

# 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.

★★★★★ 5 from 2 votes

PREP TIME		COOK TIME		TOTAL TIME	
30 mins		45 mins		1 hr 15 mins	
COURSE		CUISINE		SERVINGS	
Dinner		Nigerian Cuisine		16 People	
CALORIES					
879 kcal					

## EQUIPMENT

- Pots

## 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 goat 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



#### KEYWORD

Igbo Foods, Ofe Ora, Oha soup