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Name of dish	Nkontomire Stew/Palava Sauce (Spinach Sauce)	
Ingredients	Ingredients	Quantity (for 4 persons)
	Nkontomire leaves (Any variety spinach leaves)	4 cups finely chopped
	Tomatoes	4 to 6 medium sized
	Onions	2 medium sized
	Red palm oil (substitute with any vegetable oil)	¼ cup
	Meat/Fish Already steamed, smoked or fried	As desired
	Ground Agushi (Pumpkin seeds) (substitute with 2 eggs well beaten)	1 cup
	Hot chilli peppers	Adjust for heat
	Ginger	1 tsp grated
	Salt and shrimp spice	To taste
	Directions	<ol style="list-style-type: none">1. Chop tomatoes, onions and hot chile peppers and process in a blender or food processor until well blended. Add grated ginger, mix well. (save two slices of onions for next step)2. Place heavy cooking pot on medium heat with the oil and two slices of onion (chopped).3. When the onions begin to fry the oil it is hot enough. Add processed tomato mix and turn up the heat. Allow to cook for about 10 minutes. Stir occasionally.4. Add meat/fish and continue to cook for another 5 mins.

	<p>5. Add chopped spinach, stir, turn down the heat.</p> <p>6. When well cooked (volume will decrease substantially) add agushi paste (or well beaten egg). Do not stir. Cover and leave on low heat for 5 minutes for agushi or egg to settle. Open, stir, add salt and shrimp spices to taste. Leave to simmer for a few minutes and voila!!</p>	
<p>Other relevant information</p>	<p>Nkontomire stew is a common dish that is cooked and enjoyed all across Ghana. It is nutritious and a very cool way to get children to enjoy their greens as it is very tasty and goes with anything (shown with boiled yam here). A very forgiving recipe, any type of spinach leaves can be used and all ingredients can be varied with surprisingly good results. One tomato will do!! Nkontomire leaves grow abundantly well all over the country especially during the rainy season making this very nutritious food available and inexpensive. As such it is one of those dishes mothers depend on to feed their families at any time. The elderly often tend to prefer a variation that has less oil and more leaves as it does wonderful things for gut health.</p>	