**NIGERIAN DISHES**

**NAME:** MIXED OKRO SOUP

This soup is universal and can be seen prepared by different tribes across the country and continent of Africa using different styles.

**INGERDIENTS**: 500gm okro bulbs, 2 tbs ground dry pepper, onions, 2 tbs ground crayfish, seasoning cubes or powder, salt, 2 tbs locust beans, bitter leaf, 2 cooking spoons of palm oil;

Assorted meat (shaki, beef, cow tail, liver, intestine, gizzard); stockfish, smoked dryfish, dry or white cowskin (ponmo).

‘These ingredients can be purchased from any African food store in your location (nearest store can be found online with a click on google search)’.

**METHOD:**

1. Wash the meat, stockfish and cowskin (ponmo) with salt, set in a clean pot, add seasoning with a pinch of dry pepper and steam for about 10mins, shred to stockfish and cowskin (ponmo) separately and set in a bowl
2. Wash the locust beans, dice a bulb of big size onion, wash the smoked dryfish and shred to sizeable chunks then set aside in different bowls
3. Wash the okro bulbs, dice to desired size and set in a bowl
4. Wash the bitter leaf, shred to small pieces and set in a bowl
5. Pour 4 cups of water in a pot and boil for 5 mins, add a pinch of potash, put in 2 spoons of ground dry pepper, 2 spoons of blended crayfish and then pour in the diced okro and stir, steam for 2 mins
6. Add the cooked assorted meat, stockfish and diced cowskin (ponmo) , add 2 spoons of palm oil, stir evenly and steam for 1 min
7. Add the shredded bitter leaf and steam for 1 min, switch off steam and serve soup with swallow of choice ( garri, plaintain flour, ponded yam, wheat, semovita etc)

**NAME**: EGUSI IJEBU (IJEBU MELON SOUP)

This soup is common to the Ijebu tribe of Western part of Nigeria, very delicious and light to the belly.

**INGREDIENTS**: 2 cups whole melon seeds, 2 tbs dried unblended bird eyed red pepper (Ata ijose), 1 teaspn fermented melon seed (ogiri), 2 bulbs of onions, seasoning cubes/powder, salt;

Smoked dry fish, beef, cow skin (Kpomo), cow tail

‘These ingredients can be purchased from any African food store in your location (nearest store can be found online with a click on google search)’.

**METHOD**:

1)wash the beef, cowskin and cow tail with salt, season to taste with a little pinch of dry pepper, cook for 10mins

2)dry fry the melon seeds in a frying pan or pot, stir till its golden brown and turn off heat, allow to cool

3) blend the fried melon seeds with the dry bird eyed pepper and onions in water till it’s a smooth paste

4)heat a cooking pot on the fire/stove, pour in 2 spoons of palm oil and bleach for 2 mins

5)add the blended melon into the bleached oil and allow to cook for about 20 mins, add salt, ogiri (locust beans), seasoning cubes/powder and water till desired paste thickness

6)pour the smoked dry fish and Kpomo into the boiling melon paste while it’s 10 mins on fire

7)pour in the cooked cowskin, beef, cow tail and leave for 1 min to steam, switch off heat.

Serve soup with your preferred choice of swallow or rice

**EFO RIRO(Vegetable Soup)**

This soup is mostly prepared by the western part of Nigeria.

**INGREDIENTS**

1. Soko leaves also known as Lagos Spinach or argentea leaf, African spinach.

2. Dry Fish

3. Meat

4. Shaki, kpomo, (assorted meat)

5. Cow leg

6. Goat meat

7. Seasoning cubes

8. Onions

9. Garlic

10. Ginger

11. Locust bean

12. Bell pepper (tatahse)

13. Atarodo (fresh peper)

14. Palm oil

15. Crayfish.

**METHOD**

1. Marinate all proteins with seasoning cubes, salt, dry ginger/garlic powder, onious and grinder pepper and bring to boiling point.

2. Fry onions in palm oil and add blended tatahse (long red ball pepper), locust beans, dry pepper and grinded fresh pepper. Fry until it’s dry.

3. Pour hot boiling water into the soko leaves and soak it for a minute and drain. This is to make the leaves more absorbents in the sauce

4. Add meat stock into already fried pepper sauce and stir and bring to boiling point.

5. Add the soko leaves and crayfish then stir.

6. Leave to simmer for 2 minutes and your EFO RIRO is ready

**The cooking process takes about 40minutes.**

**Fresh fish pepper soup**

This soup is common with the south/south, south/east, eastern part of Nigeria and across the continent.

**INGREDIENTS**

Pepper soup spices

Ozazi leaves

Scent leaves

Maggi cubes

Water

Salt

Lemon

Onious

Garlic

Ginger

Crayfish

Half stalk of lemon grass to eliminate the taste of raw fish (optional)

5 balls Pepper(Atarodo) (Desired quantity)

Cameron pepper (optional)

Items can be purchased at any African store nearest to you.

**METHOD**

1. Wash fish with salt and lemon

2. Boil fish with seasoning cubes, salt, pepper, onious, ginger

3. Bring to boiling point then add pepper soup spices

4. Then add scent leaf or oziza leaf

5. Add crayfish

6. Allow to simmer for 3 minutes and pepper soup is ready.

**Estimated time for cooking is 30mins..**