

The **CookEX** *Cookbook*

Nigerian Recipes. Built for the Way You Cook.



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A Note from the Chef

There is a Yoruba saying: 'Ounje ti a je pelu ife ni o dara julo,' which means the food we eat with love is the sweetest of all. That proverb has guided every recipe in this book.

Nigerian cuisine is one of the most diverse and vibrant food cultures on the African continent. From the pepper-forward broths of the Rivers State creeks to the peanut-rich stews of the north, from the smoky suya of an Abuja roadside grill to the freshly pounded yam served at a Lagos Sunday table, there is no single Nigerian food. There is only an endless, joyful conversation between cultures, seasons, and families.

The recipes here span soups, rice dishes, proteins, street food, drinks, and desserts — and now, a dedicated chapter for your CookEx Air Fryer and CookEx Blender. Because great Nigerian food deserves great Nigerian tools.

Cook with love. Cook with boldness. This is the Nigerian way.

ShopEX | Lagos, Nigeria

Contents

CHAPTER 1 | Soups & Stews

- Egusi Soup
- Ofe Onugbu (Bitter Leaf Soup)
- Afang Soup
- Ogbono Soup
- Banga Soup (Ofe Akwu)

CHAPTER 2 | Rice, Grains & Swallows

- Jollof Rice (Party Style)
- Ofada Rice & Ayamase Sauce
- Pounded Yam

CHAPTER 3 | Proteins & Grills

- Suya (Hausa Spiced Skewers)
- Peppered Gizzard
- Asun (Peppered Goat)

CHAPTER 4 | Street Food & Snacks

- Akara (Bean Fritters)
- Puff Puff
- Moi Moi (Steamed Bean Pudding)

CHAPTER 5 | Drinks & Desserts

- Chapman
- Zobo (Hibiscus Drink)
- Chin Chin

CHAPTER 6 | CookEx Air Fryer & Blender

- Air Fryer Peppered Chicken Wings
- Air Fryer Crispy Plantain (Dodo)
- Air Fryer Spiced Fish
- Air Fryer Spring Rolls
- Tropical Pineapple & Ginger Smoothie
- Watermelon Mint Cooler
- Green Detox Smoothie
- Banana Peanut Butter Power Smoothie

CHAPTER ONE

Soups & Stews

The Heart of the Nigerian Table

Egusi Soup

Origin: Yoruba, Igbo & Edo traditions — National favourite



Egusi soup is arguably the most universally loved dish in Nigeria. Made from ground melon seeds, it is rich, nutty, and deeply savoury. This recipe uses the frying method, which gives a darker, more complex flavour.

Serves	6 – 8 people
Prep Time	30 minutes
Cook Time	60 minutes
Difficulty	Intermediate

Ingredients

- 500 g ground egusi (melon seeds)
- 1 kg assorted meats (beef, tripe, shaki)
- 500 g stockfish, soaked and de-boned
- 250 g fresh fish (catfish or croaker)
- 200 ml red palm oil
- 300 g fresh or frozen spinach (or bitter leaf)
- 4 tablespoons ground crayfish

- 3 Scotch bonnet peppers, blended
- 2 large onions, blended
- 3 stock cubes
- Salt to taste
- 500 ml meat stock

Method

1. Season assorted meats with onion, stock cubes, and salt. Boil until tender, about 40 minutes. Reserve the stock.
2. Heat palm oil in a large pot over medium heat. Add blended pepper and onion. Fry for 10 minutes until oil floats.
3. Add ground egusi gradually, stirring into the palm oil and pepper base. Fry for 8 to 10 minutes until golden and fragrant.
4. Pour in the reserved meat stock. Stir well and simmer for 10 minutes on low heat.
5. Add the cooked meats, stockfish, ground crayfish, and salt. Cover and cook for 15 minutes.
6. Add the fresh fish pieces and cook for 5 minutes, being gentle to avoid breaking the fish.
7. Stir in the spinach or washed bitter leaf. Taste and adjust seasoning. Cook uncovered for 3 minutes.
8. Serve hot with pounded yam, eba, or fufu.

Chef's Tip

The secret to restaurant-quality egusi is patience at the frying stage. Let the egusi truly catch the palm oil — it should sizzle loudly and change colour before you add any liquid.

Ofe Onugbu (Bitter Leaf Soup)

Origin: Igbo tradition — Anambra, Enugu & Imo States



Ofe Onugbu is the pride of Igbo cooking, typically served at traditional marriage ceremonies. The careful washing of the bitter leaf — squeezed repeatedly to reduce its harshness while retaining its signature flavour — is an art in itself.

Serves	6 – 8 people
Prep Time	45 minutes
Cook Time	75 minutes
Difficulty	Advanced

Ingredients

- 500 g fresh bitter leaf, thoroughly washed and squeezed
- 600 g beef or goat meat
- 200 g dried stockfish (oporoko), soaked
- 200 g smoked fish
- 150 ml red palm oil
- 3 cocoa yam corms (ede), cooked and pounded
- 3 tablespoons ground crayfish
- 4 Scotch bonnet peppers, ground
- 1 large onion, ground
- 3 stock cubes
- Salt to taste
- 1 teaspoon ogiri (fermented locust bean) — optional

Method

9. Wash the bitter leaf in multiple changes of water, squeezing until bitterness is reduced but a mild note remains.
10. Season meat with stock cubes and salt. Cook until tender. Reserve stock.
11. In a large pot, fry blended pepper and onion base in palm oil for 8 minutes.
12. Add meat stock, stockfish, smoked fish, cooked meat, crayfish, and ogiri. Simmer.
13. Drop in pounded cocoa yam in small portions, stirring after each addition. Simmer 15 minutes.
14. Add the washed bitter leaf. Cook uncovered for 10 minutes.
15. Taste, adjust seasoning, and serve with eba, fufu, or semolina.

Chef's Tip

Wash bitter leaf at least 6 times, squeezing firmly each time. The leaf should still have character — taste it raw before it goes into the pot.

Afang Soup

Origin: Efik & Ibibio tradition — Cross River & Akwa Ibom States



Afang soup is a luxurious, protein-rich soup from coastal south Nigeria. Its defining feature is the combination of two leaves — waterleaf and the more assertive afang leaf — creating a bright, mineral flavour profile unique in Nigerian cooking.

Serves	8 – 10 people
Prep Time	40 minutes
Cook Time	60 minutes
Difficulty	Intermediate

Ingredients

- 500 g afang leaves, sliced very thinly
- 1 kg waterleaf, washed and sliced
- 800 g assorted meat and offal
- 300 g periwinkle (isam), washed
- 200 g dried stockfish
- 200 g smoked fish
- 200 ml palm oil
- 4 tablespoons ground crayfish
- 4 Scotch bonnet peppers, blended
- 2 onions, blended
- Salt and stock cubes to taste

Method

16. Cook assorted meat with onions, salt, and stock cubes until tender. Set aside with stock.
17. In a large pot, heat palm oil and fry pepper-onion base for 10 minutes.
18. Add meat, stockfish, smoked fish, periwinkle, and crayfish. Add stock and simmer 15 minutes.
19. Add waterleaf. Stir and allow to cook down and release moisture, about 5 minutes.
20. Add sliced afang leaf. Stir to incorporate and cook for 8 to 10 minutes.
21. Taste and adjust seasoning. Serve immediately with eba, fufu, or semolina.

Chef's Tip

Afang leaf must be sliced as thinly as possible — almost julienned. Thick cuts produce a tough, chewy texture.

Ogbono Soup

Origin: South-Eastern Nigeria — Igbo & Urhobo traditions



Ogbono soup is named after the wild African mango seeds ground to form its base. These seeds contain a natural thickening agent giving Ogbono its iconic drawing (stretchy, viscous) quality. The flavour is earthy, rich, and deeply satisfying.

Serves	6 – 8 people
Prep Time	20 minutes
Cook Time	50 minutes
Difficulty	Beginner – Intermediate

Ingredients

- 200 g ground ogbono seeds
- 800 g beef or goat, cooked
- 150 g stockfish
- 200 ml red palm oil
- 3 tablespoons ground crayfish
- 300 g spinach or okazi leaf
- 3 Scotch bonnet peppers, blended
- 2 medium onions, blended
- 3 stock cubes, salt to taste
- 500 ml meat stock

Method

22. Heat palm oil in a pot over medium heat. Add ground ogbono directly into the hot oil, stirring constantly.
23. Fry the ogbono in the oil for 3 to 4 minutes, stirring. It will darken slightly and activate its drawing property.
24. Add meat stock gradually while stirring. The mixture will thicken and become viscous.
25. Add blended pepper and onion, stockfish, cooked meat, and crayfish. Stir well, cover, and simmer 20 minutes.
26. Add spinach or okazi leaf. Stir gently and cook for a further 5 minutes.
27. Taste and season. Serve with any swallow.

Chef's Tip

Never add water directly to ogbono powder without oil first — it will clump. Always fry the ogbono in the oil as the very first step.

Banga Soup (Ofe Akwu)

Origin: Urhobo (Delta State) & Igbo traditions



Banga soup is made from palm fruit juice extracted directly from fresh palm fruits. The Urhobo version is a lighter, aromatic broth seasoned with banga spices, dried fish, and periwinkle, known for its complex layered flavour.

Serves	6 – 8 people
Prep Time	30 minutes
Cook Time	75 minutes
Difficulty	Intermediate

Ingredients

- 2 kg fresh palm fruits (or 800 ml canned palm juice)
- 600 g goat meat or beef
- 150 g dried catfish
- 100 g periwinkle
- 3 tablespoons ground crayfish
- 1 packet banga spice mix (oburunbebe stick, dried uziza, atama leaf)
- 3 Scotch bonnet peppers, blended
- 2 onions, blended
- Salt and stock cubes to taste
- Fresh uziza leaves (handful)

Method

28. If using fresh palm fruits: boil until soft, pound in a mortar, add water, and squeeze through a sieve. Discard fibre.
29. Season and cook the meat until tender. Reserve the stock.
30. In a large pot, pour in the palm juice and bring to a boil. Skim excess oil from the surface.
31. Add cooked meat, dried catfish, periwinkle, crayfish, and pepper-onion blend.
32. Add the banga spice mix wrapped in muslin or directly. Simmer for 25 minutes.
33. Add uziza leaves and fresh atama. Adjust seasoning. Simmer 5 more minutes.
34. Remove spice sachet. Serve with starch, eba, or boiled plantain.

Chef's Tip

Do not rush the extraction of palm juice from fresh fruits. The depth of banga soup depends entirely on a rich, concentrated palm base.

CHAPTER TWO

Rice, Grains & Swallows

The Sacred Staples

Jollof Rice (Party Style)

Origin: West African — Nigerian interpretation, national dish



Nigerian party jollof is a phenomenon. Made in massive iron pots over firewood at owambe celebrations, it achieves a smokiness that no kitchen stove can fully replicate. This recipe brings you as close as possible using high-heat technique.

Serves	8 – 10 people
Prep Time	20 minutes
Cook Time	60 minutes
Difficulty	Intermediate

Ingredients

- 1 kg long-grain parboiled rice
- 6 large ripe tomatoes
- 3 red bell peppers (tatashe)
- 4 Scotch bonnet peppers (atarodo)
- 2 large onions
- 150 ml vegetable oil

- 4 tablespoons tomato paste
- 500 ml chicken stock
- 3 stock cubes
- 1 teaspoon curry powder
- 1 teaspoon thyme
- 1 bay leaf
- Salt to taste

Method

35. Blend tomatoes, bell peppers, Scotch bonnet, and 1 onion until smooth. Set aside.
36. Wash rice until the water runs clear. Parboil for 10 minutes, drain, and set aside.
37. Heat oil in a large pot. Fry sliced remaining onion until golden, about 5 minutes.
38. Add tomato paste and fry for 3 minutes. Then add the blended pepper mix.
39. Fry the tomato base on medium-high heat, stirring frequently for 20 to 25 minutes until oil rises.
40. Add chicken stock, curry powder, thyme, bay leaf, stock cubes, and salt. Bring to a boil.
41. Add the parboiled rice. Stir to coat every grain. The liquid should be level with the rice.
42. Cover tightly with foil before closing the pot lid. Cook on medium-low heat for 25 minutes.
43. Turn off heat and allow to steam for 5 minutes. Fluff gently with a fork and serve.

Chef's Tip

For that smoky party jollof flavour, after the rice is fully cooked, remove the lid and foil, increase heat to high, and allow the bottom to burn very slightly for 2 minutes.

Ofada Rice & Ayamase Sauce

Origin: Ogun State (Yoruba) — South-West Nigeria



Ofada rice is a short-grain, locally grown rice from Ogun State with a distinct, slightly fermented aroma. Its traditional partner is Ayamase — a completely green pepper sauce made with unripe peppers and bleached palm oil, loaded with assorted proteins.

Serves	4 – 6 people
Prep Time	30 minutes
Cook Time	45 minutes
Difficulty	Intermediate

Ingredients

- 600 g ofada rice (parboiled, husked)
- For Ayamase sauce:
 - 200 ml red palm oil (to be bleached)
 - 8 green Scotch bonnet peppers (green atarodo)
 - 4 green bell peppers (green tatashe)
 - 2 large onions
 - 200 g assorted meats (ponmo, gizzard, shaki)
 - 2 tablespoons ground crayfish
 - 3 stock cubes

- Salt to taste

Method

44. Cook ofada rice in plenty of salted water until just tender. Drain and set aside.
45. Bleach the palm oil: heat in an open pot on medium-high for 10 to 12 minutes until colour clears to light amber.
46. Blend the green peppers and onions coarsely — you want texture, not a smooth paste.
47. Let bleached oil cool slightly, then add the blended pepper mix. Fry on medium heat for 15 to 20 minutes.
48. Add pre-cooked assorted proteins, crayfish, stock cubes, and salt. Stir well.
49. Cook the sauce for another 10 minutes until oil has fully separated.
50. Serve ofada rice wrapped in banana leaves or on a plate with Ayamase poured generously over it.

Chef's Tip

Bleaching palm oil is a technique unique to this dish and must be done carefully. Do not over-bleach to the point of burning. The oil should be light amber, not black.

Pounded Yam

Origin: South-West, South-East, South-South Nigeria — National swallow



Pounded yam is the king of Nigerian swallows. Made from white yam that is boiled and pounded until smooth, stretchy, and elastic, it is the preferred partner for most Nigerian soups. A good pounded yam has no lumps, no strings, and stretches like silk.

Serves	4 – 6 people
Prep Time	10 minutes
Cook Time	40 minutes
Difficulty	Beginner (with technique)

Ingredients

- 2 kg white yam (*Dioscorea rotundata*), peeled and cut into chunks
- Water for boiling
- Salt (optional)

Method

51. Peel the yam and cut into uniform chunks. Place in a pot, cover with water, and boil on high heat until completely soft — about 20 to 25 minutes.
52. Drain all the water completely. Return the pot to low heat for 2 minutes to evaporate remaining moisture.
53. Transfer to a large mortar. Begin pounding with vertical strokes to break the yam down.
54. Once the yam begins to form a mass, pour in 2 to 3 tablespoons of hot water, fold, and continue pounding.
55. Pound for 8 to 12 minutes, folding and turning the mass regularly, until perfectly smooth and elastic.
56. Serve immediately moulded with wet hands into a dome shape. Pair with egusi, okra, or any soup.

Chef's Tip

The yam must be completely drained before pounding — any excess water makes it sticky and weak. Old yam pounds better than new yam.

CHAPTER THREE

Proteins & Grills

Fire, Smoke & Umami

Suya (Hausa Spiced Skewers)

Origin: Hausa-Fulani tradition — Northern Nigeria



Suya is Nigeria's most iconic street food. Thin slices of beef coated in complex yaji spice and grilled over hot coals until charred at the edges and juicy inside. Served with sliced raw onion, tomato, and more yaji powder.

Serves	4 – 6 people
Prep Time	60 minutes (including marination)
Cook Time	20 minutes
Difficulty	Intermediate

Ingredients

- 1 kg beef sirloin or flank, sliced thinly across the grain
- For Yaji spice mix:
- 4 tablespoons ground roasted groundnuts (peanut flour)

- 2 tablespoons paprika
- 1 tablespoon ground ginger
- 1 teaspoon ground garlic
- 1 teaspoon cayenne pepper
- 1 teaspoon kuli kuli powder
- 1 teaspoon onion powder
- 1 teaspoon salt
- Half teaspoon ground cloves
- For serving: raw onion, tomato, cucumber, extra yaji

Method

57. Combine all yaji spice mix ingredients thoroughly. This is your seasoning and coating.
58. Slice beef as thinly as possible — ideally 5 mm. Pound each slice lightly with a mallet to tenderise.
59. Coat each beef slice generously with the yaji mix on both sides. Skewer using flat suya sticks.
60. Allow to marinate for at least 30 minutes (overnight in the fridge is ideal).
61. Grill over charcoal or a very hot grill pan for 4 to 5 minutes per side, turning once. Edges should char slightly.
62. While hot, brush with a little vegetable oil and dust with more dry yaji powder.
63. Serve immediately with sliced raw onion, tomato, and cucumber.

Chef's Tip

The secret to suya spice is the groundnut flour — it creates the distinctive earthy crust. Always grill hot and fast — suya that lingers dries out.

Peppered Gizzard

Origin: Pan-Nigerian — Lagos small chops staple



Peppered gizzard is the undisputed king of Nigerian small chops. Chicken gizzards pressure-cooked until perfectly tender, fried until golden and crispy, then tossed in a vibrant, hot pepper sauce. One plate is never enough.

Serves	4 – 6 (as a starter or snack)
Prep Time	20 minutes
Cook Time	50 minutes
Difficulty	Beginner – Intermediate

Ingredients

- 1 kg chicken gizzards, cleaned and trimmed
- Vegetable oil for deep frying
- For the pepper sauce:
 - 4 Scotch bonnet peppers
 - 2 red bell peppers
 - 1 large onion
 - 3 tablespoons vegetable oil
 - 2 stock cubes
 - Salt and seasoning to taste
 - 1 teaspoon ground ginger
 - Fresh scent leaves (efirin/basil) — optional

Method

64. Season cleaned gizzards with stock cubes, ginger, and salt. Pressure cook for 20 minutes or boil for 45 minutes until fully tender.
65. Drain and pat gizzards completely dry with paper towels.
66. Deep fry gizzards in hot oil (180 degrees C) for 5 to 6 minutes until golden and crispy. Drain on paper.
67. Blend Scotch bonnet, red bell pepper, and half the onion coarsely.
68. Heat oil in a pan. Slice remaining onion and fry until soft.
69. Add blended pepper. Fry for 8 to 10 minutes on medium-high heat until oil rises.
70. Add fried gizzards. Toss vigorously to coat every piece. Add scent leaves, stir, and serve immediately.

Chef's Tip

Drying the gizzards thoroughly before frying is non-negotiable. Wet gizzards cause oil splatter and produce a steamed, soft exterior instead of a crispy one.

Asun (Peppered Goat Meat)

Origin: Ekiti State — Yoruba South-West Nigeria



Asun is a roasted, peppered goat meat dish from Ekiti State that has conquered the entire Nigerian party scene. Smoky, chewy, searingly hot, and deeply addictive — it is the most requested small chop at every celebration.

Serves	6 – 8 (as small chops)
Prep Time	25 minutes
Cook Time	60 minutes
Difficulty	Intermediate

Ingredients

- 2 kg bone-in goat meat with skin
- 6 Scotch bonnet peppers
- 3 red bell peppers
- 2 large onions
- 4 tablespoons vegetable oil
- 3 stock cubes
- 1 teaspoon ground cameroun pepper
- Fresh parsley or scent leaves to garnish
- Salt to taste

Method

71. Season goat meat with stock cubes, salt, and half of one blended onion. Marinate for 30 minutes.
72. Grill or oven-roast at 200 degrees C for 35 to 40 minutes until charred at edges and cooked through.
73. Cut grilled meat into smaller pieces while still hot.
74. Blend Scotch bonnet, red bell pepper, and remaining onion coarsely.
75. Heat oil in a wok. Add blended pepper mix and fry for 10 minutes until dried and fragrant.
76. Add grilled goat meat pieces. Toss to coat. Cook together for 10 minutes.
77. Adjust seasoning, garnish with fresh herbs, and serve with toothpicks or with rice.

Chef's Tip

Asun must be slightly charred — that smokiness is part of the flavour identity. If using an oven, finish under the broiler for the last 5 minutes to get colour.

CHAPTER FOUR

Street Food & Snacks

Lagos in a Bite

Akara (Black-Eyed Pea Fritters)

Origin: Yoruba tradition — South-West Nigeria



Akara is the ultimate Nigerian morning street food. Ground black-eyed peas are whipped into a thick, airy batter and spooned into bubbling palm oil. The result is a golden, slightly crispy exterior with a fluffy, savoury interior.

Serves	4 – 6 people
Prep Time	20 minutes (plus soaking time)
Cook Time	20 minutes
Difficulty	Beginner

Ingredients

- 500 g black-eyed beans, soaked overnight and peeled
- 1 small onion, roughly chopped
- 3 Scotch bonnet peppers
- 1 teaspoon salt
- 1 stock cube, crushed

- Palm oil or vegetable oil for deep frying
- Water (very little, only as needed)

Method

78. Soak black-eyed beans overnight. Peel by rubbing between your palms under running water until all skins are removed.
79. Blend peeled beans with onion and Scotch bonnet until very smooth. Add water only a tablespoon at a time — batter must be thick.
80. Transfer batter to a bowl. Add salt and crushed stock cube. Whip vigorously for 3 minutes to incorporate air.
81. Heat deep frying oil to 175 degrees C.
82. Drop spoonfuls of batter into the hot oil. They should puff immediately. Fry in batches, turning once, for 4 to 5 minutes until deep golden.
83. Drain on paper towels and serve hot with pap (ogi) or bread.

Chef's Tip

Whipping the batter is the single most important step for fluffy akara. Whip until the batter is pale and almost mousse-like. Test one fritter first to check seasoning before frying the entire batch.

Puff Puff

Origin: Pan-Nigerian — West African deep-fried dough



Puff puff is the beloved Nigerian doughnut — soft, pillowy, slightly sweet balls of yeast-leavened dough deep-fried to a warm, golden perfection. They appear at every birthday party, Christmas table, and street corner market.

Serves	Makes 30 – 40 pieces
Prep Time	20 minutes (plus 45 minutes proofing)
Cook Time	25 minutes
Difficulty	Beginner

Ingredients

- 500 g plain flour
- 7 g instant yeast (1 sachet)
- 100 g sugar
- 1 teaspoon salt
- 1 teaspoon ground nutmeg
- 350 ml warm water
- Vegetable oil for deep frying
- Icing sugar for dusting (optional)

Method

84. Combine flour, sugar, salt, nutmeg, and instant yeast in a large bowl. Mix dry ingredients thoroughly.
85. Add warm water gradually and mix to form a smooth, thick batter.
86. Cover with a damp cloth and leave in a warm place for 45 minutes to 1 hour until doubled and bubbly.
87. Heat oil to 170 degrees C.
88. Using a wet spoon or ice cream scoop, drop portions of batter into the hot oil.
89. Fry for 3 to 4 minutes, turning as needed, until evenly golden all over.
90. Drain on paper towels. Dust with icing sugar if desired. Serve warm.

Chef's Tip

The yeast must be fully activated — your batter should be visibly bubbly and have risen well before frying. Under-proofed batter gives dense, doughy puff puff.

Moi Moi (Steamed Bean Pudding)

Origin: Yoruba tradition — South-West Nigeria



Moi Moi is a savoury steamed bean pudding made from peeled black-eyed peas, transformed through the addition of eggs, fish, and seasoning into a silky, custardy loaf. One of the most nutrient-dense foods in the Nigerian diet.

Serves	8 – 10 pieces
Prep Time	30 minutes
Cook Time	45 minutes
Difficulty	Intermediate

Ingredients

- 500 g black-eyed beans, soaked and peeled
- 1 large onion
- 4 Scotch bonnet peppers
- 3 tablespoons crayfish
- 3 tablespoons vegetable oil
- 3 stock cubes
- Salt to taste
- 3 hard-boiled eggs, halved (for filling)
- 200 g smoked fish or sardines (for filling)

- Water as needed
- Foil or banana leaves for wrapping

Method

91. Blend peeled beans with onion, Scotch bonnet, and enough water to form a smooth, pourable batter.
92. Add crayfish, oil, stock cubes, and salt. Mix thoroughly.
93. Portion the batter into foil cups or banana leaf wraps. Into each, place half a boiled egg and a portion of fish before sealing.
94. Arrange in a steamer or large pot with a rack. Pour water to the base, not touching the moi moi.
95. Steam on medium heat for 40 to 45 minutes. Insert a toothpick — it should come out clean when done.
96. Allow to cool slightly before unwrapping and serving.

Chef's Tip

Moi Moi batter must be sufficiently watered down to flow — if it is too thick, the pudding will be gummy inside. Shake a filled foil cup gently — the batter should jiggle.

CHAPTER FIVE

Drinks & Desserts

Sweet Endings

Chapman (Nigerian Party Cocktail)

Origin: Lagos, 1970s — The original Nigerian cocktail

Chapman is the definitive Nigerian party drink. A beautiful ruby-red, non-alcoholic drink layered with bitters, citrus, blackcurrant cordial, and fizz. It first appeared at Lagos bars in the 1970s and has never left.

Serves	6 – 8 glasses
Prep Time	10 minutes
Cook Time	N/A (no cooking required)
Difficulty	Beginner

Ingredients

- 1 bottle Fanta Orange
- 1 bottle Fanta Lemon (or Sprite)
- 150 ml Ribena (blackcurrant cordial)
- 2 teaspoons Angostura Bitters
- Juice of 2 limes
- 1 cucumber, sliced thinly
- 1 lemon, sliced thinly
- Fresh mint leaves
- Ice cubes (generously)
- 2 tablespoons Grenadine syrup (optional)

Method

97. Fill a large punch bowl or tall jug with generous ice.
98. Add cucumber slices, lemon slices, and mint leaves to the ice.
99. Pour in the Ribena and Angostura bitters. Add lime juice.
100. Slowly pour in the Fanta Orange, then the Fanta Lemon. Stir gently once.
101. Add grenadine if desired for extra sweetness. Give one final gentle stir.
102. Serve immediately in ice-filled glasses, garnished with cucumber and a mint sprig.

Chef's Tip

The secret to a perfect Chapman is the Angostura bitters. Do not skip it — it gives Chapman its signature aromatic complexity. Start with 1 teaspoon and adjust to taste.

Zobo (Hibiscus Flower Drink)

Origin: Pan-Nigerian — Hausa origin, now national

Zobo is a chilled hibiscus tea drink made from dried roselle flowers steeped with spices and sweetened with pineapple. Deep ruby-red and intensely flavoured with floral, tart, and spiced notes — refreshing, beautiful, and full of antioxidants.

Serves	8 – 10 glasses
Prep Time	10 minutes
Cook Time	30 minutes (plus chilling time)
Difficulty	Beginner

Ingredients

- 100 g dried zobo leaves (dried hibiscus flowers)
- 2 litres water
- 1 whole pineapple, outer skin only (or fresh pineapple chunks)
- 3 cloves
- 1 stick cinnamon
- 1 thumb fresh ginger, sliced
- Sugar to taste (or honey)
- 200 ml orange or pineapple juice (optional)

Method

103. Rinse zobo leaves in cold water to remove dust. Drain.
104. Place zobo leaves, pineapple chunks/skin, cloves, cinnamon, and ginger in a pot. Add 2 litres of water.
105. Bring to a boil, then reduce heat and simmer for 20 minutes.
106. Strain through a fine sieve into a large bowl, pressing the leaves to extract all the liquid.
107. Add sugar while still warm and stir until dissolved. Add orange or pineapple juice if using.
108. Allow to cool completely, then refrigerate for at least 2 hours before serving.
109. Serve chilled over ice with a slice of pineapple or orange.

Chef's Tip

Do not boil zobo for too long — over 25 minutes produces a slightly bitter, overpowering flavour. The pineapple skin adds a tropical note without extra sugar.

Chin Chin

Origin: Pan-Nigerian — Festive snack

Chin chin is a crunchy, deep-fried snack made from a simple sweet dough cut into small pieces and fried until golden. A staple of every Nigerian Christmas, Eid, and birthday celebration. It keeps for weeks in a sealed container.

Serves	Makes a large batch (800 g – 1 kg)
Prep Time	30 minutes
Cook Time	30 minutes
Difficulty	Beginner

Ingredients

- 500 g plain flour
- 100 g sugar
- 60 g margarine or butter (room temperature)
- 2 eggs
- 100 ml evaporated milk
- 1 teaspoon baking powder
- 1 teaspoon ground nutmeg
- Half teaspoon salt
- Vegetable oil for deep frying

Method

110. Combine flour, sugar, salt, baking powder, and nutmeg in a large bowl. Rub in the margarine until the mixture resembles breadcrumbs.
111. Make a well in the centre. Add eggs and evaporated milk. Mix to form a firm, smooth dough. Do not overknead.
112. Divide the dough into portions. Roll each out to 3 mm thickness on a floured surface.
113. Cut into thin strips or small shapes using a knife or pastry cutter.

114. Heat oil to 160 degrees C. Fry chin chin in batches, stirring gently, for 5 to 8 minutes until golden all over.
115. Drain on paper towels and allow to cool completely before storing in an airtight container.

Chef's Tip

The dough must be firm, not soft or sticky. Fry at a lower temperature (160 degrees C) — chin chin browns quickly on the outside but needs time to cook through to crunchiness.

CHAPTER SIX

CookEx Air Fryer & Blender

Faster. Healthier. Just as Delicious.

Your CookEx appliances are built to make great Nigerian cooking easier, faster, and with less oil. The air fryer delivers the crunch and colour of deep frying with a fraction of the fat. The blender turns fresh Nigerian fruits, herbs, and spices into smooth, vibrant drinks in seconds.

CookEx Air Fryer Recipes

Air Fryer Peppered Chicken Wings

These wings come out of the CookEx Air Fryer with the kind of crispy, crackly skin that usually only a deep fryer delivers — but with 80% less oil. The Nigerian pepper marinade gives them heat, colour, and depth that makes them completely addictive.

Serves	4 people
Prep Time	15 minutes (plus 30 minutes marination)
Cook Time	25 minutes
Difficulty	Beginner

Ingredients

- 1 kg chicken wings, tips removed and jointed
- 2 Scotch bonnet peppers, blended
- 1 red bell pepper, blended
- 1 teaspoon ground ginger
- 1 teaspoon garlic powder
- 1 teaspoon smoked paprika
- 1 teaspoon onion powder
- 2 stock cubes, crushed
- 1 tablespoon vegetable oil
- Salt to taste
- Fresh scent leaves to garnish

Method

116. Pat chicken wings completely dry with paper towels. Moisture is the enemy of crispiness.
117. Combine blended peppers, ginger, garlic powder, paprika, onion powder, stock cubes, oil, and salt into a marinade.
118. Coat the wings thoroughly in the marinade. Cover and refrigerate for at least 30 minutes.
119. Preheat your CookEx Air Fryer to 200 degrees C for 3 minutes.
120. Place wings in the air fryer basket in a single layer — do not stack or crowd them.
121. Air fry for 12 minutes, then flip each wing and air fry for a further 12 to 13 minutes until deeply golden and crispy.
122. Garnish with scent leaves and serve immediately with extra pepper sauce on the side.

CookEx Air Fryer Tip

Preheating the CookEx Air Fryer before adding the wings is essential — a cold basket leads to steaming rather than crisping. Pat the wings absolutely dry before marinating for maximum crunch.

Air Fryer Crispy Plantain (Dodo)

Dodo made in the CookEx Air Fryer is a revelation. You get the same caramelised, tender-inside, slightly crispy-outside result of pan-fried plantain without the oil or the mess. Perfect as a side dish or served alongside jollof rice.

Serves	4 people
Prep Time	5 minutes
Cook Time	15 minutes
Difficulty	Beginner

Ingredients

- 3 ripe plantains (yellow with black spots — not green)
- 1 tablespoon vegetable oil
- Half teaspoon salt
- Quarter teaspoon cayenne pepper (optional)

Method

123. Peel plantains and cut into diagonal slices about 1 cm thick.

124. Toss plantain slices with the vegetable oil, salt, and cayenne if using. Coat evenly.
125. Preheat your CookEx Air Fryer to 180 degrees C for 2 minutes.
126. Arrange plantain slices in the basket in a single layer.
127. Air fry for 8 minutes, then flip each slice. Air fry for a further 5 to 7 minutes until golden and caramelised at the edges.
128. Serve immediately as a side or snack.

CookEx Air Fryer Tip

Use plantains that are mostly yellow with significant black spots — they caramelize beautifully in the CookEx Air Fryer. Green or barely ripe plantains will come out starchy and bland.

Air Fryer Spiced Fish

Crispy, boldly seasoned fish cooked to perfection in the CookEx Air Fryer. This method gives you the colour and texture of traditional fried fish without submerging it in oil, and the fish stays wonderfully moist inside.

Serves	4 people
Prep Time	20 minutes (plus marination)
Cook Time	20 minutes
Difficulty	Beginner – Intermediate

Ingredients

- 4 medium-sized croaker fish or tilapia, cleaned and scored
- 2 tablespoons ground crayfish
- 1 tablespoon suya spice (yaji)
- 1 teaspoon curry powder
- 1 teaspoon ground ginger
- 1 teaspoon garlic powder
- 2 Scotch bonnet peppers, blended
- Juice of 1 lemon
- 2 tablespoons vegetable oil
- Salt and stock cube to taste

Method

129. Score the fish 3 to 4 times on each side with a sharp knife to help the marinade penetrate.
130. Mix crayfish, suya spice, curry, ginger, garlic, blended Scotch bonnet, lemon juice, oil, salt, and stock cube into a thick paste.
131. Rub the spice paste thoroughly all over the fish and into the scored cuts. Marinate for at least 20 minutes.
132. Preheat your CookEx Air Fryer to 200 degrees C for 3 minutes.
133. Lightly oil the air fryer basket to prevent sticking. Place fish in the basket.
134. Air fry for 10 minutes, carefully flip the fish, and air fry for a further 8 to 10 minutes until golden and cooked through.
135. Serve with jollof rice, fried plantain, or pepper sauce.

CookEx Air Fryer Tip

Scoring the fish is not optional — it is how the spice paste gets inside and how the skin crisps evenly. If your fish is sticking to the basket, use a light spray of oil or place a small piece of parchment under each piece.

Air Fryer Spring Rolls

Nigerian-style spring rolls — crispy, golden parcels stuffed with spiced minced beef and vegetables — are a party staple. The CookEx Air Fryer delivers the same shattering crunch as deep frying with none of the oil mess.

Serves	Makes 16 – 20 rolls
Prep Time	30 minutes
Cook Time	15 minutes
Difficulty	Intermediate

Ingredients

- 16 to 20 spring roll wrappers
- For the filling:
 - 400 g minced beef or chicken
 - 1 medium carrot, finely shredded
 - 1 cup cabbage, finely shredded
 - 1 medium onion, finely diced
 - 2 Scotch bonnet peppers, finely chopped
 - 1 teaspoon curry powder
 - 1 teaspoon thyme
 - 2 stock cubes

- Salt to taste
- 2 tablespoons vegetable oil
- 1 egg, beaten (for sealing)

Method

136. Heat oil in a pan. Fry onion until soft, then add minced meat. Cook until browned, breaking up any lumps.
137. Add Scotch bonnet, curry powder, thyme, stock cubes, and salt. Stir and cook for 5 minutes.
138. Add shredded carrot and cabbage. Toss together and cook for 2 minutes. Remove from heat and allow to cool completely.
139. Place a spring roll wrapper on a flat surface in a diamond orientation. Spoon 2 tablespoons of filling onto the lower third.
140. Fold the bottom corner over the filling, fold in the sides, then roll tightly upward. Seal the top corner with beaten egg.
141. Brush each assembled spring roll lightly with vegetable oil all over.
142. Preheat your CookEx Air Fryer to 200 degrees C for 3 minutes.
143. Place spring rolls in the basket in a single layer. Air fry for 8 minutes, turn, and air fry for a further 6 to 7 minutes until deeply golden and crispy.

CookEx Air Fryer Tip

The filling must be completely cooled before rolling — hot filling creates steam inside the wrapper which makes it soggy rather than crispy. Roll as tightly as possible; loose rolls open during cooking.

CookEx Blender Smoothies

The CookEx Blender handles the fibrous, tropical fruits that define Nigerian smoothies — pineapple, watermelon, tiger nuts, and ginger root — without leaving chunks or stringy bits. These recipes celebrate West African ingredients in their smoothest form.

Tropical Pineapple & Ginger Smoothie

This is the Nigerian morning smoothie — bright, zingy, and loaded with Vitamin C and digestive-boosting ginger. Pineapple is the most abundant tropical fruit in Nigerian markets, and blended with fresh ginger it becomes something extraordinary.

Serves	2 glasses
Prep Time	10 minutes
Cook Time	N/A (no cooking required)
Difficulty	Beginner

Ingredients

- Half a ripe pineapple, peeled, cored, and chopped
- 1 thumb-sized piece of fresh ginger, peeled
- Juice of 1 lime
- 1 tablespoon honey (optional)
- 200 ml cold water or coconut water
- Handful of ice cubes

Method

144. Chop the pineapple into rough chunks — the CookEx Blender handles them all.
145. Add pineapple, ginger, lime juice, honey, and water to the blender jug.
146. Secure the lid and blend on high speed for 45 to 60 seconds until completely smooth.
147. Add ice cubes and blend for a further 20 seconds.
148. Taste and adjust sweetness with honey or tartness with more lime.
149. Pour into tall glasses and serve immediately.

CookEx Blender Tip

For extra fibre and a thicker smoothie, leave the pineapple core in — the CookEx Blender is powerful enough to break it down completely. Use frozen pineapple chunks instead of ice for a colder, more concentrated flavour.

Watermelon Mint Cooler

Nigeria grows some of the sweetest watermelons in West Africa, and blended fresh they become a drink more refreshing than any store-bought juice. Perfect for Lagos heat, entertaining, or post-workout recovery.

Serves	3 – 4 glasses
Prep Time	10 minutes
Cook Time	N/A (no cooking required)
Difficulty	Beginner

Ingredients

- Half a large watermelon, flesh only, seeds removed
- Juice of 1 lime
- Small handful of fresh mint leaves
- 1 teaspoon honey (optional)
- Pinch of salt
- Ice cubes

Method

150. Cut watermelon flesh into rough chunks and add to the CookEx Blender jug.
151. Add lime juice, mint leaves, honey if using, and a pinch of salt.
152. Blend on high speed for 30 to 45 seconds until completely smooth and frothy.
153. For a pulp-free version, strain through a fine sieve into a jug.
154. Add ice and serve in chilled glasses garnished with a sprig of mint.

CookEx Blender Tip

The pinch of salt enhances the sweetness of the watermelon without adding sugar — do not skip it. Blend watermelon from room temperature for a frothier, more aerated result.

Green Detox Smoothie

Built for mornings when you want energy, clarity, and a clean start. The pineapple and banana mask any bitterness from the greens completely, making this as enjoyable as it is nutritious.

Serves	2 glasses
Prep Time	10 minutes
Cook Time	N/A (no cooking required)
Difficulty	Beginner

Ingredients

- 2 large handfuls of fresh spinach or ugu (fluted pumpkin) leaves
- 1 ripe banana, peeled and frozen
- Half a cucumber, roughly chopped
- 4 pineapple chunks (fresh or frozen)
- Juice of half a lime
- 250 ml cold water or coconut water
- 1 teaspoon honey (optional)
- Small piece of fresh ginger

Method

155. Add the cold water or coconut water to the CookEx Blender jug first — this helps the blades move freely.
156. Add spinach or ugu, cucumber, pineapple, banana, lime juice, ginger, and honey.
157. Blend on high speed for 60 seconds until completely smooth and vibrant green.
158. Check consistency — add more water if too thick, more banana if too thin.
159. Pour immediately into chilled glasses and drink fresh. Green smoothies oxidise quickly.

CookEx Blender Tip

Adding liquid before the greens prevents the blender from struggling. Frozen banana gives thickness and creaminess without needing yogurt or milk. Use fresh young spinach rather than mature leaves for the best colour.

Banana Peanut Butter Power Smoothie

Nigeria's answer to the protein shake — built with groundnut (peanut butter), banana, and milk that have been part of the Nigerian diet for generations. Filling, naturally sweet, and packed with energy. Perfect before a workout or as a meal replacement.

Serves	2 glasses
Prep Time	5 minutes

Cook Time	N/A (no cooking required)
Difficulty	Beginner

Ingredients

- 2 ripe bananas, peeled and frozen
- 2 tablespoons groundnut paste (natural peanut butter, no added sugar)
- 300 ml full-fat milk (or oat milk)
- 1 tablespoon honey
- Half teaspoon ground cinnamon
- Pinch of nutmeg
- 4 to 5 ice cubes

Method

160. Add frozen bananas, peanut butter, milk, honey, cinnamon, and nutmeg to the CookEx Blender jug.
161. Blend on high speed for 45 seconds until completely smooth and creamy.
162. Add ice cubes and blend for a further 15 seconds.
163. Taste and adjust sweetness with honey or thickness with more milk.
164. Pour into tall glasses, dust with a pinch of extra cinnamon, and serve immediately.

CookEx Blender Tip

Freezing the bananas overnight is the key to a thick, creamy texture without needing ice cream or yogurt. Use natural Nigerian groundnut paste rather than commercial peanut butter where possible — the flavour is deeper and less sweet.

Final Words from the Kitchen

Nigerian food is not just nourishment. It is identity. It is the language spoken at family tables, the soundtrack of celebrations, the thread that connects the diaspora to home.

Every recipe in this book can be made better with love, attention, and the courage to taste as you go. Whether you are cooking in a big pot, your CookEx Air Fryer, or blending a smoothie at dawn the spirit is the same. Feed people well. Feed people with intention.

Share these dishes. Tell people what is in the pot. Food is most powerful when it carries a story.

E jeun ore mi. Nourish yourself, my friend.

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The CookEx Cookbook

Nigerian Recipes. Built for the Way You Cook.