

Recipe for Igbo (Nigerian) Egusi Soup

Ingredients:

Egusi, goat meat, cow skin (*kanda* or *ponmọ*), stockfish (*okporoko*), palm oil, Habanero peppers, onions, crayfish, thyme, curry, garlic, Knorr cubes, bitter leaf, *ọkazi* leaves, salt

- Wash the goat meat, cow skin, and stockfish
- Season with pepper, onions, garlic, curry, thyme, Knorr cubes, and salt
- Add water and cook until they say soft (about 30 – 40 minutes)
- Dissolve the *egusi* in hot water and stir
- Pour palm oil into a clean and dry pot on the stove
- Add salt
- Add onions and pepper, then crayfish, allow to fry
- Add *egusi*, stir, do not allow it to get burnt
- Add stock (broth) from the meat
- Allow to boil while stirring occasionally
- Add the meat, stir, and allow to boil
- Add the bitter leaf
- Add Knorr cubes
- Add *ọkazi* leaves
- Stir, allow to boil for a couple of minutes
- SOUP IS READY

Egusi soup is eaten with pounded yam, garri (made from cassava flakes), akpu (made from cassava flour)