

## Ester's Okra Stew

Ester was graciously shared her recipe for Nigerian okra stew with our community. Like many African dishes, her okra stew is accompanied by fufu or banku, a cassava or corn maize doughy ball used to scoop up this hearty stew. For really good flavor, Ester wants you to know that you can add gizzards!

Please note that amounts are not provided, and we have approximated cooking times. Experience, sight, taste, and availability of ingredients guide Ester as she makes her stew. For instance, in Nigeria it is traditional to use pumpkin leaves or sweet potato leaves instead of spinach.

We invite you to be adventurous and experiment with this recipe it for yourself. You can always check out Nigerian okra stew recipes online to guide you as well.

### Ingredients

Red meat

Fresh fish

Onions

Salt

Water (just enough to cover the meat and fish)

Dried lotus beans

Okra, chopped (you can also grate half)

Ground crayfish

Hot Pepper, minced

Smoked/dried fish, washed and shredded (be sure it is deboned)

Shrimps

Red oil (palm oil)

Spinach leaf

Maggi/bouillon

### Instructions

Boil the meat and fresh fish with salt and onions. Cook until tender, about half an hour.

Add lotus beans, okra, crayfish, and pepper. Add bouillon or maggi. Cook 5 minutes.

Stir in dried fish.

Add shrimp and palm oil. Cook for 5 more minutes.

Stir in spinach until wilted.

Serve warm with fufu or banku.