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NIGERIAN 2WENTY RECIPES

Appetizers & Snacks

1. Puff-Puff

Prep Time: 1 hr | Cook Time: 20 mins |

Ingredients:

3 cups all-purpose flour

½ cup sugar

2 tsp active dry yeast

¼ tsp nutmeg (optional)

½ tsp salt

2 cups warm water

Vegetable oil for frying

Instructions:

1. Mix flour, sugar, yeast, nutmeg, and salt in a bowl.
2. Add warm water gradually and stir until smooth.
3. Cover and let the dough rise for 45–60 minutes until doubled.
4. Heat oil in a deep pan over medium heat.
5. Scoop small portions into the oil using your hand or spoon.
6. Fry until golden brown, turning as needed.
7. Remove and drain on paper towels.

Serving Tip: Enjoy warm with powdered sugar or spicy pepper sauce.

2. Kelechi (Fried Ripe Plantains)

Prep Time: 10 mins | Cook Time: 10 mins |

Ingredients:

Beef or goat meat,
onions, garlic, ginger, chili, seasoning cubes, salt, vegetable oil.

Method:

1. Cut meat into small cubes, season with salt, spices, and a bit of onion and garlic.
2. Boil until tender, then deep fry until crispy.
3. Toss in pepper sauce or dry pepper mix for extra heat.

It's similar to peppered meat or suya-style meat but usually bite-sized for snacks.

3. Mini Cakes

Prep Time: 20 mins | Cook Time: 25 mins |

Ingredients:

1½ cups all-purpose flour

1 tsp baking powder

½ cup butter (softened)

¾ cup sugar

2 large eggs

½ cup milk

1 tsp vanilla extract

Instructions:

1. Preheat oven to 180°C (350°F).

2. In a bowl, cream butter and sugar until fluffy.
3. Add eggs one at a time, then vanilla.
4. Mix flour and baking powder; add alternately with milk to the batter.
5. Scoop into greased mini cake molds.
6. Bake for 20–25 minutes or until golden brown.
7. Cool before serving.

Serving Tip: Top with whipped cream or chocolate drizzle for extra sweetness.

4. Doughnuts

Prep Time: 1 hr 15 mins | Cook Time: 15 mins |

Ingredients:

3 cups all-purpose flour

2 tsp yeast

½ cup sugar

½ tsp salt

½ cup milk

2 tbsp butter (melted)

1 egg

Vegetable oil for frying

Instructions:

1. Mix flour, yeast, sugar, and salt in a bowl.
2. Add milk, melted butter, and egg; knead into soft dough.

3. Cover and let rise for 1 hour until doubled.
4. Roll out dough, cut into doughnut shapes.
5. Heat oil and fry until golden brown.
6. Drain and dust with powdered sugar.

Serving Tip: Serve with jam, chocolate sauce, or plain.

5. Plantain Chips with Pepper Sauce

Prep Time: 15 mins | Cook Time: 20 mins |

Ingredients for Chips:

3 unripe plantains

Salt to taste

Vegetable oil for frying

Ingredients for Pepper Sauce:

4 red chili peppers

2 tomatoes

1 onion

1 tbsp vegetable oil

Salt and seasoning cube to taste

Instructions (Chips):

1. Peel plantains, slice thinly.
2. Heat oil and fry slices until crisp and golden.
3. Drain on paper towels and sprinkle with salt.

Instructions (Pepper Sauce):

1. Blend chili peppers, tomatoes, and onion.
2. Heat oil in a pan, pour in the blend, and cook for 10 mins.
3. Add salt and seasoning, stir well.

Serving Tip: Serve crispy chips with pepper sauce for dipping.

7 Main Dishes

1. Jollof Rice with Grilled Chicken
2. Egusi Soup with Pounded Yam
3. Coconut Fried Rice
4. Spaghetti
5. Goat Meat Pepper Soup
6. Fried Rice
7. Beans & Plantain Porridge

1. Jollof Rice with Grilled Chicken

Prep Time: 20 mins | Cook Time: 50 mins |

Ingredients:

- 4 cups parboiled rice
- 8 medium tomatoes (blended)
- 3 red bell peppers
- 1 large onion

½ cup vegetable oil

2 tbsp tomato paste

1 tsp curry powder

1 tsp thyme

2 seasoning cubes

Salt to taste

1 tsp paprika (optional)

6 pieces chicken (grilled or fried)

Instructions:

1. Blend tomatoes, peppers, and half the onion. Cook down in a pot until thick.
2. Add oil, tomato paste, curry, thyme, and seasoning cubes; fry until rich red.
3. Add water or chicken stock, bring to a boil, then add rice.
4. Cook on low heat until rice is soft and liquid absorbed.
5. Grill or fry chicken until golden.
6. Serve rice with chicken on top.

Serving Tip: Garnish with sliced onions or fresh vegetables.

2. Egusi Soup with Pounded Yam

Prep Time: 20 mins | Cook Time: 40 mins |

Ingredients:

2 cups egusi (melon seeds, ground)

500g assorted meat (goat, beef, etc.)

1 cup palm oil

2 tbsp crayfish (ground)

3 cups leafy vegetables (spinach or ugu)

2 seasoning cubes

1 onion, blended

Salt & pepper to taste

Instructions:

1. Cook meat with salt, onions, and seasoning cubes until tender.
2. Heat palm oil in a pot, add blended onion and pepper; fry 5 mins.
3. Add ground egusi and stir-fry for 3 mins.
4. Add meat stock, crayfish, and meat; simmer 10 mins.
5. Stir in vegetables and cook for another 5 mins.

Serving Tip: Serve hot with pounded yam or fufu.

3. Coconut Fried Rice

Prep Time: 15 mins | Cook Time: 35 mins |

Ingredients:

3 cups rice

2 cups coconut milk

1 cup mixed vegetables (carrots, peas, sweet corn)

½ onion (chopped)

2 tbsp vegetable oil

1 tsp curry powder

Salt and seasoning cubes to taste

Instructions:

1. Parboil rice and set aside.
2. In a pot, heat oil; fry onions and curry powder 2 mins.
3. Add coconut milk, seasoning cubes, and salt; bring to a boil.
4. Add rice and cook until done and fluffy.
5. Stir in mixed vegetables and cook for 5 mins.

Serving Tip: Serve with grilled fish or chicken for a full meal.

4. Nigerian Spaghetti

Ingredients:

Spaghetti

Tomato paste or blended fresh tomatoes

Onion, garlic

Seasoning cubes, curry powder, thyme, salt

Oil (vegetable or palm oil)

Method:

1. Parboil spaghetti, rinse, and set aside.
2. Sauté onions, garlic, and tomato paste in oil; add spices and seasoning.
3. Add a little water or stock, stir well, then add spaghetti.
4. Steam for 2–3 minutes, stir to mix, and serve hot.

Serving Tip: Add scrambled eggs or sausages for extra flavor.

5. Goat Meat Pepper Soup

Prep Time: 15 mins | Cook Time: 40 mins |

Ingredients:

1 kg goat meat (cut in chunks)

1 tbsp pepper soup spice mix

2 scotch bonnet peppers

1 onion (chopped)

2 seasoning cubes

Salt to taste

Instructions:

1. Wash goat meat and place in a pot with onions, salt, and seasoning cubes.
2. Add water to cover meat and cook until tender.
3. Blend scotch bonnets and add to pot.
4. Add pepper soup spice, simmer 10 mins.

Serving Tip: Serve hot with boiled yam, rice, or bread.

6. Nigerian Fried Rice

Ingredients:

Rice

Mixed vegetables (carrots, green beans, peas)

Liver or chicken (optional)

Seasoning cubes, curry powder, thyme

Onions, garlic, oil

Stock (chicken or beef)

Method:

1. Parboil rice and set aside.
2. Stir-fry onions, garlic, vegetables, and liver/chicken in oil.
3. Add rice, seasoning, curry powder, and stock.
4. Stir well and steam on low heat until done.

7. Beans & Plantain Porridge

Prep Time: 15 mins | Cook Time: 50 mins |

Ingredients:

2 cups brown beans

2 ripe plantains (sliced)

1 onion

1 tsp palm oil

Salt and seasoning cubes

Instructions:

1. Cook beans with onions until soft.
2. Add palm oil, seasoning, and plantain slices.
3. Cook on low heat until plantains are soft and porridge thickens.

Serving Tip: Garnish with fresh vegetables or crayfish powder.

Side Dishes (3 Recipes)

1. Coleslaw Salad

Prep Time: 15 mins |

Ingredients:

½ small cabbage (shredded)

2 carrots (grated)

½ cup mayonnaise

1 tbsp sugar

1 tbsp lemon juice

Salt to taste

Instructions:

1. Mix shredded cabbage and grated carrots in a bowl.
2. In a small bowl, mix mayonnaise, sugar, lemon juice, and salt.
3. Pour dressing over the vegetables and toss well.

Serving Tip: Best served chilled with fried rice or grilled chicken.

2. Fried Plantain (Dodo)

Prep Time: 5 mins | Cook Time: 10 mins |

Ingredients:

4 ripe plantains

Vegetable oil for frying

Salt to taste

Instructions:

1. Peel plantains and cut into slices.
2. Heat oil in a pan, fry plantains until golden brown.
3. Sprinkle salt after frying.

Serving Tip: Serve as a side dish with beans, rice, or eggs.

3. Stir-Fried Vegetables

Prep Time: 10 mins | Cook Time: 10 mins |

Ingredients:

1 cup broccoli florets

1 carrot (sliced)

1 green pepper (sliced)

1 onion (sliced)

1 tbsp vegetable oil

Salt & pepper to taste

Instructions:

1. Heat oil in a pan, add onions and vegetables.
2. Stir-fry on high heat for 5–7 mins.
3. Season with salt and pepper.

Serving Tip: Serve with rice, noodles, or grilled meat.

Desserts (3 Recipes)

1. Nigerian Chin Chin

Prep Time: 20 mins | Cook Time: 20 mins

Ingredients:

3 cups flour

½ cup sugar

½ tsp baking powder

½ cup milk

1 egg

½ tsp nutmeg

Vegetable oil for frying

Instructions:

1. Mix flour, sugar, nutmeg, and baking powder in a bowl.
2. Add egg and milk; knead into a firm dough.
3. Roll out dough and cut into small cubes.
4. Fry until golden brown.

Serving Tip: Store in an airtight container for lasting freshness.

2. Banana Pancakes

Prep Time: 10 mins | Cook Time: 10 mins

Ingredients:

2 ripe bananas (mashed)

1 cup flour

1 egg

½ cup milk

1 tbsp sugar

1 tsp baking powder

Instructions:

1. Mix mashed bananas, egg, and milk in a bowl.
2. Add flour, sugar, and baking powder; stir well.
3. Fry small portions on a greased pan until golden.

Serving Tip: Drizzle with honey or chocolate syrup before serving.

3. Zobo Popsicles

Prep Time: 10 mins + freezing

Ingredients:

2 cups zobo drink (hibiscus drink)

2 tbsp sugar or honey

Popsicle molds

Instructions:

1. Mix zobo drink with sugar or honey.

2. Pour into popsicle molds.
3. Freeze for 4–6 hours until solid.

Serving Tip: Perfect for hot days and kids' parties.

Drinks & Smoothies (2 Recipes)

1. Zobo Drink (Hibiscus)

Prep Time: 15 mins | Cook Time: 20 mins

Ingredients:

2 cups dried hibiscus petals (zobo leaves)

1 pineapple (peeled, cut)

2 tbsp grated ginger

Sugar to taste

Water

Instructions:

1. Wash zobo leaves, boil with water, pineapple, and ginger for 20 mins.
2. Strain the mixture and add sugar to taste.
3. Chill before serving.

Serving Tip: Add slices of cucumber or orange for flavor.

2. Mango-Pineapple Smoothie

Prep Time: 10 mins

Ingredients:

1 cup mango cubes

1 cup pineapple cubes

½ cup yogurt

1 tbsp honey (optional)

Instructions:

1. Blend all ingredients until smooth.
2. Serve chilled.

Serving Tip: Garnish with mint leaves for freshness.

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