
RECIPE BY NANA BENZ DU TOGO

SMOKED CHICKEN & FISH OKRA SAUCE WITH AKPIME PASTE

Ingredients: 1 Cup Water • 30 Fresh Okra • 1 tbsp Salt • Half tsp Baking Soda • 5 tbsp Red Palm Oil • 1 Piece Smoked Fish • Half Kg Shrimp • 1 Boneless Smoked Chicken • 1 Raw Onion • 4 Raw Green & Red Chillies • 2 Bouillon cubes Maggi chicken aroma • 2 tsp Fresh Ginger • 2 Cups Cornflour

Instructions / Method:

Part 1 - (20 Minutes)

1. On a board, cut the okra into pieces and place in a salad bowl.
2. Chop the onions, remove the stalks from the green and red chillies and set aside.
3. Then cut off the heads of the green and red chillies.
4. Blend the ginger and set aside.
5. Remove the hair from the smoked fish and set aside.
6. Chop the chicken and set aside
7. Shell the shrimps and boil in lightly salted and spiced water.
8. Cut up the smoked chicken and set aside.

Part 2 - (10 Minutes)

9. Put a saucepan on the stove and pour in the cup of water.
10. Boil the water and add a little potassium bicarbonate.
11. Pour in the chopped okra.
12. Cover and simmer for 5 minutes.
13. Stir and add the crushed ginger, shrimps, chicken and smoked fish.
14. Add the Maggi cube stock and taste (add salt if necessary).
15. Add the palm oil.
16. Add the onion and chillies.
17. Cover and simmer for 5 mins.
18. Then remove from heat.

Part 3 - (15 Minutes)

19. Put 2 cups of water on the stove and heat.
 20. Mix a little flour with water.
 21. Pour the mixture into the hot water on the stove.
 22. Stir with a wooden spatula and boil for 5 min.
 23. Add the flour and stir for a moment.
 24. Cover and leave to stand for 5 minutes then serve!
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