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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Traditional Nigerian recipes

By Jennifer Carter

Staple foods in the Nigerian diet include: peanuts or ground-nuts, yams, cassava, fish, rice, okra, bananas, guinea corn and millet, and palm nuts.

They are usually starchy and Nigerians love to cook with a lot of pepper and spices especially those from the southwest and southeast. This recipe uses all local ingredients to create a tasty and nourishing meal.

These recipes celebrate the traditional food of Nigeria:–

Egusi Soup

Ground Egusi seeds give this soup a unique color and flavour. If you can't find Egusi seeds in your store, you can substitute pumpkin seeds or Pepitas which you can find in Latin American grocery stores. This soup is thickened with flour ground from seeds of gourds, melons, pumpkins, and squashes, many of which are native to Africa.

200 g Water Leaves
50 g Egusi seeds
1 teaspoon Dry Ground Red Pepper
1 medium Onion
100ml Palm Oil
10g Dry Ground Crayfish
120g Fresh Tomatoes
100ml Water
Salt & Pepper to taste

Wash the water leaves well in clean, fresh water.
Liquidise or pulverise the onions, tomatoes and egusi seeds until smooth.
Add the dry ground pepper and fry in palm oil for five minutes.
Add the water, put the lid on and cook for five minutes.

Traditional Nigerian recipes

Now add the water leaves, replace lid and cook for a further five minutes.
Finally, add the crayfish and seasoning, warming through well.

Serve with pounded yam or cooked rice and a meat stew, to provide protein.
Alternatively, serve with eba, fufu or any suitable carbohydrate.

Curried Okra

This traditional recipe for Okra (or Okro, as it is called in some part of Nigeria) is one that can be created anywhere in the world, as it uses ingredients that can be found in any local store.

The word "okra" comes from Africa and means "lady's fingers" in Igbo, one of the languages spoken in Nigeria. Although Okra originated from Africa, it is now available around the world. Some people consider Okra alone is too goeey, but this tasty recipe makes good use of it's properties.

When buying fresh okra, look for young pods free of bruises, tender but not soft, and no more than 4 inches long.

500g Okra
2 Onions
180g Oil
3 cloves garlic
2 Tomatoes
2 teaspoons of curry powder
½ teaspoon of turmeric
Pinch of black pepper
½ teaspoon of salt

Slice one of the onions finely and fry gently in oil.
Liquidise the remaining onion, tomatoes and garlic.
Add this puree to the frying onions.
Add the spices.
Fry gently for five minutes.
Top and tail the okra and cut into pieces about 1cm thick.
Add to the spices and cook gently for 10–15 minutes.

Serve with cooked rice and a meat stew, for protein.

With thanks to the Nigerian people who made us so welcome in their homes, gave us a love of traditional Nigerian food and who helped us overcome our fear of eating with our fingers!

For further tips and ideas for cooking great and traditional food from around the world, visit

Nigerian Recipes & Food

This article was submitted by Jen Carter, owner of the
World Food
& Recipes website.

Jen has travelled around the world and enjoys collecting and sharing recipes from other countries.

Do I really need to follow a Recipe?

By Mike Yeager

These days, it seems like everyone is looking for different recipes to add to their tried and true favorites. Many people are looking for recipes that are low carb or that fit into the type of diet they are on. Or, they are looking for new things they can make for busy nights like crock pot recipes or quick recipes. Maybe you are looking for a new cookie recipe or even an easy gourmet recipe. Whatever your choice is, you can usually do a search for them online.

There are many, many websites full of different and new recipes for you to try. Most web sites offering recipes are able to provide them free of charge. With so many people looking to expand their cooking ability or learn new recipes, the web is a wonderful tool. Search for quick recipes online and you may find not only recipes that are quick, but time saving tips and things you can do ahead to make dinner time quick and simple. You may find many types of quick recipes as well from crock pot recipes that are prepared well ahead of time to easy gourmet recipes. You'll find low carb or low fat recipes to meet your needs.

Regardless of how you are looking for them or what you are looking for, everyone seems to like new recipes to add to their favorites!

For more information on recipes click on one of the links below.

Mike Yeager
Publisher

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