



Efo Riro

A delicious spinach stew from Nigeria with optional shrimp, chicken, red meat or fried fish added.

What you will need:

- Spinach
- Tomatoes
- Dried shrimp or crayfish (optional)
- Cooked red meat or chicken (optional)
- Vegetable oil
- Red onions
- Bell Pepper
- Garlic



Method:

1. Chop half a red onion, a handful of tomatoes, a single bell pepper and a garlic clove.
2. Blend all together.
3. Chop the other half of the red onion.
4. Heat the oil in a saucepan or stockpot and saute the onions over a medium heat.
5. Add the blended pepper mix and allow to cook for 30 minutes.
6. Stir occasionally to avoid the mix from burning.
7. After 30 minutes, the sauce should be reduced.
8. Season and add the shrimp if you wish.
9. If cooking with meat, add them to the sauce this point.
10. Add a handful of spinach to the stew and leave for a minute over the heat.
11. Gently stir the stew until the spinach has wilted until about half of its original volume.
12. The stew is best served warm and freshly cooked.



Obe Ata Stewed Meat

This stewed meat recipe from Nigeria takes about 3 and a half hours to prepare but is worth it! Watch a video on how to make it [here](#).

What you will need:

- 10pcs chicken pieces e.g. drumsticks and thighs etc.
- 2 medium onions
- Pinch of salt
- 1l chicken stock
- Punnet of tomatoes
- 2 medium sized red peppers
- 1 or 2 scotch bonnet peppers (if you want it spicy)
- Drizzle vegetable oil



Method

1. In a saucepan, combine the chicken, salt, 240ml chicken stock, and ½ of one of the onions.
2. Let the mixture boil on a medium heat for 30 min.
3. Place the chicken in a 350 degree oven on a baking sheet lined with foil and let it bake in the oven for 30 minutes or until it is golden brown on both sides. (To get both sides to brown, turn the chicken after it has been in the oven for 15 minutes.)
4. Save the broth.
5. In another saucepan, combine sliced tomatoes, a pepper, one of the onions, a scotch bonnet pepper (optional) and 120ml water.
6. Let the mixture boil on a medium heat until the water dries out (about 30 minutes).
7. Remove the sauce pan from the fire and set it aside to cool.
8. Blend the cooled tomato mixture in a food processor until it has a smooth consistency.
9. Drizzle the vegetable oil in a dry saucepan and heat.
10. Once it is hot, add the remaining half of the onion and stir.
11. Pour in the blended tomato mixture.
12. Add a pinch of salt and the rest of the chicken stock and let the mixture boil down for another 30 minutes.
13. Pour the chicken into the boiling sauce and let it cook for another minutes.
14. Serve the stew immediately.

Groundnut Chicken Stew

What you will need:

- 8 chicken thighs
- 1tsp black pepper
- 4tbsp Vegetable oil
- A thumb-sized piece of ginger
- 1 large onion
- Dried chilli flakes
- Tomato purée
- Grounder coriander
- Ground turmeric
- Cumin Seeds
- 400g tin plum tomatoes
- 200g peanut butter
- 1 red chilli
- Roasted salted peanuts
- Coriander
- Rice – to serve



Method

1. Season the chicken with salt and pepper.
2. Heat the slow cooker to high or low.
3. Heat the oil in a frying pan and fry the ginger, onion and chilli flakes for 10 minutes.
4. Add the chicken, tomato puree and spices.
5. Cook for 5 minutes.
6. Add the tinned tomatoes and bring to a boil.
7. Tip the contents into a slow cooker with the peanut butter.
8. Add 500ml boiling water and some salt and pepper.
9. Mix well and cover.
10. Cook for 3 – 4 hours on high or 6 – 8 hours on low.
11. The chicken should be tender and the sauce thickened.
12. Serve on rice with chilli, peanuts and coriander to taste.