



# RAMADAN

*Cookbook*

*Ramadan Kareem*



MAGGI Dedeede brings together the best of local tastes, with natural ingredients like fish, shrimp, garlic and mixed spices.

Delight your family with the flavours of home, in every meal made with MAGGI Dedeede! MAGGI Dedeede is fortified with Iodine.





# Waagashi Salad



## ingredients

- 2 Cucumbers, with peel, raw
- 3 Small Tomatoes
- 2.cups Olives
- 2 Fresh waagashi cheese (cubed)
- 1 Small Onion raw
- 3 tbsp Olive Oil
- 3 tbsp Lemon juice
- 1 Clove Garlic
- 1 tbsp fresh dill (finely chopped)
- 1/2 tsp Oregano
- 1 MAGGI Shrimp
- 1/2 tsp Fresh Chilli

## Preparation

1. In a medium size bowl add the dressing ingredients and whisk together.
2. Add the cucumber, tomatoes, olives, and the waagashi cheese over.
3. Toss to coat and serve or chill if not eating immediately.



## Mpotompoto Classic



### ingredients

- 1 Medium Yam • 1 Onion, raw • 1 Tomato • 3 large Red bell Pepper • 1 MAGGI Dededee
- 4 tbsp Palm Oil • 2 red scotch bonnet pepper • 2 tbsp Shrimp powder
- 2 Medium Dried Smoked Fish (Whole) • 1/2 bunch spinach (sliced) • 1 MAGGI Shrimp

### Preparation

1. Blend fresh pepper, onion, tomatoes and red bell pepper. Pour blended vegetables and water into a clean pot. Put on heat and bring to boil.
2. Peel yam and cut into pieces, wash and add into pan. Add shrimp powder, 1 MAGGI DEDEEDE and cook for 10 minutes. Debone and flake the smoked fish and add to pan. Add 1 MAGGI Shrimp and palm oil, then cook for another 10 minutes.
3. Add spinach leaves and allow to simmer for 3 minutes.



## Coconut Oil Palava Sauce



### ingredients

- 3 tbsp Coconut Oil • 3 Onions, raw • 1 Green Bell Pepper • 3 Tomatoes • 4 Cloves Garlic
- 2 tsp Ginger • 2 MAGGI Dededee • 1 Dried Smoked Fish (Whole) • 3 bunches spinach (sliced)
- 2 cups fennel seeds • 1 tbsp Black Pepper

### Preparation

1. Cut the tomatoes, red bell pepper and 1 onion into chunks. Roughly blend the vegetables with garlic, ginger, tablespoon of black pepper and set aside.
2. Finely chop the remaining 2 onions. Heat the coconut oil in a pan and fry the chopped onion. Add the blended vegetables and 2 MAGGI DEDEEDE. Stir and bring to boil for 20 minutes. Add the shredded smoked fish when sauce thickens. Stir and bring to simmer a while.
3. Mix the melon (pumpkin) seed powder in a little water and pour into the stew, then stir and simmer for 10 minutes. Finely chop the leaves (kontommire) and add to the stew. Let it simmer for 5 minutes.



## Light Soup Tuber Mix



### ingredients

- 1 Dried Smoked Fish (Whole) • 2 Tomatoes • 1 Onion, raw • 4 Cloves Garlic • 2 tsp Ginger
- 2 tbsp Shrimp powder • 1 MAGGI Shrimp • 2L Water • 1/4 piece Yam • 1/4 piece Cassava
- 1 MAGGI Dededee • 1 piece Cocoyam • 4 Garden Eggs

### Preparation

1. Peel and cut yam, cocoyam, garden eggs and cassava into chunks.  
Clean and cut the fish into pieces.
2. Blend onion, tomatoes, ginger, garlic and 1 MAGGI Shrimp.
3. Place in a pan the pieces of fish and the blended vegetables and cook for 5 minutes.
4. Add the shrimp powder, water, all tubers, garden egg, 1 MAGGI DEDEEDE and bring to boil for 20 minutes. Remove half of the garden eggs, blend and pour into the pot. Then let simmer for 5 minutes.



# Veggie Light Soup



## ingredients

- 5 Tomatoes • 2 Onions, raw • 1 Plantain • 4 Cloves Garlic
- 1 MAGGI Chicken • 2 tbsp Palm Oil • 1L Water • 20 cubes Tofu • 3 fresh ademe
- 1 MAGGI Dededee

## Preparation

1. Wash and clean the vegetables: tomato, onion, garden egg, okro.
2. Blend garlic, 1 onion, ginger, 3 tomatoes, 1 MAGGI Chicken, 1 tablespoon of black pepper.
3. Heat palm oil in a pan, pour the blended mixture in and cook for 5 minutes.
4. Add 1.5L of water and the remaining vegetables: 2 tomatoes, 1 onion, 2 garden eggs. Dice the plantain and the remaining garden eggs into big chunks, add into the pot with the Tofu cubes (already diced) and bring to boil for 15 minutes. Remove the vegetables, blend add to the pot. Add 1 MAGGI DEDEEDE and okro chunks then let it simmer for 10 minutes.



## Marinated Spicy Fish



### ingredients

- 2 Medium Fresh Tilapia • 1 Onion, raw • 1 1/2 tsp Ginger • 10 Cloves Garlic
- 1 tsp Black Pepper • 1/2 tsp Grains of Selim (hwentia) • 2 red scotch pepper • 2 MAGGI Dededee
- 6 tbsp Peanut Paste • 7 tbsp Vegetable Oil • 2 tbsp Vinegar • 3 cups Wheat flour
- 3 Medium eggs (beaten slightly with 1 teaspoon milk) • 3 cups Gari

### Preparation

1. Clean the Tilapia and cut along both sides of the fish. Cut as close to the bone as possible to allow it to cook fast.
2. Blend onion, garlic, ginger, black pepper, nutmeg powder, fresh pepper, peanut paste and a small amount water. Add 2 MAGGI D3D33D3, vinegar and oil to the blend and stir. Then taste to correct seasoning.
3. Spread the marinade (the blended mixture) on the fish and refrigerate the fish for a while.
4. Set aside a plate each of wheat flour, whipped egg, and Gari. Pass the marinated fish in each of those plates to coat and set aside.
5. Make a charcoal BBQ. On medium heat, grill until fish is cooked. Serve with fried ripe plantain, banku or attiéké and little tomato stew.





# Fish Nuggets



## ingredients

- 2 Mediums fresh whole red snapper (cut in halves) • 1 onions, raw • 1/2 tsp Ginger • 10 cloves Garlic • 1/2tsp Black Pepper • 2 MAGGI Dedeede • 10tbsp Vegetable Oil • 2tbsp Vinegar

## Preparation

1. Clean and debone fish. Cut the deboned fish into fillets.
2. Blend onion, garlic, ginger and black pepper. Add 2 MAGGI Dedeede, vinegar and oil to the blend and stir. Then taste to correct seasoning.
3. Spread the marinade (the blend of spices) on the fish fillets and keep in the fridge for a while.
4. Make a charcoal BBQ. On medium heat, set the fish on the grill. Continue to spread the marinate on the fish from time to time until cooked.
5. Serve with fried ripe plantain and little tomato stew or ketch up.



## Palmnut Jollof Salsa



### ingredients

- 2 cans palm nut extract • 1 Dried Smoked Fish (Whole)
- 4 Tomatoes • 2 tbsp Shrimp powder • 2 Peppers, hot chili, green, raw • 1 Onions, raw
- 1 Red Bell Pepper • 2 MAGGI Shrimp • 1L Water

### Preparation

1. Pour the palm fruit extract into a pot and allow to boil for 10 minutes. Add the onion, tomatoes, peppers and the roughly chopped red bell pepper into the pot then allow to boil for 10 minutes until the oil begins to rise.
2. Add the shrimp powder, 2 MAGGI Shrimp and water, stir and bring to boil for 10 minutes.
3. Remove the onion, 2 tomatoes, red bell pepper, peppers and blend smoothly. Pour it into the pot and bring to boil for 20 minutes.
4. Clean the smoked fish and the dry fish and add into the pot. Reduce the heat and simmer for 15 minutes.



# Spaghetti Jollof



## ingredients

- 600g Spaghetti • 1 1/2 Onions, raw • 2 Peppers, hot chili, green, raw • 4 Tomatoes
- 2 large Red bell Peppers • 2 MAGGI Chicken • 1/2tsp Garlic • 2tbsp Vegetable Oil
- 1tsp Curry Powder • 1/2tsp Thyme • 2 Medium Carrots • 1 Head Cabbage • 2 Green Bell Peppers

## Preparation

1. Wash and roughly blend tomatoes, 1 onion, fresh pepper and 1 red bell pepper. Cut remaining red and green bell pepper into a small bowl. Set aside.
2. Slice remaining onions. Heat oil in a pan and add onion slices, ginger, garlic, thyme then stir-fry for 3 minutes. Add the blended vegetables and fry for 10 minutes stirring at regular intervals. Make stock with 2 MAGGI Chicken and water, add the stock base and allow to boil.
3. Add the spaghetti, stir and allow to cook on low heat for 7 minutes. Add shredded cabbage, the red and green bell peppers and diced carrots to the pan. Stir at regular intervals till spaghetti is cooked. Serve.



## Green Leaf Groundnut Soup



### ingredients

- 400g Peanut Paste Mix • 1 Medium Dried Smoked Fish (Whole) • 1 Medium Smoked Chicken
- 1 Tomato • 1 Red bell Pepper • 2 Onions, raw • 1 1/2L Water • 3 Cloves Garlic • 8 Dried Shrimps
- 2 Peppers, hot chili, green, raw • 3 Fresh okro • 2 MAGGI Chicken
- 2 Medium Sweet Potatoes • 2 pieces Pumpkin • 1 bunch spinach (sliced) • 3 Garden Eggs

### Preparation

1. Clean and cut okro, sweet potatoes, garden eggs and pumpkin into chunks. Clean chicken and cut into pieces. Clean the fish and break into pieces. Clean and slice the leaves (spinach). Keep all aside.
2. Place the whole onion, pepper, tomatoes garlic, roughly cut red bell pepper, dried shrimps, smoked chicken, smoked fish in a pot with hot water. Then cover and bring to boil and allow to simmer for 15 minutes until vegetables are soft.
3. Remove vegetable and blend. Add the blended vegetables to the soup. Add 2 MAGGI Chicken and bring to boil. Dilute the peanut paste with warm water and mix to obtain light consistency.
4. Pour the peanut paste mix into the soup and simmer for 20 minutes until oil rises to the surface of the soup. Add the vegetable chunks: pumpkin, potatoes, garden eggs, okro and let simmer for 10 minutes. Add fine shredded leaves (spinach) and boil for 3 minutes. Peanut soup can be served with starchy staple side dish: pounded cassava, yam, plantain, or rice.



## No-Fail Groundnut Soup



### ingredients

- 400g Peanut Paste Mix • 1 Smoked Fish • 1 Medium Smoked Chicken • 1 tbsp Shrimp powder
- 1 Tomato • 1 Red Bell Pepper • 2 Onions, raw • 1, 1/2L Water • 2 Peppers, hot chili, green, raw
- 2 MAGGI Shrimp • 1 bunch spinach (sliced)

### Preparation

1. Clean chicken and cut into pieces. Clean the smoked fish. Clean and slice the spinach leaves. Keep all aside.
2. Pound roughly in an earthen ware (mortar) or blend: onion, peppers, red bell pepper, and shrimp powder. Pour into a pot, add warm water (1,5L), smoked chicken, dry fish and 2 MAGGI Shrimp. Then cook for 10 minutes
3. Dilute the peanut paste with warm water to lighten the consistency. Pour into the soup and allow to cook for 20 minutes until oil rises at the surface of the soup. Stir at regular intervals. Add the smoked fish and allow to cook for 5 minutes.
4. Add fine shredded leaves (spinach) and stir then allow to simmer for 3 minutes. Peanut soup can be served with fufu, rice, banku or eba.



## Palmnut Soup Beans Combo



### ingredients

- 2 cans palm nut extract • 2 pieces Chicken Breast • 2 tbsp Shrimp powder • 1 Onion, raw
- 1 Red bell Pepper • 2 MAGGI Chicken • 5 cups Beans • 1, 1/2L Water • 2 Mediums Carrots

### Preparation

1. Pour the palm fruit extract into a pot and leave to boil for 10 minutes. Roughly chop the onion and the red bell pepper and pour into the pot and allow to boil for 10 minutes until the oil begins to rise to the top of palm fruit extract.
2. Cut chicken breast into slices and add to the soup. Add the shrimp powder, 2 MAGGI Chicken and water, then stir and bring to boil for 10 minutes.
3. Add the beans and allow to boil for 15 minutes. Add the carrots, reduce the heat and allow to simmer for 10 minutes.



## Crunchy Coconut Jollof

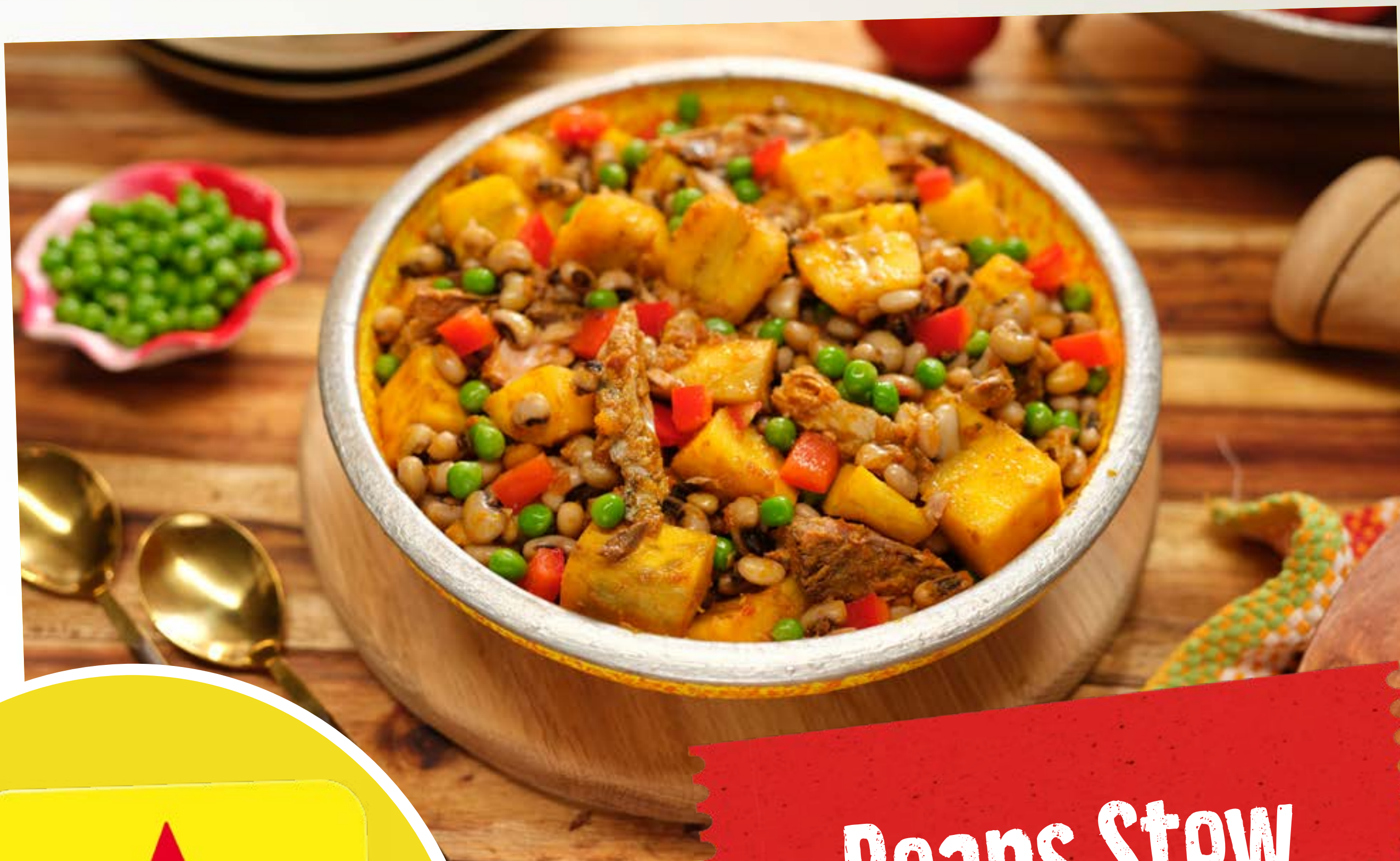


### ingredients

- 4 cups White Rice • 2 tbsp Coconut Oil • 10 Prawns • 1 cup Coconut Milk
- 1 Onion, raw • 2 red scotch peppers • 1 Red bell Pepper • 4 Tomatoes
- 1 Dried Smoked Fish (Whole) • 2 MAGGI Shrimp • 1/2tsp Ginger • 1/2tsp Garlic • 4 cups Water
- 1 Green Bell Pepper • 1/2 cup Coconut Flakes

### Preparation

1. Put a pan on fire and add the coconut oil. When the oil is hot, add chopped onions, ginger, garlic and stir fry for 3 minutes. Add the chopped pepper, tomatoes, red bell pepper and stir for 3 mins.
2. Add coconut milk, water, 2 MAGGI DEDEEDE and bring to boil. Add the deboned smoked fish, shrimp and rice. Allow to cook for 25 minutes. Add 1/4 cup of water if more liquid is needed.
3. Dice the green bell pepper and add to rice. Add the coconut flakes. Allow to simmer for 5 minutes.



## Beans Stew Tuber Mix



### ingredients

- 2 cups Beans • 1, 1/2 Onions, raw • 250ml Water • 2 Tomatoes • 1 Red bell Pepper
- 2 Peppers, hot chili, green, raw • 4 tbsp Palm Oil • 1 Dried Smoked Fish (Whole)
- 1 MAGGI Shrimp • 1 tbsp Shrimp powder • 1/2 Medium Sweet Potato • 4 Medium Plantains
- 1 MAGGI Dededee • 1 Large scoop Green Peas

### Preparation

1. Pick and wash overnight soaked beans
2. Drain the water from the beans and put into a clean pot, add water, 1 MAGGI Shrimp and ½ sliced onion cook for 20 minutes (until soft). Remove from the heat and drain, then keep aside.  
Clean and cut into big cubes the potatoes and plantain. Set aside.
3. Blend the vegetables: tomatoes, peppers, red bell pepper, and the remaining onion. In a pot add the palm oil and allow to heat then add the blended vegetable, and fry for 10 minutes. Add 1 cup of water (250ml), potatoes, plantain, shredded smoked fish, crayfish powder, 1 MAGGI DEDEEDE then cook for 10 minutes. Add the beans, stir and allow to cook for a while. Add the green peas and let it simmer until water dries.





**CHOOSE THE  
STAR**





## Light Soup For Kids



### ingredients

- 1 Medium Smoked Chicken • 3 Tomatoes • 1 Onion, raw • 4 Cloves Garlic • 2 MAGGI Chicken
- 2 Small Carrots • 1/4 piece Leek • 1 cup Green Beans • 100g Spaghetti
- 1L Water • 2tbsp Vegetable Oil

### Preparation

1. Clean and cut the vegetables: leek, carrot and green beans and put aside.
2. Heat oil in a pan, add the chicken and fry until golden brown. Blend tomatoes, garlic, onion, 1 MAGGI chicken and add into the pan then simmer for 10 minutes.
3. Add water, cut vegetables: (carrot, green bean, leek) and the pasta, 1 MAGGI Chicken, then bring to boil for 15 minutes. Let it simmer for additional 5 minutes.



## Brown Rice Jollof Delight



### ingredients

- 2tbsp Coconut Oil • 1, 1/2 Onions, raw • 2 red scotch peppers • 3 Tomatoes
- 1 Medium Dried Smoked Fish (Whole) • 1 cup Coconut Milk • 2 MAGGI Shrimp • 1/2tsp Ginger
- 1/2tsp Garlic • 3 cups Brown rice • 1 Large scoop Green Peas • 2 Medium Carrots
- 2 Green Bell Peppers • 25 Prawns • 3 cups Water • 1 tbsp Shrimp powder

### Preparation

1. Put a pan on fire and add the coconut oil. Heat the oil, add onions and stir fry for 3 minutes. Chop pepper, tomatoes and 1 red bell pepper. Add to the pan the garlic, ginger and the chopped vegetables and fry all for 2 minutes.
2. Add the coconut milk, water, 2 MAGGI Shrimp, and bring to boil. Add the roughly shredded smoked fish, shrimp powder, Prawns (Shrimps) and brown rice. Stir and allow to cook for 20 minutes. Add 1/4 cup of water if more liquid is needed.
3. Clean and dice vegetables: Carrot and red bell pepper. Add all vegetables and allow to cook for 5 minutes.



# Easy Palmnut Soup



## ingredients

- 2 cans palm nut extract • 1 Dried Smoked Fish (Whole) • 1 Dried Smoked Fish (Whole)
- 2 Tomatoes • 2 tbsp Shrimp powder • 2 Peppers, hot chili, green, raw • 1 Onion, raw
- 20g MAGGI Shrimp • 1L Water

## Preparation

1. Pour the palm fruit extract into a pot and leave to boil for 10 minutes. Add the onion, tomatoes, peppers to the pot and allow to boil for 10 minutes until the oil begins to rise.
2. Add the shrimp powder, 2 MAGGI Shrimp and water. Stir and bring to boil 10 minutes. Remove the onion, tomatoes, peppers and blend smoothly. Pour it into the pot and bring to boil for 20 minutes.
3. Clean the smoked fish and the dry fish and add into the pot then reduce the heat and let simmer for 15 minutes.



## Mpotompoto Veggie Delight



### ingredients

- 5 Medium Sweet Potatoes • 1, 1/2L Water • 1 Onion, raw • 1 Tomato • 1 MAGGI Shrimp
- 3 large Red bell Peppers • 1 MAGGI Dededee • 1 cup fennel seeds • 4 Medium Carrots
- 2 Medium Dried Smoked Fish (Whole) • 4 tbsp Palm Oil • 2 tbsp Shrimp powder
- 1/2 bunch spinach (sliced)

### Preparation

- 1.** Blend the pepper, onion, tomato and bell pepper. Cut into chunks the sweet potatoes and carrots. In a clean pot, add water and blended vegetables. Heat and bring to boil. **2.** Add the sweet potatoes, shrimp powder and 1 MAGGI DEDEEDE and cook for 10 minutes. Add the pumpkin, carrot, smoked fish, 1 MAGGI Shrimp and palm oil, then cook for 10 minutes.
- 3.** Cut the spinach, add and allow to simmer for 3 minutes.



# Carrot Rings Jollof



## ingredients

- 3tbsp Vegetable Oil • 2 Onions, raw • 4 Tomatoes • 1/2tsp Curry Powder • 1/2tsp Thyme
- 1tbsp Bay leaf • 2 MAGGI Chicken • 1/2 tsp Ginger • 1/2 tsp Garlic • 4 cups Water
- 4 cups White Rice • 1 Large scoop Green Peas • 3tbsp Sweet Corn • 2 Medium Carrots
- 1 Red bell Pepper

## Preparation

1. Wash and cut the vegetables (1 onion, tomatoes, red bell pepper) into chunks. Put in a blender and blend until smooth. Pour blended vegetables into a heated pot and steam until dry. Remove from fire, pour into a bowl and set aside. Wash and cut the carrots and place them in a bowl with the sweet corn and green peas. Set aside.
2. Slice the remaining onion. Heat oil and add the sliced onion, curry, thyme, bay leaf, chopped ginger and garlic then stir fry for 3 minutes. Add the steamed and blended vegetables. Fry for 7 minutes and stir at regular intervals.
3. Add water, 2 MAGGI Chicken and allow to boil. Add the rice and stir. Cover and allow to cook for 20 minutes. Add the carrots, green peas, sweet corn, stir and cover. Simmer for 5 minutes at reduced heat.



## Jerk Roasted Whole Turkey



### ingredients

- 12kg Turkey, dark meat, meat and skin, raw
- 1 Onion, raw
- 1 Lemon Grass
- 1tbsp dried Rosemary
- 1tbsp Fresh thyme
- 10 pieces Fresh Chilli
- 16tbsp cold unsalted butter (cut into pieces)
- 1tsp Black Pepper
- 7 Cloves Garlic
- 2 Tablets MAGGI Chicken
- 1 Pineapple
- 2tbsp Fresh chopped herbs

### Preparation

1. Remove the thawed turkey from the fridge 1 hour before roasting, to let it come to room temperature. Adjust your oven rack so the turkey will sit in the center of the oven. Preheat oven to 180 degrees.
2. Make a spicy herb butter by combining room temperature butter, blended kpakposhito, minced garlic, pepper, one tablespoon fresh chopped rosemary, one tablespoon fresh chopped thyme, MAGGI chicken. (You'll use the remaining fresh herbs for stuffing inside the cavity of the turkey).
3. Season the cavity of the turkey with 1 MAGGI chicken and black pepper. Stuff it with the quartered lemon, onion, pineapples and the rest of herbs. Use your fingers to loosen and lift the skin above the breasts (on the top of the turkey) and smooth a few tablespoons of the herb butter underneath. Tuck the wings of the turkey underneath the turkey and set the turkey on a roasting rack inside a roasting pan.
4. Microwave the remaining herb butter mixture for 30 seconds (Not completely melted-- just softened). Use a basting brush to brush the remaining herb butter all over the outside of the turkey, legs and wings. Roast at 180 degrees for about 13-15 minutes per pound, or until internal temperature reaches about 165 degrees. Remove the turkey from the oven then tent it with foil, and let it rest on the counter. It will continue cooking under the foil.
5. Check the turkey about halfway through cooking, and once the skin gets golden brown, cover the top of the turkey with tinfoil, to protect the breast meat from overcooking. Alternately, you could start cooking the turkey with it tented in foil, then during the last hour or so of cooking you can take the foil off to let the turkey brown.
6. Allow turkey to rest for 20-30 minutes before carving and adding more water, if necessary, until golden. Slice and serve with fried rice.



## Slow Roasted Lamb Shank



### ingredients

- 2 tbsp Olive Oil • 6 pieces lamb shanks (trimmed of excess fat) • 2 large Onions, raw
- 6 Cloves Garlic • 2 large Carrots • 1tbsp ground pepper • 4tbsp Wheat flour • 2 cups beef stock
- 5tbsp Alcoholic beverage, wine, table, red • 400g Tomatoes • 2tbsp tomato ketchup • 1tsp Black Pepper • 1 Tablet MAGGI Dedeede • 1tsp dried rosemary • 2tbsp Parsley • 2 Leafs Bay leaf

### Preparation

1. Preheat oven to 3500F (1750C). Wash and pat dry lamb shanks with paper towel. Heat 1 tablespoon of oil in a heavy based pot over medium-high heat. Sear two shanks in the hot oil until browned on all sides. Repeat with remaining shanks and oil. Transfer to a plate, tent with foil to keep warm, set aside.
2. Sauté the carrots and diced onions, then add garlic and cook for minute. Season with 1/2 MAGGI seasoning and 1/2 teaspoon ground pepper. Sprinkle with flour, toss well and cook for 4-5 minutes to brown the flour. Return the shanks back into the pot.
3. Add stock, puree tomato, MAGGI DEDEEDE tablet and herbs. Bring to a simmer on the stove.
4. Cover, transfer to lower part of the oven and cook for 2 & 1/2 hours, or until the meat is tender (adjust the heat so that the liquid simmers very slowly). Gently transfer the shanks onto a plate; tent to keep warm. Take out the bay leaves from the sauce and place pot onto stove. Simmer sauce over medium heat until thickened to your desired consistency.
5. You should be left with about some sauce thick enough to lightly coat the back of a spoon. Taste for seasoning and adjust pepper, if desired. Add the shanks back into the pot of sauce. Garnish with parsley and serve with mashed potatoes, rice or pasta.





## Bofrot Beef Burger



### ingredients

- 6 street bought bofrot • 50g beef fillet • 1tsp Oregano • 1 egg yolk • 1tsp Garlic
- 1tsp Black Pepper • 1 Tablet MAGGI Dedeede • 1 bunch Lettuce • 2 Medium Tomatoes
- 1 Medium Onion, raw • 6 slices cheddar cheese • 2 tbsp mayonnaise • 2 tbsp tomato ketchup

### Preparation

1. Mix the minced beef with the oregano, yolk, garlic, black pepper, MAGGI Dedeede tablet and set to marinate in the fridge for 10minutes.
2. Mould the minced beef with a round cutter and grill on a pre-heated grill for 3-5 minutes on both sides then add the cheese slice.
3. Slice the bofrot in equal halves, place lettuce on one half, add tomato and onion slice on it. Add the grilled beef patty with the cheese.
4. Drizzle with mayochup cocktail and place the other half on top.
5. Bofrot beef burger is ready to serve.



## Warm Beef Green Pawpaw Salad



### ingredients

- 500g beef fillet • 1/4 cup suya spice • 1, 1/2 Tablets MAGGI Dededee • 1, 1/2 tbsp Black Pepper
- 1 1/2tsp sea salt flakes • 4tsp Olive Oil • 1tbsp Soy sauce • 1tbsp Lemon juice, raw
- 1tsp Pepper, hot chili, green, raw • 1tbsp wild honey • 1 sprig Fresh thyme • 100g Lettuce
- 100g arugula leaves • 6 Small Carrots • 1 Medium Onion, raw • 7 Tomatoes • 1 handful toasted cashew nuts (chopped)

### Preparation

1. Season the beef fillet with the suya spice and place on a pre-heated grill.
2. Grill for 3 minutes, drizzle with vegetable oil, turn over, add the carrots and grill for another 3 minutes. Set aside to cool off. Mix soy sauce with lemon juice, chilli flakes, black pepper, olive oil, salt and honey. Add the thyme, stir and set aside.
3. Cut the grilled beef into one inch slices, season with MAGGI DEDEEDE and coarse crushed black pepper then set aside. Place the fino fresco leaves in a salad bowl, followed by arugula leaves. Add the sliced beef, cherry tomatoes, grilled carrots, sliced onion and sprinkle the chopped cashew nuts.
4. Drizzle with the dressing. Warm beef salad ready to serve.



## Seafood Platter (Boil)



### ingredients

- 4 pieces fresh yellow corn (cut into 3-inch pieces) • 6, 1/4 cups Water • 4 large Lemons
- 4 large Onions, raw • 1, 1/2 Tablets MAGGI Shrimp • 2, 1/2tsp Cayenne pepper
- 2 large Garlic • 4 Bay leaves • Baby potatoes (halved) • Littleneck clams (scrubbed)
- beef fillet • Crabs • 1g Prawns • 3 Sticks cold unsalted butter (cut into pieces) • 3tbsp Paprika
- 1/4 cup Parsley • 2tsp Lemon juice, raw • 10 Fresh Chilli • 2 Peppers, hot chili, green, raw

### Preparation

1. Place corn in a single layer on a large plate; freeze until ready to use, about 1 hour.
2. Add water to a large saucepan. Squeeze juice from lemon halves into water, removing and discarding seeds; add squeezed lemon halves, onions, MAGGI, kpakposhito salt, cayenne, garlic heads, and bay leaves. Cover and bring to a boil over high. Add potatoes. Cover pot and return to a gentle boil over high. Uncover, and boil, undisturbed, for 15 minutes.
3. Add crab legs, shrimp, and frozen corn to stockpot, using tongs to incorporate them into the broth. Cover pot, and let mixture stand, undisturbed, 15 minutes. Bring water to a boil in a medium saucepan over high. Reduce heat to low; gradually add butter pieces, whisking until mixture is emulsified and thickened (do not let sauce boil). Remove from heat; stir in parsley, MAGGI, lemon juice, red pepper, and cayenne smoked paprika and transfer to a sauceboat or small serving bowl.
4. Drain the seafood boil in a colander, using tongs to help transfer ingredients to the colander and then to a serving platter.



## Acha/Fonio Mushroom Vegetable Stir Fry (Carb Concious)



### ingredients

- 2 cups fonio • 2tbsp vegetable oil • 300g Mushroom • 2 Cloves Garlic • 1 Small Ginger
- 1tsp Black Pepper • 1 Medium Carrot • 1 Medium Onion, raw • 1 Medium Red bell Pepper
- 1 Medium Green Bell Pepper • 1tsp Oregano • 1 Tablet MAGGI Shrimp • 250ml Water

### Preparation

**1.** Pour 250ml water into a saucepan over medium heat, then add 1/2 MAGGI shrimp tablet and bring to a boil. Add the fonio, stir and let it absorb the water on low heat for 5 minutes, then take off the heat and set aside.

**2.** Heat vegetable oil in a wok over medium heat, then add the mushrooms, garlic, ginger, oregano and MAGGI shrimp tablet. Stir and let cook through for 3 minutes. Add the carrot, sauté for a minute, then add the sliced onion and sauté for another minute. Add the cooked fonio, toss to mix and add the diced red and green bell peppers. Toss again to mix well.

**3.** Mushroom fonio veg stir-fry is ready to serve.



# Akrantie Nkwana



## ingredients

- 1kg grasscutter • 3 Medium Tomatoes • 3 Medium Garden Eggs • 3 Grains of Selim (hwentia)
- 10 Peppers, hot chili, green, raw • 1 Medium Onion, raw • 3 tbsp Tomato ketchup
- 2 tbsp Ginger • 3 tbsp Garlic • 1/2 Onion, raw • 2 Tablets MAGGI Dedeede

## Preparation

1. Pour grasscutter into a saucepan over medium heat, add the ginger and garlic paste. Add MAGGI DEDEEDE, diced onion, salt, water, stir and let cook for 15 minutes.
2. Add tomatoes, onion, red chilli, garden eggs, stir and let cook until soft and tender. Take out and blend into a smooth mixture. Add tomato paste, stir and let simmer for 2 minutes. Strain the blended mixture into the saucepan, add MAGGI DEDEEDE, stir and let simmer for 15 - 20 minutes.
3. Akrantie nkwana is ready to serve with Fufu or any side of your choice.



## Smoked Goat Dafaduka



### ingredients

- Beef, variety meats and by-products, liver, raw
- 1 Medium Spring onion
- 1 Stalk dried rosemary
- 2tsp Black Pepper
- 4 Cloves Garlic
- 1 Small Ginger
- 2 MAGGI Dedeede
- 6 Medium Tomatoes
- 1 Pepper, hot chili, green, raw
- 1 Medium Onion, raw
- 6 Cloves Garlic
- 1 Onion, raw
- 1/2tsp fennel seeds
- 1tsp Curry Powder
- 1tsp dried rosemary
- 2 cups long grain rice
- 6tbsp vegetable oil

### Preparation

1. Pour the smoked goat into a saucepan over medium heat, add onion, fresh rosemary, black pepper (1 tablespoon), garlic, ginger, 1 MAGGI Dedeede, water, stir and bring to a boil for 25 minutes.
2. Blend half of the tomatoes, bell pepper, onion and garlic into a smooth mixture and set aside. Heat vegetable oil in a saucepan over medium heat, add the cooked smoked goat and fry for 3 minutes, take out and set aside.
3. Pour the sliced onion into the oil, add fennel seeds, stir until light brown. Add the chopped tomatoes, stir and let simmer for 5 minutes. Add the blended mixture, stir and let simmer for 15 minutes.
4. Add the curry powder, ground rosemary, black pepper (1 tablespoon), 1 MAGGI Dedeede, stir and let simmer for 2 minutes.
5. Add the washed rice, the smoked goat stock, stir, cover and let cook for 30 minutes, stirring occasionally. Add the fried smoked goat, stir in and let cook for 5 minutes. Smoked goat dafaduka ready to serve.



# Tubaani



## ingredients

- 2 cups beans powder • 1 Tablet MAGGI Shrimp • 2tbsp Shrimp powder • 1 bunch spinach (sliced)

## Preparation

1. In a mixing bowl, mix beans powder, fish powder and 1 MAGGI Shrimp. Add water and mix into a smooth consistency.
2. Scoop a spoonful into a katemfe leaf, wrap and set aside. Continue the process with the remaining mixture.
3. Bring water to a boil, place a splatter guard on the saucepan, then carefully place the wrapped mixture on the splatter guard and cover to steam.
4. Let cook for 30 minutes and take off heat. Tubaani is ready to serve. Serve with caramelised onion and soya chilli.



## Green Leaf Beans Stew



### ingredients

- 2 cups Beans • 1, 1/2 Onions, raw • 250ml Water 1/2 bunch spinach (sliced) • 2 Tomatoes
- 1 Red bell Pepper • 2 Peppers, hot chili, green, raw • 4 tbsp Palm Oil • 1 Dried Smoked Fish (Whole) • 1 MAGGI Dededee • 1tbsp Shrimp powder • 1/2 Medium Sweet Potatoes
- 4 Medium Plantains • 1 MAGGI Shrimp

### Preparation

1. Pick and wash overnight soaked beans
2. Drain the water and put into a clean pot, add fresh water, 1 MAGGI Shrimp and ½ sliced onion, cook for 20 minutes (until soft). Remove from the heat, drain and keep aside. Clean and cut into cubes the potatoes and plantain and set aside
3. Blend the vegetables: tomatoes, peppers, red bell pepper, and the remaining onion. Put a pot on fire, add the palm oil and allow to heat. Add the blended vegetables, and fry for 10 minutes. Add 1 cup of water (250ml) and put in the potatoes and plantain. Add shredded smoked fish, crayfish powder, 1 MAGGI DEDEEDE then cook for 10 minutes. Add the beans and stir. Slice the spinach and add to the pot. Simmer until water dries.





# Dafaduka



## ingredients

- 2 cups long grain rice
- 3 Tomatoes
- 5 Peppers, hot chili, green, raw
- 4 Cloves Garlic
- 2 tbsp Dawadawa
- 1 tsp ginger paste
- 1 Medium Onion, raw
- 1 MAGGI Shrimp
- 1 smoked herring (cleaned)
- 1 cup Water
- 1/4 cup Vegetable Oil

## Preparation

1. Place a saucepan on medium heat, add oil, onions and fry till almost translucent.
2. Add the diced tomatoes, onions puree, ginger, garlic and peppers, stir and let it simmer for 5 minutes.
3. Add the locust beans and smoked herrings and allow it to simmer for another 5 minutes.
4. Season your stew with MAGGI Shrimp before adding washed rice, with the 1 cup of water.
5. Stir it in and cover the to cook for 15-20 minutes on low heat.
6. Dafaduka is ready to serve, best served with sobolo juice.



*Cook the  
Difference*