

NIGERIAN PEPPER SOUP

By Kenny Oni



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Lagos, Nigeria



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Nigerian pepper soup is a delicious, simple comfort food. It is also known as African pepper soup, and as its name suggests, it's a fiery dish prepared with a blend of flavourful African spices. It may be made with different kinds of fish and meat, which makes it an adaptable recipe. The kind of pepper soup below is the catfish pepper soup, popularly known as "point and kill". Pepper seeds are the core ingredients used in preparing this dish, all of which are healthy to consume.



Serves 2

INGREDIENTS

2 irish potatoes (medium sized)
4 pieces of fresh catfish
2 ehuru seeds
2 umilo seeds
1 gbafilo seed
3 uda
½ tsp uziza seeds
1 tsp alligator pepper
1 tbsp cameroon pepper
2 habanero peppers
1 onion
½ bunch of scent leaves
1-3 seasoning cubes,
depending on taste preference
1 tsp salt

METHOD

1. Wash the catfish with hot water to remove the slime.
2. Grind all the spices with a mortar and pestle.
3. Wash and peel the potatoes, cut into medium-sized cubes; and set aside.
4. Chop the fresh habanero pepper, onions, and scent leaves separately.
5. In a large pot with water, put the washed catfish, onions, pepper, 1-3 seasoning cubes, and salt, and allow it to boil for 5-7 minutes.
6. Add the potatoes. Add the blended or ground pepper soup spice and cameroon pepper.
7. Salt to taste and allow to cook for 3-5 minutes.
8. Add the shredded scent leaf. Cook for a few seconds, and the food is ready.

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