



NIGERIAN CULINARY ART

CLASS 1: KITCHEN BASICS AND APPETIZERS

Introduction to Nigerian Spices, cooking techniques and kitchen tools. In this class, students will learn some Nigerian side dishes.

- Akara
- Abacha
- Puff Puff
- Suya/Kilishi
- Gizdodo

CLASS 2

Students will be taught some technical but popular Nigerian dishes

- Donkwa
- Pepper Soup
- Leafy and Oven baked Moimoi/Okpa
- Ofada Rice with Ofada Sauce
- Ekpang Nkwuquo

CLASS 3

This class will explore some popular Nigerian soups and street food

- Nigerian Egg Roll
- Seafood Okro / Fisherman Soup
- Ofe Owerri
- Bole, Roasted fish /Roasted Yam and palm oil sauce

CLASS 4

In this class, students will be taught how to make the most popular Nigerian dishes like Abula

- Massa
- Abula
- Kwadon salak
- Miyan Taushe / Miyan Kuka
- Tuwo Shinkafa /Tuwo Masara

CLASS 5

This class will deeply explore Nigerian party jollof along some popular Nigerian soups

- Party Jolof
- Black Soup/ Groundnut Soup
- Banga Soup and Starch
- Ofe Onugbu /Oha Soup

CLASS 6

Students will learn more Nigerian rice dishes and soups

- Ojojo
- Pelebe
- Nkwobi
- Nigerian Fried Rice
- Afang Soup/Edinkaikong
- Eforiro
- Nigerian native Rice

