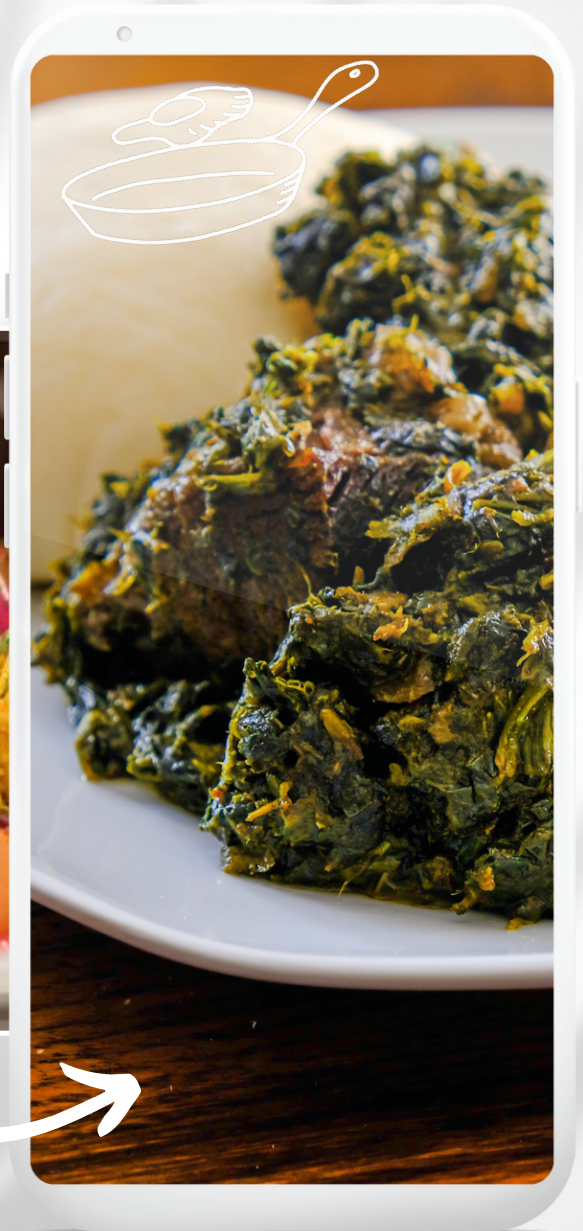
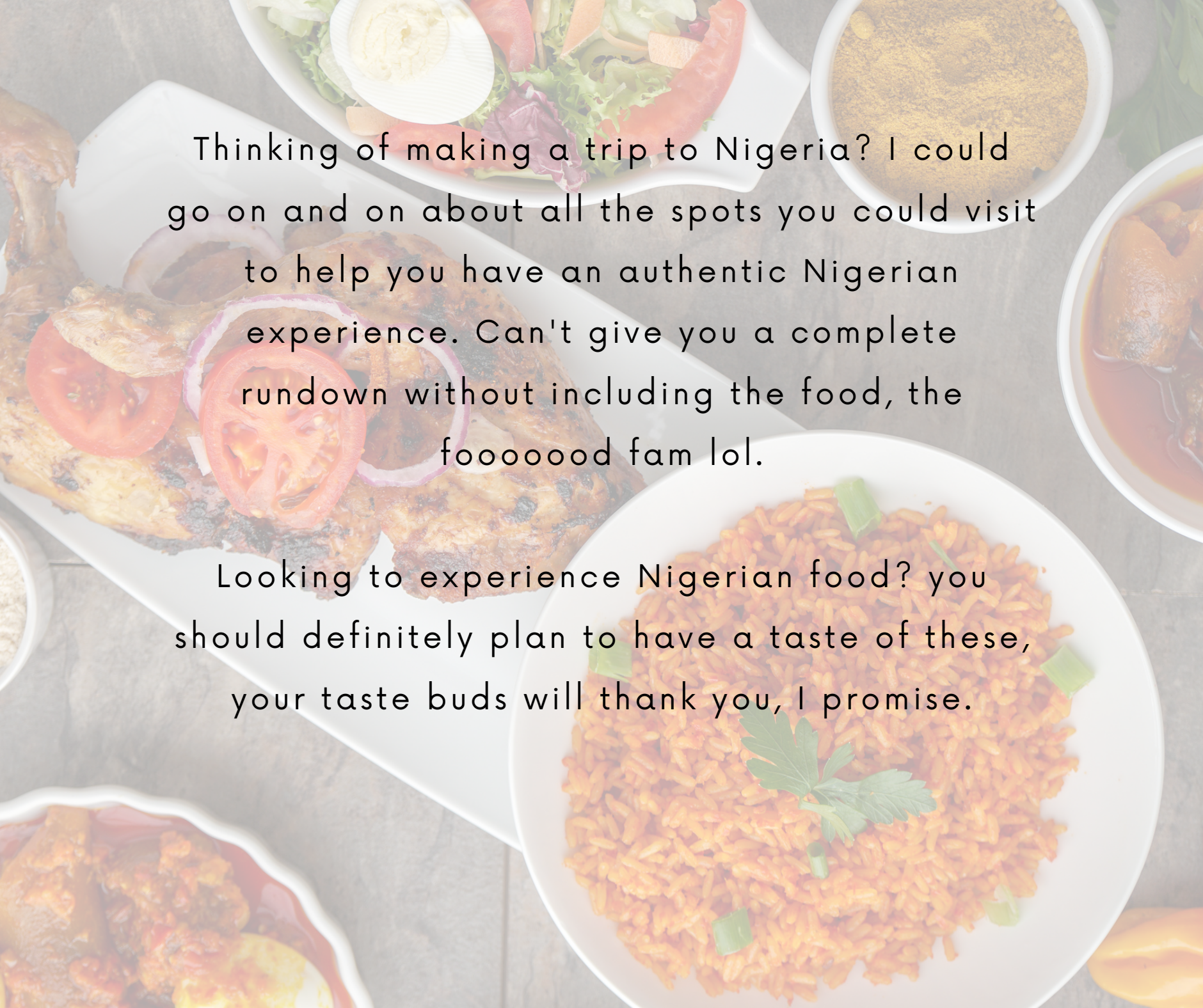


7 NIGERIAN FOODS
YOU SHOULD TRY
BEFORE YOU DIE



cooking blog



A top-down view of a table with several Nigerian dishes. In the center is a large white plate of fried chicken (kelewele) topped with sliced tomatoes and onions. To the right is a white bowl of orange-colored rice (jollof rice) garnished with green onions and a parsley leaf. Above the chicken is a white bowl of salad with lettuce, tomatoes, and a hard-boiled egg. To the right of the salad is a white bowl of yellowish-brown powder (groundnut or soybean powder). Below the chicken is a white bowl of red soup with meat and vegetables. In the bottom left corner, there is a white bowl of red soup with a hard-boiled egg. The background is a light-colored wooden table.

Thinking of making a trip to Nigeria? I could go on and on about all the spots you could visit to help you have an authentic Nigerian experience. Can't give you a complete rundown without including the food, the foood fam lol.

Looking to experience Nigerian food? you should definitely plan to have a taste of these, your taste buds will thank you, I promise.

1. **Moi-Moi (Steamed Bean Cakes)**

Moi Moi is a delectable meal made from black eyed beans blended with pepper and onions, to make it more interesting, boiled fish and eggs are added. This meal literally melts in your mouth as the enjoy and savour the taste of this steamed delicacy.

Usually paired with jollof or white rice and plantains.

This amazing food staple originated in the West of Nigeria. It is in the form of a thick and creamy paste made from black-eyed beans.

2.

Dodo Ikire

Ever wondered how over ripe plantain tastes when seasoned and fried in palm oil?

Amazing!

That little experiment is called Dodo Ikire.

Dodo Ikire is a unique snack very popular in the western part of Nigeria. It is believed to have originated from Ikire, a tribe in Osun state, Western Nigeria.

Dodo Ikire doesn't have the aesthetic looks to pass a pageantry with it's almost charcoal black colour lol, but it sure is quite delicious.

3.

Pounded yam

Pounded yam is the native meal to the Yoruba, Igbo, Ebiraland and Tiv ethnic groups. Made traditionally by pounding of boiled yam, peel Yam and cut into smaller pieces, boil until soft and pound using mortar and pestle or blended in a food processor like we millennials do lol.

Pounded yam is paired nicely with egusi, okra, Banga Soup (Ofe Akwu) or ogbono soup.

A close-up photograph of a woven basket filled with golden-brown, fried Akara (bean cakes). The basket is lined with white paper and garnished with fresh green herbs. In the background, a small glass bowl contains a dark dipping sauce, and another small bowl contains a white dipping sauce. The entire scene is set against a light green background.

4.

Akara

Akara, also known as Bean Cakes, Bean Balls is made by deep frying in small balls peeled blended beans that has been seasoned and mixed thoroughly.

This meal/snack is sold largely by road side vendors, you can grab a bite as you commute or you can make in the convenience of your home and enjoy with bread or custard.



5.

Puff puff

Puff puff is a traditional African snack made of fried dough; the dough contains flour, yeast, sugar, butter, salt, water and eggs (which are optional), and deep fried in vegetable oil to a golden brown color.

Usually eaten as starters or snacks, Nigerians absolutely love this snack as they can eat it anywhere and anytime.

6.

Kilishi

Traditionally from the Northern part of Nigeria, Kilishi is a Nigerian beef jerky. Kilishi is in the family of Suya, while Suya is made from large pieces of meat, kilishi on the other hand is dried flat seasoned pieces of beef that you can break with your hands.

So if you're a fan eating your meat till you've squeezed all the juices from it, well kilishi is calling you lol



7.

Jollof rice

This piece cannot be complete without featuring the legendary Jollof Rice.

Jollof rice is one of the most common West African dishes eaten in the regions.

It is inexpensive and easy to make yet, delicious.

However, each of these West African countries has their own variation of this meal. A one-pot Meal and a very versatile dish. It is usually made from scratch using Rice, Tomatoes, peppers, Tomato paste, Scotch bonnet, Onions, Salt, and other spices.