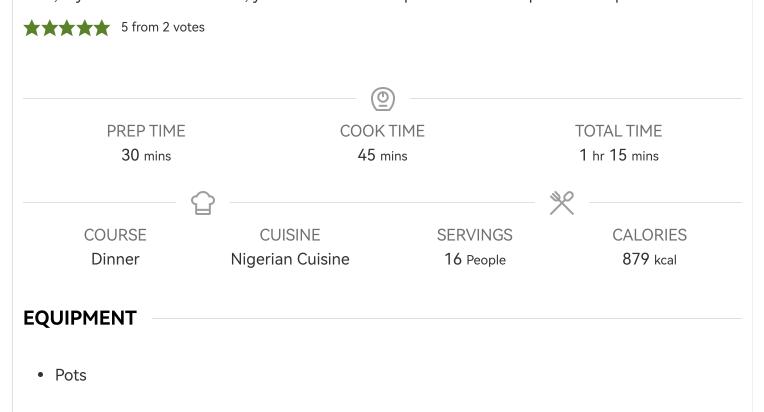
## Oha Soup Recipe | How to Make Ofe Ora

Chef Chidi

Oha soup is unarguably the most popular soup in Igboland. This recipe is straight forward and I am sure, if you follow it to the end, you will be able to replicate the exact plate of soup above.



## **INGREDIENTS**

- Oha leaves as required
- Cocoa yam see the video below(about 15 to 20 medium sizes)
- 2 kg Goat meat
- 200 g Dry fish or mangala
- 3 seasoning cubes
- 1 cup ground crayfish
- 150 g Stockfish head
- 300 ml Palm oil
- 4 tbsp of ofor or achi as an alternative thickener
- 1 tbsp Ogiri local ingredients
- salt and pepper to taste

## **INSTRUCTIONS**

1. You want to start by cooking and pounding the coco yams (they will be used as thickener for this soup). Just wash with water and boil for 15-20 minutes.

- 2. Peel off the back and pound using a mortar and pestle.
- 3. Slice the oha leaves and pound or grind the peppers and crayfish. Set aside.
- 4. Wash the dried fish and stockfish with hot water and tear them into smaller bits.
- 5. Precook the goeat meat using a teaspoon of salt and 2 seasoning cubes.
- 6. Add 5 cups of water to the cooked meat, then 300 ml (palm oil), fish and stockfish, the ground crayfish and 1 seasoning cube
- 7. Add salt and pepper to taste.
- 8. Stir your soup and allow boiling for 10 minutes.
- 9. Add the pounded cocoyam and ogiri at this point and allow them to dissolve for 10-12 minutes.
- 10. Always stir, you don't want burned soup. :D
- 11. Add the sliced oha leaves. Allow to simmer for 4 minutes.
- 12. Traditionally, oha soup is served with fufu in Igboland, you can also pair with eba or pounded yam

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## **KEYWORD**

Igbo Foods, Ofe Ora, Oha soup

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