

HAJIA'S IRRESISTIBLE TUO ZAAFI WITH AYOYO

By Steyn Hoogakker



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Accra, Ghana



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Tuo zaafi is a doughy delicacy eaten with a choice of soup and a stew, and is a popular dish across West Africa. This recipe is for tuo zaafi with ayoyo soup and stew, cooked in an electric pressure cooker (EPC). For the best flavours, try to use indigenous ingredients: for example, replace the tin of tomatoes for fresh tomatoes, avoid seasoning cubes and rather use local spices such as anise or selim, and use millet dough or flour instead of corn or cassava flour. For a vegan option, replace the meat and/or salmon with 250g of local mushrooms of your choice.



Serves 4-6

INGREDIENTS

250g beef chunks or 200g fresh local salmon or mushrooms
150g ayoyo leaves
15g dawadawa
1 calabash nut
50g dried local herring
1 tbsp salt
50g hot green pepper
350ml palm oil
3 onions
3 tomatoes
1 tin tomatoes
5 cloves of garlic
20g ginger
400g corn flour
150g cassava flour
1.5L water
1 seasoning cube dissolved in 250ml water (or 250ml meat stock)

METHOD

1. Prepare the ingredients: Chop and mix the ginger and garlic and add to a shallow dish with the beef chunks (or salmon or mushrooms), to marinate. Chop the pepper, half of the tomatoes, and half of the onions, and mix together in a separate bowl. Wash the ayoyo leaves before cutting, otherwise the 'sliminess' will not be activated, and put them aside.
2. Prepare the stew: Preheat the EPC pot on high, open the lid and add palm oil, then the chopped pepper, tomatoes and onions. After a few minutes add the marinated meat (or salmon or mushrooms), then add the tinned tomatoes, 1 seasoning cube dissolved in water or meat stock and salt to taste. Cook for approximately 20 minutes. Add the remaining half of the cut fresh tomatoes just before the end of the cooking time.
3. Prepare ayoyo soup: Blend the other half of the onion, the dawadawa, calabash nut and herring together and add this blend to the EPC. Add a cup of boiling water, then wait for 5 minutes before adding the ayoyo leaves. Blend it or keep stirring with a dedicated cooking broom (ijabe) and let it simmer for approximately 10 minutes. Add salt and seasoning to your liking. You can also use bitter salt for softening the leaves, before stirring.
4. Prepare the tuo zaafi: Set EPC to heat with an open lid. Add the water (1 150 ml) and bring to the boil. Combine the cassava and corn flour, and slowly add it to the EPC, stirring to mix well. When it has thickened, partially cover the pot with the lid, then wait 10 minutes for the tuo zaafi to be ready.

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