

I love Baku and Okro soup

How to prepare Banku



If you must devote some attention then the Ghanaian delicacy, Banku and stew, is worth the time.

Banku and Okro Stew is one of those dishes Ghanaians can't simply do without

Ingredients for Banku

2 cups of Corn Dough
1 cup of Cassava Dough
1tspn of Salt

Ingredients for Okro Stew

2 cups of chopped Okra
1 pound beef (*or any meat of your choice*)
2 large onions
4 medium-sized tomatoes
Kpakpo shito pepper, Ginger, garlic
4 fingers of herrings
Cowhide (*Wele*)
Palm Oil
1 salted fish(*momoni*)
Salt