

EGUSI SOUP

By Damilola

Ingredients:

1 cup of blended onions (about 3-5 and fresh chilies to taste)

4 cups of egusi (melon seeds, ground or milled).

1/2 -1 cup of palm oil

2 teaspoons of fresh iru (locust beans)

Salt (to taste)

Ground crayfish (to taste)

7-8 cups of stocks

Cooked meat and fish (quantity and variety to personal preference)

2 cups of sliced pumpkin leaves

1 cup of sliced water leaf

3 cups of bitter leaf(washed)

Procedure

Blend egusi seeds and onion mixture, then set aside

Prepare the egusi past

In a large pot, heat the palm oil on medium heat for a minute and add the locust beans.

Slowly add the stock and set on low heat to simmer

Scoop teaspoon size balls of the egusi paste mixture into the mixture into the stock. Be sure to keep ball shape.

Leave to simmer for 20-30 mins so the balls cook through.

Add the sliced pumpkin leaves

Add the water leaf

Stir and put a lid on the pot and cook for 10 mins, till the leaves are soft and tender

Add the bitter leaf and leave the lid off while the cooking lasts for 5-19 mins

Stir, check seasonings and adjust accordingly.

Now you can sit back and enjoy your delicious soup.

