

JUTE MALLOW

Tuozaafi and ayoyo, Ghanaian dish (North Ghana)



Ingredients:

- Jute mallow leaves
- Dawadawa / Néré
- Fresh tomatoes and tin tomatoes
- Fish
- Pepper, salt, maggi, palm oil and petre salt
- Corn flour
- Cassava flour
- Water



Preparation:

Ayoyo soup preparation:

Pick the leaves from the stem. Wash the leaves and boil them. Add petre salt and dawadawa. Partially blend the leaves.

Prepare the tomatoes sauce and add jute mallow.

Tuozaafi preparation:

Boil the water.

Mix corn flour with water. Pour it into the boiling water and stir. Allow it to boil and form porridge.

Fetch some of the porridge down

Add corn flour and cassava flour to the remaining porridge on fire and stir.

To your desire structure and add the rest of porridge to the tuozaafi on fire to make it lighter.

Stir it well

Portion it into a bowl or rubber and serve with ayoyo soup.

JUTE MALLOW

Akple and ademe, Ghanaian dish (Volta region)



Ingredients:

- Jute mallow leaves
- Peppers, onions and garlic
- Smoked fish and salted fish
- Salt, palm oil and petre salt
- 2 cups of corn flour
- 1/2 a teaspoon of salt
- 1 liter of water



Preparation:

Preparation of Ademe soup:

Pick the leaves from the stem and shred.

Wash them and boil with salt and petre salt in hot water for a few minutes. Take it out from the fire. Wash and blend the peppers, onions and garlic together.

Wash the smoked fish and salted fish and cut into smaller sizes.

Put palm oil in saucepan and stir fry with salted fish. Add the blended species and bring to boil under low heat. Add the smoked fish and 1/2 - 2 cups of water to the sauce. Leave to boil for 20 minutes.

Stir, cover and simmer for about 5 - 10 minutes.

Pour water into saucepan add salt and boil.

Mix a small quantity of the corn flour with water.

Pour it into the boiling water and stir. Allow it to boil into a porridge form.

Fetch some of the porridge down.

Add corn flour to the remaining porridge on the fire and stir very well for a uniform mixed up into solid form (called Akple).

To your desired texture (softness) add the rest of the porridge to the Akple on fire for a softer result. Stir it well.

Portion it into smaller sizes into a bowl or a food flask.

Serve with Ademe soup.