

CAMEROON GROUNDNUT/ PEANUT BUTTER SOUP

INGREDIENTS:

- 1 large finely diced onion
- 1/2 teaspoon salt
- 2 Maggi cubes for seasoning
- 1 tablespoon ginger and garlic paste
- 3 blended fresh tomatoes
- A cup of groundnut paste/peanut butter paste
- (canned) or roasted blended peanuts
- 1 teaspoon white pepper.
- 1/2 cup blended crayfish (optional)
- Some hot pepper (optional)
- Chopped Vegetables (Optional)
- 4 tablespoons vegetable oil



Note: Okra could be added to make the slimy version eaten with Fufu or Garri (Cassava Flour)

METHOD:

1. Marinate your chicken or meat overnight or instantly and steam, then set aside.
2. In a semi hot pot, add oil and when heated add some diced onion and fry.
3. Fry your blended tomatoes until a bit dry.
4. Add ginger, garlic, white pepper, salt, and cubes.
5. Mix groundnut paste in a bowl adding a cup of water and pour into the pot.
6. Allow to simmer for 7 to 10 minutes open and stir thoroughly.
7. Garnish with some crayfish and vegetables (Optional)
8. Add chicken or meat and or smoked fish and half cup of water and allow to cook for 5 more minutes.
9. When you find some oil from groundnut at the top of your groundnut soup then you should know that it is ready.

Serve with boiled rice, yam, and or boiled plantains.