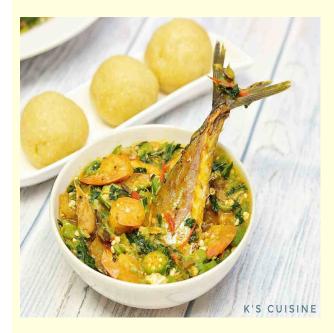
I love Baku and Okro soup

How to prepare Banku



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

Banku and Okro Stew is one of those dishes Ghanaians can't simple 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