

Tasty Delight!

Recipe Booklet

Learn how to make meals
from the Cities you've explored!



Recipes from **Lagos**



Boli (Roasted Plantain)

Ingredients:

Plantains (unripe or ripe)



Steps:

1. Wash and trim both edges of the plantain and then slit one side which makes it easier to peel the coat.
2. Secondly, preheat your oven grill at 150 °C. If you are using charcoal grill heat up the charcoal, then, place the plantains on the grill and roast.
3. Flip the plantain over from time to time until both sides are properly cooked/roasted.
4. Boli is ready.
5. Serve with Groundnuts (peanuts).

Eja Eko (Also called Eja Yoyo)

Ingredients:

1. 1kg sprat fish (any type of fish would work for this recipe, simply cut into bite size)
2. Flour
3. Corn flour (optional)
4. Onions (optional)
5. Salt
6. Seasoning
7. Cayenne pepper
8. Vegetable oil for frying



Steps:

1. Rinse and drain fish on kitchen towel to get rid of excess moisture.
2. Season fish with salt, seasoning and pepper as desired.

Eja Eko (Also called Eja Yoyo)

Steps:

3. Add flour, corn flour, seasoning and salt in a bowl and mix together.
4. Place a frying pan on high heat, add oil and leave till hot, carefully drop in the whole onion in the hot oil to flavour the oil.
5. Take the seasoned fish and add to the flour mixture in bits. Coat the fish with the flour mixture and shake off the excess.
6. Carefully add the flour-coated fish to the hot oil and fry until golden brown and crispy (fry to your taste) Drain on a kitchen towel.
7. Repeat the process until you have exhausted the fish.



Recipes from Enugu



Okpa

Ingredients:

1. 500 gr Okpa flour Grounded Bambara nuts
2. 100 ml palm oil
3. 5-6 Pieces scotch bonnet peppers mashed
4. 3 seasoning cubes of choice stock
5. 1 Small bulb of onion (diced) optional
6. Salt to taste



Steps:

1. Measure Okpa flour into a clean mixing bowl and add some palm oil.
2. Knead the dough until it gets an orangey-yellow colour. Add the ground crayfish, pepper, stock, diced onion, and salt.
3. Pour in some lukewarm water until you get the consistency you like. Mix with your hands until the lumps dissolve.

Okpa

Steps:

4. Add the pepper to taste.
5. Scoop the mixture into the wrapping material you want to use. (okpa leaves or plastic bags)
6. Put them in a boiling pot of water and boil on a moderately high heat for 45 minutes to 1 hour.
7. Turn off the heat and serve hot.



Ukwa

Ingredients:

1. African Breadfruit
2. Dry fish/Stock fish
3. 2 small stock cubes
4. Edible potash
5. Palm oil for colouring
6. Bitter leaves
8. Pepper and Salt



Steps:

1. Put carefully washed ukwa in a pot.
2. Pour enough water (about an inch above the level of ukwa) to cover the ukwa.
3. Add potash and dry fish or stock fish, cover the pot and cook till soft.
4. The ukwa is cooked when the seeds melt when pressed.

Ukwa

Steps:

5. Add plenty palm oil, pepper, stock cubes and salt to the cooked ukwa.
6. Stir, cover and cook on medium heat till the palm oil changes colour from red to yellow. Then stir and add the bitter leaves.
7. Cover and leave to simmer for 5 minutes.
8. Ukwa is ready to be served. Enjoy!



Recipes from **Kano**



Burabisco

Ingredients:

1. Garri
2. Vegetables
3. Onions
4. Chicken (shredded)
5. Butter
6. Groundnut oil
7. Seasoning cubes
8. Garlic
9. Ginger
10. Chili pepper.



Steps:

1. Wash and season the shredded chicken with ginger, garlic, and seasoning cube.
2. Heat up the butter and groundnut oil in a pan on a medium heat then stir in the shredded chicken.

Burabisco

Steps:

3. Add the chili pepper and seasoning to your taste.
4. Add the vegetables to the fried chicken is fried in the hot oil.
5. Prepare the garri by adding water to it in a bowl. Stir with a fork so it doesn't form a solid mold.
6. Pour the chicken and vegetables into the bowl of garri and stir very well till you have a perfect mixture.



Donkwa

Ingredients:

1. 1 cup dried maize powder
2. $\frac{1}{4}$ cup groundnut powder
3. 2 table spoon of groundnut oil
4. 1 table spoon dry Chilli pepper powd
5. 1 table spoon sugar



Steps:

1. Grind dry (roasted) maize and groundnut in a blender.
2. Mix ground maize and groundnut, pepper and sugar thoroughly in a bowl till smooth.
3. Gradually add oil to the mixture and stir, you will see it solidify with time.
4. Continue to mix well and add oil till the mixture becomes firm to mold without crumbling.
5. Mold into balls or any shape you want.
Donkwa is ready!

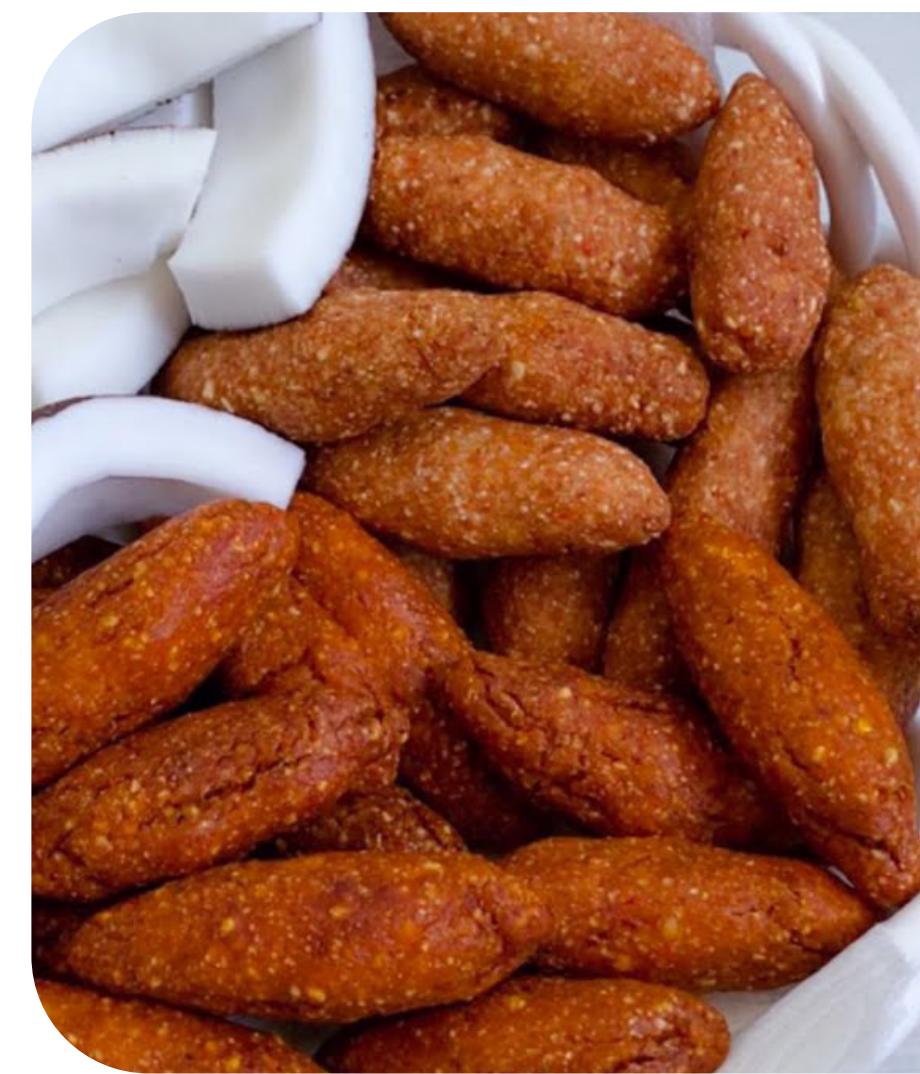
Recipes from
Benin-City



Corn Akara (Ekoka)

Ingredients:

1. Corn - 2cups of dried corn
(either white or yellow corn)
2. Onions
3. Scotch Bonnets
4. Palm oil or vegetable oil
5. Salt
6. Coconut



Steps:

1. Soak the corn in water overnight.
2. Grind the corn into a paste. (Not finely grinded).
3. Blend the pepper and onions together.
4. Add the grinded ingredients to the corn paste in a bowl.

Corn Akara (Ekoka)

Steps:

5. Add some salt to taste as desired and mix together. (The paste should not be watery but thick.)
6. Pour the palm oil into a frying pan and place over a fire to heat up.
7. Mold into oblong shape or desired shape and drop into the hot oil to fry.
8. Stir consistently until it is golden brown.
9. Take out with a frying ladle and put on paper towel to cool.
10. Serve with some sliced coconut.

