

MAAMI'S SPICY STIRRED VEGGIES

By Muktarah Banire



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Lagos, Nigeria



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Locally called Efo riro (vegetable stew), maami's spicy stirred veggies is a meal made up of vegetable leaves (usually spinach) and an assortment of proteins. It forms a core part of Yoruba culture and perfectly depicts the vibrancy and fiery spirit of the Yorubas. Loved for its richness and heat levels, it has found its way into the hearts of many Nigerians as a result of its versatility in pairings. It can be eaten as a meal on its own or paired with foods such as white rice, eko (cornmeal), pounded yam, and other sides.



Serves 2

INGREDIENTS

1 bunch spinach (or vegetable leaves)
½ cup locust beans (iru woro)
2-4 pieces ponmo (cow skin)
½ cup palm oil
Pepper mix: 3 medium or 2 large red bell peppers (tatashe), 1 ½ scotch bonnet peppers and 1 large tomato (optional depending on your preferred spiciness)
1 medium onion, sliced
Salt and/or seasoning cubes to taste

METHOD

1. Tear the spinach leaves from their stalks. Rinse and cut them into medium-sized pieces then set aside.
2. Place a saucepan on heat, and pour in some palm oil. Allow to heat before adding the sliced onions and rinsed locust beans and allow to fry gently.
3. Pour in your proteins, which in this case is the cow skin, but can include fish or meat, lightly season and fry.
4. Add the roughly chopped pepper mix. Stir and allow to fry for another 10 minutes.
5. Boil some water, and pour in a bowl. Add your cut spinach leaves to it and let them sit for 2-5 minutes to blanch. Then drain the water while squeezing out the leaves to remove excess liquid. Add the blanched leaves to your pepper sauce, mix evenly and allow to cook for 3-5 minutes.
6. Serve and enjoy with an accompaniment of your choice.

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