

Accra Beans and Pap

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Accra beans and Pap

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Phase 1: 12 hrs, Phase 2: 30 minutes • Makes 2 servings



Ingredients

2 ½ cups of peeled black-eyed beans

2 Cups of corn flour

1L of vegetable oil

1 onion bulb

1 tablespoon of salt

Portion of fruits (cherries and strawberries)

Water

Making the Accra Beans

Phase 1



Preparation

- Wash the peeled black-eyed beans in a bowl with clean water
- Soak the beans overnight (at least 12 hrs).

Making the Accra Beans

Phase 2



Preparation

- Blend the beans and Onion with very little water (half cup) into a smooth paste.

Making the Accra Beans

Phase 2



Preparation

- Pour the beans paste into a bowl and whisk for at least 5 minutes.
- Add salt to taste

Making the Accra Beans

Phase 2



Preparation

- Put the vegetable oil in a pot and heat it for frying with medium to high heat.
- Using a flat-headed cook spoon, scoop out some of the paste and place into the hot oil.

Making the Accra Beans

Phase 2



Preparation

- After 2-3 minutes, flip the accra beans to the other side.
- Once both sides are golden brown, remove the accra beans from the oil and place in a large kitchen colander .

Making the pap

Phase 2



Mix the pap corn flour in a bowl with half cup of water into a paste.



Pour the paste into a pot with 2 cups of boiling water and stir on medium heat for 2 minutes until it thickens.

Making Accra Beans and pap

Phase 2



Serving

- Place 6-7 accra beans on a plate
- Using a soup spoon, Scoop 2 spoons of pap and pour a soup bowl.
- Place your fruits on the pap as toppings.
- This results in an enjoyable healthy Cameroonian Breakfast.



Thanks for watching and I hope you can try this healthy Cameroonian breakfast.