

APRAPRANSAH WITH LAND CRABS (N/A)

Ingredients

- g palm nut extract
- g Crab
- Medium Onion (Chopped)
- Medium Onion (Chopped)
- Medium Chopped Ginger
- sprig Fresh thyme
- mL Water
- Fresh Pepper
- Fresh Tomato (Chopped)
- 1/2 1/2 Garden Egg
- MAGGI Shrimp
- Fresh Pepper
- 1/2 1/2 L Water
- cups roasted corn flour
- 1/2 1/2 coarse sea salt

Instruction

1. Pour the palm nut extract into a bowl, add 1 litre warm water, stir to dissolve the palm butter, strain and set aside.
2. Pour the crabs into a saucepan, add onion puree, ginger, thyme, MAGGI shrimp tablet, water and let simmer for 15 minutes on a medium high heat.
3. Add the strained palm nut juice, yellow scotch bonnet pepper, tomatoes, onion, stir and let boil for 15 minutes until the vegetables are soft and tender. Take out, blend into a smooth mixture and pour back into the soup and let it simmer down for another 35 minutes. Add the garden eggs, red scotch bonnet pepper, adjust the salts and let simmer down for 10 minutes. Take out the meats. Stir in the roasted corn flour bit by bit to get a smooth consistency.
4. Apapransa ready. Serve with palm nut soup

Nutrition

Carbohydrates	71,67 g
Energy	395,24 kcal
Total fat	3,09 g
Fiber	8,3 g
Protein	23,32 g
Saturated Fats	0,51 g
Sodium	957,65 mg
Sugars	25,14 g

81 Minutes

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