

Akara



Introduction

Akara, Akaraje. The word Akara is Yuruba. In West Africa they call it Akara in North West Africa and Ghana they call it Kose which is still Akara. Akara is called Akaraje in Bahia in Brazil. Akara is 'Food for the Gods'. In Yuruba mythology and religion many Deities and Divinities eat Akara. Most of these Deities are personified. Orisa Ibeji (Goddess of Twins) eats Akara. Ogun (God of Iron) eats Akara. Obatala (God of Creation) eats Akara. Sango (God of Thunder) eats Akara. Yemoja (Goddess of Fertility) eats Akara. Olokun (Goddess of the Sea) eats Akara. Orunminla (the custodian and the father of all Divinities) eats Akara.

Over 500 million West African eat Akara daily.

Akara is Gluten Free, Dairy Free & Vegan friendly.

The context of the sacred diet which Akara constitutes the ingredients must be pure.

Akara Recipe

Ingredients

1 cup black-eye beans or Akara Mix, ½ onion, pinch chilli & salt, 2 cups pure palm fruit oil (amount dependent on size of frying pot)

Option 1

1 cup black-eye beans soaked in water overnight. *Don't leave for longer as beans may begin to ferment.* Take the skin of the beans off by rubbing the black-eye beans in your hands when the skin has been taken off, blend the beans with very little water.

Option 2

Alternatively instead of soaking and peeling skin off Black-eye Beans, use Tribal Tastes instant Akara Mix. Soak 1 cup Akara Mix in 1 cup of water (ensure well combined). Leave in fridge for 4 hours.

We were very impressed by the method used by Bathie Dia on Food Safari (Series 3 African Episode) to prepare Akara for frying so we have included this section of his recipe:

Place one part of the paste into a bowl over a simmering pot of water, stirring continuously with a rubber spatula until it gets a dough-like consistency. Take great care that the mixture does not cook or curdle....briefly taking the bowl off the simmering pot of water from time to time – with continued stirring will help the thinning process.

When the paste is even in its consistency, mix in the reserved bean dough and continue stirring on the simmering water for about 1 minute. Then take the bowl off the heat continuing to stir until mixture is cooled to room temperature.

add ½ onion chopped, salt and chilli to taste *Note don't blend onion with beans as this will burn during frying.*

Shape into fritters (whatever shape you desire)

Heat pure palm fruit oil. Don't shallow fry.

Cook on medium heat for 7-10 minutes

Rotate Akara at intervals so that Akara are golden brown all over.

Use perforated spoon to scoop out and sit on absorbent paper.

Serve with African Sauce as a delicious starter, with light salad or as a side dish to a vegetable soup.

Obe Ata (African Sauce)

African Sauce - West Africans traditionally don't cook with sugar. Tribal Tastes offers a delicious African Sauce made with fresh market vegetables that's a perfect accompaniment to Akara. See on-line market.

Obe Ata

5 tomatoes

3 red capsicums

6 fresh chillies

1 onion, finely chopped

3 shallots

3 spring onions

1 celery stalk, diced

Pinch of salt Efiri (Fresh African mint – Vietnamese mint is an acceptable substitute)

100ml 100% pure palm fruit oil

Blend the chopped tomatoes in a bowl and set aside. In a separate bowl blend the capsicums and chilli. Heat the palm fruit oil in a pan and add the African mint, chopped shallots, spring onions, diced celery and salt and stir well for approximately 1 minute. Then add the blended tomatoes and the blended capsicum & chilli.