Afang Soup



What is afang soup?

Afang soup is a Nigerian soup most common among the Akwa Ibom and Cross River peoples. It is made using afang leaves. Afang leaves are leaves from the African jointfir plant (*Gnetum africanum*).

The soup is similar to ukazi and eru soups, as all three soups are made from the same plant and similar ingredients. The difference among them is the recipe/spicing.

Stuffs to get ready to make the meal.

Ingredients

1. **Protein:** beef, goat meat, snails, dried fish, stockfish, periwinkle, cow skin
2. **Spices:** dried crayfish, pepper, onion, salt, seasoning cubes
3. **Leafy vegetables:** ukazi/afang leaves, water leaves
4. **Oil:** Palm oil

Things to make you the meal.

Utensils

1. **For chopping:** chopping board and suitable knives
2. **For pounding:** motar and pestle.
3. **For washing and seasoning:** bowls
4. **For cooking and steaming:** pots

How you may choose to make the meal.

Preparation

1. Wash your beef, cow skin, goat meat, snails, dried fish, and stock fish.
2. Season and boil the cow skin, dried fish and stock fish till they become tender in the right amount of water.
3. Add water leaves, crayfish, pepper and periwinkle, cover and allow it to boil for about 20 minutes.
4. Pound the well sliced afang leaves.
5. Heat a little palm oil and then add the other soup mixture into it.
6. Leave the entire mixture to simmer for about 12 minutes and turn the cooker off.
7. Serve with garri, pounded yam, or fufu.

See a video