

Name: Dr Dabota Yvonne Buowari

Specialty: Anaesthesia

Country: Nigeria



Name of dish	Agidi with Tomato Stew and Lemon Grass Tea.																						
Ingredients (with measurements)	<p>Agidi</p> <table border="1" data-bbox="553 1083 1442 1566"> <thead> <tr> <th data-bbox="553 1083 1089 1125">Ingredients</th> <th data-bbox="1089 1083 1442 1125">Quantity/measurements</th> </tr> </thead> <tbody> <tr> <td data-bbox="553 1125 1089 1272">Organic corn starch (known as 'Akamu' in 'Southern' and 'Eastern' Nigeria, 'Ogi' in 'western' Nigeria)</td> <td data-bbox="1089 1125 1442 1272">¾ cup (95 g)</td> </tr> <tr> <td data-bbox="553 1272 1089 1314">Water</td> <td data-bbox="1089 1272 1442 1314">4 cups</td> </tr> <tr> <td data-bbox="553 1314 1089 1566">Freshly cut broad green leaves (for wrapping Agidi) (Plantain leaves, banana leaves or any leaves used for wrapping food can be used) Substitute suggestion for leaves - Aluminum cooking foil, muffin tray</td> <td data-bbox="1089 1314 1442 1566">As needed depending on sizes of leaves.</td> </tr> </tbody> </table> <p>For Tomato Stew</p> <table border="1" data-bbox="553 1650 1442 1877"> <thead> <tr> <th data-bbox="553 1650 976 1692">Ingredients</th> <th data-bbox="976 1650 1442 1692">Quantity</th> </tr> </thead> <tbody> <tr> <td data-bbox="553 1692 976 1734">Tomatoes</td> <td data-bbox="976 1692 1442 1734">6 large</td> </tr> <tr> <td data-bbox="553 1734 976 1776">Onions</td> <td data-bbox="976 1734 1442 1776">1 medium sized</td> </tr> <tr> <td data-bbox="553 1776 976 1818">Chili pepper</td> <td data-bbox="976 1776 1442 1818">2 or as desired</td> </tr> <tr> <td data-bbox="553 1818 976 1860">Crayfish (ground)</td> <td data-bbox="976 1818 1442 1860">1 teaspoon</td> </tr> <tr> <td data-bbox="553 1860 976 1902">Turmeric</td> <td data-bbox="976 1860 1442 1902">1 teaspoon</td> </tr> </tbody> </table>		Ingredients	Quantity/measurements	Organic corn starch (known as 'Akamu' in 'Southern' and 'Eastern' Nigeria, 'Ogi' in 'western' Nigeria)	¾ cup (95 g)	Water	4 cups	Freshly cut broad green leaves (for wrapping Agidi) (Plantain leaves, banana leaves or any leaves used for wrapping food can be used) Substitute suggestion for leaves - Aluminum cooking foil, muffin tray	As needed depending on sizes of leaves.	Ingredients	Quantity	Tomatoes	6 large	Onions	1 medium sized	Chili pepper	2 or as desired	Crayfish (ground)	1 teaspoon	Turmeric	1 teaspoon	
Ingredients	Quantity/measurements																						
Organic corn starch (known as 'Akamu' in 'Southern' and 'Eastern' Nigeria, 'Ogi' in 'western' Nigeria)	¾ cup (95 g)																						
Water	4 cups																						
Freshly cut broad green leaves (for wrapping Agidi) (Plantain leaves, banana leaves or any leaves used for wrapping food can be used) Substitute suggestion for leaves - Aluminum cooking foil, muffin tray	As needed depending on sizes of leaves.																						
Ingredients	Quantity																						
Tomatoes	6 large																						
Onions	1 medium sized																						
Chili pepper	2 or as desired																						
Crayfish (ground)	1 teaspoon																						
Turmeric	1 teaspoon																						

	<table border="1"> <tr><td>Thyme</td><td>1 teaspoon</td></tr> <tr><td>White pepper</td><td>1 teaspoon</td></tr> <tr><td>Ginger (dried)</td><td>1 teaspoon</td></tr> <tr><td>Chicken</td><td>As desired</td></tr> <tr><td>Carrot</td><td>As desired</td></tr> <tr><td>Peas</td><td>As desired</td></tr> <tr><td>Olive oil or any vegetable oil</td><td>4 tablespoons</td></tr> <tr><td>Salt</td><td>To Taste</td></tr> </table> <p>For Lemon Grass Tea</p> <table border="1"> <thead> <tr> <th>Ingredients</th> <th>Quantity</th> </tr> </thead> <tbody> <tr> <td>Lemon grass</td> <td>1 Bunch or as desired</td> </tr> <tr> <td>Water</td> <td>3 cups</td> </tr> </tbody> </table>	Thyme	1 teaspoon	White pepper	1 teaspoon	Ginger (dried)	1 teaspoon	Chicken	As desired	Carrot	As desired	Peas	As desired	Olive oil or any vegetable oil	4 tablespoons	Salt	To Taste	Ingredients	Quantity	Lemon grass	1 Bunch or as desired	Water	3 cups	
Thyme	1 teaspoon																							
White pepper	1 teaspoon																							
Ginger (dried)	1 teaspoon																							
Chicken	As desired																							
Carrot	As desired																							
Peas	As desired																							
Olive oil or any vegetable oil	4 tablespoons																							
Salt	To Taste																							
Ingredients	Quantity																							
Lemon grass	1 Bunch or as desired																							
Water	3 cups																							
Directions	<p>Agidi</p> <ul style="list-style-type: none"> • Place all the cornstarch into a bowl. Add a quarter cup of water and mix. Keep adding little amounts of water until it forms a paste that easily drops from a spatula or spoon. • Bring the remaining water (about 3 and a half cups) to boil. • Add the hot water to the corn starch paste stirring it to avoid lumps. • Bring the mixture to boil over low heat still stirring until it thickens. • Rinse broad leaves in water. • Place the thickened mixture in small quantities in the broad leaves or aluminum foil and wrap. Makes 2 to 4 portions. The mixture can be poured into muffin tray wells to portion. • Allow to cool. Mixture solidifies when cooled. • Serve warm. <p>Tomato Stew</p> <ul style="list-style-type: none"> • Chop or blend tomatoes, pepper and onion. • Remove bones from the chicken, season with, salt, pepper, ginger, turmeric, curry and thyme. Steam until cooked. • Place oil in saucepan over medium heat. • When the oil is hot add the tomatoes, pepper, and onion blend. Allow to cook for ten minutes then add steamed chicken with stock, chopped carrots and green peas. Cook for five more minutes. <p>Lemon Grass Tea Boil lemon grass in water for five minutes. Strain and serve tea.</p>																							
Other relevant information	<p>Agidi is a Nigerian dish. It is nutritious and wholesome, eaten with tomato stew or any soup of choice as part of any meal or as a snack.</p>																							

	<p>Its soft nature makes it particularly suitable for children, the aged and the edentulous.</p> <p>Easy preparation using easily available cornstarch in many countries makes it an excellent carbohydrate source food for all including homeless people in our city streets, refugees and internally displaced persons. It is well tolerated by convalescing patients.</p> <p>When banana or plantain leaves are used, they are first roasted to make them flexible.</p> <p>A variant of Agidi is <i>Agidi Jollof</i> in which gravy is first prepared with tomatoes, vegetable oil, pepper, and onion. The gravy is added to the hot corn starch paste during preparation. Soft edible bones broken into small cubes are added while wrapping <i>Agidi Jollof</i>. In Nigeria, usually brisket bones are used.</p> <p>Lemon grass is a plant of the <i>Cymbopogon</i> species.</p> <p>The botanical name of the broad leaf used is <i>Thaumatococcus daniellii</i>. In Nigeria, it is also used in wrapping food which requires steaming.</p>	
--	--	--