomes a paste-like texture
- Add the chopped onions, blended pepper, crayfish, seasoning powder and ogiri, mix well to combine and go in ehuru.
- Add some ugba, ponmo, the chopped garden egg and set aside.
- Then, before adding the abacha, sieve off the



water and wash thoroughly to remove all the dirt.

- Lastly, add the washed abacha and mix very well to combine, to ensure that all ingredients are well incorporated.

### 37. Ofe Akwu

#### Ingredients

- Banga seeds
- Stock fish
- Smoked catfish
- Ponmo
- Crayfish powder
- Fresh Cameroon pepper (blended)
- Red scotch bonnet pepper (blended)
- Seasoning powder
- Salt
- Okpei
- Beef stock
- African Basil (scent leaf)
- Ugwu leaves

#### Directions

- Wash and boil Banga seeds for 30mins
- Once this is ready, extract the paste by pounding it in a mortar.
- Pound thoroughly and sieve with warm water to obtain the extract
- Next, pour the extract into a pot and bring to a boil.
- Then add stock fish, smoked catfish, ponmo

allow this to cook slightly.

- Go in with some onions, crayfish powder, salt, seasoning powder and the blended yellow and red pepper.
- Follow with the okpei and beef stock
- Add any other protein of choice.
- Add scent leaves and some uguw leaves
- Lastly, allow it to thicken up for about 5 minutes and turn off the heat.

### 38. Suya Jollof Rice

#### Ingredients

- Vegetable oil
- Chopped ginger
- Chopped garlic
- Chopped Onions
- Tomato paste
- Blended pepper mix
- Suya spices
- Thyme
- Jollof rice spices
- Seasoning powder
- Salt
- Chicken spice
- Curry
- Bay leaves
- Washed rice
- Meat stock
- Hot water

(Pepper mix ingredients: tomato, scotch bonnet, bell peppers, and onions)

#### Directions

- In a pot, heat some vegetable oil, add the chopped onions, garlic, ginger and tomato paste
- Fry a minute, then go in with the pepper mix and fry for another 2 minutes
- Next, add suya spice, jollof rice spice, seasoning powder, salt, chicken spice, curry powder, and bay leaves.
- Stir well to combine, then proceed with the washed rice and stir well
- Add meat stock and hot water just a little above the rice level (depending on the quantity of rice)
- Seal pot with a foil, cover and allow to cook for 30 minutes
- Lastly, add roasted suya and stir well
- Allow to cook for a minute and turn off the heat



### 39. Ikokore ljebu

#### Ingredients

- Wateryam (washed and blended)
- Palm oil
- Chopped onions
- Bonga fish
- Crayfish powder
- Blended pepper mix
- Ogiri
- Seasoning powder
- Salt
- Meat stock
- Smoked mackerel fish

#### Directions

- In a pot, heat some palm oil, add onions, crayfish, bonga fish, and pepper mix
- Add ogiri, seasoning powder and salt, and allow to fry for 5 minutes
- Proceed to add meat stock, and bring to a boil
- Next, add the blended cocoyam in small bits to the pot
- Cover and allow to cook on very low heat for 10 minutes
- Then go in with shredded mackerel fish
- Stir well, allow to cook for 2 minutes and turn off the heat

### 40. Goat meat Nkwobi

#### Ingredients

- Cow legs cut into small chunks
- Chopped and sliced onions
- Ponmo
- Crayfish
- Seasoning powder
- Salt
- Potash
- Cameroon pepper
- Ugba
- Palm oil
- Sliced utazi leaves

#### Direction

- Begin by cooking the cow legs.  
Note: They are very difficult to cook, using a pressure pot is highly recommended
- Add some crayfish and stock fish powder, salt, fish seasoning powder, chopped onions and Cameroon pepper and mix well together.
- Once it starts to steam, proceed to add some water, and allow it to boil for 20 -25 minutes
- Once the meat becomes tender, melt the potash in hot water, mix it well until completely melted and set aside.
- Next, in a pan add some palm (do not heat)
- Add only the water from the melted potash mix until it becomes a thick orange-like consistency.

- Follow with ugba, onions, utazi, the rest of the crayfish powder, stock fish powder, Cameroon pepper, and cayenne pepper and mix thoroughly.
- Lastly, proceed to add the cooked cow legs and the pomo.
- Keep mixing carefully
- Note: You may choose to heat the Nkwobi for a few minutes
- Finally, garnish with some utazi leaves and sliced onions.

### 41. Ofe Owerri

#### Ingredients

- Boiled cocoyam
- Cooked meat
- Crayfish powder
- Seasoning powder
- Salt
- Scotch bonnet
- Cameroon pepper
- Stockfish
- Smoked catfish
- Ogiri
- Snails
- Palm oil
- Prawns (optional)
- Uziza leaves
- Ugwu leaves
- Thinly sliced okazi leaves



### Directions

- Into a pot add cooked beef & offals (or whatever protein of choice)
  - Add the beef stock and additional water to the desired quantity
  - Add crayfish, scotch bonnet pepper and cameroon pepper
  - Adjust with salt and seasoning powder as needed, stir, cover and allow to boil for 10 minutes
  - Next, pound the cooked cocoyam (pounding while the cocoyam is hot is highly recommended)
  - In the boiling pot, add stockfish, washed snails, smoked catfish, and dissolved ogiri
  - Stir to combine and allow to boil for 2 minutes
  - Using a spatula, cut the pounded cocoyam into small bits, and add to the boiling pot
  - Go in with palm oil, stir gently, cover pot and allow to cook until the cocoyam dissolves completely and you can't see chunks of the cocoyam
  - Add prawns, and allow to cook for 2 more minutes, till soup is nice, thick and creamy (the consistency you're looking for is a creamy consistency)
- Note: If the soup is thick add more water
- Next, add washed and sliced Uziza leaves
  - After about a minute, add generous amounts of uguw leaves, and stir well to combine.
  - Cook slightly for a minute, and turn off the heat.
  - Lastly, go in with okazi leaves, and stir to combine.

## 42. Peppered Snails

### Ingredients

- Snails (cut in small chunks)
- Chopped onions
- Chopped garlic
- Vegetable oil
- Parsley
- Blended pepper mix
- Seasoning powder
- Smoked turkey (optional)

(Pepper mix ingredients: tomato, scotch bonnet, bell peppers, and onions)

### Directions

- Begin by cooking the snails with chopped onions, seasoning powder, onions and garlic
- Add a little water and allow to cook
- Next, heat up vegetable oil, and fry the cooked snails and turkey
- Add garlic, parsley, pepper mix, seasoning powder and salt and allow to cook
- Cook until the oil starts to separate from the sauce and turn off the heat

## 43. Waterleaf stew

### Ingredients

- Pepper mix
- Crayfish powder
- Onions
- Cooked goat meat
- Mackerel fish (washed and gutted)
- Seasoning powder
- Vegetable oil
- Waterleaf (washed)

(Pepper mix ingredients: tomato, scotch bonnet, bell peppers, and onions)

### Directions

- In a pot, heat some vegetable oil, and add a generous quantity of chopped onions
- Add the goat meat, seasoning powder and salt
- Cover and allow to cook in the oil for 5 minutes
- Add in the pepper mix, crayfish powder and the mackerel fish
- Stir well to combine, then cover and allow to cook for 15 minutes
- Lastly, add waterleaf (do not slice the leaves)
- Stir well, allow to simmer for a minute and turn off the heat.



## 44. Eggplant Fish Sauce

### Ingredients

- Mackerel fish (cleaned and gutted)
- Sliced onions
- Curry powder
- Seasoning powder
- Salt
- Eggplant (minced)
- Medium-sized tomatoes (sliced)
- Red bell pepper (sliced)
- Red scotch bonnet peppers (sliced)
- Onions (sliced)
- Palm oil
- Crayfish powder

### Directions

- Begin by boiling the mackerel fish with curry powder, onions, seasoning powder, and salt
- Add water at fish level, cover and cook for 12 minutes
- Next, transfer the minced eggplant to a pot, fill it with enough water to cover them
- Let it cook for 20 minutes (do not open the pot while its cooking)
- In a bowl, shred the fish and remove all the bones and set aside
- After cooking the egg plant for 20 minutes, drain out the water
- Then gently peel off the skin and mash the skinless eggplant with a fork

- In a pan on medium heat, pour in some palm oil, add sliced onions
- Add crayfish and stir for 20 seconds
- Go in with the sliced tomatoes, red bell pepper, and scotch bonnet pepper
- Season with curry powder, seasoning powder and salt
- Stir well to combine, and cook for 3 minutes
- After 3 minutes, add the shredded mackerel fish, mix well and cook for 4 minutes
- Pour in the mashed eggplant, mix properly and let cook for another 6 minutes
- Turn off the heat

## 45. Esa Soup

### Ingredients

- Beniseed
- Red scotch bonnet (blended)
- Cooked goat meat
- Stockfish
- Seasoning powder
- Salt
- Dry fish
- Ugwu leaves (sliced)
- Palm oil
- Uziza seeds
- Locust beans
- Meat stock / warm water

### Directions

- Begin by toasting the beniseed in a pot, blend and set aside
- In a pot, heat up some palm oil, add pepper, uziza seeds, locust beans, seasoning powder and salt
- Allow to cook 5 minutes
- In a bowl, add water to the blended beniseed powder to make a thick paste then set aside
- After cooking the soup base for 3 minutes, add stockfish and goat meat
- Add meat stock to loosen up the soup base a bit, stir, and begin to a boil
- Next, add the beniseed paste, crayfish, dry fish and stir
- Cover and allow to cook for 12 minutes
- After cooking for 12 minutes, add the sliced ugwu leaves stir again
- Finally, allow to cook for another 5 minutes and turn off heat



## 46. Bitter Leaf Soup (Ofe Onugbo)

### Ingredients

- Cooked meat/shaki (tripe) or beef
- Meat stock
- Dry fish
- Scotch bonnet pepper (red and yellow)
- Cooked cocoyam
- Palm oil
- Washed bitter leaf
- Seasoning powder
- Salt
- Ground Cameroon pepper
- Ground crayfish
- Ogili Isi (fermented locust beans)

### Directions

- Into a pot add your cooked meat (whatever protein of choice).
- Add some of the meat broth, your dry fish, Cameroon pepper you can also add the red scotch bonnet peppers.
- Then add enough water that you need to cook your soup, give it a good stir and then cover the pot and allow it to boil up
- While the soup is boiling, go ahead to peel and pound your boiled cocoyam (also known as Ede)
- To your boiling meat stock, add some palm oil
- Add some more seasoning, pepper, or salt if necessary to add flavor of the soup

- Add some crayfish but do not add all the crayfish because we'll be adding some at a later part of our cooking give it another stir
  - Then you add your ogilisi or ogirisi (Locust beans)
  - Cover and allow to boil for about six to seven minutes
  - Then add the pounded cocoyam, and allow it to dissolve
  - Then go on to add the well-washed bitter leaf
  - Cover the pot and allow the cocoyam to dissolve completely, till you can't see chunks of the cocoyam.
  - Cook till the soup is nice, thick and creamy (the consistency you're looking for is a creamy consistency)
  - Note: if the soup is too thick feel free to add some water to loosen it up
  - Lastly, add the remainder of the leftover crayfish to intensify the flavour of the soup.

## 47. Black Soup

### Ingredients:

- Uziza leaf
- African basil (Scent leaf)
- Bitterleaf (washed and chopped)
- Cooked Assorted meat (beef, goat meat, tripe/Shaki)
- Smoked Hake (Panla fish)
- Blended yellow and Red scotch bonnet
- Banga extract or Palam oil
- Onions
- Ponmo
- Crayfish
- Seasoning powder
- Salt
- Titus fish

### Directions

- Begin by blending all the vegetables ( Uziza leaves, Bitter leaves, African basil, onions, some scotch bonnet pepper, and crayfish)
- Blend till a smooth consistency and set aside
- In a pot add cooked meat with its stock, blended pepper, banga extract and crayfish
- Stir, cover and allow to boil for 5 minutes
- Next, add the smoked hake, and Titus fish
- Allow to cook for another 5 minutes
- Go in with the blended vegetables, add seasoning powder and salt to taste
- Stir very gently, cover and allow to cook for 10 minutes
- Stir gently once more and turn off the heat



## 48. Ukwa

### Ingredients

- Ukwa
- Ponmo
- Chopped onions
- Ground scotch bonnet peppers
- Dried fish
- Salt
- Ogiri
- Crayfish powder
- Ugba

### Directions

- Start by boiling your ukwa, and add some salt to taste.
- After a few minutes, add dissolved potash (This will help soften the ukwa on time)
- Next, you're going to drain out some water if you wish.
- Next, add your ponmo, your chopped onions and fresh peppers
- Add dry fish, Ogirisi, crayfish powder, salt and palm oil.
- Give everything a good mix and allow it to cook for a few more minutes a
- Finish off with some ugba, allow to cook for a minute and turn off the heat

## 49. Okpa

### Ingredients

- Okpa powder
- Palm oil
- Yellow scotch bonnet pepper
- Salt
- Crayfish powder
- Ground uziza seeds
- Seasoning powder

### Directions

- In a bowl, add lukewarm water and a generous quantity of palm oil
- Add pepper, the okpa flour and mix altogether
- Keep mixing it till a smooth consistency is achieved (ensure there are no lumps)
- Add more lukewarm water and continue to mix till the batter becomes runny
- Next, add the uziza seeds and crayfish and mix well
- Add seasoning and salt to taste, and continue to mix till well incorporated
- Scoop small quantities into a foil or leaves and transfer into a pot of boiling water
- Allow to cook for 45 minutes and turn off heat.

## 50. Owoh soup and starch

### Ingredients

- Cooked goat meat
- Meat stock
- Stockfish (soaked & seasoned)
- Starch (dissolved in water)
- Onions (chopped)
- Red scotch bonnet pepper
- Crayfish powder
- Potash (dissolved in water)
- Crayfish seasoning
- Local spice mix
- Palm oil

### Directions for Owoh soup

- In a pot, pour in cooked meat, meat stock and bring to a boil
- Add crayfish powder, and dissolved potash
- Add some water (above meat level) and allow to boil
- Next, go in with palm oil
- Allow to boil till it begins to bubble up
- Add the stock fish and dry fish
- Stir to combine and add dissolved starch as a thickener (cook on low heat)
- Cook till soup starts to thicken.



Directions for starch swallow

- In a pot, add a little palm oil, then add dissolved starch
- Start to stir continuously (to avoid lumps)
- Stir vigorously on low heat
- Cook until it forms a smooth, stretchy texture and no longer sticks to the pot

## 51. Steamed Vegetables

### Ingredients

- Vegetables of your choice (soko, ugwu, spinach)
- Vegetable oil
- Chopped onions
- Crayfish powder
- Giant prawns
- Bonga fish powder
- Seasoning powder
- Salt
- Shredded mackerel fish
- Smoked catfish

### Directions

- Begin by slicing your vegetables
- In a pot of boiling water, add the sliced vegetables (but do not cook the leaves)  
Note: once the leaves are introduced to the boiling water turn off the heat. This is the blanching technique
- Allow the leaves to sit in water for 4 minutes after this immediately transfer the vegetable to cold running water or an ice bath (this is to stop the cooking process)
- Once the leaves cool, sieve and drain out all the liquid
- Next, heat very little vegetable oil, add chopped onions, crayfish powder, and giant prawns

- Follow with pepper mix, seasoning powder, bonga fish powder and salt
  - Stir to combine, add shredded mackerel fish, and smoked catfish
  - Cook for 2 minutes
  - Finally, add the blanched vegetables, mix to combine and allow to simmer for 5 minutes
  - Turn off the heat
- Note: do not overcook the vegetables