



Cowpea Garifoto

Ghana | Easy | 30 minutes | 5/6 servings | *Main dish*



Ingredients

Tomato, paste	200 g	Tomato, concentrate	30 g
Onion	60 g	Raw chickpeas	400 g
Cowpea, dry	340 g		
Egg, chicken (medium)	3 unit		
units Pepper	5 g		
Shrimp	20 g		
Table salt	5 g		
Cooking oil	120 ml		
Gari	230 g		



Tools and equipment

- ~ Stainless steel cooking pot or saucepan
- ~ Bowl
- ~ Stainless steel frying pan
- ~ Wooden spoon or other stirring tool



Directions

- 1 Wash and boil the cowpeas until hardness is soft, then dry.
- 2 Beat the eggs in a bowl and add some ground onions, salt, and tomato paste.
- 3 Fry into an omelette and cut into strips.
- 4 Make a sauce using remaining oil, fresh onions, tomatoes, tomato paste, shrimps, pepper, and salt, without adding water.
- 5 Sprinkle the gari with water to dampen it, then toss lightly. Add to the sauce and mix well.
- 6 Add the cooked cowpeas and mix well.
- 7 Decorate with the strips of omelette and serve.