





PREP TIME: 15 MINUTES | COOK TIME: 40 MIN | SERVES:6-8

INGREDIENTS

2 Cups Wrewre Melon Seeds 1 Pound Chicken Thighs 2 Medium Red Onions 5 Cloves of Garlic 1 Medium Ginger 3 Small Tomatoes 5 Scotch Bonnet Pepper 2 MAGGI CHICKEN tablet

DIRECTION

Toast melon seeds in a pan over medium-high heat for 5 minutes

Take off heat and soak in water for 10 minutes.

Pour cut chicken thighs into a saucepan.

Add onion, ginger, garlic, maggi chicken tablet, stir, and let steam for 5 minutes.

Add the cayenne pepper, smoked paprika, curry powder, stir and let simmer for 2 minutes.

Add scotch bonnet pepper, tomatoes, onion, water, stir, cover and let simmer for 10 minutes.

Blend the soaked melon seeds into a smooth mixture and strain into the chicken stock and let boil for 3 minutes.

Take out the vegetables, blend into a smooth mixture and pour into the soup, add maggi chicken tablet Stir and let boil for 15 minutes.

Ready to serve





PREP TIME: 10 MINUTES | COOK TIME: 45 MIN | SERVES:6-8

INGREDIENTS

4 tbsp vegetable oil pound beef fillet, diced 1 tsp dried oregano 1 tsp ground black pepper 1 small ginger, grated 3 clove of garlic, minced 1tsp salt 1 medium onion, diced 4 medium tomatoes, diced 1 tbsp tomato paste 1 tbsp cayenne pepper 1 tsp smoked paprika 1 tsp curry powder 3 cup local wheat 2 MAGGI D3D33D3 tablet 500ml water

DIRECTION

Heat vegetable oil in a pan over medium heat, add the beef, oregano, black pepper, ginger, garlic, 1 MAGGi D3D33D3 tablet

Add salt, stir-fry until cook through for 5 minutes.

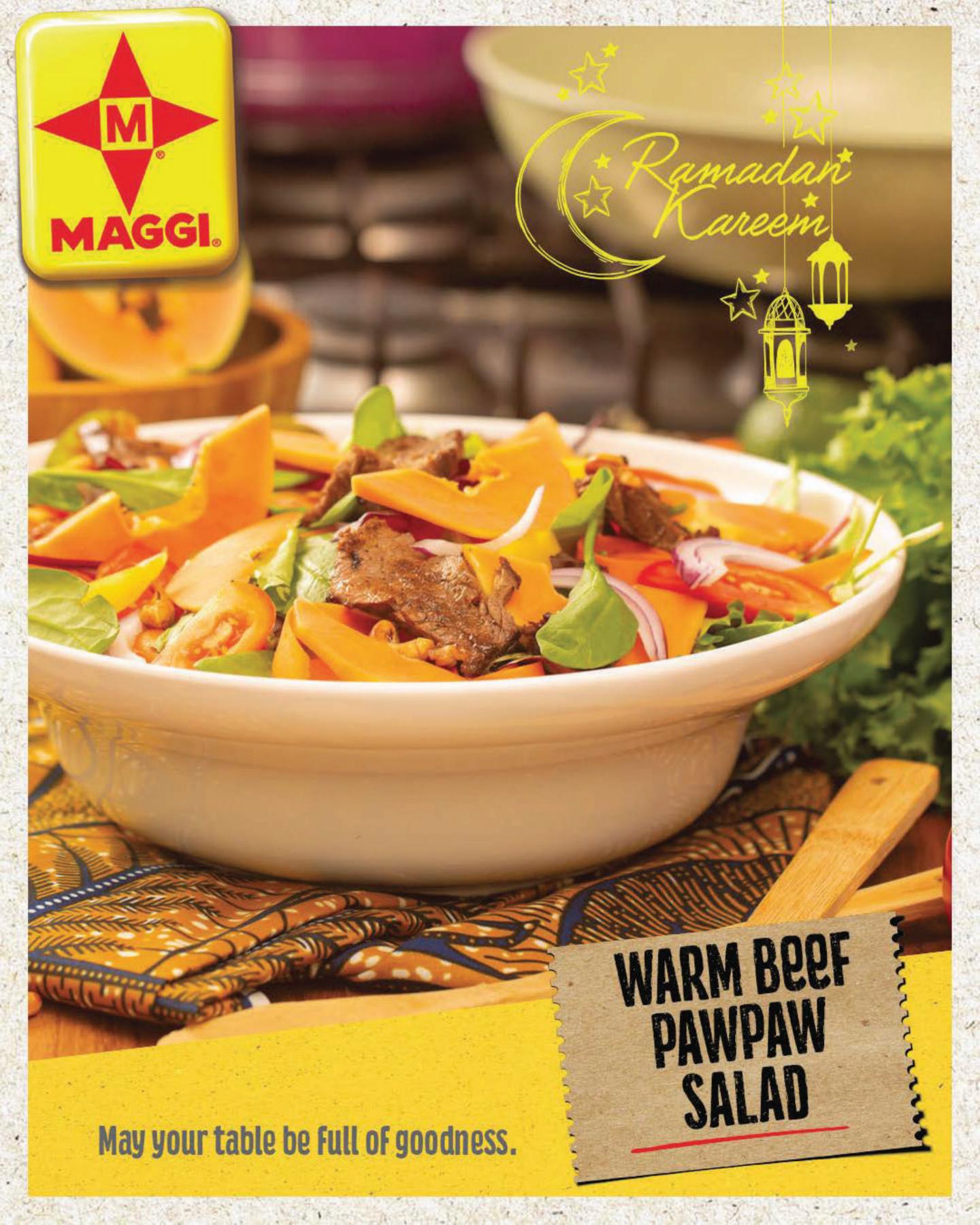
Add the diced onion, stir until translucent then add the chopped tomatoes, tomato paste, stir and let simmer for 5 minutes.

Mix the groundnut paste with tomato paste, water and mix into a smooth mixture, place on medium heat and cook until done for 5 minutes.

Add the cayenne pepper, smoked paprika, curry powder, stir and let simmer for 2 minutes.

Add the wheat, braise for 5 minutes then add salt, water, stir and let cook for 35 minutes.

Ready to serve







INGREDIENTS

1/2 kg beef fillet
1/4cup suya spice
1 MAGGi seasoning cube
1 tbsp crushed black pepper
1 tsp sea salt flakes
Sprig of fresh thyme

4 tbsp olive oil 1 tbsp soy sauce 1 tbsp lemon juice 1/2tsp black pepper 1 tsp chilli flakes 1 tbsp wild honey 100g Fino fresco leaves 100g Arugula leaves 6 baby carrots, halved 1 medium white onion 7 cherry tomatoes, halved Toasted cashew nuts, chopped

DIRECTION

Season the beef fillet with the suya spice and place on a pre-heated grill.

Grill for 3 minutes, drizzle with vegetable oil, turn over, add the carrots and grill for another 3 minutes.

Set aside to cool off.

Mix soy sauce with lemon juice, chilli flakes, black pepper, olive oil, salt and honey.

Add the thyme, stir and set aside.

Cut the grilled beef into an inch slices, season with sea salt flakes and coarse crushed black pepper then set aside.

Place the fino fresco leaves in a salad bowl, followed by arugula leaves.

Add the sliced beef, cherry tomatoes, grilled carrots, sliced onion and sprinkle the chopped cashew nuts,

Drizzle with the dressing.





PREP TIME: 15 MINUTES | COOK TIME: 35 MINUTES | SERVES:6-8

INGREDIENTS

2 Cups Beans Powder
1 Tsp Ground Salt Petre
1 MAGGI SHRIMP tablet
Fish powder
Katemfe leaves

DIRECTION

in a mixing bowl, mix beans powder, 1 maggi shrimp table and salt petre.

add water and mix into a smooth consistency.

Scoop a spoonful into a katemfe leaf, wrap and set aside.

Continue the process with the remaining mixture.

Bring water to a boil, place a splatter guard on the saucepan, then carefully place the wrapped mixture on the splatter guard and cover to steam.

Let cook for 30 minutes and take off heat.





PREP TIME: 10 MIN | COOK TIME: 30 MIN | SERVES:6-8

INGREDIENTS

500g Spinach Sliced
1 Salted Tilapia (Koobi)
1 Medium Onion Sliced
1 medium onion blended
5 cloves garlic blended
4 Medium Tomatoes blended
5 Scotch Bonnet Peppers blended

1 small ginger blended
2 Tbsp shrimp Powder
1 Medium Smoked Mackerel
200mlPalm Oil
1 cup soy bean flour
2 MAGGI SHRIMP tablet

DIRECTION

Soak the soya bean flour with 300ml water

Heat palm oil in a saucepan over medium heat, add salted tilapia and fry on both sides for 5 minutes, take out and set aside.

Add sliced onion, stir until translucent, then add blended tomatoes, scotch bonnet pepper, garlic, onion, ginger, stir and let simmer for 5 minutes.

Add powdered shrimp, smoked mackerel, stir and let simmer for 2 minutes, add the soya bean paste and let it simmer for 5 minutes stirring occasionally.

Add sliced spinach, stir to mix with the sauce, cover and let wilt for 7 minutes.

MAGGI SHRIMP tablet stir and let simmer for 2 minutes, add the fried salted tilapia, stir and let simmer for 3 minutes.

Ready to serve





PREP TIME: 10 MIN | COOK TIME: 25 MIN | SERVES:6-8

INGREDIENTS

600 g Spaghetti
1,5 Onion (Chopped)
2 Fresh Pepper
4 Fresh Tomatoes
2 large Red bell Pepper
2 MAGGi Chicken
0,5 tsp Garlic (Chopped)

2 tbsp Vegetable Oil 1 tsp Curry Powder 0,5 tsp Thyme 2 Mediums Carrot (Diced) 1 Head Cabbage 2 Green Bell Pepper

DIRECTION

Wash and roughly blend tomatoes, 1 onion, fresh pepper and 1 red bell pepper. Cut remaining red and green bell pepper into a small bowl. Set aside.

Slice remaining onions. Heat oil in a pan and add onion slices, ginger, garlic, thyme then stir-fry for 3 minutes.

Add the blended vegetables and fry for 10 minutes stirring at regular intervals.

Make stock with 2 MAGGi Chicken and water, add the stock base and allow to boil.

Add the spaghetti, stir and allow to cook on low heat for 7 minutes.

Add shredded cabbage, the red and green bell peppers and diced carrots to the pan.

Stir at regular interval till spaghetti is cooked.





PREP TIME: 15 MINUTES | COOK TIME: 1 HR 30 MIN | SERVES: 6-8

INGREDIENTS

For the Smoked goat

1/2 pound smoked goat, cut into
chunks
1 medium onion, diced.
1 stalk fresh rosemary.
1 tsp ground black pepper
4 cloves of garlic, minced.
1 small ginger, grated.
1 1/2 tsp salt
1 MAGGI D3D33D3 tablet

SPICE BLEND
6 medium tomatoes, chopped.
1 cup petite belle pepper
1 medium red onion, chopped.
6 cloves of garlic
1 large white onion
1 tsp fennel seeds
1 tsp curry powder
1 tsp ground rosemary
1 tsp ground black pepper
2 cups long grain rice, washed.
1 tbsp salt
150ml vegetable oil
1 MAGGI D3D33D3 tablet

DIRECTION

Pour the smoked goat into a saucepan over medium heat, add onion, fresh rosemary, black pepper, garlic, ginger, 1 Maggi seasoning cube salt, water, stir and bring to a boil for 25 minutes.

Blend half of the tomatoes, petite belle pepper, onion and garlic into a smooth mixture and set aside.

Pour the sliced onion into the oil, add fennel seeds, stir until translucent then add the chopped tomatoes, stir and let simmer for 5 minutes.

Add the blended mixture, stir and let simmer for 15 minutes.

Add the curry powder, ground rosemary, black pepper, 1 MAGGI D3D33D3 tablet stir and let simmer for a minute.

Add the washed rice, salt, the smoked goat stock, stir, cover and let cook for 30 minutes, stirring occasionally.

Add the fried smoked goat, stir in and let cook for 5 minutes.







PREP TIME: 25 MIN | COOK TIME: 40 MIN | SERVES:6-8

INGREDIENTS

2 tablespoons olive oil 6 lamb shanks 1 large white onion diced 6 cloves garlic minced 2 large carrots sliced 1 pinch coarse salt freshly ground pepper 1/4 cup flour

2 cups beef stock
1 1/2 cups extra stock
400g Can tomatoe purée
2 tablespoons tomato paste
1 MAGGI D3D33D3 tablet
1 teaspoon fresh rosemary
2 tablespoons fresh parsley
2 bay leaves
1 tsp Black pepper

DIRECTION

Preheat oven to 350 F (175 C).

Heat 1 tablespoon of oil in a heavy based pot over medium-high heat. Sear two shanks in the hot oil until browned on all sides. Repeat with remaining shanks and oil. Transfer to a plate, tent with foil to keep warm, set aside.

Sauté the carrots and diced onions until softened, then add garlic and cook for 1 minute.

Adseason with 1 teaspoon coarse salt and 1/2 teaspoon ground pepper. Sprinkle with flour, toss well and cook for 4-5 minutes to brown the flour. Return the shanks back into the pot.

Add stock, puree tomato, MAGGi D3D33D3 tablet and herbs. Bring to a simmer on the stove.

Cover, transfer to lower part of the oven and cook for 2 1/2 hours, or until the meat is fall apart tender (adjust the heat so that the liquid simmers very slowly).

Gently transfer the shanks onto a plate; tent to keep warm.

Take out the bay leaves from the sauce and place pot onto stove. Simmer sauce over medium heat until thickened to your desired consistency.

You should be left with about 3 cups of sauce thick enough to lightly coat the back of a spoon.

Taste for seasoning and adjust salt and pepper, if desired. Add the shanks back into the pot of sauce.

Garnish with parsley.





PREP TIME: 10 MINUTES | COOK TIME: 25 MIN | SERVES:6-8

INGREDIENTS

3 medium fresh mackerel cleaned & halved
1 large Ginger
8 garlic cloves
10 kpakposhito
3/4 cup olive oil
1 tsp aniseeds
2 MAGGI SHRIMP tablets

DIRECTION

Blend the ginger, garlic, kpakposhito, aniseeds with a splash of the olive oil

pour the marinade on the fish, sprinkle MAGGi SHRiMP tablets and gently rub it in, cover with a napkin and refrigerate for 30 mins

carefully place them on the charcoal grill and grill them for 5 minutes on each side, brushing the marinade on it after every turnover





PREP TIME: 25 MIN | COOK TIME: 120 MIN | SERVES:6-8

INGREDIENTS

4 ears fresh yellow corn,
pieces
6 cups water
4 large lemons, halved
2 large red onions, halved
MAGGI SHRIMP tablet
1 tablespoons kosher salt

1 pounds baby potatoes, halved
2 pounds littleneck clams, scrubbed
1 pound andouille sausage,
6 frozen king crab legs thawed
1 pound jumbo shrimp, tail-on
2 teaspoons cayenne pepper
2 large garlic heads

FOR THE SPICED BUTTER SAUCE

3 sticks unsalted butter

1/4cup flat-leaf parsley

1/2 MAGGI SHRIMP tablet

2 tsp fresh lemon juice

40 Kpakposhito

2 Red pepper

3 tbsp smoked paprika

DIRECTION

Place corn in a single layer on a large plate; freeze until ready to use, about 1 hour. add water to a large saucepan. Squeeze juice from lemon halves into water, removing and discarding seeds; add squeezed lemon halves, onions, MAGGi SHRiMP, kpakposhito salt, cayenne, garlic heads, and bay leaves. Cover and bring to a boil over high.

Add potatoes. Cover pot, and return to a gentle boil over high. Uncover, and boil, undisturbed, for 15 minutes.

Add clams and sausage. Cover pot, and return to a gentle boil over high. Uncover, and boil, undisturbed, for 5 minutes. Remove from heat.

Add crab legs, shrimp, and frozen corn to stockpot, using tongs to incorporate them into the broth. Cover pot, and let mixture stand, undisturbed, 15 minutes.

Bring water to a boil in a medium saucepan over high. Reduce heat to low; gradually add butter pieces, whisking until mixture is emulsified and thickened (do not let sauce boil).

Remove from heat; stir in parsley, MAGGI SHRIMP, lemon juice, red pepper, and cayenne smoked paprika and transfer to a sauceboat or small serving bowl.

Drain the seafood boil in a colander, using tongs to help transfer ingredients to the colander and then to a serving platter.





PREP TIME: 10 MINUTES | COOK TIME: 25 MIN | SERVES:6-8

INGREDIENTS

1 large red bell pepper, charred.
5 red chilli
1 medium red onion, diced.
cup fresh basil
7 cloves of garlic
1 tsp black peppercorn
1 tbsp dried oregano
1 tbsp cayenne pepper powder
1 tbsp salt
3 tbsp lemon juice
cup olive oil
8 boneless chicken thigh washed
2 MAGGI CHICKEN tablet

DIRECTION

to make your peri peri sauce pour the charred red bell pepper into a blender, add red chilli, onion, basil, garlic, black pepper corn, oregano, cayenne pepper, salt, lemon juice, olive oil blend into a smooth mixture.

transfer your chicken to a large mixing bowl, add your pour your peri peri sauce on the chicken, sprinkle 2 MAGGI CHICKEN tablet on it, add salt to taste and massage the sauce in.

wrap the bowl with cling film and refrigerate for an hour or more

in a preheated oven, grill the chicken in a skillet at 180degrees for 20 minutes





PREP TIME: 25 MIN | COOK TIME: 40 MIN | SERVES:6-8

INGREDIENTS

1 Medium Yam

1 Onion (Chopped)

1 Fresh Tomatoes

3 large Red bell Pepper

1 MAGGI D3D33D3

4 tbsp Palm Oil

2 Fresh Pepper

2 tbsp Shrimp powder

2 Mediums Smoked Fish Deboned

0,5 bunch Spinach (Kontomire)

1 MAGGi Shrimp

DIRECTION

Blend fresh pepper, onion, tomatoes and red bell pepper.
Pour blended vegetables and water in a clean pot.
Put onheat and bring to boil.

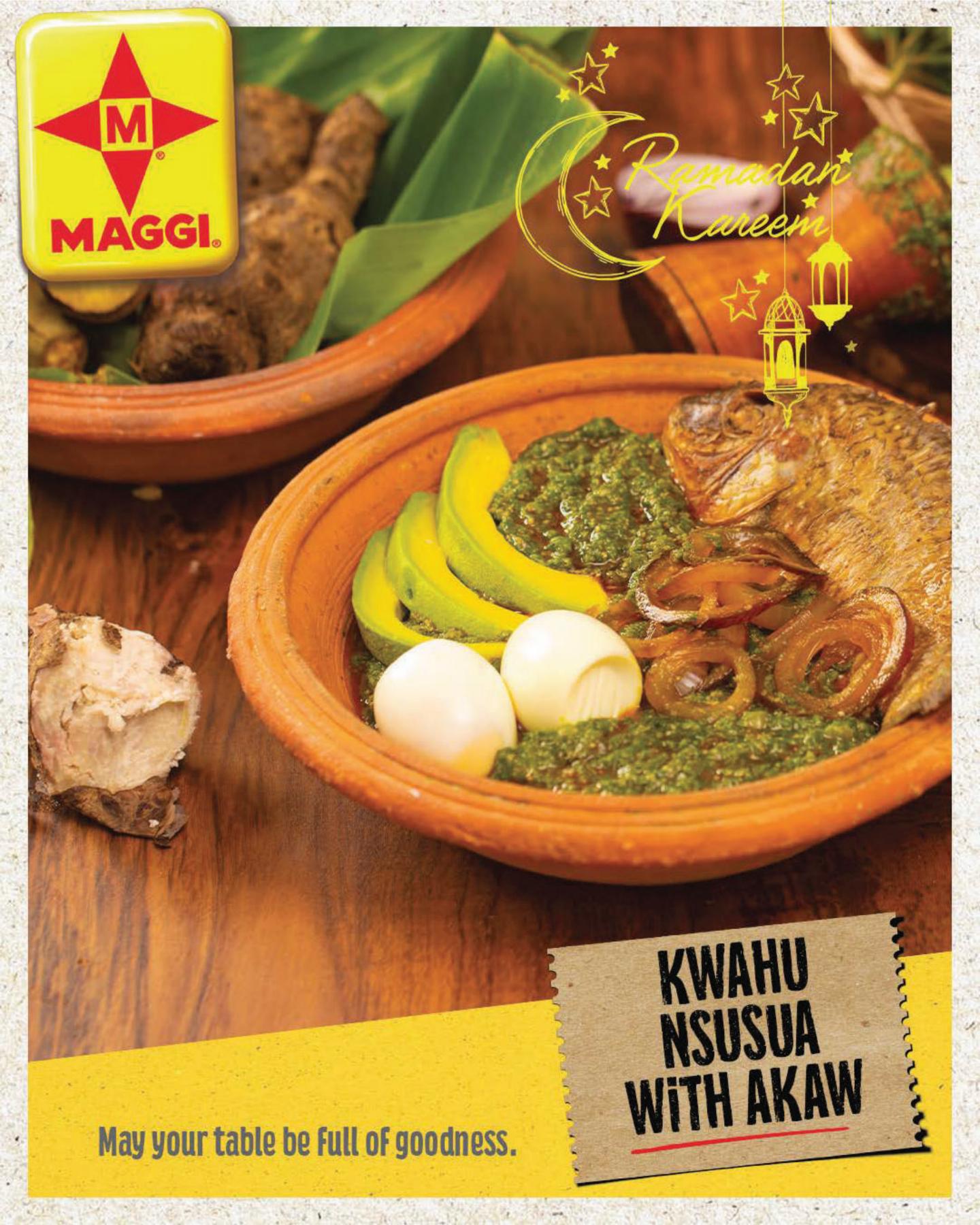
Peel yam and cut into pieces, wash and add into pan.

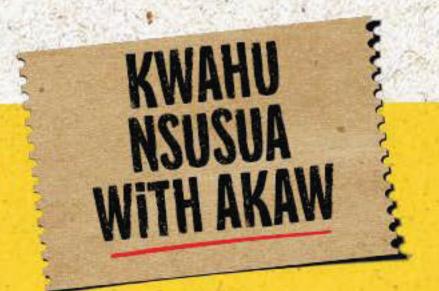
Add shrimp powder, 1 MAGGi D3D33D3 and cook for 10 minutes.

Debone and flake the smoked fish and add to pan.

Add 1 MAGGi Shrimp and palm oil, then cook for another 10 minutes.

Add spinach leaves and allow to simmer for 3 minutes.





PREP TIME: 10 MINUTES | COOK TIME: 25 MIN | SERVES:6-8

INGREDIENTS

200g turkey berries

1 medium dried salted tilapia
5 scotch bonnet pepper
1 medium onion, diced.
cup roasted groundnut
1 stinky fish, charred.

1/2 MAGGi seasoning cube cup palm oil 1 medium onion, sliced. 1 medium avocado, sliced. 3 eggs, hard boiled.

DIRECTION

Cut the stalk off the turkey berries, wash in salt solution and bring to a boil over medium heat for 7 minutes and set aside.

Wash the salted tilapia and bring to a boil for 10 minutes and set aside.

Pour scotch bonnet pepper into an earthen ware bowl, add diced onion and grind into a smooth mixture.

Add roasted groundnut, grind then add MAGGi seasoning and grind.

Add the cooked turkey berries and grind into a smooth mixture then add salt and adjust to your taste.

Heat palm oil and cured fish in a saucepan over medium heat, add sliced onion, stir until translucent, take off heat and pour on the ground turkey berries mixture.

Stir to mix evenly and top with sliced avocado, eggs and cooked tilapia.





PREP TIME: 5 MINUTES | COOK TIME: 1 HR 50 MIN | SERVES:6-8

INGREDIENTS

2 cup bambara groundnut
3 litres water
1 small onion, diced.
1tbsp chili flakes
1 tsp chili powder
1 tbsp crayfish powder
2 maggi shrimp tablet
3/4th cup herrings

DIRECTION

Pour the washed Bambara beans in deep saucepan and add water to the brim and boil for 1hour, 30 minutes refilling the the water continuously till almost soft

When the water is reduced to a quarter of what you started with proceed by adding diced onion, crayfish powder, Chili Flakes, Chile powder, herrings, maggi shrimp tablet and stir to evenly mix

Let simmer for 20 minutes or until beans is soft but holds its shape adjust salt to taste.







PREP TIME: 25 MIN | COOK TIME: 79 MIN | SERVES:6-8

INGREDIENTS

12 g Turkey
1 Onion (Chopped)
1 Lemon Grass
1 tbsp Rosemary
1 tbsp Fresh thyme
10 pieces kpakposhito

16 tbsp unsalted butter (softened)
1 tsp freshly ground black pepper
7 Cloves garlic (minced)
2 Tablets MAGGi Chicken
1 Pineapple
2 tbsp Fresh chopped herbs

DIRECTION

Remove the thawed turkey from the fridge 1 hour before roasting, to let it come to room temperature.

Adjust your oven rack so the turkey will sit in the center of the oven.

Preheat oven to 180 degrees.

Make a spicy herb butter by combining room temperature butter blended kpakposhito, minced garlic, pepper, one tablespoon fresh chopped rosemary, one tablespoon fresh chopped thyme, MAGGi chicken.

You'll use the remaining fresh herbs for stuffing inside the cavity of the turkey.

Season the cavity of the turkey with 1 MAGGi chicken and black pepper. Stuff it with the quartered lemon, onion, pineapples and the rest of herbs. Use your fingers to loosen and lift the skin above the breasts (on the top of the turkey) and smooth a few tablespoons of the herb butter underneath.

Tuck the wings of the turkey underneath the turkey and set the turkey on a roasting rack inside a roasting pan.

Microwave the remaining herb butter mixture for 30 seconds (Not completely melted--just softened).

Use a basting brush to brush the remaining herb butter all over the outside of the turkey, legs and wings.

Roast at 180 degrees for about 13-15 minutes per pound, or until internal temperature reaches about 165 degrees.

Remove the turkey from the oven then tent it with foil, and let it rest on the counter. it will continue cooking under the foil.

Check the turkey about halfway through cooking, and once the skin gets golden brown, cover the top of the turkey with tinfoil, to protect the breast meat from overcooking.

Alternately, you could start cooking the turkey with it tented in foil, then during the last hour or so of cooking you can take the foil off to let the turkey brown.

Allow turkey to rest for 20-30 minutes before carving and adding more water, if necessary, until golden.





PREP TIME: 10 MIN | COOK TIME: 45 MIN | SERVES:6-8

INGREDIENTS

2 cans Palm Fruit extract
500 mL Water
1 Crab
3 Lobster
2 Fresh fish
2 tbsp Shrimp powder
3 Fresh Pepper

2 sprigs Lemon Grass 1 Onion (Chopped) 1 Red bell Pepper 2 MAGGi Shrimp 0,25 bunch Green Leaves 5 Prawns

DIRECTION

Pour the palm fruit extract into a pot, add water and allow to boil for 20 minutes.

Add the chopped onion, peppers, red bell pepper, Shrimp Powder into the base and allow cooking for 15 minutes until the oil begins to surface.

Add 2 MAGGi Shrimp, dressed crab, prawns, lobster, fish and lemon grass and allow to simmer for 10 minutes on low heat while stirring at intervals Add green leafy vegetables and serve.





PREP TIME: 10 MIN | COOK TIME: 50 MIN | SERVES:6-8

INGREDIENTS

2 cups Beans
1,5 Onion (Chopped)
250 mL Water
0,5 bunch Spinach
2 Fresh Tomatoes
1 Red bell Pepper
2 Fresh Pepper

4 tbsp Palm Oil
1 Smoked Fish Deboned
1 MAGGI D3D33D3
1 tbsp Shrimp powder
0,5 Medium Sweet Potato
4 Mediums Plantain
1 MAGGI Shrimp

DIRECTION

Pick and wash overnight soaked beans.

Drain the water and put into a clean pot, add fresh water, 1 MAGGI Shrimp and sliced onion, cook for 20 minutes (Until soft). Remove from the heat, drain and keep aside.

Clean and cut into cubes the potatoes and plantain and set aside.

Blend the vegetables: tomatoes, peppers, red bell pepper, and the remaining onion.

Put a pot on fire, add the palm oil and allow to heat.

Add the blended vegetables, and fry for 10 minutes.

Add 1 cup of water (250ml) and put in the potatoes and plantain.

Add shredded smoked fish, crayfish powder, 1 MAGGI D3D33D3 then cook for 10 minutes.

Add the beans and stir Slice the spinach and add to the pot. Simmer until water dries.





PREP TIME: 1HR | COOK TIME: 35 MIN | SERVES:6-8

INGREDIENTS

Marinade 6 cloves (pepreh) 1 African orchid nutmeg (wedia Aba) 3 grains of Selim (hwentia) 1 thumb sized ginger, 1/4 teaspoon grains of paradise 1/2 tablespoon dried rosemary 1/2 teaspoon anise 1 large onion 1 small garlic bulb Kpakposhito 1 maggi shrimp tablet

For the stew 3 medium fresh whole red snapper 134g fresh shrimps, deveined 2 1/2 cups freshly blended tomatoes, 1 large onion, sliced 1/2 tablespoon curry powder
1/2 cup palm oil
3/4 cup shrimp powder 3/4 cup fish powder 1 small onion sliced, to garnish 1 maggi shrimp tablet

DIRECTION

Toast the spices over low heat until fragrant then set aside.

Blend all the ingredients for the marinade and set aside.

Add 1/4 cup of the marinade to the fish and add maggi shrimp tablet

Mix everything together and cover with a cling film, Set aside in the refrigerator and let marinade for at least 1 hr.

To make the stew, place a wide pan over medium heat and add the palm oil. Allow oil to heat up then add the sliced onions. Fry onions until golden then add the rest of the marinade.

Allow it to simmer for 4 mins or until fragrant Stir continuously so the bottom doesn't burn.

Add the blended tomatoes and stir and Let it simmer for 10 minutes.

Add the curry powder, shrimp powder, fish cuts (including any leftover marinade), the shrimp and maggi shrimp tablet. Cover and allow to simmer for 6 mins.

Cook until fish is cooked through, about 12 minutes then add the extra onions and allow it to Simmer for 2 mins,

stir gently, adjust salt to taste.





PREP TIME: 10 MIN | COOK TIME: 58 MIN | SERVES:6-8

INGREDIENTS

4 cups White Rice
3 tbsp Vegetable Oil
2 Fresh Pepper
1 Red bell Pepper
4 Fresh Tomatoes
2 MAGGi Chicken
1,5 Onion (Chopped)

0,5 tsp Curry Powder
0,5 tsp Ginger
0,5 tsp Thyme
1 tbsp Bay leaf
3 cups Water
0,5 tsp Chopped Garlic
1 Large scoop Green Peas
1 Green Bell Pepper

DIRECTION

Clean and cut into dice: carrot, red & green bell pepper, green beans and keep aside.

Wash and cut vegetables (1 onion, tomatoes, and fresh pepper) in chunks,

put in a blender and blend smoothly. Remove and pour in a pot

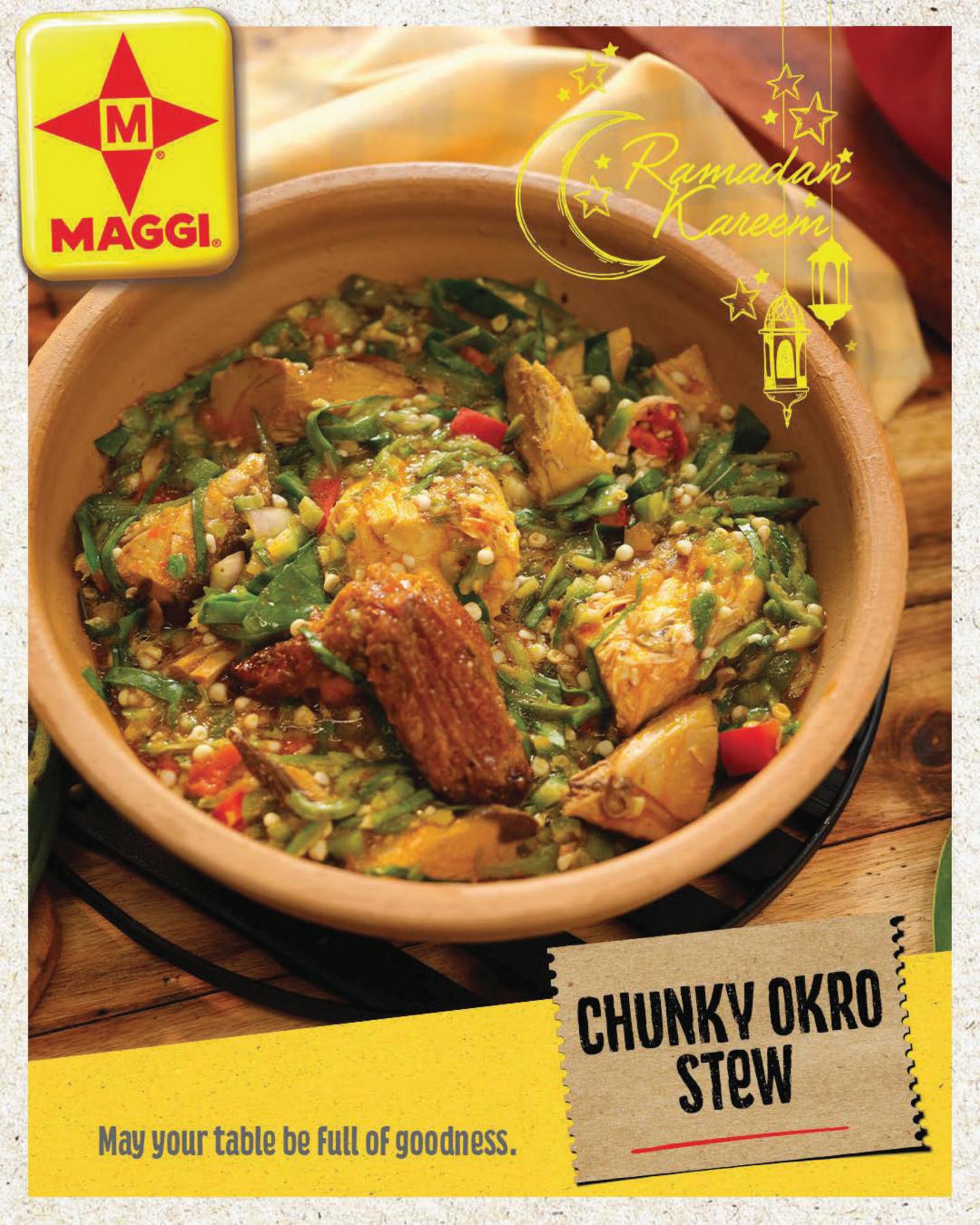
on fire and steam until dry. Set aside.

Slice the remaining onions. Heat the oil in a pan, add the sliced onion, curry, thyme, bay leaf, ginger, and garlic, then stir fry for 3 minutes.

Add the blended and steamed vegetables. Add water, 2 MAGGi Chicken, the rice and stir fry for 7 minutes.

Add the diced vegetable, green peas and stir. Remove from fire and pour into a bake dish plate.

Cover with aluminum foil and bake in oven for 30 minutes at 120°C Flake with a fork at intervals.





PREP TIME: 10 MIN | COOK TIME: 30 MIN | SERVES:6-8

INGREDIENTS

2 Cup fonio
2 Tbsp vegetable Oil
300g mushrooms
2 Cloves of Garlic
1 Small Ginger Grated
1 Tsp Ground Black Pepper
250ml water

1 Tsp Salt
1 Medium Carrot Sliced
1 Medium Onion Sliced
1 Medium Red Bell Pepper Diced
1 Green Bell Pepper Diced
1 tsp dried oregano
1 MAGGI SHRIMP tablet

DIRECTION

Pour 250ml water into a saucepan over medium heat, then add 1/2 MAGGI SHRIMP tablet and bring to a boil.

Add the fonio, stir and let it absorb the water on low heat for 5 minutes, then take off the heat and set aside.

Heat vegetable oil in a wok over medium heat, then add the mushrooms, garlic, ginger, oregano and maggi shrimp tablet. Stir and let cook through for 3 minutes.

Add the carrot, sauté for a minute, then add the sliced onion and saut for another minute.

Add the cooked fonio, toss to mix and add the diced red and green bell peppers. Toss to mix well.







INGREDIENTS

4 tablespoons unsalted butter

2 carrots diced

2 green beans

1 sweet yellow onion peeled and minced

2 cloves minced garlic

1 tbsp ginger paste

2 tbsp tomato paste

1 cup tomato purée

1tsp curry powder

1 cup cooking cream

teaspoon ground coriander

4 lemon basil leaves

200g pie crust store bought or homemade

1 egg beaten slightly with 1 teaspoon milk

1tsp chili flakes

1kg chicken breast cubed

1 cup frozen peas thawed

1 medium Red bell peppers

2 MAGGI CHICKEN tablets

1 teaspoon freshly ground black pepper

DIRECTION

Preheat oven to 190degree celsius

• Allow pie crust to warm at room temperature,15-20 minutes, before rolling out.

Spray the casserole dish with cooking spray.

Heat butter and oil over medium-high heat until it shimmers.

Add minced garlic, ginger onion and cook until translucent

Add tomato paste, stir in and let it simmer for 5 minutes then add tomato pur e diced carrots and green beans and cook for 1 minutes.

Add cubed, cooked chicken, basil, curry powder, ground coriander, black pepper, chilli flakes MAGGI CHICKEN tablets, Stir well

Add the cooking cream and allow it to cook until thickened to a thick-stew consistency then add frozen peas an mix in

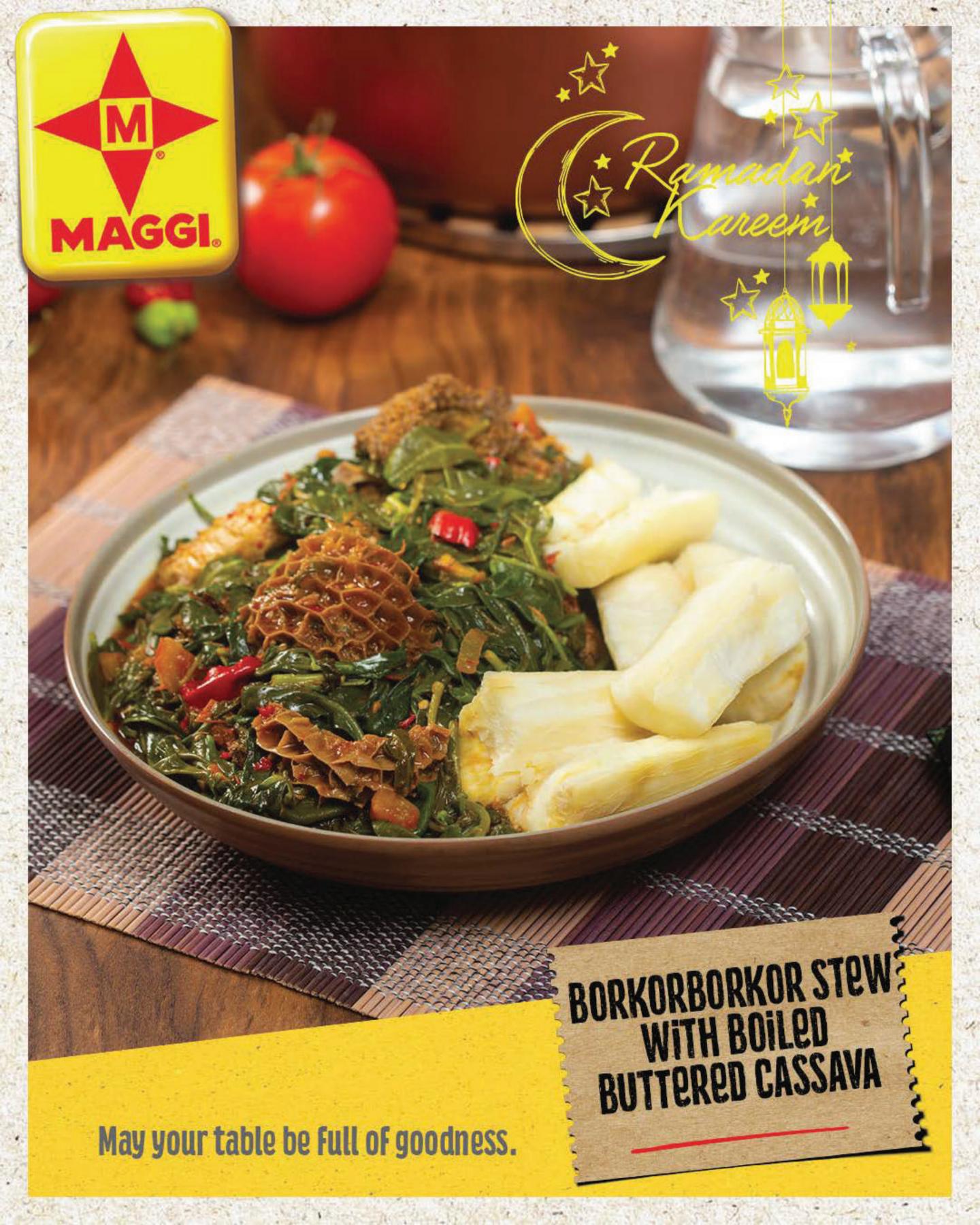
Pour chicken stew mixture into the prepared casserole dish.

Roll the piecrust to inch thickness and into 1-inch strips to create a lattice top. Or, drape it over the chicken stew mixture, and trim or crimp in the sides.

Combine egg and milk and brush the pastry with the egg mixture.

Bake, at 180 degrees c for 35 minutes, or until top is golden.

Ready to serve





PREP TIME: 20 MINUTES | COOK TIME: 40 MIN | SERVES:6-8

INGREDIENTS

500g borkorborkor / Waterleaf
150ml Palm Oil
2 medium Onion sliced
Fresh Tomatoes chopped
6 scotch bonnet pepper chopped
5 cloves of garlic minced
Medium ginger grated
1 tsp thyme

1 MAGGI D3D33D3 tablet
500g beef
200 tripe
2 tablespoons crayfish
Smoked mackerel
Smoked catfish
Stock fish (kako)
400 ml waterr

DIRECTION

pick the borkorborkor / Waterleaf flowers the stalk and flowers, then wash with salt water and set aside

Steam your meat and kako with onion, ginger, garlic, thyme, MAGGI seasoning cube for 10 minutes, add 400ml water and boil for 15 minutes

Pour your palm oil a sauce pan, add sliced onions and let it sweat for 3 minutes then add the tomatoes, pepper and Stir and let it cook for 7 minutes.

Add the crayfish, smoked mackerel, catfish and meat and let it simmer for 7 minutes,

Add the waterleaf to the stew allow it to wilt and add maggi d3d33d3 tablet, stir and allow it to simmer for 4 minutes, serve hot — preferably with boiled cassava

NB BOIL CASSAVA WITH A TABLE SPOON BUTTER





PREP TIME: 15 MIN | COOK TIME: 20 MIN | SERVES:6-8

INGREDIENTS

8 street bought bofrot
For the beef patty
50g minced beef
1 tsp oregano
1 egg yolk
1 tsp minced garlic
1 tsp black pepper

A handful of lettuce
Tomato slices
Onion slices
Burger cheddar slices.
Mayochup cocktail (half & half
mayonnaise and ketchup)
1 MAGGi D3D33D3 tablet

DIRECTION

mix the minced beef with the oregano, yolk, garlic, black pepper, MAGGI D3D33D3 tablet and set to marinate in the fridge.

Mould the minced beef with a round cutter and grill on a pre-heated grill for 3-5 minutes on both sides then add the cheese slice.

Slice the bofrot in equal half, place lettuce on one half, add tomato and onion slice on it then the grilled beef patty with the cheese.

Drizzle with mayochup cocktail and place the other half on top.





PREP TIME: 10 MINUTES | COOK TIME: 35 MIN | SERVES:6-8

INGREDIENTS

For the beef
1 pound beef, diced.
cup shallots
5 cloves of garlic
1 small ginger, chopped.
1 tsp grains of paradise
1 tsp dried thyme
1 tsp sea salt
1 MAGGI D3D33D3 tablet

For the soup
4 tbsp groundnut paste
1 tbsp tomato paste
1 tsp salt
1 bundle of shuure leaves,
chopped.
2 tbsp Dawadawa
4 scotch bonnet pepper.
1 MAGGI D3D33D3 tablet

DIRECTION

Blend shallots, garlic, ginger and grains of paradise into a smooth mixture and set aside.

Pour the beef into a saucepan, add the blended mixture, dried thyme, MAGGi D3D33D3 tablet

Add sea salt, stir and allow to simmer for 15 minutes.

Mix the groundnut paste with tomato paste, water and mix into a smooth mixture, place on medium heat and cook until done for 5 minutes.

Add water to the simmering beef then add the cooked groundnut mixture and stir.

Allow to simmer for 10 minutes then add the shuure leaves, dawadawa, MAGGi D3D33D3 tablet stir and let simmer for 3 minutes then add scotch bonnet pepper.





PREP TIME: 15 MIN | COOK TIME: 20 MIN | SERVES:6-8

INGREDIENTS

8 medium nkanfuo
Vegetable oil
1 MAGGi SHRiMP table
1/4 cup Corned beef
3 medium Tomatoes blended
1 small onion blended
5 Garlic blended
1tsp kpakposhito oil (for drizzle)
Mayonnaise
Chives

DIRECTION

Preheat the oven to 250degrees c. and line two baking sheet with parchment paper.

Use a fork to poke a few holes into the nkanfor. Place on the baking sheets, rub with olive oil, and sprinkle liberally with half of the maggi all over. Bake 45 minutes, or until the nkanfor is fork-tender and the skin is crisp.

in a frying pan, pour oil, oinion, garlic tomatoes, half maggi shrimp tablet and stir, allow it to simmer for 7 minutes and add corned beef stir to evenly mix and let it simmer for 3 minutes.

Slice open each nkanfuo. Assemble with a scoop of tomato sauce, a dollop of mayonnaise followed by a sprinkle of the chives and a drizzle of the kpakposhito oil for that spicy kick.





PREP TIME: 20 MINUTES | COOK TIME: 1 HR 20 MIN | SERVES:6-8

INGREDIENTS

400g Palm nut extract
1 medium Smoked catfish
1 small Onion, pureed
1 medium whole onion
5 clove of Garlic, minced
1 medium Ginger, grated
1 cup turkey berries
7 yellow scotch bonnet pepper
2 tbsp shrimp powder
3 Tomatoes
400g water snails
2 MAGGI SHRIMP tablet
2 litre of water

DIRECTION

Wash and soak the water snails for 20 minutes to remove sand and unwanted grainy particles

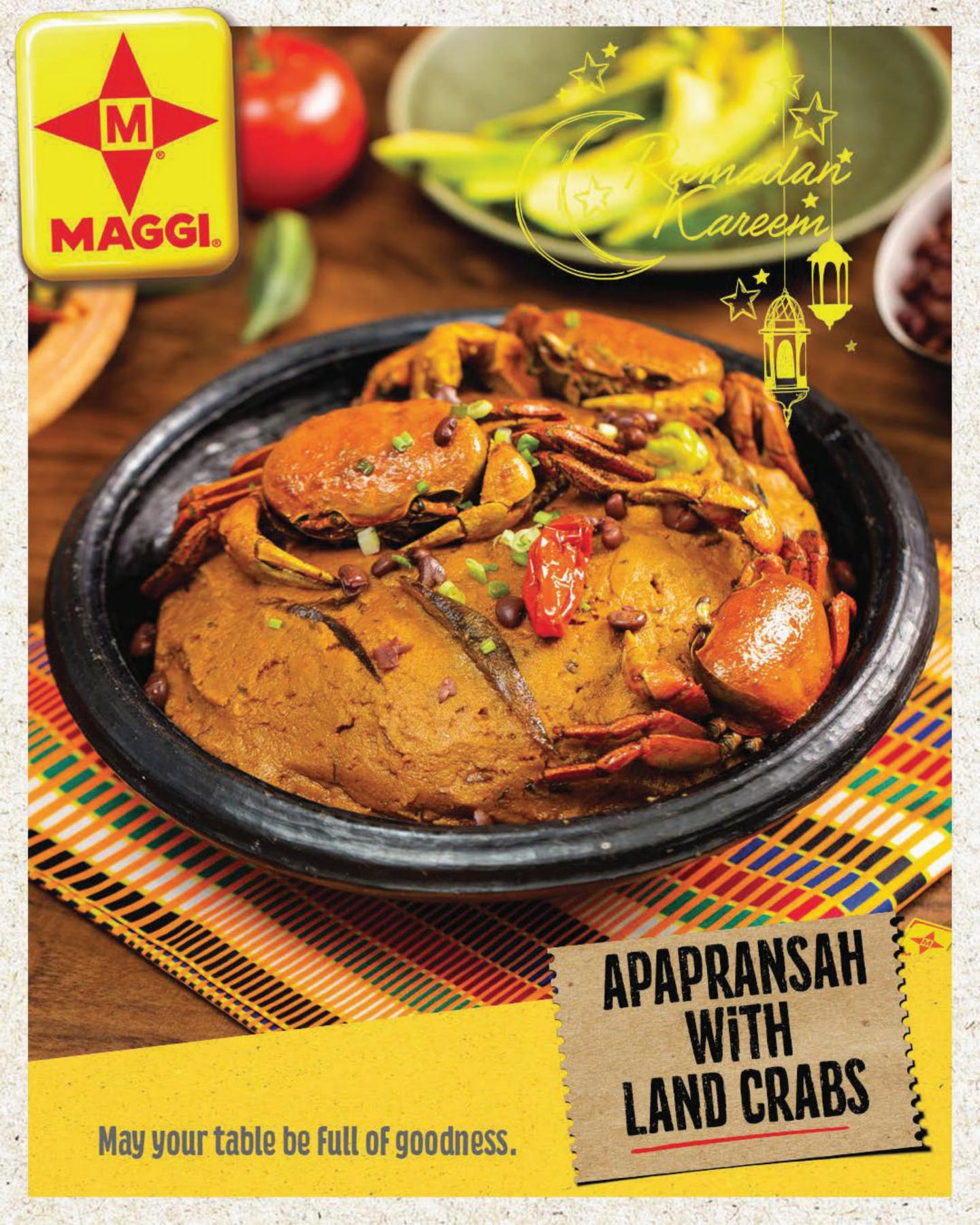
Place the cleaned smoked catfish into a saucepan over medium heat, add the periwinkles, diced onion, garlic, ginger, MAGGi seasoning cube, water, stir and let simmer for 5minutes

Add the whole onion, scotch bonnet pepper, tomatoes, turkey berries, palm extract, water and bring to a boil.

Take the smoked catfish out to prevent it from dissolving, set it aside and let it boil for 25 minutes, then carefully remove the vegetables and blend into a smooth mixture, pour back into the soup and let simmer for 20 minutes

add MAGGI SHRIMP tablets stir and allow it to simmer for 10 minutes

Adjust the salt to your taste and add the smoked catfish, stir gently and let it simmer on low heat for 15 minutes





PREP TIME: 10 MINUTES | COOK TIME: 1 HR | SERVES:6-8

INGREDIENTS

500g palmnut extract
500g crab
1 medium onion pureed
11 medium ginger grated
A sprig of fresh thyme
1 tsp salt
300 ml water
10 yellow scotch bonnet pepper

3 medium tomatoes
1 medium onion
1 garden egg quartered
2 MAGGi SHRiMP tablet
5 red scotch bonnet pepper
1 tsp coarse sea salt
1 ltr warm water
2 Cups Roasted Corn Flour

DIRECTION

Pour the palm nut extract into a bowl, add 1 litre warm water, stir to dissolve the palm butter, strain and set aside.

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.

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.





PREP TIME: 10 MINUTES | COOK TIME: 1 HR | SERVES:6-8

INGREDIENTS

1 kg of grasscutter
2 Medium Tomatoes
3 Medium Garden eggs
10 Red Scotch Bonnet
Peppers
1 Medium Onion
3 Tosp Tomato Paste

2Tbsp Ginger
3tbsp Garlic Paste
Onion Diced
2 MAGGI D3D33D3 tablet
Pinch of salt
3 Grains of selim

DIRECTION

Pour grasscutter meat into a saucepan over medium heat, add ginger and garlic paste.

Add MAGGI D3D33D3 tablet, diced onion, salt, water, stir and let cook for 15 minutes.

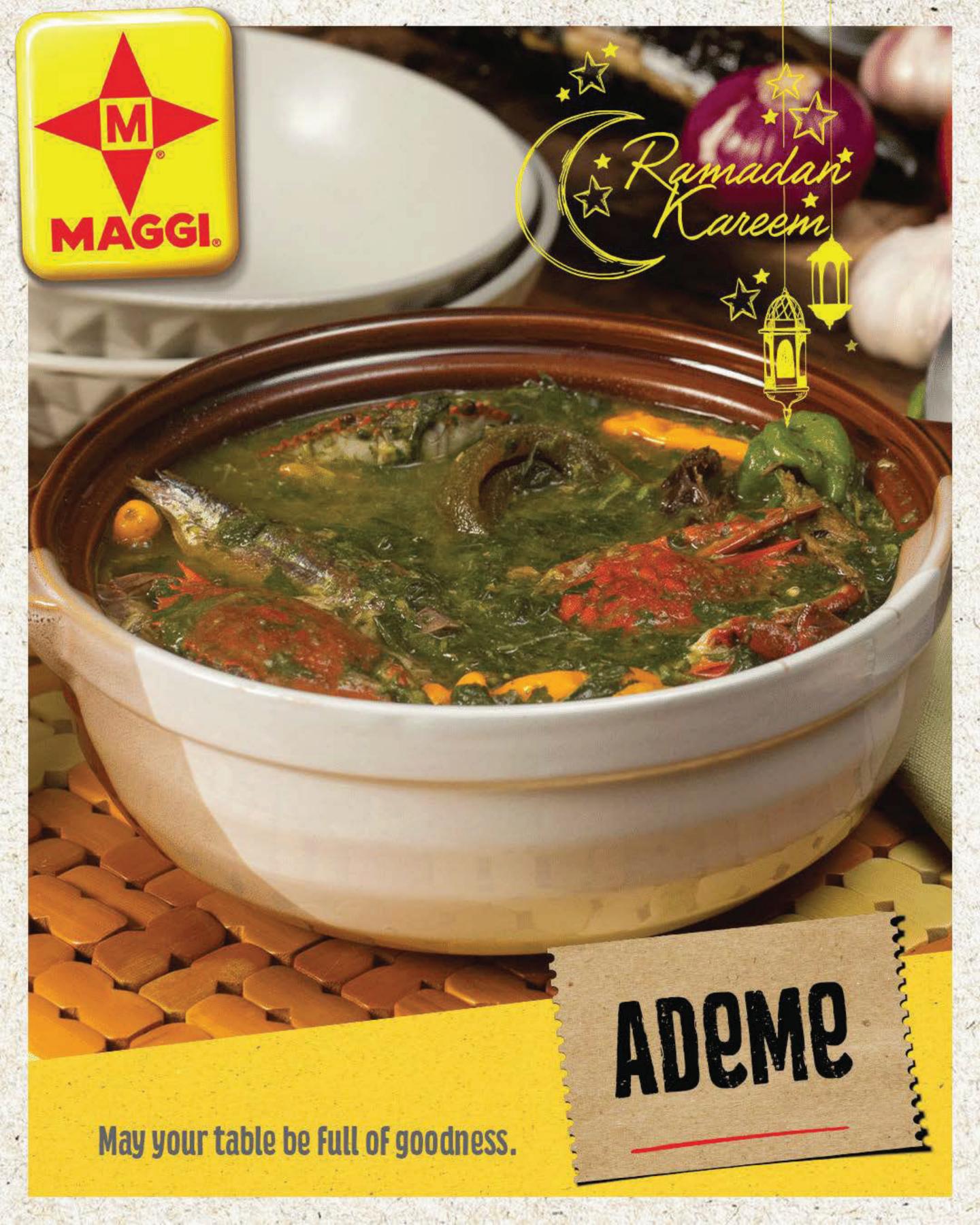
Add the strained palm nut juice, yellow scotch bonnet pepper, tomatoes, onion, stir and let boil for 15 minutes until the vegetables are soft and tender

Take out and blend into a smooth mixture.

Add tomato paste, stir and let simmer for 2 minutes.

Strain the blended mixture into the saucepan, add maggi seasoning cube, stir and let simmer for 15 - 20 minutes.

Add salt to your taste.







INGREDIENTS

2 kg picked fresh Ademe
1kg of Smoked Mackerel
500g smoked catfish
150g of smoked dried Herrings
2 chunks of momone
300g of fresh Crabs cleaned
150g wele cleaned
700ml of Water
1 large sliced Onions
1 Habanero chilli
10 Kpakposhito
1 teaspoon of Bicarbonate Soda or kaun
1 maggi d3d33d3 tablet

SPICE BLEND
20g of Ginger
1 large Onion
3 Habanero chilli
1 teaspoonful of Aniseed (Nkitinkiti)
5 cloves of Garlic

DIRECTION

Blend onion, ginger, garlic, aniseeds habanero chili with a little water into a smooth paste and set aside.

in a sauce pan on low heat, add smoked catfish, herrings, wele, crabs, momone and pour the the blended spices on it

Add maggi d3d33d3 tablet stir and allow it to steam for 5 minutes then add 300ml water and bring to a boil for 10mins

in another saucepan add washed ademe leaves, kaun, and 200ml water, allow it to boil for 3 minutes and turn off heat

Transfer the cooked ademe to a bowl and beat vigorously to exercise the slime then pour into the boiling stock,

stir to mix in lower the heat and add the smoked mackerel let it simmer for 2 minutes,

Pop and drop the kpakposhito and habanero in the soup stir and adjust salt to taste Ready to serve





PREP TIME: 10 MIN | COOK TIME: 30 MIN | SERVES:6-8

INGREDIENTS

2 Cups Fonio
2 Tbsp vegetable Oil
300g mushrooms
2 Cloves of Garlic
1 Small Ginger Grated
1 Tsp Ground Black Pepper
250ml water

1 Tsp Salt
1 Medium Carrot Sliced
1 Medium Onion Sliced
1 Medium Red Bell Pepper Diced
1 Green Bell Pepper Diced
1 tsp dried oregano
1 MAGGI SHRIMP tablet

DIRECTION

Pour 250ml water into a saucepan over medium heat, then add 1/2 MAGGI SHRIMP tablet and bring to a boil.

Add the fonio, stir and let it absorb the water on low heat for 5 minutes, then take off the heat and set aside.

Heat vegetable oil in a wok over medium heat, then add the mushrooms, garlic, ginger, oregano and maggi shrimp tablet. Stir and let cook through for 3 minutes.

Add the carrot, sauté for a minute, then add the sliced onion and sauté for another minute.

Add the cooked fonio, toss to mix and add the diced red and green bell peppers. Toss to mix well.

