

NAME OF THE ELEMENT: TRADITIONAL FOODS (WEDE WASA WASA)

DOMAIN: SOCIAL PRACTICES, RITUALS AND FESTIVE EVENTS.

COMMUNITY: NKONYA NTUMDA COMMUNITY

REGION: OTI REGION

INGREDIENTS: The main ingredients are roasted corn flour (Tom brown) and palm-nut or palm oil. Other ingredients include vegetables such as okro, garden eggs, onion, pepper, ginger or garlic. It features seafood such as smoked fish, dried fish, salted fish or crabs.

BRIEF DESCRIPTION / STEPS IN PREPARATION: Wede wasa wasa is a traditional special food that was prepared for newly married young women. It served as a congratulating dish. It was food prepared in the days when there was no cassava. This food is prepared with fried maize flour, garden eggs, okro, salt, pepper, onion and palm oil. The food or meal today is food for all where men, women and children can eat as compared to the ancient times.

STEPS IN PREPARATION:

- First, put the garden eggs, okro, onion and pepper into a pot of water to boil for about 20 minutes.
- After 20 minutes take the boiled ingredients off the fire and grind using the earthenware bowl (olepe) and traditional blender (oto kponkpon). Add Salt (infolé) to taste.
- After grinding, pour the grinded ingredients into another cooking pot.
- Boil water for 3 minutes and pour the fried maize flour into it, stir and drive gradually to prevent lumps until the smooth fried maize flour becomes rough. This process takes about 10 minutes to get the rough texture of the flour for the dish. Then cover the flour on fire for 5 minutes.
- The grounded ingredients are put on fire for 3 minutes to heat. pour red oil into another cooking pot with chopped onions and fry for 4 minutes.
- The final stage is to put the flour into an earthenware bowl and pour the heated ingredient onto the flour known as 'wede'. Pour unto the flour and heated grounded ingredient the fired red oil and onions to make the dish. The food (Wede wasa wasa) is ready for consumption.

Photography:



Consent: Nkonya Ntumda

Submitted by: National Folklore Board