

ILA ALASEPO AND AMALA

By Oluwapemi Oladipo



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Ilorin, Nigeria



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Ila alasepo (okra soup) and amala (a doughy ball made of yam flour) is best eaten with hands, and thus it is well served with a bowl of water to rinse the hands after eating. It is a common dish among the Yoruba people of Nigeria. Specifically, ila or okra, also known as "lady's fingers", is a green flowering plant and a nutritious food with many health benefits. It is rich in magnesium, folate, fiber, antioxidants, and vitamin C, K1, and A. It is also beneficial for pregnant women and heart health.



Serves 2-3

INGREDIENTS

¾ cup of pepper
3 pieces of smoked fish
15 big pieces of okra
4 cups elubo (yam flour) and hot water
½ cup apon (wild African mango seed)
½ cup iru (locust beans)
2 medium-sized pieces ponmo (cow skin)
½ cup palm oil
2 seasoning cubes
Salt to taste

METHOD

1. Blend the peppers.
2. Boil 2 cups of water in a pot.
3. After about 40 seconds, add the blended peppers, seasoning cube and salt to taste.
4. Mix the palm oil and the apon together.
5. Add this to the pot, and continue to cook for 10 minutes, stirring continuously.
6. Then add your iru, smoked fish, ponmo and okra and keep stirring.
7. After about 3mins, your ila alasepo is ready.

For the amala (yam flour)

1. Boil about 3 cups of water in a pot.
2. After about 10 minutes, add the yam flour.
3. Keep turning with the local turning stick for about 3 minutes.
4. Cover the pot and leave for 3 minutes.
5. Turn again, and serve the meal.

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