

1. Origin: Amala and egusi soup are popular Nigerian dishes, with amala being a staple food in the Yoruba culture and egusi soup being a common soup in many Nigerian tribes.

2. How to Make:

- Start by preparing the amala. In a pot, bring water to a boil and add in a spoonful of palm oil.
- Gradually add in the amala flour, stirring constantly to avoid lumps. Keep adding flour until the desired consistency is achieved.
- Once the amala is cooked, use a wooden spoon to mix it until it becomes smooth and fluffy.
- In a separate pot, start making the egusi soup.

3. What to Serve With: Amala and egusi soup are traditionally eaten together with a variety of side dishes. Some popular options include fried plantains, steamed vegetables, or grilled fish.

4. Ingredients:

- 1 cup of amala flour
- 2 cups of water
- 1 tablespoon of palm oil
- 2 cups of chopped spinach or pumpkin leaves
- 1 cup of blended egusi seeds
- 1 onion, diced
- 2 cloves of garlic, minced
- 2 tomatoes, chopped

- 1 scotch bonnet pepper, chopped
- 1 pound of meat or fish, cut into bite-sized pieces
- 1 tablespoon of ground crayfish
- Salt and pepper to taste
- Seasoning cubes (optional)

5. Directions:

- In a pot, bring 2 cups of water to a boil and add in a spoonful of palm oil.
- Gradually add in the amala flour, stirring constantly to avoid lumps. Keep adding flour until the desired consistency is achieved.
- Once the amala is cooked, use a wooden spoon to mix it until it becomes smooth and fluffy. Set aside.
- In a separate pot, heat up some oil and sauté the onions, garlic, tomatoes, and scotch bonnet pepper until softened.
- Add in the blended egusi seeds and cook for a few minutes, stirring constantly.
- Add in the meat or fish and cook until browned.
- Pour in water or broth, enough to cover the ingredients, and bring to a simmer.
- Add in the chopped spinach or pumpkin leaves, ground crayfish, seasoning cubes (if using), and salt and pepper to taste.
- Let the soup simmer for about 10 minutes until the vegetables are cooked and the soup has thickened.
- Serve the egusi soup alongside the amala and any desired side dishes. Enjoy!