

Plantain Porridge

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Serves: 4-6 people

Yield: 4 cups

Time: 1:00 hour

Ingredients

6 green plantains, sliced into thick rounds
1 small yellow onion, small dice
1/3 cup of dried shrimp, ground
2 tablespoons of canola oil
4 cups of water
1 cup of fresh spinach or ugu leaves,
roughly chopped
1 tablespoon of lime juice
Salt to taste
Black pepper to taste

Directions

- ✦ Put the plantains, onion, dried shrimp, water, oil and a pinch of salt into a large pot over medium to high heat until it boils.
- ✦ Reduce the heat and let contents simmer for 30 minutes or until plantains are tender.
- ✦ Mash the plantains lightly to thicken the stew.
- ✦ Stir in the greens and add the salt, pepper and lime juice.
- ✦ Simmer for 5 minutes until the greens are cooked.

Did You Know?

Green plantains are an excellent combination of energy, tissue-building elements, minerals and proteins with sources of vitamin A, potassium and fiber. Plantains can be cooked in many ways, such as mashed, grilled, fried or boiled.

Ugu is a tropical vine grown in West Africa, used as a vegetable for its leaf and for its edible seeds.

