

CHAPTER 08

NUTRITION AND DIETETICS DEPARTMENT

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RECIPE AND PREPARATION PROCEDURE OF SELECTED INDEGENOUS DISHES

Selected Dishes from South West

Iyan (Pounded Yam) and Egusi Soup

Pounding yam is one of the conventional preparations of yam in Nigeria and indeed West Africa. Iyan (pounded yam) is usually served for lunch and dinner with egusi (melon) soup as a complement. Notwithstanding the laborious preparation, it still has a generally wide request.

Traditional Production of Iyan

The skin of the white yam is taken off, cut into pieces and boiled until fully cooked without being soggy. The boiled yam is then pounded until glutinous dough is obtained. It is often packaged leaves and stored in warmer until needed for consumption (usually within 3-4 hours).

Egusi Soup (Caking Type)

INGREDIENTS: Melon seed (2 cups), 180ml of palm oil, Dried fish /meat, Pepper (desirable amount), Tomato (desirable amount), Onion (1 big size), 2 teaspoon of salt, Seasoning (2 cubes) and Vegetables.

Procedure

1. Cook the beef, tripe (shaki), stock fish and dry fish in water, add stock cubes and salt and cook till it's done.
 2. Remove all the meat from the stock and keep aside
 3. Add the ground melon (egusi), crayfish and pepper to the stock and stir.
 4. Add some water to get the consistency of evaporated milk or thicker.
 5. Cover and cook for some minutes until the egusi cakes. Stir, add a little bit more water.
 6. Add the shaki, fish and meat and a small quantity of water at a time and cook for about 25 minutes, you will notice the clear oil coming to the surface of the soup.
 7. Add palm oil and any vegetable of choice.
 8. Add salt to taste and seasoning cubes
 9. Cook for about 7 minutes.
 10. Stir and correct the seasoning.
 11. Leave to simmer for some minutes.
 12. Turn off the heat and leave to stand for about five minutes before serving.[stock]
- The Egusi soup is ready to be served with Pounded Yam.



Fig 1 Diagrammatic representation of Egusi and Pounded Yam

Traditional Production Of Amala (Made from Elubo Yam flour)

Elubo is a smooth brown powder made from grinding dehydrated yam. It is an excellent source of carbohydrate. It is made by pouring in hot (boiling) water with incessant stirring until a stiff gel called Amala is gotten. It is usually served for lunch or supper with stew, bean soup and any of gelatinous vegetable (especially Ewedu). Elubo is commonly produced in Oyo, Osun and part of Kwara state.

Procedure For Ewedu Soup (Jute Leaf)

INGREDIENTS: Bunch of ewedu leaf, Pinch of salt and potash

Procedure

1. Sort the leaves from the stick and rinse in clean water
2. Boil desired quantity of water in a pot containing little potash
3. After the water get boiled, add the ewedu into the boiling water and allow it to cook until tender
4. After cooking, use a blender to blend it or use a bunch of broom to shred it.
5. Add a pinch of salt
6. Serve with the fish stew

FISH STEW

INGREDIENTS: Pepper (desirable amounts), Tomato (8 medium size), Onions (2 medium size), Salt (2 teaspoon), Seasoning (2 cubes), 187ml of palm oil and 2kg of fish

Procedure

1. Wash the pepper, tomato, onions and blend
2. Add palm oil to a pot on fire
3. After the oil has spent some minutes on fire, add the blended paste into the oil and allow it to steam up for some minutes.
4. Add the seasonings and salts to it and add the washed fish.
5. Cover it and allow it to cook for about 20 minutes
6. It is ready to serve
7. Serve with Gbegiri (beans soup), ewedu and some stew.



Fig. 2 Diagrammatic representation of Amala and Abula

EKO AND EFO RIRO (Lagos State)

INGREDIENT FOR EFO RORO

Beef, Shaki (cow tripe), Smoked fish, Dry fish, Stock fish, 20 mill palm oil, 500g Efo Shoko (spinach), 5 tatashe (bell pepper), 2 tablespoons ground crayfish, 2 bulb onions, 2 small stock cubes, salt and 2 tablespoons locust beans (iru)

Cooking Instructions

1. Cook the shaki first with as little water as possible as it is a toughest meat
2. When the shaki starts to curl, add the dry fish, stock fish, salt and seasoning
3. Allow to cook till its tender and keep aside.
4. To a pot on fire add palm oil and heat it up. Once hot, add onions.
5. Fry the tatashe peppers for about 15 minutes until there's no more water in it.
6. Add the locust beans, crayfish, salt, seasoning cubes and stir very well.
7. Add the cooked meat, fish, and vegetable and stir continually.
8. Correct the seasoning.
9. Allow to cook for some minutes and turn off the stove.
10. Serve with Eko (solidify cold pap) as accompaniment



Fig 3. Diagrammatic representation of Eko served with Efo riro

Selected Dishes From South West

BOLE AND FISH (Bayelsa)

This food consists of roasted plantain, really spicy pepper sauce, fish. Plantain is one of the major agricultural produce of Bayelsa Rivers states. Both states are surrounded by rivers and creeks so fish readily available Bole are sold in almost all the street corners Yenegoa and Port Harcourt. But it can be made at home.

Recipes for Bole And Fish

Plantain (unripe or ripe) Fish, Palm oil Fresh tomatoes, Fresh pepper, Ginger, Seasoning cubes, Onions, Salt and Utazi leaves.



Fig 4. Diagrammatic representation of Bole and Fish

Method of Preparation

1. The first step in making bole is to prepare the ingredients for the pepper sauce. Please note that the ingredients for making pepper sauce should be enough to sauce the fish before roasting.
2. Peel the ginger and onions and rinse them alongside the tomatoes and pepper. Put these ingredients in a clean blender, add a little water and blend. Whether you achieve a smooth blend or a rough one is entirely up to you.
3. Divide the blended ingredients into two unequal parts. Rinse, peel and chop more onions, and set aside for later use. Rinse and slice the utazi leaves, and also set aside for later use.
4. In a clean pot, put the larger portion of the blended ingredients. Boil until the water in it dries. Add the palm oil and some chopped onions to the pot. Fry the tomato blend for some minutes. Add the seasoning and salt to taste. Fry for about two minutes and then turn off the heat.
5. The next step is to sauce the fish and prepare the plantains. To this end, cut the fish, remove all the intestine and rinse well. Take the smaller portion of the blended ingredients, add palm oil, seasoning cubes, and salt to it and stir.
6. Preheat your oven at 150°C because the plantain and fish need to roast slowly. Rinse and peel the plantain. Place the plantain on the grill rack in the oven. Dip each piece of fish into the sauce and also place it on the grill rack to start roasting. Remember to turn the sides of the plantain and the fish from time to time. When both are perfectly roasted, turn off the oven.
7. If your pepper sauce has gone cold, you can heat it up. Serve the bole hot. Don't forget to add a little utazi leaves on it.

Recipe For Fishermen's Soup

- Medium size Fresh Fish
- 1 Cup Chopped Jumbo Shrimp, 1 Cup Isam (Periwinkle) 4 Pcs Crab
- 1.5 Cup Fresh Crayfish (Chopped)
- 1.5 Cup Chopped Uziza Leaf
- 1 Small Bulb of Onion
- 1 Cup Ngolo
- tbspc Cocoyam Paste for thickening
- 2 cubes Seasoning (Knorr/Maggi)...to taste
- 1 tbspc Powdered Crayfish
- 1 tbspc Palm Oil
- 1 tbspc Dry Pepper
- 1 pc Scotch Bonnet Pepper
- 2 tbspc Salt...to taste



Fig 5. Diagrammatic representation of Fisherman soup

METHOD OF PREPARATION

1. Cook cocoyam until it is soft. Once soft, peel and pound to completely smooth, forming a paste and set aside.
2. Cook the sea food separately and set apart.
3. Add ground pepper, crayfish powder, ground uziza seed to stock on fire and allow to cook for some minute
4. Add mashed cocoyam into the stock to thicken it
5. Add the sea foods and allow cooking for few minute
6. Add uziza leaves, correct the seasoning and allow to parboil for 2 minutes.
7. Turn off the heat.

8. Serve hot with either Pounded Yam, Eba, Semo or Fufu as accompaniment.

EKPANG NKWUKWO (Akwa Ibom And Cross River)

EkpangNkwukwo is a Nigerian dish made with grated cocoyam and or water yam, cocoyam leaves and periwinkle. It is a diet native to the South South, the Cross River and Akwa Ibom States of Nigeria. EkpangNkwukwo is so special that it is put aside for special functions.

Recipe For Ekpang Nkwukwo

500g Cocoyam, 250g Water Yam (Optional), Vegetable, A big bunch of tender cocoyam leaves, Pumpkin leaves and Scent leaves (nchanwu, efirin), Palm oil (generous quantity), A handful crayfish, 3 medium onions, 2 milk cups (300g shelled or 500g unshelled) Periwinkles, Assorted Beef and Offal, Dried fish, Snail (Optional), Pepper & Salt to taste and 2 stock cubes

METHOD OF PREPARATION

1. Take off the skin, clean and grate the cocoyam, water yam and mix together and set aside.
2. Rinse and cook the beef, offal and dry fish with the seasoning till done and put aside.
3. Clean the tender cocoyam leaves and tear into medium pieces. If using pumpkin leaves, wash these and set aside.
4. Blend the pepper and crayfish and set aside.
5. Wash the shelled or unshelled periwinkles and keep aside
6. Clean and slice the scent leaves into tiny bits
7. Rub the pot inside with a generous amount of palm oil.
8. Place unshelled periwinkles at the base of the well-oiled pot.
9. Wrap the cocoyam with the cocoyam leaf or pumpkin leaf and place in the pot. Repeat this procedure till all the grated cocoyam (and water yam) is exhausted.
10. Add the pepper, crayfish, onions, shelled periwinkles and assorted beef.
11. Add hot water to the level of the pot contents and set to cook on medium heat for 20 minutes.
12. Add the scent leaves, a generous amount of palm oil and salt to taste.
13. Cook for more 5 minutes and the Ekpang Nkwukwo is done. Leave to stand for 5 minutes, stir and serve.



Fig 6 Ekpang nkwukwo

TUWON MASARA (Corn Meal Swallow)

Cornmeal recipe (Tuwon masara) is a staple food and a very famous fufu swallow among the Northerners. It is known by different names as some people call it Cornmeal fufu which is gotten from dried corn. The corn is ground into a medium consistency and then sieved to have a fine texture.

In Hausa, it is called tuwon masara or tuwo. Tuwo Masara (tuwon masara) is a bolus meal indigenous to the Northerners (Fulanis & Hausas) and is also consumed by other Nigerian.

Ingredients: Corn meal (garin Masara), Groundnut oil and Water

Preparation

1. Boil water in a pot.
2. Divide d corn meal into 2 and set aside.
3. Pour d 1 part in a bowl add water and mix until smooth and set aside.
4. Then gradually pour d second paste into d boiling water nd use ur turning stick to mix until smooth cover and allow to cook for 10min.
5. Then gradually pour d remaining corn meal into d paste nd turn at the same time until smooth.
6. Add a little oil and continue to mix.
7. Add little water inside and cover d pot allow it to cook for some minutes.
8. Open d pot and turn d mixture until smooth.
9. Mould as desired and serve with soup of your choice.



Fig. 7 Diagrammatic Representation of Tuwon Masala.

DJERMA STEW (Peanut Chicken Stew)

The national dish of Niger State is stew called Djerma, usually prepared with or without meat. Conventionally, if a meat version is being prepared, chicken is usually the most preferred choice. In Niger, the principal food staple is rice, which is typically consumed with Djerma stew.

Ingredients: Chickens (cut into parts), 3 medium onion (sliced), clove garlic (minced) 1 table spoon paprika, 5-6 Round tomatoes / 2 cups tomato puree, 1 1/2 teaspoon dried thyme, 1/4 tea spoon curry powder, 1 bay leaf, 1 table spoon crumbled bouillon cubes, 1-2 cups sliced carrots, 3 tbsp Chopped parsley leaves, 2 chives (sliced), 2 1/2 tablespoon peanut butter, 1/2 cup oil, pinch of Salt and Pepper.

Preparation

1. Clean the chicken, marinate and set aside.
2. Cook the chicken around thirty (30) minutes, or until the chicken is tender.
3. Deep fry the chicken until brown on all sides and set aside.
4. Fry ground tomatoes, pepper, onions and garlic in oil and stir well.
5. Add the smoked paprika, curry powder, bay leaf and crumbled bouillon cubes.
6. Add the fried chicken
7. Add two cups of water to the stew, and then add the parsley, carrots and chives.
8. Cook for five (0:05) minutes until the carrots are tender.
9. Remove a cup of liquid from the stew and whisk with the peanut butter in a separate bowl.
10. Pour this peanut butter and sauce mixture back into the pot.
11. Allow the stew to simmer until thick.
12. Adjust the seasoning, then remove and discard the bay leaf.
13. Serve Djerma Stew over steamed rice.



Fig. 8 Diagrammatic Representation of Djerma Stew Tuwon.

BENUE STATE

Benue state is populated by several tribes such as Idoho, Tiv, Etulo, Abakpa, Jukun.

Foods popularly eaten in Benue state are Okoho soup and Pocho

OKOHO SOUP

Okoho soup is the native cuisine of the Idoma people of Benue state. It is made from the plant *Cissus populnea*.

It is a soup made from Okoho stick a usually prepared with games and best served with pounded yam. It can also be consumed with Semolina, Eba and Yam flour. Okoho soup is highly medicinal and also known for its ability to aid digestion. It is also called Dafara by the Hausas.

Preparation Of Okoho Soup

Recipes: Okoho stick, ½ kilo of meat, ½ cup palm oil, ½ onion bulb, 6 seeds of fresh pepper, 6 stock cube, Stock fish and Dried fish.

Procedures

1. Clean the meat and put in a pot.
2. Blend the onion and pepper and pour into it.
3. Add the stock fish and dried fish
4. Add the stock cubes and palm oil.
5. Put water and allow to cook.
6. Scape the Okoho stick, hit it hard with a pestle and shred it.
7. Put the shredded Okoho stick in a bowl add hot water into it.
8. Strain the liquid from the stick.
9. Pour the liquid into the meat, stir properly and allow to cook.
10. Cook for few more minutes and the Okoho soup is ready!



Fig. 9 Picture of Okoho soup

Couscous: Couscous is a traditional food for the Northerners (Gombe) and made up of small balls of durum wheat or semolina flour. Frequently compared to a grain, but typically the same dough is used to make all kinds of pasta. It is commonly used in food, following meat, veggies, and sauce, following rice or pasta. Although it is traditionally used in stew like meal daring chefs can also add it to salad. The high mineral and vitamin content of couscous account for the majority of it health advantages

Ingredients: Beef or chicken stock, Chopped carrots, Chopped green pepper (green tatashe), Greenbeans, Chopped spring onions, Chopped (boiled) cow liver, Sweet corn, Pepper, Chicken, Vegetable oil, Salt to taste, Knorr / Maggi Cubes, Curry Powder and Thyme.

Methods of preparation

1. Chicken should be boiled until it is tender. Remove the stock reserve.
2. Add couscous into the stock and allow soaking up for minutes, and then using a fork to fluff the couscous.
3. Add vegetable oil to a pot on fire and warm just a little, add chopped liver to fry, scoop and leave aside.
4. Stir fry the finely chopped spring onions, carrots, green beans, green pepper (green tatashe) and sweet corn after adding the
5. Stir again after adding curry powder, thyme, and spice cubes, liver and salt to taste.
6. Combine the fluffed couscous with the vegetables and steam for minutes over low heat.
7. Serve with salad, plantain and fried chicken.



Fig. 10 Picture of Couscous

One of the food common to Yobe state is Fura da nono. Fura is a fermented cereal based foods majorly eaten in the Northeastern part of Nigeria. It is a ball like snack made solely from millet or sorghum. It contains carbohydrate and fiber. Fura da nono simply means "millet and milk gruel." Fura means "millet balls" and nono means "cow milk yogurt".

INGREDIENTS: Millet or sorghum, Ginger, Black pepper and Gloves

Method of preparation

1. Sort and clean the millet
2. Soak until tender and peel
4. Drained he steeped sample and spread on aluminum foil.
5. Dry the spread sample on aluminum foil for 8 hours.
6. Grind the dried sample together with black pepper, cloves and dried ginger.
7. Mix with hot water until a smooth paste is formed
8. Mould the smooth paste into balls and then leave at room temperature to ferment for 48 hours.
9. Dry the fermented samples at 60°C for 8 hours in hot air oven.
10. Serve with Nono (cow milk yoghurt)

N.B The dried balls can be milled into powder which can be reconstituted with water to form fura.



Fig,11 Picture of fura da nono

MARGI SOUP

INGREDIENTS: 3 handful yakuwa leaves, 1 bunch African spinach, 3 habanero, 6 scotch bonnet, 200ml palm oil, 1 pinch of potash (to wash the yakuwa leaves), Salt to taste, Curry and thyme, 2 tea spoon crayfish, and 2 medium sized fresh catfish

Method of preparation

1. Pour hot water on the fish for a few seconds, drain and wash with normal water.
2. Season the fish and marinate in the freezer for a few hours
3. Wash and slice all vegetables and put aside
4. Steep the yakuwa in hot water and potash to get rid of the sourness
5. In a giant pot, arrange the fish, pepper, onions, crayfish.
6. Add the salt, seasoning cubes and tomato paste. Ensure it is done evenly.
7. Add enough water to cook it, cover with the lid and place on a lighted range.
8. Cook on low heat until the water thickens, stir gently and put off heat.
9. It can be served with tuwo shinkafa or semolina

Fig.12 Picture of Margi Soup

JIGAWA: BURABISCO

Burabisco is a traditionally made couscous meal common to the Northern part of Nigeria

INGREDIENTS

The lists of ingredients for Burabisco include; Garri, Vegetables, Onions, Chicken (shredded), Butter, Groundnut oil, Seasoning cubes, garlic, ginger and chili pepper

Preparation Procedure

Step 1: The first step in preparing this meal is to wash and season the shredded chicken with ginger, garlic, and seasoning cube.

Step 2: Warm up the butter and groundnut oil in a pan on a low heat then stir in the shredded chicken.

Step 3: Sprinkle the chili pepper and add seasoning to get your desired taste. Once your chicken is fried in the hot oil, add the vegetables and stir in.

Step 4: Prepare your garri by adding water to it in a bowl. Stir with a fork so it doesn't form a solid mold.

Step 5: Pour in your chicken and vegetables into the bowl of garri and stir very well till you have a perfect mixture.



Fig.13 Picture of Burabisco

SOKOTO: TUWO SHINKAFA AND MIYAN TAUSHE

Tuwo Shinkafa is a northern Nigerian dish. It is a thick pudding made out of local rice, millet or maize. Miyan Taushe is a pumpkin soup of northern origin. It is most commonly eaten among the northern people of Nigeria, the Hausas and Fulani's.

INGREDIENTS

The lists of ingredients for Tuwo Shinkafa and Miyan Taushe include;

1. 3 cups Short medium grain rice for Tuwo Shinkafa
2. 1 pc Small size pumpkin
3. 2 table spoon Peanut Butter
4. 6 pieces Assorted (Lamb chops, Goat meat and Cow leg)
5. 6 pieces Assorted Offals (Saki, Fuku, Heart and Kidney)
6. 1 piece Smoked Fish
7. 1.5 cup Dawa Dawa (locust beans)
8. 2 pieces Scotch Bonnet (Ata Rodo)
9. 100 grams Yakuwa leaves (sorrel)
10. 1 bunch Spinach
11. 5 table spoon Palm Oil Optional
12. 1 piece Jan Tatasei (Red bell peppers)
13. 2 pieces Fresh tomatoes
14. 1 bulb Onion

Procedure On How To Prepare Tuwo Shinkafa

Step 1: Put rice in to a pot after giving it a thorough cold water wash.

Step 2: Allow the rice to cook at medium heat until it's very soft and done with water completely dry.

Step 3: Mash the rice with wooden spatula until every grains of rice has been reduced to a mash of Tuwo.

Step 4: Once the Tuwo is formed, set aside and start preparing the Miyan Taushe.

Procedure On How To Prepare Miyan Taushe

Step 1: Cut the pumpkin in half, and then cut in chunks. Peel the hard outer layer, take out the seed and the hairy pulp. You can also use canned pumpkin puree as long as it is organic. If you are using canned pumpkin, add it to the pot after the meats have cooked.

Step 2: Boil and season the pumpkin with the assorted meats and smoked fish. Once the meat is cooked, fry it slightly.

Step 3: Take out the pumpkin and mash it into tiny bite pieces. Once this is done, set aside.

Step 4: Roast the Groundnuts for 3mins in a pan. You can use already roasted and peeled groundnut. Peel off the skin of the groundnut. And then blend it till the groundnut forms a paste.

Step 5: Peel off the skin of the groundnut, and blend in a mill till the groundnut form a paste.

Step 6: Blend the pepper, tomatoes and onion.

Step 7: Put it in a pan and boil until all the water content is evaporated.

Step 8: Put the fried meat back into the pot with the meat stock. Add the mashed pumpkins. Allow it to simmer.

Step 9: Lower the heat, add the groundnut paste and allow it to dissolve into the mix.

Step 10: Allow simmering for 3mins. At this point, the soup is thick and has taken on an orange color.

Step 11: Add the locust bean and pepper. If you desire to use palm oil, now is the time to add it. Stir gently.

Step 12: At this point, add the chopped spinach.

Step 13: Stir and allow simmering.

Step 14: Add the Yakuwa leaves to the soup. Stir and allow simmering for few minutes.

NOTE: This dish is particularly nutritious because of the ingredients used in making it. The vegetables provide a source of vitamin while the meat accounts for proteins. The pumpkin seeds are a good source of Magnesium, Manganese, Iron, Zinc and Copper. Again, the pumpkin seeds contain high amounts of antioxidants and are full of beneficial fats, boost immune system and help control blood sugar.



Fig 14: Tuwo Shinkafa and Miyan Taushe

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