

Nigeria: Complementary Feeding and Food Demonstration Training

Recipe Cards



OCTOBER 2016

About SPRING

The Strengthening Partnerships, Results, and Innovations in Nutrition Globally (SPRING) project is a five-year USAID-funded cooperative agreement to strengthen global and country efforts to scale up high-impact nutrition practices and policies and improve maternal and child nutrition outcomes. The project is managed by JSI Research & Training Institute, Inc., with partners Helen Keller International, The Manoff Group, Save the Children, and the International Food Policy Research Institute.

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Contents

Introduction to the Complementary Feeding and Food Demonstration Training Package	1
How to Use Recipe Cards	3
Handwashing Demonstration	5
Recipes	9
Preparation of Complementary Feeding Enrichment Powder and Paste	11
1. Preparation of Soya Bean and Groundnut Mix	11
2. Preparation of Groundnut Paste	15
Complementary Feeding of Infants 6–8 months	17
1. Maize Pap with Crayfish, Groundnut Paste, and Palm Oil	19
2. Tom Brown.....	21
3. Millet and Ground Nut Pap with Palm Oil	23
Complementary Feeding of Children 9–12 months	25
1. Agidi Jollof with Fish	27
2. Agidi Jollof with Bone Marrow	31
3. Water Yam/Yam Pottage with Fish and Vegetables	35
3. Water Yam/Yam Pottage with Fish and Vegetables	36
4. Mashed Sweet Potatoes with Vegetables.....	39
Complementary Feeding a Child 12–23 months	45
1. Jollof Rice with Fish, Locust Beans/Dawadawa	47
2. Agidi with Okro Soup	49
3. Grated Unripe Banana Pottage with Fish and Vegetable	51

Introduction to the Complementary Feeding and Food Demonstration Training Package

This collection of recipe cards is the last component in a training package on food demonstrations for complementary feeding that includes—

- *Training Facilitator's Guide*
- *Complementary Feeding Manual*
- *Food Demonstration Manual*
- *Training Handouts*
- *PowerPoint Slides*
- *Recipe Cards.*

It should be used to train health care providers and community-based service providers at various levels (training-of-trainers, training of community volunteers, etc.) alongside the other documents.

The resource persons/facilitators and participants will have copies of the manuals to provide basic information and guide discussions during the training. Resource persons will refer participants to relevant sections of the recipe cards as the training goes on. Participants will be encouraged to facilitate different sections of the manual after the trainer has presented the first two or three sections.

All materials related to the *Nigeria Complementary Feeding Training Package* may be found on the SPRING website: <https://www.spring-nutrition.org/countries/nigeria>.

Note: For guidance on how to roll out a complementary feeding training, please see the *WINNN Complementary Feeding Training Strategy*. For more information, contact Dr. Liman Mohammed, National Programme Manager-WINNN at mohammed.liman@savethechildren.org.

How to Use Recipe Cards

Community volunteers will use the recipe cards during the food demonstration. Many of the recipes include a pictorial guide of the steps to be taken during the food demonstration, in addition to illustrations of the ingredients to be used.

The recipe card includes sections on handwashing and complementary food recipes for the three age categories: 6–8 months, 9–11 months, and 12–24 months.

Handwashing Demonstration

HANDWASHING

Materials

1. Bowls—2
2. Clean water
3. Soap—bar soap.

Method

1. Use a clean bowl with clean water.
2. With help from someone, pour water from a bowl on both hands.
3. Wash your hands with soap, including fingernails and between your fingers.
4. Allow lather to form.
5. Rinse with water into a sink or a bowl.
6. Pour dirty water away, rinsing the sink or bowl after use.
7. Allow the hands to air dry. (DO NOT USE A DIRTY NAPKIN/TOWEL.)

Note:

- Do not wash hands inside a bowl or bucket.
- Discard dirty water from the bowl as soon as you are done with washing your hands.



Recipes

Preparation of Complementary Feeding Enrichment Powder and Paste

Enrichment powders are a blend of energy dense foods that can be preserved in a flour form and sprinkled on a prepared meal, such as ready-made pap, porridge, rice, and other family foods.

Groundnut paste can be used to obtain groundnut milk or used while cooking to increase the energy and nutrient content of the food.

Below are the different options for enrichment powders and paste that can be used.

1. Soya beans + groundnut/benniseed (sesame seeds) + crayfish.
2. Groundnut paste.

PREPARATION OF ENRICHMENT MIX

1. Preparation of Soya Bean and Groundnut Mix

Ingredients

1.	Soya bean	1 mudu
2.	Groundnuts/benniseed	4 milk tins
3.	Crayfish	2 milk tins

Number of servings: 20 (1 serving of small pap spoon = 100 grams)

Preparation time: 2 days

A.Soya Beans

1. Sort out soya beans from stones and dirt.
2. Wash with water to remove traces of dirt.
3. Soak overnight, changing the water at least 2 times. (Do not cover in order to release the gas.)
4. Alternatively, soak in hot water for 2 hours and then rinse.
5. Strain the water the next day and wash and remove the testa (the skin/coat).
6. Sun dry in an area where rodents and insects will not contaminate.
7. Dry fry (roast) until golden brown.

A. Soya Beans



Sort out soya beans from stones and dirt.



Soak overnight, changing the water at least 2 times. Do not cover in order to release the gas.



Sun dry in an area where rodents and insects will not contaminate.



Dry fry (roast) until golden brown.

B. Groundnuts/Benniseed

1. Sort out groundnuts/benniseed from stones and dirt.
2. Roast groundnuts/benniseed for 5 minutes for easy removal of husks and testa.

B. Groundnuts/Benniseed



Sort out groundnuts/benniseed from stones and dirt.



Roast groundnuts/benniseed for 5 minutes for easy removal of husks and testa.



C. Crayfish

1. Pick out stones and dirt, separate crayfish from sand.
2. Dry roast or dry fry for 3–5 minutes.
3. Grind using pestle and mortar.
4. Sift and store in a dry airtight container for use.

C. Crayfish



Pick out stones and dirt, separate crayfish from sand.



Grind using pestle and mortar.



Sift and store in a dry airtight container for use.

Preparation Method

1. Grind all the ingredients together.
2. Spread the enrichment powder mix on a tray to cool before storing in an airtight tin.
3. The ground mixture—enrichment powder can be stored for one week.

The enrichment mix can be stored in a cool place for 1 week in an airtight tin or briefly in a polythene bag.

Preparation Method



Grind all the ingredients together to form the enrichment mix.



Spread the enrichment powder mix on a tray to cool before storing in an airtight tin.

2. Preparation of Groundnut Paste

Ingredients

1.	Groundnuts	2 milk tins
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Number of servings: 20 (1 serving of small pap spoon = 100 grams)

Preparation time: 3 hours

Preparation Method

1. Sort out groundnuts from stones and dirt.
2. Roast groundnuts for 5 minutes for easy removal of husks and testa, then continue roasting groundnut until golden brown. Allow to cool.
3. Mill or grind the groundnuts until it forms a paste.
4. Put into a container with a lid and use within 24 hours.
5. To avoid contaminating the paste, use a clean spoon each time you take some out instead of directly touching with your hands.

2. Preparation of Groundnut Paste	
	
Sort out groundnuts from stones and dirt.	Roast groundnuts for 5 minutes until golden brown.
	
Allow to cool, then remove the husks and testa.	Mill or grind the groundnuts until it forms a paste.

Complementary Feeding of Infants 6–8 Months

1. MAIZE PAP WITH CRAYFISH, GROUNDOUT PASTE, AND PALM OIL

Ingredients

1.	Maize paste (akamu)	100 grams/ 1 milk tin
2.	Groundnut paste	100 grams
3.	Crayfish	2 tablespoons
4.	Palm oil	1 tablespoon
5.	Water	3 cups

Number of servings: 13 (1 serving of small pap spoon = 100 grams)

Preparation time: 22 minutes

Preparation Method

1. Wash all cooking utensils with clean water, and wash your own hands with soap and clean water, before you start cooking.
2. To make maize paste, use one mudu of maize; pick, wash, and soak maize overnight; grind to paste and strain with fine cloth or sieve, adding water all the time, then allow to settle. To get your paste, measure out 1 tin (100 grams).
3. In a bowl, mix the water and groundnut paste to prepare groundnut milk. Pour the groundnut milk in a cooking pot; place it on the fire and bring to a boil.
4. Mix the paste to a smooth consistency, stir into boiling groundnut milk, then add the palm oil and ground crayfish (for preparation of crayfish, see Enrichment Mix Recipe–1 cup). Stir continuously until it thickens and the pap sticks to the spoon for a few seconds before dropping.
5. Remove from the fire and allow to cool.
6. Put a serving of the pap in a cup or bowl, add enrichment mix/paste or pureed fruit, and serve.

1. Maize Pap with Crayfish, Groundout Paste, and Palm Oil



To make maize paste, use one mudu of maize; pick, wash, and soak maize overnight.



Grind to paste and strain with fine cloth or sieve, adding water all the time, then allow to settle.



To use your paste, measure out 1 tin. Mix the paste to a smooth consistency, stir into boiling groundnut milk.

Add the palm oil and ground crayfish Stir continuously until it thickens and the pap sticks to the spoon for a few seconds before dropping.

2. TOM BROWN

Ingredients

1.	Maize or millet or guinea corn*	6 tins
2.	Soya bean	3 tins
3.	Groundnut	1 tin

Number of servings: 20 (1 serving of small pap spoon = 100 grams)

Preparation time: 2 days

Preparation Method

Pre-preparation of Tom Brown mix

- a. Wash your hands with soap and water.
 - b. Select grain of choice and pick out the dirt and stones.
 - c. Wash several times with clean water and dry in a clean place.
 - d. Soak the soya beans for 1 day and sprout, then dry in a clean place.
 - e. Pan fry the groundnut, grain, and soya bean separately.
 - f. Mix and grind the groundnut, grain of choice,* and the soya bean.
 - g. Grind Tom Brown mix into powder and sieve into a clean dry airtight container with cover.
1. Mix 2 cups of Tom Brown mix with a little quantity of cool water to a thick constituency.
 2. Boil water and remove from the fire.
 3. Add the Tom Brown paste to the hot water, stirring rigorously to avoid lumps.
 4. Return to boil, while still stirring.
 5. Cook until it thickens and remove from the fire.

* Boiled groundnut milk can be used instead of ordinary boiled water, if available. (See recipe above.)

2. Tom Brown



Pan fry the maize, groundnut, grain, and soya bean separately.



Mix and grind the groundnut, maize and the soya bean.



Grind Tom Brown mix into powder and sieve into a clean dry airtight container with cover.



Mix 2 cups of Tom Brown mix with a little quantity of cool water to a thick consistency.



Boil water and remove from the fire. Add the Tom Brown paste to the hot water, stirring vigorously to avoid lumps. Return to boil, while still stirring.

3. MILLET AND GROUND NUT PAP WITH PALM OIL

Ingredients

1.	Millet	3 tins
2.	Roasted groundnut paste	1 tin
3.	Palm oil	1 teaspoon
4.	Water	4–5 cups

Number of servings: 20 (1 serving of small pap spoon = 100 grams)

Preparation time: 2 days

Preparation Method

Pre-preparation of millet paste

- a. Soak the millet for 4–6 hours and wash. Grind the millet and sieve.
Allow settling for 3–4 hours. Pour out the water that settled at the top, and it is ready for use.
1. Wash hands with soap.
2. Boil groundnut milk in a pot.
3. Remove from the fire and add millet paste.
4. Stir continuously until it cooks and thickens.
5. Add 1 teaspoon of palm oil to a serving of pap.

3. Millet and Ground Nut Pap with Palm Oil



Soak the millet for 4–6 hours and wash.



Sieve the millet.



Allow to air dry.



Grind the millet and sieve to form paste.

Complementary Feeding of Children 9–12 Months

1. AGIDI JOLLOF WITH FISH

Ingredients

1.	Corn paste	2 cups
2.	Smoke fish	1 medium-size fish
3.	Palm oil	1 tablespoon
4.	Fresh tomatoes	3 medium/100 grams
5.	Onions	1 medium/100 grams
6.	Moimoi leaves for wrapping	1 bundle (as required)
7.	Water	2 cups
8.	Crayfish	2 tablespoons

One serving = 140 grams = 1 cooking spoon

Number of servings = 14

Time: 43 minutes

Preparation Method

Pre-preparation of maize (see recipe 3 in 6–8 months)

- a. Wash fish, debone it, mash it, and keep on a plate.
- b. Chop onions and fresh tomatoes into small pieces.
- c. Sieve crayfish to get rid of dirt, pan fry and dry, pound, filter into a clean container, and cover.
- d. Wash moimoi leaves with clean water and keep on a clean tray.

Preparation Method

1. Wash all cooking utensils with clean water and wash your hands with soap and clean water before you start cooking.
2. Place pot on fire with 6 cups of water and allow to boil.
3. Add onions and tomatoes.
4. Add mashed fish and 2 tablespoons of crayfish.
5. Add 3 tablespoons of oil and salt to taste, cover, and allow to cook for 10–15 minutes.
6. Gradually add diluted corn paste while you vigorously stir to avoid developing lumps, and continue to stir until the corn paste is cooked.
7. Allow to steam for a short time (2 minutes) while it's still open.
8. Lower the heat and start scooping 1–2 cooking spoons into leaves, wrap, and keep on a tray to cool and solidify. Serve when it is cold.

1. Agidi Jollof with Fish



Wash fish, debone it, mash it, and keep on a plate.



Chop onions and fresh tomatoes into small pieces.

Add onions and tomatoes.



Wash moimoi leaves with clean water and keep on a clean tray.

Sieve crayfish to get rid of dirt, pan fry and dry, pound, filter into a clean container, and cover.



Add mashed fish and 2 tablespoons of crayfish.



Add 3 tablespoons of oil and salt to taste cover and allow to cook for 10–15 minutes.



Gradually add diluted corn paste while you vigorously stir to avoid developing lumps, and continue to stir until the corn paste is cooked.

Allow to steam for a short time (2 minutes) while it's still open.



Lower the heat and start scooping 1–2 cooking spoons into leaves and wrap.

Keep on a tray to cool and solidify. Serve when it is cold.

2. AGIDI JOLLOF WITH BONE MARROW

Ingredients

1.	Corn paste	2 cups
2.	Bone marrow	2 medium-size bones
3.	Vegetable oil	1 tablespoon
4.	Tomatoes	3 medium/100 grams
5.	Onions	1 medium/100 grams
6.	Moimoi leaves for wrapping	1 bundle (as required)
7.	Water	2 cups
8.	Crayfish	2 tablespoons

1 serving = 140 grams = 1 cooking spoon

Number of servings = 14

Time: 43 minutes

Preparation Method

Pre-preparation of maize (see recipe 3 in 6–8 months)

- a. Wash bone thoroughly.
- b. Place in a pot of boiling water, add salt and onions, and allow to cook until soft.

Preparation Method

1. Wash all cooking utensils with clean water and wash your hands with soap and clean water before you start cooking.
2. Place pot on fire with 6 cups of water and allow to boil.
3. Add crayfish, salt, and the remaining chopped onions.
4. Add cooked bone marrow into the pot and allow to boil for 10 minutes. Stir and taste for salt.
5. Dilute the corn paste with a little water to ensure there are no lumps.
6. While stirring the content with one hand, add corn paste into the pot.
7. Continue stirring vigorously until it is cooked.
8. Leave it open and allow steaming for another 3 minutes.
9. Wash wrapping leaves clean. Scoop one or two spoons into each leaf and add a piece of bone marrow and wrap.

Place on tray to cool and allow to solidify, then serve.

2. Agidi Jollof with Bone Marrow



Add cooked bone marrow into the pot and allow to boil for 10 minutes. Stir and taste for salt.



Chop onions and fresh tomatoes into small pieces.

Add onions and tomatoes.



Wash moimoi leaves with clean water and keep on a clean tray.



Sieve crayfish to get rid of dirt, pan fry and dry, pound, filter into a clean container, and cover.



Add boiled bone marrow, 3 tablespoons of oil and salt to taste, cover and allow to cook for 10–15 minutes.



Gradually add diluted corn paste while you vigorously stir to avoid developing lumps, and continue to stir until the corn paste is cooked.



Allow to steam for a short time (2 minutes) while it is still open.



Lower the heat and start scooping 1–2 cooking spoons into leaves and wrap.



Keep on a tray to cool and solidify. Serve when it is cold.

3. WATER YAM/YAM POTTAGE WITH FISH AND VEGETABLES

Ingredients

1.	Water yam/yam	1 tuber
2.	Smoked fish	1 medium
3.	Crayfish	2 tablespoons
4.	Palm oil	1 serving spoon
5.	Onions	1 medium/100 grams
6.	Spinach or pumpkin leaves	1 bundle/250 grams
7.	Water	6 cups
8.	Iodized salt	1 teaspoon

1 serving = 140 grams = 1 cooking spoon

Number of servings = 14

Time: 43 minutes

Preparation Method

1. Wash all cooking utensils with clean water and wash your hands with soap and clean water before you start cooking.
2. Peel and wash the water yam/yam.
3. Place cooking pot with water on fire, add diced yam or water yam into pot, and boil for 10 minutes.
4. Debone fish and mash into smaller pieces, then add to cooking pot.
5. Add sliced onions, ground crayfish, and palm oil.
6. Allow to cook until the water yam/yam softens.
7. Add chopped spinach and allow cooking for 2 minutes.
8. Add more water, as desired, and allow it to cook until the water yam/yam softens; then, wash and tear spinach into pieces, add to cooking pot, and allow it to cook for 2 minutes.
9. Mash into smooth consistency and serve when warm.

3. Water Yam/Yam Pottage with Fish and Vegetables



Peel and wash the water yam/yam.



Cut water yam into smaller pieces and grate.



Place cooking pot with water on fire, grate yam or water yam into pot, and add to pot to boil for 10 minutes.

Add sliced onions, ground crayfish, and palm oil.



Add chopped spinach and allow to cook for 2 minutes.

4. MASHED SWEET POTATOES WITH VEGETABLES

Ingredients

1.	Sweet potatoes*	3 medium
2.	Fish	100 grams
3.	Carrot	1 small (grated)/50 grams
4.	Spinach	50 grams
5.	Tomatoes	3 medium/ 100 grams
6.	Grated ginger	¼ teaspoon (optional)
7.	Red palm oil	2 tablespoons

1 serving = 100 grams

7 servings from the dish

Time: 45 minutes

Preparation Method

Pre-preparation

- a. Wash and boil the fish in a pot with onion and ginger until tender. Retain stock to boil potatoes.*
- b. Remove from boil, debone and mash fish.
- c. Cover and keep in a food container.

1. Wash your hands with soap and water.
2. Wash and scrub the potatoes skin, ensuring that all traces of sand/dirt are removed.
3. Cut the potatoes into two or three pieces in fish stock and cook until soft.
4. In a pot, mash hot potatoes. Add mashed fish, tomatoes, onions, and grated carrot.
5. Add palm oil and remove from boil.
6. Cover the pot, allow the vegetable and oil to cook in their heat.

*Irish potatoes/yam/cocoyam can also be used.

5. BEANS POTTAGE

Ingredients

1.	Beans	2 tins
2.	Mashed fish	100 grams
3.	Spinach	100 grams
4.	Tomatoes	3 medium/100 grams
5.	Onions	3 small/100 grams
6.	Red palm oil	1 serving spoon
7.	Iodized salt	To taste

1 serving = 100 grams

Number of servings: 7

Time: 1 hour

Preparation Method

1. Wash your hands with soap and water.
2. Pick beans and wash to remove the chaff and testa.
3. Boil the fish with onion and ginger.
4. Wash and dice tomatoes and onions, cover and set aside.
5. Debone cooked fish and mash.
6. Add some water to the fish stock and leave it to boil.
7. Pour the beans and onions* into the boiling water until they are soft.
8. Add tomatoes and fish.
9. Leave to boil until it is well cooked.
10. Add the red palm oil and stir.
11. Serve warm.

6. BEANS AND PLANTAIN POTTAGE

Ingredients

1.	Beans/cowpeas	1 mudu
2.	Half-ripe plantain	2 medium
3.	Crayfish	2 tins
4.	Onion	1 medium
5.	Red palm oil	2 serving spoons
6.	Frozen fish (optional)	1 small size
7.	Green vegetable	1 bundle/50 grams
8.	Iodized salt	To taste
9.	Water	10 cups

1 serving = 100 grams

Number of servings: 7

Time : 1 hour

Preparation Method

Pre-preparation

- a. Wash and boil the fish in a pot with onion until tender. Retain stock to boil beans.
- b. Remove from the fire, debone and mash fish.
- c. Cover and keep in a food container.

1. Wash your hands with soap and water.
2. Wash all cooking utensils with soap and water.
3. Pick beans and wash vigorously to dehull (remove the seed coat and testes) and boil in water until soft. Add fish stock.
4. Wash the plantain, peel and cut into small pieces, and add to beans.
5. Add fish and crayfish.
6. Cover the pot, allow to boil until well cooked, and mix all ingredients together.
7. Add palm oil and remove from the fire.
8. Serve warm.

Complementary Feeding a Child 12–23 Months

1. JOLLOF RICE WITH FISH, LOCUST BEANS/DAWADAWA

Ingredients

1.	White rice	1 tin/150 grams
2.	Locust beans/dawadawa	2 tablespoons/50 grams
3.	Spinach	50 grams
4.	Fish	1 medium
5.	Palm oil	30 grams/2 tablespoons
6.	Crayfish	1 tablespoon (optional)
7.	Tomatoes	2 medium size
8.	Onion	3 medium/100 grams
9.	Water	2.5 tins /500 ml
10.	Ginger	20 grams (optional)

1 serving = 150 grams

Number of servings: 6

Time: 45 minutes

Preparation method

Pre-preparation

- a. Wash and boil the fish* in a pot with onion and ginger until tender. Retain the stock. **
- b. Remove from boil, debone and mash fish.
- c. Cover and set aside.

1. Wash dishes and cooking utensils.
2. Wash the rice, ensuring the removal of sand and stones.
3. Wash onions and tomatoes and put aside, dice half an onion.
4. Grind fresh tomatoes, crayfish, dawadawa, and remaining onions.
5. Heat the palm oil for 1 minute.
6. Add the ground tomatoes, onions, crayfish, and dawadawa while stirring to avoid burning the food.
7. Stir and add fish stock, allow to simmer for 1 minute.
8. Add washed rice, water, and stir.
9. Allow to come to boil and simmer on medium heat until rice is soft, or check after 15 minutes to see if stock or water is required.
10. Add spinach and simmer until rice is cooked and stir at intervals for 3 minutes.
11. Mash the rice to make pottage.

Ready to serve.

*Soft cooked beef or chicken may be used in place of fish.

**May be served with fried plantain.

2. AGIDI WITH OKRO SOUP

Ingredients

1.	Dried/fresh/frozen fish	250 grams
2.	Okra	100 grams
3.	Onions	50 grams/2 medium
4.	Ground locust beans	25 grams (¼ of a milk tin)
5.	Ground crayfish, periwinkle, or crayfish	50 grams (½ a milk tin) 1 tin
6.	Red palm oil	2 tablespoons
7.	Maize paste	6 cups
8.	Wrapping leaves	1 bundle

1 serving = 140 grams = 1 cooking spoon

Number of servings: 7

Time: 35 minutes

Preparation Method

Okro Soup

1. Add diced onions and two tins of water.
2. Add ground locust beans and crayfish and allow to simmer for 2 minutes.
3. Add mashed fish, allow to simmer for 2 minutes.
4. Add diced okro.
5. Add red palm oil to the soup; allow to simmer for 3 minutes.
6. Add washed periwinkle.
7. Allow to simmer for 2 minutes and serve with agidi.

Agidi

1. Mix the maize paste with 3 cups of cold water and place in a cooking pot to boil.
2. Keep stirring as the mix starts to thicken and until the mixture is completely solid.
3. Remove from fire and wrap with leaves or pudding bowls and allow to cool.
4. Serve with okro soup.

*To prepare maize paste, see recipe 3 for 6–8 months.

3. GRATED UNRIPE BANANA POTTAGE WITH FISH AND VEGETABLE

Ingredients

*Unripe banana can be replaced with 100 grams of grated water yam.

1.	Unripe banana/water yam	6 medium bananas
2.	Smoked/ice fish	1 medium fish
3.	Ground crayfish	2 tablespoons
4.	Palm oil	1 serving spoon
5.	Onions	1 medium/100 grams
6.	Green vegetable (green or mmeme)	½ cup chopped or ½ a bundle
7.	Water	3 cups
8.	Iodized salt	1 teaspoon

1 serving = 140 grams = 1 cooking spoon

Number of servings = 14

Time: 43 minutes

Preparation Method

1. Wash all cooking utensils with clean water and wash your hands with soap and clean water before you start cooking.
2. Wash, debone, and mash the smoked fish or ice fish with a wooden spoon.
3. Place cooking pot on fire with water and allow to boil. Add crayfish, mashed smoked fish salt, and chopped onions into the pot.
4. Allow to boil for 5–10 minutes.
5. Wash hands. Gradually cut water yam or banana paste into the cooking pot in small balls.
6. Cover pot and allow to cook for another 10 minutes.
7. Add palm oil, stir gently, and allow to cook for 2 minutes.
8. Add chopped green vegetables, stir and allow to cook.
9. Add salt to taste and remove from fire.
10. Allow to cool and serve warm.

3. Grated Unripe Banana Pottage with Fish and Vegetable



Wash, debone, and mash the smoked fish or ice fish with a wooden spoon.



Chop onions.

Place cooking pot on fire with water and allow to boil. Add chopped onions.

Add crayfish, mashed smoked fish salt, and palm oil into the pot.



Cook for 5–10 minutes.

Wash hands. Peel and grate banana into clean bowl.

Gradually place banana paste into the cooking pot in small balls.



Wash the spinach.



Remove stalk and chop finely.



Add chopped green vegetables, stir and allow to cook.
Cover pot and allow to cook for another 10 minutes.

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