

# A Selection of Sierra Leone Recipes

## Contributor's Name Withheld

### Banga Soup

#### Ingredients

- 1 small frying chicken skinned and cut into pieces, seasoned with sprinkling of maggi or stock seasoning granules
- 1 can of Trofai palm nut concentrate or equivalent
- Long chilli peppers (to taste) ground up with two large onions
- 4 Maggi cubes
- 2 litres water
- 1 packet of ground crayfish - 40 grms
- 1 (Soft) Smoked Fish
- 1 dozen Prawns preferably uncooked
- Salt to taste
- 4 whole scotch bonnet big peppers Season chicken a few hours or anywhere up to a day in advance with maggi or non garlic stock seasoning granules.

1. Combine ground onions, chillis and 4 maggi cubes with two litres of water and bring to a rolling boil in a large heavy pot for about ten minutes.
2. Add palm nut concentrate and continue to boil for 30 minutes then add chicken pieces.
3. Cook for another 30 minutes then reduce heat and add a packet of ground crayfish, salt and whole scotch bonnet peppers.
4. Cook till water is reduced and chicken cooked leaving a thick sauce.
5. Finally add smoked fish and prawns about 10 minutes before the end of cooking.
6. **Serve with rice, boiled cassava or yams.**

## **Okra Soup**

### **Ingredients**

- 1/2 kilo of stewing beef/lamb or meat with bones
  - 8 small pieces of cow tripe pre-boiled
  - 2 onions ground up with chillis to taste
  - 4 maggi cubes or two large stock cubes
  - 2 ogiri ties (optional)
  - 1 1/2 cups palm oil
  - 1 smoked fish ie kuta, kinnie or snapper peeled and broken into small pieces
  - 1 litre water
  - salt to taste
  - 1/2 tsp bicarbonate of soda (optional)
  - 6 scotch bonnet peppers (optional)
1. Bring onion mixture, cubes, ogiri and palm oil to a rolling boil in the water.
  2. Add meat/tripe and reduce heat to medium.
  3. Cook until meat is semi-tender adding more water if necessary making sure to end up with half the amount originally started with.
  4. Then add the okra and scotch bonnet peppers reducing the heat further, mixing to ensure that the soup does not stick to the pot.
  5. Cook until okra starts to disintegrate then add the bicarbonate of soda taking care not to mix too much and cook till bubbles dissipate.
  - 6. Serve with rice or Foo Foo**