

Miyan Taushe (Nigerian Pumpkin Stew)



Prep Time 20 mins **Cook Time** 1 hr 10 mins **Serves** 6

A rich and comforting meat and pumpkin stew traditionally from Northern Nigeria. Make this with any slow cooking cut of meat including beef, goat or mutton.

	Ingredients	Method
1	700g meat, diced 1 large onion, sliced 2 scotch bonnet chillies, sliced 1 tsp bouillon powder 1 tsp salt	Place the meat, sliced onion, chillies, bouillon and salt into a large saucepan. Cook over a low to medium heat for approximately 30 minutes, or until the meat is tender.
2	7 plum tomatoes 1 large onion 1 bell pepper 2 scotch bonnet chillies	While the meat is cooking, blend the tomatoes, onion, bell pepper and chillies until smooth. Transfer to a saucepan and cook until reduced to a thick paste, stirring regularly to prevent sticking.
3	700g pumpkin, peeled and cut into chunks 2 cups water	Add the pumpkin and water to the cooked meat. The liquid should just cover the pumpkin. Check the seasoning, cover and simmer for about 15 minutes until the pumpkin is soft
4	½ cup roasted peanuts	While the pumpkin cooks, grind the roasted peanuts in a food processor, blender or pestle and mortar until they form a coarse paste.
5	Ground peanuts Prepared tomato paste ¼ cup ground crayfish (optional) 1 tbsp bouillon powder	Once the pumpkin is tender, lightly mash it with the back of a spoon. Stir in the ground peanuts, tomato paste, crayfish and bouillon. Cover and cook gently for 5 minutes.
6	½ cup palm oil 300g spinach, chopped 150g sorrel leaves, chopped (or extra spinach)	Stir in the palm oil, spinach and sorrel leaves. Cover and cook on a low heat for 10 minutes until the greens are wilted and the stew has thickened.

	Ingredients	Method
7		Taste and adjust the seasoning if needed. Remove from the heat and allow the stew to rest for 5 minutes before serving.

Top Tip: Butternut squash can be used instead of pumpkin and works just as well in this recipe. Be careful when handling scotch bonnet chillies and consider wearing gloves.

Check out bhfood.org.uk/sussex-grazed for locally sourced meat



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