

Banku with Okro stew

About and origin of banku and Okro stew

Okro stew (or okra stew) is one of the best accompaniments to banku, one of Ghana's national dishes. The main components of okro stew are a tomato stew base made with red palm fruit oil, onions, tomatoes, spices and finely chopped okra. Okra stew comes in many forms and consistencies, from fairly slimy to almost soupy, and can be mixed with other vegetables such as garden eggs, or left simply as okra stew.

Banku is one of the national dishes of Ghana originating from the Ga-Adangme people along the South Eastern coast of Ghana. It is distinguished by its sour taste, which comes from several days of fermentation of the corn to make corn dough. Banku goes well with soups like okro, groundnut, and palmnut. It also goes well with green pepper sauce or crushed pepper with any kind of fish or meat. In Ghana here it is often eaten with okro stew.

Ingredients and Measurements needed to prepare okro stew

Ingredients	Measurements
Okro sliced	1 pound
Chopped onion	1 large
Diced tomatoes	2
Cow meat steamed	½kg
Palm oil	½ cup
Chilli pepper	2
Crushed Ginger	½
Garlic	2 cloves
Salt to taste	A pinch

Preparation

Okro Stew

1. In a hot pan, pour ½ cup of olive oil. Add the onions and stir until they are soft and tender
2. Add the paste of the grounder garlic and ginger. Also add the chili peppers. Stir the mixture until it softens.
3. Add the diced tomatoes to the mixture and stir gently. Cover the pan and let the mixture simmer for about 2 minutes.
4. Add the boiled meat to the mixture. Stir until the paste coats all the meat.
5. Add the okro and stir the pot to ensure even distribution of the okro.
6. Add ½ cup of water to make the soup thick. Do not overcook the okro.
7. Serve while still hot.

Ingredients and Measurements needed to prepare Banku

Ingredients	Measurements
Corn dough	1kg
Cassava dough	500g
Salt to taste	1 teaspoon
Water	Preferred choice

Preparation

Banku

1. Add your salt, corn and cassava dough into your cooking pot and mix together with water until smooth and thick, then transfer to high heat and stir continuously.
2. Depending on how moist the processed dough was at the start, more water may be added so far as the consistency is solid, but not too firm.
3. Turn the heat down to medium and allow the banku to steam in the pot, surrounded by a quarter cup of water. This should take 5 minutes.
4. Give the banku one final stir then take off the heat.
5. To serve, scoop the desired amount into a wet bowl and swirl around until balls are formed.
6. Serve while still hot with your okro stew.

Banku With Okro Stew Gallery

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Okro stew



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