

5

EGUSI RECIPES

For kids (6m+)

with 2 bonus
dip & ketchup
recipes



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Introduction

Melon seed is popularly called Egusi.

Egusi kernels contain 52.0% oil, 28.4% protein (60% in defatted flour), 2.7% fiber, 3.6% ash, and 8.2% carbohydrate. They are good sources of essential amino acids, especially arginine, tryptophan and methionine, vitamins B1, B2, and niacin, and S, Ca, Mg, Mn, K, P, Fe, and Zn.

Egusi helps:

- Prevent Anaemia
- Good for Bones
- Helps in Digestion
- Improves Appetite
- Promotes Heart Health
- Improves vision



EGUSI YAM PORRIDGE (from 6 months)

Ingredients

- Deboned boiled fish/fish powder
- Machi Palm oil
- Agas wholesome soupa delish seasoning/soupa delish (vegan)
- Agas wholesome sea salt (from 1 year)
- Egusi (ground)
- Yam (cut into cubes)
- Ugu/scent leaves/spinach (chopped)
- Crayfish
- Dried/smoked fish bits (please soak in hot water for 2 mins before adding to the meals)
- Iru/okpei
- Onions puree
- Pepper puree (from 9 months if the child tolerates it)
- Bone broth/water



Method

- In a pot pour in the palm oil and blanch for 1 min
- Add in the pepper and onions puree as well as the iru/okpei,
- crayfish, dried fish and agas wholesome soupa delish seasoning then stir to cook for 2 mins.
- Add in the yam cubes with water/bone broth enough to cover the pot.
- Cook for 10-15mins.
- Mix the egusi with a bit of water or bone broth to form a paste.
- Add in the egusi to the yam and stir.
- Allow the egusi cook for 5 mins. Add in a bit more water if the porridge is too thick.
- Turn off the heat and add in the deboned fish and chopped green vegetable of choice (scent leaves, ugu, spinach).
- The fish can also be served on the side.



EGUSI CHICKEN NUGGETS (from 9 months)

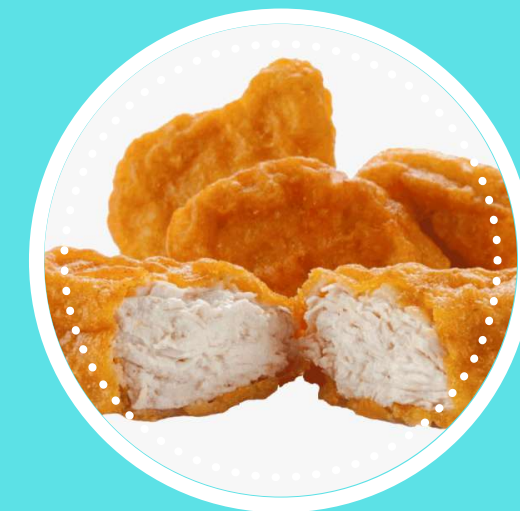


Ingredients

- Chicken breast/thigh
- Oil of choice (Tallow/coconut oil/butter/pure groundnut oil/olive oil)
- Agas wholesome meat seasoning
- Agas wholesome ginger and garlic mix
- Agas wholesome sea salt (from 1 year)
- Agas wholesome barbeque rub seasoning
- Onions powder/onions puree
- Dried chilli/pureed pepper (optional)
- Egusi (ground)
- 1 egg
- Crushed cornflakes (best for children above 1year)/garri/acha grain

Method

- Make a marinade mix with (1 tbspn of Agas ginger and garlic mix, barbeque rub, meat seasoning, onions powder or puree, salt, oil of choice and dried chilli)
- Cut up chicken into small sizeable pieces and mix with the marinade. Set aside for 10-15 mins.
- Set up an assembly line for coating the chicken.
 - Mix the egusi with water and the egg to form a paste (the paste should not be too thick).
 - Dip the chicken into the egusi paste then dip it into the cornflakes/acha/garri.
 - Then dip the chicken back into to the egusi paste. Repeat steps 1-3 until all the chicken is coated.
- If using an oven grease the pan and lay the chicken pieces on it.
- Bake for 20 mins or until golden brown.
- If frying, ensure the oil is hot then add in the chicken pieces and fry till golden brown. Lower the heat to ensure the chicken cooks through.
- Serve with any dip of choice.



To make dipping sauce (2 options)



OPTION 1 GREEK YOGHURT DIP

Ingredients

- ½ cup of plain greek something lite yoghurt
- 1 tablespoon of agas wholesome baobab ranch seasoning
- 1 teaspoon of agas wholesome garlic and ginger mix
- ½ teaspoon Chilli powder
- Salt to taste

Method

- Mix all ingredients above till well combined



OPTION 2 HOMEMADE KETCHUP

Ingredients

- 2 cups of tomatoes (about 10-15 tomatoes)
- 3-4 tbspn apple cider vinegar/simple vinegar
- ¼ cup of Honey/dates syrup
- Onions powder
- Agas wholesome garlic and ginger powder
- Agas wholesome Cinnamon powder
- Salt and pepper to taste

Method

- Steam then blend fresh tomatoes and sieve to make it smooth
- Pour the tomato puree with all the other ingredients listed into a pot except the honey and simmer on low heat until thick; stirring often to prevent sticking/burning (this takes about 10-15mins).
- When the desired thickness is achieved, and the honey and stir till well combined
- Pour into a mason/glass jar and store in the fridge for 2 weeks.

EGUSI NUTTY CURRY (FROM 8 MONTHS)

Ingredients

- Bell peppers diced/chopped (red yellow and green)
- Carrots (diced/chopped)
- Babygrubz fish powder/shrimp powder
- Oil of choice (Tallow/coconut oil/butter/pure groundnut oil/olive oil)
- Myfirstmeals healthy nut mix
- Egusi (ground)
- Tomato, onions and pepper blend (add pepper only if the child tolerates it)
- Agas wholesome vegetable stock seasoning
- Agas wholesome curry seasoning
- Salt to taste
- Bone broth/meat stock (optional)



Method

- In a pan add in the oil of choice, the tomato, onions and pepper blend and bone broth/meat stock.
- Allow to simmer and reduce for 5 mins.
- Add in the seasonings listed above (1 tbspn each would suffice).
- Allow to simmer and reduce for 5-10mins.
- Mix 1 tbspn each of egusi, fish powder/shrimp powder and nutmix with water to form a paste.
- Add the mixture to the pot and stir till well combined.
- Lower the heat and add in the vegetables and allow to steam for 5 mins.
- Can be served as is or paired with a side dish of choice.



EGUSI POTATO FRITTERS (FROM 8 MONTHS)



Ingredients

- Deboned boiled fish
- Oil of choice (Tallow/coconut oil/butter/pure groundnut oil/olive oil)
- Egusi (ground)
- Babygrubz Sweet potato/sweet beans cereal
- Agas wholesome vegetable stock seasoning
- Agas wholesome garlic and ginger mix
- Onions and pepper blend (pepper is optional)
- Salt to taste
- Blended mix of:
 - Carrots
 - Agas wholesome green peas powder
 - Sweet corn
 - Apples

Method

- In a bowl mix all the ingredients listed above.
- Add a little at a time and stir till well combined (ensure you mix is not too thick)
- Oil a pan and scoop out a little mix at a time to fry for 2-3mins on each side till golden brown.



EGUSI MOI-MOI (FROM 6 MONTHS)



Ingredients

- 2 tbspn of babygrubz fish powder/shrimp powder/crayfish powder
- Minced meat
- 2 cups ground egusi
- Onions and pepper blend
- 1 tbspn of meat seasoning
- Oil of choice (Tallow/coconut oil/butter/pure groundnut oil/olive oil)
- Salt to taste (from 1 year)

Method

- Cook the minced meat with the onions and pepper blend and spices then set aside. Reserve the stock.
- Add the stock and meat, fish/crayfish powder to the egusi.
- Mix till well combined.
- Add in oil and water till desired consistency is achieved.
- Consistency should not be thick but a bit runny.
- Using baking ceramic cups, pour the egusi mixture until about three quarters full.
- Place the ceramic bowls in a baking pan and pour water to cover the base.
- If using moimoi leaves fold and fill the leaves and place in a pot covered with water.
- Bake/boil for 15-20 mins.





We hope to see you replicate these recipes

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