

Recipe 2

Ghana Style Dumplings - Fufu

Ingredients

1 cup Ghanaian Boxed Fufu Flour I, any type

Directions for stovetop

1. Mix the FUFU powder with 2 cups of cold water in a saucepan. Put it on the stove. On medium heat sit constantly with a heavy wooden spoon or stirring stick as it heats and begins to thicken.
2. Continue to turn in the FUFU, stirring from the inside to the outside. A little additional water may be added as necessary by pouring it around the outside edges of the pan, and lowering the heat, to keep the FUFU from scorching. It will take a strong arm and about 20 minutes to reach the proper elasticity. Form into balls.

Note: Different people prefer different textures to the FUFU. Some like it softer or and some like it harder. You can experiment with the increasing the water, or cooking for another few minutes.

To serve

After forming into balls, put the FUFU into individual bowls and ladle a little soup over. Alternatively, people make help themselves to FUFU and then have the soup served. (If you or the diners are cutting larger balls of FUFU into smaller servings, have a spoon in a cup of water nearby to wet the spoon before cutting and serving the FUFU to prevent it from sticking.) In restaurants, the soup and FUFU are served together.

While soup and FUFU is a common meal by itself, for a non traditional twist one may serve two or three mini teaspoon -size balls of FUFU in a light Soup as a first course to a meal.

Chicken Peanut Soup - Nkate Nkwan

Ingredients

3 to 4 pounds bone in chicken parts, skin and fat removed

2 cups chopped onion

2 or 3 garlic cloves

1 heaping teaspoon grated fresh ginger

1 1/2 teaspoon salt

Dried ground red pepper to taste (at least 1/4 teaspoon), or fresh hot chilli pepper of choice

1 8 ounce can tomato sauce

1 to 2 tablespoons tomato paste

1/2 to 1 cup creamy natural-style peanut butter (no sugar added)

About 8 fresh okra or 5 ounces frozen okra, tails removed, left whole or chopped

Directions

1. Put chicken pieces into a heavy pot with 1/2 cup of water. Add 1 cup of the chopped onion, the garlic, ginger, salt, and ground red pepper. Cover and steam the chicken over medium-low heat for about 10 minutes, making sure the water does not cook away
2. Stir in the tomato sauce and paste, the remaining 1 cup of chopped onion, and 5 more cups of water. Bring the soup to a boil and then reduce the heat to simmer.
3. Ladle about 2 cups of the soup broth into a medium saucepan, and mix in the peanut butter. Heat the mixture on medium heat stirring constantly, until the oil separates and rises to the surface. This may take 15 to 20 minutes. Be sure to stir the mixture constantly or it will scorch. Add a little more soup broth as necessary.
4. When the oil has begun to separate out, ladle some more of the soup broth into the peanut sauce, stir it, and carefully stir the mixture into the soup.
5. After a few minutes add the okra. Allow the soup to simmer for about 20 to 30 minutes, Until the flavours blend and the chicken is cooked. Add more water for a thinner soup. Check the seasonings and adjust salt, red pepper, etc, to taste.
6. Before serving, skim off any oil that rise to the surface. If the soup isn't not going to be eaten immediately, remove the chicken pieces to prevent them from overcooking and return them to the soup just in time to heat them through.

To serve: Its traditionally served with FUFU, boiled african yam, or rice balls(omotuo).