

EGUSI SOUP

Egusi is a West African name for the seeds of plants like squash, melons, and gourds that, when dried and ground become a staple ingredient in many West African dishes. Particularly, in Nigerian culture, egusi is a popular with pounded yam. These seeds are rich in fat and protein, and add these essential nutrients into West African Cuisine.

Nigerian Egusi Soup is a soup thickened with ground melon seeds and contains leafy and other vegetables. It is one of the most popular soups prepared by most tribes in Nigeria with considerable variation and often eaten with dishes like Pounded Yams. Prepare it with goat, beef, fish, or shellfish!



Nigerian Egusi Soup Recipes

This recipe will show you how to make Nigerian Egusi Soup, a popular West African soup made with melon seeds.

Ingredients

- 1 cup blended onions about 3- 5 and fresh chilies, to taste
- 4 cups egusi melon seeds, ground or milled

- 1/2 – 1 cup palm oil
- 2 teaspoons fresh Une Iru, locust beans
- Salt to taste
- Ground crayfish to taste
- 7– 8 cups stock
- Cooked Meat & fish quantity and variety to personal preference
- 2 cups cut pumpkin leaves
- 1 cup waterleaf cut
- 3 tablespoons bitter leaf washed

Instructions

EGUSI PASTE:

1. Prepare the egusi paste:
2. Blend egusi seeds and onion mixture. Set aside.

MAKE THE SOUP:

1. In a large pot, heat the palm oil on medium for a minute and then add the Une.
2. Slowly add the stock and set on low heat to simmer.
3. Scoop teaspoon size balls of the egusi paste mixture into the stock. Be sure to keep ball shape.
4. Leave to simmer for 20 – 30 minutes so the balls cook through.

5. Add the meat and fish and other bits which you'd like to use.
6. Add cut-up pumpkin leaves.
7. Add the waterleaf.
8. Stir and put a lid on the pot and allow cook for 7–10 minutes, till the leaves wilt.
9. Add the bitter leaf. Leave the lid off while the cooking finishes for another 5-10 minutes.
10. Stir, check seasoning and adjust accordingly