

How to cook bitter leaf Soup



DESCRIPTION:

This bitter leaf soup recipe (also known as Ofe Onugbu) is generously stocked with flavoursome meats, fish and cocoyams. Make it when you're in the mood for something warm, serve with your favourite swallow, tuck in and enjoy.

INGREDIENTS:

½ cup washed bitter leaf

4 medium cocoyams

10 medium size assorted meats

3 medium smoked or dry fish

1 medium size stock fish

Ground dry pepper, to taste

1 tbsp. ogiri (locust beans)

½ cup ground crayfish

2 cooking spoons palm oil

Seasoning/salt to taste

METHOD:

Peel, wash and boil the cocoyam till tender, then blend or pound in a mortar.

Soak the stock fish in hot water to soften.

Season and boil the assorted meat until tender then add the stock fish and dry fish and allow boiling for 10 minutes.

Add the palm oil, ogiri, dry pepper, ground crayfish and cook for 3 minutes.

Add the cocoyam paste and stir very well. (you can add more water if it's too thick), allow cooking for 5 minutes.

Add the bitter leaf, seasoning and salt to taste. Allow simmering for 5 minutes.