

RECIPE	INGREDIENTS	CATEGORY	DESCRIPTION
JOLLOF RICE	Rice, tomatoes, onions, red pepper, tomato paste, garlic, thyme, bay leaf, stock cube	Main Dish	A beloved rice dish across West Africa, especially Nigeria, Ghana, and Senegal. It's cooked in a rich tomato and pepper sauce and often served at parties or family gatherings.
EGUSI SOUP	Egusi (melon seeds), spinach or bitterleaf, palm oil, crayfish, stockfish, beef, pepper, onion	Soup/Stew	A thick, hearty Nigerian soup made from ground melon seeds. It's high in protein and often eaten with pounded yam or fufu.
SUYA	Beef skewers, peanut powder, chili powder, paprika, ginger, garlic, bouillon powder	Street Food	A popular Nigerian street food, Suya is grilled meat coated in a spicy peanut rub. It's served with sliced onions and tomatoes.
GROUNDNUT STEW (MAAFE)	Peanut butter, tomato paste, onion, garlic, ginger, chicken or lamb, chili, stock	Stew	Originating from Mali and Senegal, this is a creamy, spicy stew made with ground peanuts. It's hearty and often served with rice.
WAAKYE	Rice, black-eyed peas or cowpeas, sorghum leaves (or baking soda), salt	Main Dish	A traditional Ghanaian rice and beans dish, often eaten with sides like gari (cassava flakes), boiled eggs, and fried plantains.
MOI MOI	Black-eyed peas, onion, pepper, oil, fish or egg (optional), seasoning	Side/Protein Dish	A steamed bean pudding popular in Nigeria, Moi Moi is smooth, savory, and often served alongside rice or pap.

KELEWELE	Ripe plantains, ginger, chili, garlic, nutmeg	Snack/Side	Spicy fried plantains from Ghana, commonly sold as street food. The heat of the spices balances the sweetness of ripe plantains.
BANGA SOUP	Palm nut extract, catfish or goat, crayfish, oburunbebe stick, chili pepper, scent leaves	Soup	A Delta Nigerian soup made from palm fruit extract, it has a deep red color and rich flavor, often eaten with starch or eba.
THIEBOUDIENNE	Fish, broken jasmine rice, tomato, cabbage, carrot, cassava, eggplant, parsley	Main Dish	Senegal's national dish, a one-pot rice and fish dish with vegetables. It's deeply seasoned and symbolizes hospitality.
AKARA	Black-eyed peas, onion, scotch bonnet, salt, oil	Snack/Street Food	Deep-fried bean fritters common in Nigeria and Ghana. Crunchy on the outside and soft inside, often eaten for breakfast or as street food.
FUFU	Cassava, yam, or plantain (pounded or mixed into dough)	Staple	A dough-like starchy side served with soups and stews. Popular across West Africa, especially Ghana and Nigeria.
DOMODA	Groundnut paste, onion, garlic, chili, tomato, beef or chicken, sweet potato	Stew	The national dish of The Gambia, a creamy peanut stew with sweet undertones, usually served over rice.
OKRA SOUP	Okra, palm oil, chili, crayfish, beef or	Soup/Stew	A slimy, deeply savory soup eaten in many parts

	goat, dried fish, onions		of West Africa. Best enjoyed with fufu or eba.
ATTIÉKÉ	Cassava (fermented, granulated), grilled fish or meat, tomato, onion, chili	Main/Side Dish	A couscous-like dish made from fermented cassava, commonly eaten in Côte d'Ivoire. Light and tangy, often served with grilled fish.
YASSA POULET	Chicken, onion, lemon juice, mustard, chili, garlic, oil	Main Dish	A marinated onion and mustard chicken dish from Senegal. Tangy, savory, and best served with rice.
TUWO SHINKAFA	Rice (short-grain), water	Staple	A soft rice dough from northern Nigeria, eaten with soups like Miyan Kuka or Miyan Taushe.
EGBO	Corn (dried and cooked), palm oil, pepper sauce	Breakfast/Fiber	A simple Nigerian breakfast dish made from dried corn. Often served with pepper sauce or beans.
AGUSHIE STEW	Melon seeds (ground), tomato, onion, pepper, oil, meat or fish	Stew	Ghana's version of egusi stew. It has a more tomato-forward taste and is served with yam or rice.
MIYAN KUKA	Baobab leaves (dried and powdered), beef, dawadawa, pepper, palm oil	Soup	A northern Nigerian specialty made with powdered baobab leaves, offering a dark green, earthy, and nutritious soup served with tuwo.
TAPALAPA BREAD	Wheat flour, millet or corn flour, yeast, water, salt	Bread	A dense, chewy bread from The Gambia and Senegal, baked in wood-fired ovens.

Often eaten with stews or
beans.