

To prepare Ghanaian rice balls, also known as "Omo Tuo" or "Rice Balls and Groundnut Soup," you will need the following ingredients:

Ingredients:

2 cups of rice

Water

Salt (to taste)

Groundnut soup or any other soup of your choice (for serving)

Duration: Approximately 2 hours

Here's a step-by-step guide on how to prepare Ghanaian rice balls:

Rinse the rice thoroughly under cold water to remove any impurities.

Place the rinsed rice in a pot and add enough water to cover the rice by about an inch.

Bring the water to a boil over medium-high heat.

Reduce the heat to low and cover the pot partially, allowing some steam to escape. Let the rice simmer for about 25-30 minutes or until it becomes very soft and sticky.

Stir the rice occasionally to prevent it from sticking to the bottom of the pot.

Once the rice is fully cooked, remove it from the heat and let it cool down for a few minutes until it is cool enough to handle.

Wet your hands with water to prevent the rice from sticking, and then scoop a small amount of rice (about the size of a golf ball) into your hands.

Gently roll the rice between your palms to form a smooth, round ball. Repeat this process until you have used all the rice.

Place the rice balls in a bowl or on a plate, cover them with a damp cloth or plastic wrap, and set them aside.

In a separate pot, heat your groundnut soup or any other soup of your choice until it is hot and ready for serving.

To serve, place a few rice balls in a bowl, and ladle some hot soup over them. You can garnish with chopped vegetables or herbs if desired.

Ghanaian rice balls are traditionally enjoyed by dipping them in the soup or breaking them into smaller pieces and mixing them with the soup.

The duration provided includes the time required to cook the rice and prepare the rice balls. The actual time may vary depending on your cooking skills and equipment. Enjoy your Ghanaian rice balls!