
RECIPE BY OWELU DREAMHOUSE – SERVES 6 PEOPLE

OKRA SOUP

Ingredients: (1 lb) Lean Topside Beef • 60mL (4 tbsp) • Vegetable Oil • 3 Medium Onions, Finely Chopped • 3 Large Ripe Tomatoes, Blanched, Peeled and Puréed • 500g (1lb) Fresh Okro (Okra), topped and tailed and sliced into thin rounds • 2 Red Chillies (Hot peppers), finely chopped, or chilli powder to taste • 15g (½ oz) Salted Beef • 10g (2 tsp) Tomato Paste • 1L Water • A small piece of 'Kaawe' or Local Meat - tenderising stone (optional) • 15g (1 tbsp) dried, Ground Prawns (Shrimp) • 6 large green Prawns (Shrimp), peeled • 125g Crayfish Meat • 2-1 kg (1-2lb) smoked fish (preferably few

Instructions / Method:

1. Remove fat and sinew from the meat and cut into chunks 6-8 cm (2-3in). Leave meat on the bone. Put all the meat in a large saucepan and add the oil, a quarter of the onions, a quarter of the tomatoes, a quarter of the okro (okra), a quarter of the chillies (hot peppers) and the salted beef. Sauté for about 10 minutes, stirring all the time until the meat is 'sealed' on the outside.
 2. Blend the rest of the onions, tomatoes, chillies hot peppers), chilli powder and the tomato paste with all the water and add it to the meat mix with the 'kaawé. Bring to the boil, lower the heat and simmer for about 10 minutes. Add the rest of the okro (okra) and simmer for a further 20 minutes. Check to see if the meat is tender.
 3. Add the dried, ground prawns (shrimp), the green prawns (shrimp), the crayfish meat and the smoked fish and continue to simmer for 10-15 minutes. Adjust salt to taste and continue simmering on low heat until the volume of water is reduced and the meat is tender. You may need to actually add more water to help the meat cook until tender, depending on the sort of meat chosen. When all the ingredients are cooked, the soup should be creamy and chunky, with the flavours of okro (okra), crayfish and meat vying for attention. Serve hot with Fufu, Semolina Dumpling, Eba or rice.
 4. Note: You can also use lamb chops, cutlets, skirt beef and cubes of salted beef. Four pieces of salted, boiled pigs' trotters make the dish taste delicious.
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