

# Nigerian Akara and Pap



## Ingredients

4 pointed red peppers, grated

1 red onion, grated

2cm/<sup>3</sup>/<sub>4</sub>in piece fresh root ginger, peeled and grated

5 garlic cloves, grated

3 red chillies, chopped

2 red bird's-eye chillies, halved

1 vegetable stock cube, crumbled

2 tbsp olive oil

1 onion, sliced

2 sprigs fresh thyme, leaves only

6 cherry tomatoes, chopped

For the akara (black bean fritters)

20 red chillies, chopped

1 red onion, chopped

1 pointed red pepper, seeds removed, chopped

150g/5½oz dried black eyed beans, soaked in water overnight

1 vegetable stock cube, crumbled

neutral oil, for frying

salt and freshly ground black pepper

## **For the pap**

125g/4½oz pap flour or cornflour

pinch sugar

250ml/9fl oz oat milk

pinch salt

## **Method**

To make the ata dindin, place the peppers, red onion, ginger, garlic and chillies into a large glass bowl and mix. Add the crumbled stock cube to the bowl and mix again.

Heat a medium sauté pan on a medium heat and add the oil. Once hot, add the sliced onion and cook for 2–3 minutes, then add the thyme, tomatoes and the pepper mixture and simmer for 10 minutes. You can remove the bird's-eye chillies before serving, if you wish.

To make the akara, place the chopped chillies into a bowl of cold water. Allow to soak for 5 minutes, then drain.

Place the red onion, pepper and chillies into a large food processor and blend until you have a smooth paste. Add the soaked black eyed beans and the stock cube and blend again. Season with salt and pepper.

Preheat the oil in a deep fat fryer to 160C. (CAUTION: hot oil can be dangerous. Do not leave unattended.) Line a plate with kitchen paper.

Place spoonfuls of the akara mixture into the hot oil in oblong shapes and fry for 2–3 minutes until golden brown and crispy. Once cooked, transfer to the lined plate. You may need to do this in batches.

To make the pap, place the flour, sugar, salt and half the oat milk into a bowl and mix to combine. Pour into a medium saucepan, along with the remaining oat milk, then cook on a medium heat, stirring all the time, until it starts to bubble then it is ready.

To serve, place the pap in the centre of a plate and top with the akara and then the ata dindin on top.

To make this less spicy remove the birdseye chilli pepper and maybe only put one red chilli in it