Categories

1. Rice
2. Soups
3. Pastries
4. Beans
5. Yam
6. Breakfast
7. Plantain
8. Pasta
9. Stew

Recipes

1. Jollof Rice
2. Jollof Spaghetti
3. Puff Puff
4. Peppered Puff Puff
5. Akara (Bean Balls)
6. Moi Moi (Bean Cakes)
7. Okpa (Bambara Nut Cake)
8. Egusi Soup
9. Okra Soup
10. Ogbono Soup
11. Attama Soup
12. Onugbu (Bitter Leaves) Soup
13. Oha Soup
14. Nsala Soup
15. Abacha (African Salad)
16. Asun (Spicy Barbecued Goat Meat)
17. Isi Ewu (Goat Head)
18. Banga Stew (Ofe Akwu)
19. Chicken Stew
20. Beef Stew
21. Ukwa (African Breadfruit)
22. Beans Porridge
23. Plantain Porridge
24. Coconut Fried Rice
25. Plantain Moi Moi (Ukpo Ogede)
26. Meat Pie
27. Yam Porridge
28. Yamarita
29. Yam and Vegetables
30. Chin Chin