

Avuvo (Celosia) with Egusi Stew (Seafood Version)

Serving: 6

Ingredients

- 3lbs of Avuvo leaves (chopped)
- 1/2 cup peanut oil or red palm oil
- 2 lb peeled deveined shrimp,
- 2 lb soft smoked fish
- 2 medium yellow onions, chopped
- 4 tomatoes diced
- 1 6oz can of tomato paste
- 1 cups ground melon seeds (Egusi)
- 2 cup fish/seafood stock
- 1 medium scotch bonnet pepper to taste
- 1 Tb fresh chopped or ground ginger
- 1 Tb fresh chopped or granulated garlic
- 1/2 tsp powdered anise
- 1 to 2 Bay leaves

Nutrition Facts	
Serving Size 603 g	
Amount Per Serving	
Calories 251	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 1g	3%
Trans Fat	
Cholesterol 151mg	50%
Sodium 426mg	18%
Total Carbohydrate 22g	7%
Dietary Fiber 8g	32%
Sugars 8g	
Protein 37g	
Vitamin A 448%	Vitamin C 140%
Calcium 32%	Iron 57%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>	
NutritionData.com	

Pre-Cooked Method:

- Step 1: Wash the Avuvo thoroughly in sink, briefly pre- boil and strain
- Step 2: grind the medium onion, garlic, ginger, and anise together (if not powdered)
- Step 3: set aside the fish and shrimp
- Step 4: Use a medium size cooking pot

Cooking Method:

Begin by heating the oil in the pan; then add tomato paste, stir until smooth by adding 1/2 of the stock. Add ground onion garlic ginger and anise. Bring to boil for 5 minutes. Add water to the powdered egusi to make a loose smooth past, then pour it into the boiling stew, continue boiling while stirring under high heat for 10 minutes. Add the rest of fish stock as needed to make a thick and smooth stew. Reduce heat, add seasoning hot pepper and Bay leaves to taste, distribute the Avuvo leaves into the stew and continue boiling under low heat. Introduce the seafood by gently covering with Avuvo stew. Add diced tomato and chopped onion. Cover pot and let simmer for 10 minutes. Serve hot, eat with rice, couscous or fufu.

Avuvo with Egusi Stew (Vegan Style)

Servings: 6

Ingredients

- ½ cup red palm oil, or peanut oil
- 1 lb extra firm tofu
- 2 medium yellow onions, chopped
- 1 Tb fresh chopped or granulated garlic
- 1 hot Chile pepper, cleaned and chopped
- 2-3 tomatoes, diced
- 2 cups of okra, chopped (optional)
- 1 can tomato paste
- 1 cup of vegetable stock
- 2 cup Egusi, roasted and grounded (pumpkin seeds)
- 1-2 lbs Avuvo leaves
- cayenne pepper or red pepper, to taste
- 2-3 bay leaves

Pre- Cooked:

Step 1: **Wash all vegetables thoroughly.**

Step 2: Gather pots, skillet and measuring units.

Step 3: Chop okra, onions, tofu, garlic, chili pepper.

Cooking Method:

Grind or process the Egusi (or its substitute).

Heat the oil in a skillet. Fry the tofu until browned, but not done. Transfer the tofu to a deep pot or dutch oven, cover it with vegetable stock. Bring to a slow boil, then reduce heat and simmer.

Heat more oil in the same skillet in which tofu was cooked; fry together the onion, Chile, pepper, tomatoes, and okra. Once they start to become tender add the tomato sauce paste, and Egusi. Stir well and allow to heat thoroughly.

Add the onion-tomato-Egusi mixture to the simmering tofu. Add water and stir into a smooth soup. Cook for twenty to thirty minutes or until tofu and vegetables are done.

Stir in Avuvo leaves. Add-in seasoning. Cook for 20 minutes. Use less or more time depending on your like of firmness for the greens.

Nutrition Facts	
Serving Size 430 g	
Amount Per Serving	
Calories 431	Calories from Fat 227
% Daily Value*	
Total Fat 26g	40%
Saturated Fat 10g	51%
Trans Fat	
Cholesterol 0mg	0%
Sodium 216mg	9%
Total Carbohydrate 41g	14%
Dietary Fiber 6g	25%
Sugars 7g	
Protein 15g	
Vitamin A 491%	• Vitamin C 350%
Calcium 28%	• Iron 27%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
NutritionData.com	

Egusi Soup Recipe

Serving: 6

Cook time: 60 - 120 minutes

Ingredients

- 2 -3 lbs Bitter leaf,
- 2 cups Egusi seeds (grounded)
- ½ cup red Palm oil, or peanut oil
- ¼ lb Cray Fish
- 1 Tb dried chili
- 1 cup fish/seafood stock
- 1 Tb dried or fresh Thyme
- 1 Tb dried or fresh Rosemary
- 1 Tb ground or fresh Cardamom
- 1 Tb teaspoonful Curry Powder
- 2 Red Onions (Chopped)
- Fresh smoked fish, or stock fish
- ¼ lb Lamb (cubed)
- 2-3 tomatoes (chopped)
- Whole black peppercorns, to taste
- Water

Pre-Cooked:

Step 1: **Wash all vegetables and meat thoroughly.**

Step 2: Gather pots, skillet and measuring units.

Step 3: Chop onions, and tomatoes.

Cooking Method:

If you are using stock fish, be sure to have soaked the stock fish in water overnight to make it soft and cook faster.

Put your lamb in a pot. Add salt, onion (half of the red onion), thyme, curry powder, fish stock and a small amount of water (about 2cups), and bring to boil for about 30 minutes until soft and tender to taste. While that is cooking, put

Nutrition Facts	
Serving Size 504 g	
Amount Per Serving	
Calories 657	Calories from Fat 534
% Daily Value*	
Total Fat 61g	93%
Saturated Fat 28g	140%
Trans Fat 0g	
Cholesterol 24mg	8%
Sodium 241mg	10%
Total Carbohydrate 17g	6%
Dietary Fiber 4g	17%
Sugars 4g	
Protein 15g	
Vitamin A 192%	Vitamin C 64%
Calcium 14%	Iron 22%
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NutritionData.com	

your chopped tomatoes, red onion (other half of the red onion) into a blender and blend to a smooth paste.

Take grounded Egusi and put in a bowl, add the remaining 2 cups of water to a part of grounded Egusi in the bowl and stir to form a paste.

The meat should have finished cooking by now. Get a big pot. Place it on the cooker and allow it to be hot, with all residue of water drying out. Do not let it burn though. Pour about ½ cup of red palm oil in the pot. Allow the oil to warm for about 1 minute. Pour the blended tomatoes, pepper, and onion paste into the oil and stir fry for about another 10 -15 minutes.

Now add the cooked meat to this base of stew and cover the pot and allow simmering for about 3 minutes. Stir intermittently to prevent burning.

The Egusi paste (or fried) can now be added to the stew with meat in it. Add your vegetables here, salt and fish stock and bring to boil for about 10 minutes while stirring. Cool for 10 minutes, and then serve.

Sliced Fish and Vegetable Soup with Quail Grass

Serving: 4

Ingredients:

- 1.5 liters – Water
- 15 g -Quail Grass or Celosia Seeds (qing xiang zi), rinsed and placed in a spice bag
- 1 -2 lbs Fresh White Fish Fillets, sliced into thin pieces
- 2 Tb Garlic cloves (chopped)
- 1 medium red onion
- 1 can of tomato paste
- ¼ cup Snap peas
- 1 stalk -Fresh Celery (chopped)
- sprigs of celery leaves, to garnish (optional)
- 2 Bay Leaves
- 2 cups baby potatoes(sliced in half)
- 1/3 cup red pepper flakes
- 2 Chile peppers
- 2-3 pieces ginger (garnish)
- salt, to taste

Nutrition Facts	
Serving Size 314 g	
Amount Per Serving	
Calories 61	Calories from Fat 19
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	2%
Trans Fat 0g	
Cholesterol 18mg	6%
Sodium 54mg	2%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	3%
Sugars 2g	
Protein 7g	
Vitamin A 9%	Vitamin C 6%
Calcium 2%	Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com

Pre-Cooking Method:

Step1: **Wash all vegetables thoroughly.**

Step2: Gather pots, skillet and measuring units.

Step3: Chop celery, garlic, potatoes, and onion.

Cooking Method:

Bring 1 liter of the water to a boil in a saucepan. Reduce the heat to low, add the bag of quail grass seeds (Celosia), cover and simmer for 1 hour. Remove from the heat and strain. Discard the dregs and reserve the broth.

Combine the herb broth and remaining water, and bring to a boil. Add the fish, salt and remaining ingredients (except for ginger and tomato paste) and return to a boil, then simmer for 2-3 more minutes, until the fish is just cooked. Stir in the minced celery and tomato paste, and then remove from the heat.

Transfer the soup to a serving bowl/bowls. Top with the ginger strips and garnish with celery leaves. Serve hot.

