

Banga Soup Recipe Delta Version Sisi Jemimah

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Banga Soup Recipe Delta Version

2-3 Medium Pieces Stockfish (Panla, Okporoko) 1-2 Medium Dried Fish (I'm using catfish) 1/2 Cup Fresh or Smoked Shrimps (Optional) 1 Tablespoon Ground Dried Crayfish or prawns (Prawns preferably) 1-2 Tablespoons Banga Spice. 1-2 Tablespoons Crushed Obeletientien leaves or Dried bitter leaves. 1 Oburunbebe stick.

Banga Soup Recipe (Delta Version) - Sisi Jemimah

Method 1. You need the palm fruit extract. Now, you can do this one of two ways. From scratch which involves boiling the palm... 2. If you are using the canned version, it comes quite thick, so you need to dilute it with hot water, to make it more... 3. Then you add the smoked fish varieties, and ...

Recipe Of The Week - How to Make Banga Soup (Delta Version ...

One of such gloriousness that truly showcases our local produce is Banga soup. This is a powerhouse across the Niger Delta, it should be an institution of its own. The last Palm fruit soup recipe I posted, is more the Efik version called Abak Atama Soup (recipe [HERE](#)) due to the ingredients used.

Banga Soup - Delta version - Dooney's Kitchen

Nigerian banga soup is a quick and delicious Niger-Delta style palm nut soup. It is very easy to make and packed full of flavor from the herbs and spices used in making it. You can have this soup from your kitchen to the table in 30 minutes, it is very similar to Ofe Akwu recipe (Ibo style) but they use different spices. Banga soup is popularly eaten with starch or with pounded yam or Eba.

Banga Soup Recipe (Delta Version) By Sisi Jemimah ...

Ingredients Meat 1kg Ground Crayfish half cup Fresh prawn [oporo] one cup 10 cups Fresh Palm Fruits Banga 1 Medium sized dry fish / smoked fish 6 Red scotch bonnet pepper "Ata rodo" 1 teaspoon Ataiko 1 teaspoon Irujege 1 Oburunbebe Stick Banga stick beletientien leaves half cup 3 seasoning cubes 1 ...

Banga Soup | Original Recipe from Delta State Nigeria

Ingredients 800 g palm fruit concentrate 1 tablespoon banga spice you can buy ready mix or simply make your own by blending Ataiko and Irujeje in a dry mill 1-2 tablespoons Beletete leaves 1 Oburunbebe stick 6 medium size fresh catfish steak washed and gutted 800 g assorted beef I used shaki, ponmo ...

Banga Soup (Niger-Delta way) - My Active Kitchen

Banga soup. Soups and stews are a significant component of the African cuisine, and we have a whole lot of it apart from this Banga soup recipe like Turkey Stew, Ayamase stew, Stewed Spinach (Efo riro), Egusi Soup , chicken pepper soup and much more.. Palm-nut soup with or without fresh fish

Banga Soup | Niger-Delta style palm nut soup - Chef Lolas ...

Ingredients for Banga Soup 1 kg Palm Fruits or 800g tinned Palm Fruit Concentrate Beef Dry Fish Vegetable: Scent Leaves for Ofe Akwu or dried and crushed bitterleaves for Delta-style Banga Soup 2 medium onions 2 tablespoons ground crayfish Salt and Chilli Pepper (to taste) Ogiri Okpei (Iru) 1-2 big ...

Banga Soup (Ofe Akwu) | All Nigerian Recipes

Prepare Banga Soup / So 3 Waffi chicks (Jemie @jemieyt , Eyi @Eyi2eve and myself @Sisi_Yemmie) got together for a delicious meal of Banga and Starch. This i...

Banga Soup and Starch Recipe from Delta State! - YouTube

Banga Soup. Banga soup is a palm fruit soup common to the Niger delta and south eastern part of Nigeria. The Igbo version of this soup is the banga stew, they are almost the same since same ingredients are used. Banga stew can be served with boiled rice while the banga soup is best enjoyed with eba, semovita, fufu, pounded yam or starch.

Banga Soup; How To Cook Banga Soup | Nigerianfoodies.com

Add the crushed dried beletientien leaves or thinly sliced bitter leaves, precooked prawn, periwinkles and one cube of knorr. Stir, cover and allow to simmer for 3 minutes. This is how to make the popular banga soup that is loved and made by the Deltans. Serve with starch, Eba or Fufu. This is Delta state native soup.

How to prepare Deltan Banga Soup | TASTY CLICK

Nice recipe.Looks gud too!For my take on banga soup,ive found dat adding d correct mix of onions nd crayfish (plenty onions) gives the flavour and extra kick +aroma.Try am and see dat d Lord is gud! Reply Delete

BANGA SOUP RECIPE AND STARCH - THE NIGER DELTA WAY ...

1 Green, Red, Orange Bell Pepper, chopped. 1-2 Scotch Bonnet Chopped. Chopped Onions. 2 Tablespoons Corn flour/ Corn Starch or Plain Flour. 3 Cloves Garlic Minced. 1 Tbsp Minced Ginger. 1 Tbsp Chicken Seasoning. 2 Tbsp Curry Powder. 1 Tbsp Dried Thyme or 5 Sprigs Fresh Thyme.

Nigerian Chicken Curry - Chicken Gravy (Updated) - Sisi ...

Dissolve the Palm fruit extract in enough water to cook the amount of rice you need. Add beef stock if you have, chopped onions, dry pepper, the banga spices, the obunrubebe stick, the smoked fish, crayfish, salt and seasoning cubes. Bring this to a boil until you see patches of oil float to the top.

Banga Rice - Dooney's Kitchen

Great recipe for Banga soup. For this rep your state challenge, I'll be repping Delta State. I'm originally from Imo state but as someone who spent all her childhood in Warri, Delta State, I think I'm more than qualified to rep Delta. And I have chosen my favourite soup of all time - Banga...

Banga soup Recipe by Chichy's Kitchen - Cookpad

To make banga cream, boil fresh palm nuts in water. Once cooked, pound to soften the flesh and mix with warm water till it forms a rich liquid. Strain and use as you like. Read Also [Recipe - How to make Banga Soup, Delta version]

Recipe: How to Make Banga Rice | Lagosmums

The recipe on this page is the same for Delta Banga Soup that is served with Starch, just replace the scent leaves with dried and crushed bitter leaves and add the other traditional spices for ...

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