MEET THE CHEF
SEMIRA AJAYI

She grew up in Lagos surrounded by a family who enjoyed cooking.

Her father and aunts used to cook different meals ranging from Egusi, Ijebu, Ikore, Eforiro, smoked fish stew to continental dishes. After her studies, she went to culinary school in Dubai to expand her knowledge and love for cooking. She loves cooking Egusi, which reminds her of her father and the weekends they used to cook together.

Nigerian cuisine consists of various cultural foods from various ethnic groups from the Yorubas, Igbos, Hausas, Urobos, Efiksto the Fulani and other tribes. It is important for the world to understand the rich varieties of food Nigeria has.
DO IT YOURSELF!

EGUSI IJEBU

INGREDIENTS

- 1 cup of egusi/melon seed
- 1/8 cup dry chili pepper
- ¼ cup of palm oil
- 1½ cup beef stock

- 1 tablespoon ogiri
- 300 g beef
- 100 g shaki
- 100 g cow leg

- 2 stock fish
- 2 smoked catfish
- Salt

STEP BY STEP

1. In a non-stick pan using medium heat toast the melon seeds until golden brown.

2. Blend the toasted egusi with onions and pepper to a smooth consistency.

3. In a pot add the beef, shaki, cow leg, stock fish, onions, salt, seasoning cubes if desire and cook until tender.

4. Add the blended egusi to a sauce pot and cook on low heat.

5. Add the palm oil, ogiri (flavouring made of fermented oil seeds, such as sesame seeds or egusi seeds) and beef stock into the egusi and cook for 5 minutes.

6. Add the beef, shaki, cow leg and stock fish. Cook for 10 minutes and check seasoning.

7. Add the smoked fish and cook for 2 minutes.

8. Serve with hot eba. (Eba is one of the most common swallow (fufu) in Nigeria. It is made with processed cassava called garri. There are different types of garri; depending on the state it is processed and how it is processed.)