

Nigerian Cooking Class

Friday, November 5, 12-2pm



Dish: Rice, Beans and plantain with chicken

Ingredients

Tomatoes (fresh and paste), fresh pepper, salt, curry, thyme, garlic powder, vegetable (palm oil better but optional), red onions.

Preparation

1. Soak Beans for up to 5hrs
2. Boil rice
3. Boil beans and while boiling beans add: unripe plantain, oil (palm), onions, tomatoes and pepper blended together, salt, curry, thyme, garlic powder (Just a very small quantity of each. Too much spicing will not allow the taste of the beans to manifest).
3. Slice ripe plantain and fry till ready for consumption. The color of the plantain will tell when it is ready. You can add salt and onions if you like.

Preparing the Stew or Sauce

1. Pre-cook chicken by boiling it for about 10minutes.
2. Fry chicken until ready.
3. Place a deep pot on the cooking facility and add vegetable oil (palm oil if available).
4. Pour sliced onions into pot and wait for about 3minutes depending on the heat.
5. Pour blended tomatoes and pepper and allow to boil for sometime till tomatoes dry up.
6. Add tomato paste.
7. Add Chicken.
8. Add curry, thyme, and garlic.

Food is ready and eating can go on!