

To prepare Waakye, a popular Ghanaian rice and beans dish, follow these steps:

Ingredients:

- 2 cups of rice
- 1 cup of black-eyed peas (or cowpeas)
- 4 cups of water
- 2-3 dried red sorghum leaves (or bay leaves) (optional)
- 1 tablespoon of baking soda (optional)
- 1 medium-sized onion, diced
- 2-3 cloves of garlic, minced
- 1 teaspoon of grated ginger
- 1 teaspoon of dried thyme
- 1 tablespoon of vegetable oil
- Salt to taste

Duration: Approximately 2 hours

Here's the preparation method:

Rinse the black-eyed peas thoroughly and soak them in water overnight, or for at least 6 hours. This helps to soften them and reduce the cooking time.

In a large pot, add the soaked black-eyed peas, 4 cups of water, and the sorghum leaves (or bay leaves) if using. Bring the mixture to a boil and let it cook for about 30 minutes, or until the beans are tender. If desired, add baking soda to help soften the beans.

Rinse the rice and add it to the pot with the cooked black-eyed peas. Stir well, then add additional water if needed, so that the water level is about 1 inch above the rice and beans mixture.

Add the diced onions, minced garlic, grated ginger, dried thyme, and vegetable oil to the pot. Season with salt to taste. Stir everything together gently.

Reduce the heat to low, cover the pot with a tight-fitting lid, and let it simmer for about 45 minutes to 1 hour. During this time, the rice will absorb the flavors and become tender. Check occasionally to ensure it doesn't stick to the bottom of the pot, and add more water if needed.

After the cooking time, remove the pot from the heat and let it rest for a few minutes.

Serve the Waakye hot with your preferred accompaniments such as fried plantains, boiled eggs, spaghetti, avocado slices, or shito (a spicy Ghanaian sauce).

Note: The duration provided includes the soaking time for the black-eyed peas. If you haven't soaked them overnight, you will need to factor in the additional soaking time.

Enjoy your homemade Waakye!