

BOILED YAM with GARDEN EGG, SHRIMPS, EGGS AND SMOKED FISH



This is a very tasty experimental dish. It can be eaten as breakfast, lunch or dinner.

INGREDIENTS

Serves 4

- 1 tuber Yam
- 6 pieces Garden egg (igba)
- 6 or more Chicken eggs
- 2 or 3 Fresh tomatoes
- 1 large Onion
- 3 small red chilli peppers
- 1 ½ cooking spoon Vegetable oil
- 20g Shrimps
- 1 piece of Smoked Fish
- 1 can of Sardine or Corn beef (optional)
- Optional seasoning (thyme, Maggi, curry)

METHOD

- STEP 1** Slice yam into round pieces, remove back with a knife, and then place in a pot of water. Add a bit of sugar and salt, put garden egg in a black thick paper bag then boil either separately or with the yam.
- STEP 2** If garden egg is boiled or soft, pound or marsh with a small mortar.
- STEP 3** Add 1 ½ cooking spoons of vegetable oil into a deep frying pan, slice in few onions, some tomatoes and the red chilli peppers then cook for 1 min.
- STEP 4** Add the sardine/corn beef, smoked fish, shrimps and the garden eggs. Meanwhile, whisk some chicken eggs in a bowl with a little bit of thyme, curry and a cube of Maggi.
- STEP 5** Continue cooking by adding very few slices of scent leaves, the egg mix and some seasoning then fry and stir all together for 3-4 minutes.
- STEP 6** Cook yam to tender, test with a fork and serve as pictured above.