

Treasure Barrel

Banga Soup (Niger-Delta Way)

20 min Prep time	**45 min** Cook time	**1 h 5 min** Total time
4 Servings	**Medium** Difficulty	**Nigerian** Cuisine

Ingredients

Main Ingredients

- [ ] 2 cups palm fruit concentrate (about 500 ml)
- [ ] 1 lb beef stew meat, cubed
- [ ] ½ lb smoked catfish, cleaned and broken into pieces
- [ ] 1 medium onion, finely chopped
- [ ] 2 tbsp ground uziza leaves
- [ ] 1 tsp Calabash nut powder
- [ ] 1 tsp chili powder (adjust to taste)
- [ ] 1 tbsp fresh lime juice
- [ ] Salt to taste
- [ ] Optional: ½ cup periwinkles, shelled

For Garnish

- [ ] Fresh uziza leaves
- [ ] Chopped scallions

Instructions

1. Rinse the smoked fish, then set aside. Soak the palm-fruit concentrate in warm water for 5 minutes, stirring until it separates into oily broth and fibrous pulp.
2. In a large pot, heat a splash of the palm oil, sauté the chopped onion until translucent, then add the uziza leaves, Calabash nut, and chili powder; stir for a minute until fragrant.
3. Add the beef cubes and brown them lightly, allowing the meat to absorb the spices. Then fold in the smoked fish, letting it release its smoke-infused oils.
4. Pour in the prepared palm-fruit broth, bring to a gentle boil, then reduce heat and simmer for 30-35 minutes, or until the meat is tender and the broth thickens.
5. Stir in the lime juice, adjust salt, and add periwinkles if using; simmer another 5 minutes. Finish with a handful of fresh uziza leaves.

Nutrition per serving

420 kcal	30 g	10 g	28 g
Calories	Protein	Carbs	Fat

Tips & notes

- Skim any foam that rises to keep the broth clear.
- For a richer texture, let the soup rest covered for 10 minutes before serving.
- If the broth is too thick, add a little water or stock to reach desired consistency.