



DIALOGUES INSPIRED BY COOKING & FOOD

RECIPES

INSPIRED BY AFRICA &
HOSTED BY UMOJA NEWCOMERS
FAMILY SERVICE CENTRE

LEARN, TASTE, BE INSPIRED



This is a brief introduction to Nigerian foods. For centuries, migrants from all over the Middle East, Bight of Benin, Sahara and sub-Sahara belts have settled in NIGERIA influencing the ingredients, recipes and preparation traditions of this region. Food lovers alike will all find their fill when enjoying the diverse and delicious food from NIGERIA.

E ma a gbadun onje lo!

RECIPES AND DIRECTIONS

APPETIZER

1. Fish Pepper Soup

MAIN COURSE

1. Spicy Chicken
2. Jollof Rice
3. "Moin Moin" – Steamed Bean Pudding

DESSERT

1. "Puff-Puff" - Nigerian donut



Fish Pepper Soup

Ingredients:

- 3 large clean tilapia fish
- 4 medium sized tomatoes
- 1 habanero pepper
- 1 big sized onion
- 1/2 tablespoon powdered maggi, 1 teaspoon salt, 1 tablespoon of spice mix
- Nigerian spic mix (yellow ginger and tumeric)
- 1 tablespoon of Efinrin
- 5 cups of water

Directions:

1. Blend tomatoes, pepper and onion into a pot, add water, salt, maggi, spices and boil for 40 mins
2. Cut fish into 2 pieces, wash and place in boiling pepper soup. continue boiling for another 15 mins
3. Serve hot, can be served along with Eko (akamu, pap) white rice, bread, potatoes
4. Makes serving for 6



Spicy Chicken

Ingredients:

- 12 drum sticks of chicken
- 3/4 teaspoon of salt
- 3/4 teaspoon curry
- 3/4 teaspoon chicken powder
- 3/4 teaspoon thyme
- 1/4 cup of olive oil

Directions:

1. In a bowl combine 1/2 teaspoon salt, curry, thyme, chicken powder
2. Marinate 12 drum sticks of chicken, place in a bowl and keep in the fridge for 1/2 hours
3. Add 2 medium peppers and one big onion. Add oil to pan and put it on low heat.
4. Stir fry it with a 1/4 cup of olive oil. Add 1/4 teaspoon salt, curry, thyme, chicken powder for flavour for 7-10 mins
5. Preheat oven to 360 F, spray cooking oil on pan and place chicken in and place in the oven until internal temperature reaches 82 C / 180 F
6. Combine everything together and allow to simmer for 5-10 mins
7. Serve warm
8. Makes serving for 6



Jollof Rice

Ingredients:

- 2 medium red peppers
- 4 medium tomatoes
- 1 big onion
- 2 habanero peppers
- 5.5 oz. of tomato paste
- 1/4 cup of canola oil
- 1/2 table spoon of maggi
- 1/2 table spoon salt
- 1/4 tea spoon curry
- 4 cups (32 oz.) water
- 3 cups of parboiled long grain rice
- 1 table spoon of margarine

Directions:

1. Blend red peppers, tomatoes, onion, habanero peppers together to make coarse texture and boil in a pot for 45 minutes
2. Fry tomato paste with one quarter cup of canola oil in a pot for 5 minutes
3. Combine boiled tomato with sautéed tomato paste and allow to boil for 1/2 hour, add maggi, salt & curry to fried tomato and stir for 1/2 hour
4. In a new pot, place water and allow to boil for 5-6 minutes
5. Wash parboiled long grain rice 4 times with warm water
6. Add washed rice to cooking tomato sauce and cook for 15 minutes
7. Add margarine, stir together, allow to simmer on low heat for 5-10 minutes
8. Sprinkle half cup of chopped onions onto rice, stir and steam on low heat for 10 minutes



Moin-Moin

Ingredients:

- 2 cups of black eyes beans
- 2 large eggs
- 1 tin of tuna fish
- 1 medium red pepper
- 1 big onion
- 2 tablespoons of canola or olive oil
- 1/2 teaspoon of salt
- 1/2 teaspoon of powered maggi
- 1 cup of water

Directions:

1. Soak beans for 10 mins, place in blender and chop intermittently for 60 secs
2. Sieve with water for 10 mins to remove eyed-coat
3. Place bean, pepper and onion in blender and blend for 14 mins
4. Place eggs in small pot and boil for 5 mins, remove shell and dice
5. Season the sliced beef with lemon juice, soy sauce, garlic and pepper
*For a more tasty beef steak, marinate it for 4 hours or over-night
6. Mix blended beans with maggi, salt, water, tuna, canola oil for 10 mins
7. Pour 3/4 cup of beans paste into aluminum foil mold and place in pot to steam for 1hr
8. Remove steamed beans cake(moin-moin) from alum. mold and serve warm
9. Makes servings for 6

As vegetarian meal, exclude all animal protein



Puff-Puff

Ingredients:

- 454g all purpose flour
- 1 teaspoon of fleishmann's traditional yeast
- 3/4 cup of sugar
- 1/4 teaspoon of salt
- 1 1/4 cup of water (52-70 F)
- Canola or olive oil for deep frying

Directions:

1. Combine water, yeast and sugar in a mixing bowl and allow yeast to come alive for 10 mins
2. Mix flour, salt into liquid mix
3. Cover and allow for fermentation for about 4 hrs
4. Make into ball and deep fry on both sides until golden brown



CHEF RACHEAL AKINBOBOLA

Racheal Akinbobola grew up in Nigeria. She is married to a wonderful husband and blessed with two sons. Her passion for cooking came from her mom, who owned a family restaurant in Nigeria. The love of cooking grew when she was older and ran a restaurant of her own. Chef Racheal Akinbobola moved to Canada to join her husband. She is now starting up her own catering service in Canada specializing in Nigerian Food.