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BANGA SOUP RECIPE//DELTA STYLE

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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

Ingredients Palm fruit or Palm nut extract Ata rodo – scotch bonnet/habanero pepper Oburunbebe stick Dried bitter leaves Dry red shrimps Fresh shrimps Periwnkles Tilapia– any fresh fish will do Powdered Banga spices – Rogojie, Tyko, Obunrubebe stick – some I know by name. There are lots more blended ...

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.

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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 ...

Thank you all. So today, we will be cooking Banga soup, the Delta way! Banga soup is a common dish among the Itsekiri, Deltans and amongst the South Eastern part of Nigeria. Its preparation varies from tribe to tribe. There is the Efik version which is known as 'Abak Atama' while the Igbo version is called 'ofe akwu' which includes the ...

Banga Soup Method [Niger Delta Version] - Cook With Kemi

Instructions Season assorted beef and dried fish with salt, onions, seasoning cubes, add water and bring to boil till tender. Place a large pan on medium heat, add palm nut fruit and dilute with warm water double of the amount of palm fruit used. Stir till well combined and bring to boil for about ...

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

Banga Soup Recipe Delta Version Sisi Jemimah 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

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Spice. 1-2 Tablespoons Crushed Obeletientien leaves or Dried bitter leaves. 1 Oburunbebe stick. Banga Soup Recipe (Delta Version) - Sisi Jemimah Method 1.

Banga Soup Recipe Delta Version 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 Irugege 1 Oburunbebe Stick Banga stick beletientien leaves half cup 3 seasoning cubes 1 ...

Banga Soup | Original Recipe from Delta State Nigeria

Ingredients 1.5 lb Beef or any other meat of choice 1 large onion divided into 2 half chopped and half blended with the peppers 1 tsp Cameroon Pepper substitute with cayenne pepper 2 tsp Seasoning powder or Bouillon cubes – divided into two 3 Medium Stockfish Panla, Okporoko – soaked in hot water 1 ...

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...

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Banga Soup and Starch Recipe from Delta State! - YouTube
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
BANGA SOUP RECIPE AND STARCH - THE NIGER DELTA WAY!!! food, recipe, RECIPES Thursday, August 28, 2014. A reeeeeeeaaaaa! Yes oh! Finally the Banga soup recipe has arrived and I'm soooo nice, there's a bonus section on how to make starch and another section on how to chop am! C'mon, starch is food for royalty!

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

I mean, I am a Delta girl, albeit the Asaba side, but I have strong family connections from Ugheli and I have eaten many many urhobo dishes prepared by my Aunties. From Banga soup with Starch to Ogwo soup (i think that is how it is spelled) and some Palm oil sauce which is the Urhobo version of Nkwobi but made with smoked fish.

Urhobo Wado ooooo – My version of Ukodo (urhobo peppersoup)
Its still the month of August and it is still the 'meals on a budget' month. In this video, I am showing you how to make banga soup with just N2,300. Watch, ...

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HOW TO MAKE BANGA SOUP- OFE AKWU NIGERIAN STYLE ...

1 kg palm fruits or 800g tinned Palm Fruit Concentrate. Beef. Dry fish. Vegetable: scent leave for Ofe Akwu or dried and crushed bitter leaves for Delta-style Banga Soup. 2 medium onions. 2 Tbsp ground crayfish. Salt and chilli pepper, to taste. Ogiri Okpei (Iru) (seasoning mix) 1 - 2 big stock cubes.

Banga Soup Recipes | Food Network Canada

In Nigeria, it is known as Banga soup in the Urhobo/Niger-Delta region, and Ofe Akwu among the Igbos. It is called Mbanga soup in Cameroon, Abenkwan in Ghana, and Moambe in Congo. There are slight variations in how it is prepared in different regions, but one common ingredient is found in all of them: Palm Nut.

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