

Waakye is a popular Ghanaian dish made with rice and beans. It is often served with a delicious stew and various accompaniments. Here's a recipe for preparing Waakye with stew, along with an estimated duration for each step:

Ingredients:

For the Waakye:

- 2 cups rice
- 1 cup black-eyed peas
- 3 cups water
- 1 teaspoon baking soda
- 3-4 sorghum leaves (optional, for color and flavor)
- Salt to taste

For the Stew:

- 2 tablespoons cooking oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 bell pepper, diced
- 2 tomatoes, chopped
- 2 tablespoons tomato paste
- 1 teaspoon ground ginger
- 1 teaspoon ground paprika
- 1 teaspoon ground dried shrimp (optional)
- 2 cups vegetable or chicken stock
- Salt and pepper to taste

Optional Accompaniments:

- Fried plantains
- Hard-boiled eggs
- Shito (Ghanaian black pepper sauce)

Duration:

Preparation Time: 15 minutes

Cooking Time: 1 hour 30 minutes

Total Time: Approximately 1 hour 45 minutes

Instructions:

Wash the rice and black-eyed peas separately and soak them in water overnight. Drain the water before cooking.

In a large pot, combine the soaked black-eyed peas, rice, and water. Add the baking soda and sorghum leaves (if using). The baking soda helps soften the peas and shorten the cooking time. Salt the mixture to taste.

Bring the pot to a boil, then reduce the heat to low, cover, and simmer for about 1 hour or until the rice and beans are cooked and tender. Stir occasionally to prevent sticking. Add more water if needed.

While the Waakye is cooking, prepare the stew. In a separate pan, heat the cooking oil over medium heat. Add the chopped onion and minced garlic, and sauté until the onion becomes translucent. Add the diced bell pepper and chopped tomatoes to the pan, and cook for a few minutes until the vegetables soften.

Stir in the tomato paste, ground ginger, paprika, and dried shrimp (if using). Cook for another 2-3 minutes to allow the flavors to blend.

Pour in the vegetable or chicken stock, season with salt and pepper, and simmer the stew for about 30-45 minutes, stirring occasionally. Adjust the seasoning according to your taste preferences.

Once the Waakye and stew are ready, serve the Waakye in bowls, topped with a generous amount of stew. You can garnish it with fried plantains, sliced hard-boiled eggs, and a spoonful of Shito, if desired.

Enjoy your homemade Waakye with stew!

Note: The cooking duration may vary based on factors such as the type of stove, heat intensity, and desired tenderness of the rice and beans. It's important to periodically check on the cooking process and adjust the time accordingly.