



# 25 Nigerian Mothers share the One Meal That Makes Christmas Unforgettable

What's That One Christmas Dish You  
Can't Miss? 25 Women Answered.

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## Foreward

In Nigeria, Christmas isn't truly Christmas without the smells, tastes, and flavors that bring families together around the table. This year, we went into the kitchens of 25 real moms across the country to discover the one dish that makes December feel truly special in their homes.

From age-old family traditions to modern twists on festive favourites, these moms shared not just recipes—but the stories, memories, and love behind every bite.

Read their real stories. Learn their real recipes. And bring the heart, warmth, and joy of their kitchens straight to yours this festive season!

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## 1. PEPPER SOUP

### **“Pepper Soup is how I tell my family: *Welcome home.*” Mama Grace, Rivers State**

I always tell people that Christmas doesn't start in my house until the first pot of pepper soup hits the fire. My children know the smell, that smoky goat meat mixed with fresh pepper. Once it starts boiling, you'll just hear them shouting, *“Mummy don start o!”*

I learned this recipe from my mother, and she learned it from hers.

In my language, we call pepper soup **“nsala mmiri oku”** hot, healing, and happiness in a bowl. During Harmattan, nothing warms the body and the heart like this.

In those days, I believed everything had to be fresh-fresh, the goat must be slaughtered that morning, the pepper ground by hand... everything.

But as I got older, I realized I don't have the strength to be chasing people up and down to kill goat meat or arguing with butchers about what they sold. I still want that same rich, smoky taste my family is used to, but without the stress.

That's why I'm now fully plugged in with BeemFarms. I just open the pack, and the flavour reminds me of the old days, without all the wahala.”By the time I serve it, everybody is smiling.

This is the one dish that gathers us, no matter where everybody travelled from. It tastes like home... and like December joy.

### **INGREDIENTS**

- Smoked goat meat, beef, or ram
- Sliced onions
- Scotch bonnet peppers (atarodo)
- Ground crayfish
- Pepper soup spice
- Grated ginger
- Grated garlic (optional)
- Seasoning cubes

- Salt to taste
- Scent leaves or basil
- Water

## HOW I MAKE MY CHRISTMAS PEPPER SOUP

**“It’s simple-simple, no stress.” Mama Grace**

1. I rinse the smoked meat lightly with warm water.
2. I put it in a clean pot and add onions, grated ginger, and garlic.
3. I pour enough water to cover it and set it on medium heat.
4. Then I add blended pepper, crayfish, pepper soup spice, and seasoning cubes. I stir it well.
5. I let it cook for 10–15 minutes so the flavours can enter the meat properly.
6. I add salt and throw in my scent leaves for that special aroma.
7. I allow it to simmer for 3–5 minutes, then I turn off the heat and let it rest a bit before serving.

“If you taste it immediately, you’ll burn your tongue,”

## BEST SERVED WITH

- White rice
- Boiled yam
- Boiled plantain
- Fresh bread

“Anything warm goes well, especially on cold evenings when Harmattan is showing itself.”

## WHY YOU’LL ENJOY IT

- ✓ No frying stress
- ✓ Rich, smoky flavour
- ✓ Easy and quick to prepare
- ✓ Budget-friendly
- ✓ Perfect for sharing

## 2. SMOKED GOAT MEAT + JOLLOF RICE

**“It’s the one recipe that makes me feel like a child again.” Tolu, 25, Lagos**

Every December, I become a little kid again...

Christmas used to mean waking up to the smell of wood-smoked goat meat and Jollof Rice filling our entire house. My mum never announced she was cooking, the aroma was the announcement.

Now that I’m older and living on my own, I find myself chasing that same feeling.

Not just the taste, but the moment, that warm, noisy, laughter-filled moment when the whole family gathers in the kitchen pretending not to be hungry.

But let’s be honest... This Christmas, I don’t have my mother’s time or energy.

I’m not going to the market to look for who slaughtered ram at dawn or who has the “correct beef.” And I can’t be arguing with butchers that will tell me “aunty na better meat be this” when I know it’s not.

Life has changed.

I want the *taste* without the *stress*.

That’s why I would always prefer BeemFarms smoked ram.

I just open the pack and immediately smell the same rich, wood-smoked aroma that used to fill our whole house in December.

It feels like stepping back into childhood, but with adult convenience.

When you combine that flavour with a pot of well-stewed, tomato-rich Jollof Rice?

My sister... Christmas don start.

### INGREDIENTS

- Long grain parboiled rice
- Fresh tomatoes

- Red bell peppers (tatashe)
- Scotch bonnet (atarodo)
- Blended and sliced onions
- Vegetable/groundnut oil
- Seasoning cubes
- Curry
- Thyme
- White/black pepper
- Bay leaf (optional)
- Salt

## HOW I MAKE MY “DECEMBER JOLLOF”

### “Follow me, let’s do this”

1. I parboil the rice lightly and set aside.
2. Blend the tomatoes, tatashe, atarodo, onions.
3. Fry sliced onions in hot oil.
4. Pour in the pepper blend and fry until thick and the oil rises.
5. Add curry, thyme, seasoning cubes, pepper, bay leaf.
6. Pour in the parboiled rice and stir gently.
7. Cover tightly with foil + lid. Low heat only.
8. Add goat-meat stock if needed.
9. Steam for 5 minutes after cooking.

## WHY THIS COMBO NEVER MISSES

### The goat meat gives you:

- ✓ That premium, smoky aroma
- ✓ That “village-style” taste without leaving Lagos
- ✓ A juicy, slightly chewy bite

### The Jollof gives you:

- ✓ Rich, spicy tomato goodness
- ✓ Soft grains that hold flavour
- ✓ Pure party energy

## Together?

“Elite, festive, and giving ‘Who cooked this?’ vibes.”

### 3. OFADA RICE & AYAMASE: CHRISTMAS ROYALTY ON A PLATE

**“Every Christmas, this dish tells my family: ‘This is our time to celebrate.’” Mrs. Ade, 42.**

"You know, for me and my husband, Christmas isn't just about the gifts; it's about the **feeling.**"

“That warm, deep sense of 'we made it,' of tradition, and that's exactly what my Ofada Rice and Ayamase sauce brings to the table.”

It's our showstopper, the meal that takes us straight back to our roots. My mother always called it '**Designer Stew,**' and honestly, it lives up to the name, its prestige on a plate."

"When you hit a certain age, you start looking for quality, don't you? Not just in life, but in your food. Ayamase is where that comes in. It's not just heat; it's a flavour profile that's **bold, complex, and comforting.**

“But the true secret, the part that elevates it from a nice stew to a **legendary Christmas meal,** is the smoked meat."

I source the very best: premium smoked goat meat, chunks of soft Panla, tender snail, and richly textured offals.

## INGREDIENTS

- Smoked goat meat, smoked panla, snail and offals (cut into chunks)
- Ofada (local) rice
- Green bell peppers
- Green scotch bonnet (atarodo)
- Onion

- Bleached palm oil
- Locust beans (iru)
- Ground crayfish
- Seasoning cubes
- Salt to taste
- Water

## HOW I MAKE IT

**“Follow me, let’s do this.”**

1. Parboil and rinse the Ofada rice, then cook until soft and fluffy. Set aside.
2. Blend green bell peppers, scotch bonnet, and onion into a slightly coarse mixture, texture is key.
3. Heat the bleached palm oil until clear and slightly lighter in colour.
4. Add locust beans and fry for a few seconds until fragrant.
5. Toss in smoked meat and offal, letting the smoky aroma release into the oil.
6. Pour in the blended pepper mixture. Stir carefully, letting it cook until the oil rises to the top.
7. Add seasoning cubes, crayfish, and salt to taste.
8. Add a little water and simmer until thick, rich, and flavourful.
9. Taste and adjust seasoning.

## HOW IT’S SERVED

A generous scoop of steaming Ofada rice, traditionally wrapped or served in bowls, topped with thick, green Ayamase loaded with smoky meat and offals.

## 4. ASUN RICE

**“My son knows me too well; he brought the smoked goat meat, and Christmas started right in my kitchen.” Mama Funke, 68, Lagos**

Christmas in my house has always been about food, laughter, and memories.

This year, my son surprised me with a package of premium smoked goat meat from BeemFarms and I knew immediately what I wanted to make: Asun Rice, our family's favourite festive dish.

As I sliced the smoky, tender meat into generous chunks, I smiled. It wasn't just about cooking; it was about recreating those smells and flavours that have always made our Christmas table magical.

When the meat hit the hot oil, the aroma rose, bold and spicy, filling the kitchen and making my grandchildren peek around the corner, noses twitching, eager for a taste.

This Asun Rice is the perfect Christmas dish effortless to make, rich in flavour, and made even more special because it came from a thoughtful son who knows the heart of his mother's kitchen.

## **INGREDIENTS**

- Premium smoked goat meat (chopped)
- Long grain parboiled rice
- Scotch bonnet peppers (atarodo)
- Red bell peppers (tatashe)
- Onion (sliced)
- Vegetable oil
- Seasoning cubes
- Thyme
- Curry powder
- Smoked paprika (optional)
- Salt to taste
- Scent leaves or spring onions (for garnish)

## **HOW I MAKE IT**

**“Follow me, let's do this.”**

1. Fry sliced onions in oil until soft and aromatic.

2. Add the smoked goat meat and fry lightly to release its smoky aroma.
3. Stir in blended peppers and cook until thick.
4. Season with cubes, thyme, curry, and a splash of goat meat stock.
5. Pour in the washed rice and stir gently, coating every grain with the Asun mixture.
6. Cover and cook on low heat until the rice is soft, smoky, and perfectly rich.
7. Garnish with chopped scent leaves or spring onions.

## HOW IT'S SERVED

Serve steaming Asun Rice, full of smoky, spicy goat meat, and watch the magic happen: the table fills with smiles, stories, and laughter.

## 5. WHITE RICE & SMOKED PEPPERED SNAIL STEW

“I started making this smoked peppered snail stew when my first son came back from boarding school one December.

He walked in and shouted:

‘Mummy, this smells like home!’

From that day, na so we dey do am every Christmas.”

“You see these snails? We no dey rush them. We wash am well, smoke am small so the flavour go enter the body...

Then the pepper, tatashe, atarodo, onions, all of them must blend well.”

“Enugu people like flavour.

We no dey do boring food here o.

If e no sweet, e no get business for the dining table.”

## INGREDIENTS

- Long-grain white rice
- Fresh tomatoes/tomato paste
- Red bell peppers (tatashe)
- Scotch bonnet (atarodo)
- Onion
- Vegetable or palm oil
- Crayfish (if you want that extra Naija depth)
- Seasoning cubes
- Curry powder & thyme
- Salt
- Goat meat stock

## HOW TO PREPARE

1. Cook your rice until soft, fluffy, and ready to receive greatness.
2. Blend your tomatoes, peppers, and onion till smooth.
3. Heat your oil and fry the smoked snail lightly, let that aroma rise.
4. Pour in your blended mix and cook until the oil floats to the top.
5. Add seasoning, curry, thyme, crayfish, and salt.
6. Allow it to simmer slowly until thick, shiny, rich, and irresistible.

## THE RESULT?

A stew that doesn't just accompany the rice... it completes it. A plate full of warmth, story, tradition, and home.

## 6. FRIED RICE & RAM MEAT

**Rice no dey win that battle. But children will always surprise you.” Mama Folake, Ido-Ekiti**

We the Ekiti people na pounded yam people o.

“Me wey no dey cook anything wey no be pounded yam and efo riro...”

My daughter dragged me on a journey of fried rice.”

It began one Christmas afternoon when her daughter returned from school and said:

“Mummy, please can we make fried rice with plenty of veggies in it?”

“Vegetables inside rice? Kilode?” But she tried it... reluctantly.

“And that was how problem started,”

“The aroma just rises... like prayer way God answer immediately.”

## **INGREDIENTS**

- Premium smoked ram meat (cut small-small)
- Long grain parboiled rice
- Carrot
- Green beans
- Green pees
- Baked beans
- Meat stock
- Onions
- Red & green bell peppers
- Atarodo (if you want heat)
- Oil or butter
- Curry
- Thyme
- Seasoning cubes
- Salt
- Black or white pepper
- Spring onions (for that fine finishing)

## **HOW SHE PREPARES IT**

1. Parboil the rice and set it aside.
2. Heat butter or oil, fry onions till sweet aroma starts.
3. Add bell peppers and mixed veggies, just soften them.

4. Add curry, thyme, seasoning, pepper, and a little stock.
5. Pour in the rice and mix gently until every grain shines.
6. Taste, adjust, then garnish with spring onions.
7. For the smoked ram:
8. Fry onions till slightly brown.
9. Add blended pepper.
10. Let it fry until the oil rises.
11. Add seasoning and spices.
12. Add the rinsed smoked ram meat.
13. Allow it to cook slowly so the smoke flavour enters the stew.

## THE RESULT?

A dish that started as a child's request but has now become: A family favourite, a Christmas must-have and the only rice dish that can challenge pounded yam in Mama Folake's home.

## 7. YAM & PEPPERED SMOKED GOAT MEAT

***“Yam and peppered goat meat saved my life before it became my Christmas tradition.”- Miss Amaka Nwafor, 34***

“I did not grow up with plenty,” she told me with a steady smile. “My mother sold roasted yam on the streets of Onitsha, and as a child I sat beside her every evening watching her turn those yam cubes over the fire. That smell became the smell of home.”

She paused, remembering.

“Years later, during NYSC in Abuja, money was tight. One day I bought small yam and a bit of goat meat, peppered it well, and the aroma drew half the lodge to my door. They all paid me small small to cook for them. That was how my catering hustle started.”

Her eyes softened with quiet pride.

“Now every Christmas, even though I cook big dishes for clients, this is the one plate I keep for myself and my son. Soft yam, peppered smoked goat meat, and that deep smoky aroma that reminds me of my mother's fire.”

She smiled.

“It is simple, but it is powerful. It tastes like survival, joy, and celebration in one plate.”

### **Ingredients:**

- Our premium smoked goat meat
- White/puna yam (boiled or fried)
- Scotch bonnet peppers (atarodo)
- Red bell peppers (tatashe)
- Onion (sliced)
- Vegetable or palm oil
- Seasoning cubes
- Salt to taste
- Scent leaves (optional)

### **How I Cook It:**

- I boil or fry my yam until it's soft and slightly golden, then set it aside.
- I heat oil in a pan and add sliced onions, letting them soften and fill my kitchen with aroma.
- I add my smoked goat meat and fry it gently, letting the smoky flavour seep into the oil.
- I pour in my blended peppers and allow it to cook until it becomes rich and slightly thick.
- I season with cubes, a pinch of salt, and a splash of goat meat stock.
- I let it simmer until the oil floats on top and the sauce looks glossy and bold.
- I finish by garnishing with fresh scent leaves if I want that extra aroma.

### **What We Eat It With:**

- Cold juice/ drink/ wine/ beer/ water

## 8. CHICKEN PASTA (CREAMY & SMOKY)

***“Creamy smoky pasta became my Christmas dish the year I got stranded at an airport.”- Mrs. Amarachi Nwoke, 35***

She laughed softly when she told me the story.

“I used to be a flight attendant, so Christmas for me was always unpredictable. One year, harmattan fog grounded our flights. We were stranded in Istanbul on Christmas Eve with no Nigerian food in sight. My colleagues and I found a tiny restaurant where the chef made creamy pasta with smoked meat.”

She paused, her eyes warming at the memory.

“I took one bite and something inside me relaxed. It was warm, comforting, creamy, smoky. It felt like a hug after a long day. I told the chef I wanted to recreate it at home, and he smiled and said, ‘Make it your own.’”

She smiled with pride.

“So when I returned to Nigeria and finally had Christmas at home, I did exactly that. I used soft pasta, creamy sauce, fresh peppers, and smoked goat meat. That smoky flavour transformed everything. My husband finished his plate and said, ‘Amarachi, this one is not normal.’”

Now, every Christmas in her Abuja home, creamy smoky chicken pasta sits proudly beside the traditional staples.

“It is our modern Christmas dish,” she said. “Warm, classy, comforting. A reminder that even unexpected moments can create beautiful traditions.”

### **Ingredients:**

- Our premium smoked Chicken (cut into bite-sized pieces)
- Pasta (spaghetti, penne or your choice)
- Onion (sliced)
- Garlic (optional, minced)
- Red & green bell peppers (diced)
- Tomato paste or fresh tomatoes

- Cream or evaporated milk
- Seasoning cubes
- Thyme & curry powder
- Olive oil or vegetable oil
- Salt & pepper to taste
- Grated cheese (optional, for garnish)

#### **How I Cook It:**

- I cook the pasta in salted water just enough so it stays firm to the bite. Then, I drain it and set it aside.
- I heat oil in a pan and fry onions (and garlic if I'm using it) until the aroma fills the kitchen.
- I add the smoked chicken and stir-fry it briefly, letting its smoky flavor come alive.
- I add diced bell peppers and tomato paste or fresh tomatoes, then let it cook until the sauce thickens just right.
- I season the sauce with cubes, thyme, curry, salt, and pepper, then add a splash of cream and stir until silky smooth.
- I toss the cooked pasta into the sauce, making sure every strand is coated in creamy, smoky goodness.
- I garnish with grated cheese and chopped herbs if I want an extra touch, then serve it hot.
- I serve it with extra peppered chicken for anyone who wants a little more heat.

#### **What We Eat It With:**

- Plantain
- Egg
- Salad
- Cold juice/ drink/ wine/ beer/ water

## 9. NATIVE RICE WITH PEPPERED SMOKED GOAT MEAT AND SMOKED PANLA

***“Native rice became my way of holding on to my father’s Christmas tradition.”- Mrs. Amarachi Ezenwa, 39***

“My father was the one who cooked in December,” she told me with a small, nostalgic smile. “People never believe it. Every Christmas Eve, he would tie his apron, turn on the radio, and make a giant pot of native rice while singing along to old highlife songs.”

She paused, her eyes softening at the memory.

“He always said Christmas food must smell like joy and taste like laughter. And his native rice did exactly that. Golden from palm oil, rich with crayfish, and always topped with smoked goat meat and small pieces of panla. He said panla was the ‘Christmas fish for the wise’ because it tasted rich even when money was not rich.”

She laughed gently at the memory.

“When he passed, I was already a grown woman, but losing him felt like losing Christmas too. So the first December after his burial, I entered the kitchen alone, played his favourite song, and cooked native rice exactly the way he did.”

She breathed in slowly, as if smelling the pot again.

“The aroma filled the whole house. It felt like he walked in. It felt warm. Familiar. Comforting.”

Her voice steadied.

“Now I make it every Christmas for my husband and my little boy. I add smoked goat meat and smoked panla just like he did. When the pot opens and the smell fills the air, it feels like my father is smiling at us.”

She smiled softly, with gratitude.

“This is not just my Christmas meal. It is my memory. It is my tradition. It is my way of keeping him close.”

### **Ingredients:**

- Our premium smoked goat meat and panla (cut into chunks)
- Long grain native rice (or broken rice)
- Palm oil (bleached or unbleached)
- Scotch bonnet peppers (atarodo)
- Red bell peppers (tatashe)
- Onion (sliced)
- Locust beans (iru, optional)
- Seasoning cubes
- Thyme & curry powder
- Salt to taste
- Water or goat meat stock
- Scent leaves or spring onions (for garnish)

### **How I Cook It:**

- I wash the native rice thoroughly and parboil it, then set it aside to keep it ready for cooking.
- I heat palm oil in a pot until it's hot and lightly aromatic, then fry sliced onions briefly. I add smoked goat meat and panla, stirring gently so the smoky flavour infuses the oil beautifully.
- I blend red bell peppers and scotch bonnet, pour the mix into the pot, and fry until fragrant and the oil begins to rise.
- I add seasoning cubes, curry, thyme, locust beans, and a splash of goat meat stock, stirring everything well.
- I fold in the parboiled rice gently, making sure each grain is coated with the rich, golden palm oil and smoky, peppery sauce.
- I let it simmer on low heat until the rice is cooked and aromatic, then garnish with scent leaves or spring onions.  
I serve it with extra peppered goat meat for that perfect finishing touch.

### **What We Eat It With:**

- Plantain
- Egg

- Cold juice/ drink/ wine/ beer/ water

## 10. POUNDED YAM & EFO RIRO WITH SMOKED GUINEA FOWL

***“In my home, pounded yam and Efo Riro are the drums that announce Christmas.”-***

***Mrs. Aderonke Olawale, 45***

“In my father’s house in Ibadan, Christmas morning always began with noise from the backyard,” she told me with a warm smile. “Somebody would be pounding yam, somebody else washing vegetables, and the smell of stew already filling the whole compound.”

She laughed softly.

“Efo Riro was our pride. Rich, colourful, full of flavour. But as I grew older, I started adding something special to mine. Smoked guinea fowl. The taste is bold. The aroma is unforgettable. Once it enters the pot, everybody knows celebration has started.”

Her eyes softened with memory.

“Now in Lagos, I cook it the same way for my own family. The pounded yam soft and stretchy. The vegetables are bright and rich. And the guinea fowl tender enough to fall apart on the spoon.”

She nodded gently.

“One spoon and the whole house becomes quiet for a moment. That is how I know Christmas has arrived.”

### **Ingredients:**

- Our premium smoked Guinea fowl (cut into chunks)
- Pounded yam (freshly prepared)
- Efo (Vegetable)
- Red bell peppers (tatashe)
- Scotch bonnet (atarodo)
- Onion
- Palm oil (bleached or unbleached)

- Locust beans (iru, optional)
- Seasoning cubes
- Salt to taste
- Ground crayfish (optional)
- Water

#### **How I Cook It:**

- I heat palm oil in a pot and add sliced onions, frying them until the aroma fills my kitchen.
- I add smoked Guinea fowl and fry it lightly, letting the smoky flavour infuse the oil.
- I blend red bell peppers and scotch bonnet, pour the mix into the pot, and fry until it thickens and the oil rises.
- I add locust beans, crayfish, seasoning cubes, salt, and a splash of goat meat stock, stirring to combine everything.
- I fold in the chopped green fresh vegetable and gently stir until every piece is coated in the rich, spicy sauce. I let it simmer until the greens are tender but still vibrant.
- I serve it hot, pairing it with smooth, stretchy pounded yam, then scoop, dip, and savour every perfect festive bite.

#### **What We Eat It With:**

- Cold juice/ drink/ wine/ beer/ water

### **11. SEMO & EGUSI WITH SMOKED PANLA**

***“My mother smoked panla so we could taste celebration, even when money was tight.”- Mrs. Yetunde Salami, 43***

“My mother had this tradition,” she told me with a soft smile. “Every Christmas Eve, she would stay up late to smoke panla on the small charcoal stove in our backyard. Chicken was expensive back then, so panla was what she could afford to make sure everybody had something special on their plate.”

She paused, remembering the glow of the fire.

“The whole compound would smell smoky and sweet, and we children would sit close just to keep her company. By morning, that panla entered her Egusi, and the taste was something else.”

She laughed lightly.

“Even now that I can buy chicken easily, I still make the same meal for my own family. Semo, Egusi, and smoked panla. The chicken can wait in the pot. This soup is the one that carries my childhood with it.”

She nodded, her voice warm and sure.

“It is simple, but it means Christmas to me.”

### **Ingredients:**

- Our premium smoked panla
- Semolina (Semo)
- Egusi (melon seeds, ground)
- Palm oil (bleached or unbleached)
- Scotch bonnet peppers (atarodo)
- Red bell peppers (tatashe)
- Onion
- Leafy greens (spinach, ugu, or bitter leaf)
- Locust beans (iru, optional)
- Ground crayfish
- Seasoning cubes
- Salt to taste

### **How I Cook It:**

- I boil water and prepare smooth, stretchy Semo, then set it aside, ready for the Egusi.
- I heat palm oil in a pot and fry sliced onions lightly until they smell so fragrant.
- I blend peppers and add them to the pot, frying until the mixture thickens and the aroma fills my kitchen.

- I stir in ground Egusi, locust beans, crayfish, seasoning cubes, and salt, cooking gently, letting the Egusi soak up all the smoky, spicy flavours.
- I add rinsed smoked panla fish, letting it blend perfectly with the rich Egusi.
- I fold in leafy greens (waterleaf, bitterleaf, or vegetable) and simmer just until they are tender but still vibrant.
- I serve the rich, golden Egusi alongside the freshly prepared Semo, making sure there are generous chunks of smoked panla in every bite.

#### **What We Eat It With:**

- Cold juice/ drink/ wine/ beer/ water

## **12. PEPPERED SMOKED GOAT MEAT WITH A REFRESHING DRINK**

***“My family waits for this goat meat the way people wait for bonus alert.”- Mrs. Nma Okoro, 43, Enugu***

“Peppered smoked goat meat and a cold drink is not just food to me,” she told me with a laugh that came straight from her chest. “It is my story. It is how I learned to survive.”

She shook her head fondly.

“I picked it up as a young sales girl in a bar parlour. The madam there taught me the real secrets. How to spice goat meat till it makes your eyes close. How to smoke it until the whole street knows you are cooking. And how a cold drink beside it can make anybody fall in love with their life again.”

She smiled, softer now.

“So when Christmas comes in my house, this is what my family wants. Not rice. Not stew. This. Once I set that tray of peppered goat meat on the table and pass cold drinks around, everybody gathers. Even the ones that like to pretend they are not hungry.”

She laughed loudly.

“It is messy. It is spicy. It is full of joy. And honestly, it makes me feel grateful. Because every Christmas, when we sit around that plate, I remember that small girl in the bar parlour who never knew this would become her family tradition.”

### **Ingredients:**

- Our premium smoked goat meat (cut into bite-sized chunks)
- Scotch bonnet peppers (atarodo)
- Red bell peppers (tatashe)
- Onion
- Garlic & ginger (optional, grated)
- Vegetable oil
- Seasoning cubes & salt
- Juice of choice (zobo, orange, pineapple, or soft drink)

### **How I Cook It:**

- I heat oil in a pan and sauté sliced onions until I can smell their sweet, fragrant aroma.
- I blend red bell peppers and scotch bonnet, then pour the mix over the meat. I fry it until the oil rises and the meat is coated in that spicy, glossy goodness I love.
- I add smoked goat meat and fry it gently, letting the smoky aroma mingle perfectly with the spices.
- I season with cubes, salt, and sometimes a touch of garlic or ginger. I stir gently and let the meat soak up all the heat and flavor.
- I serve it immediately on a plate, making sure there's a cold drink of my choice on the side.
- If I want to add a little extra charm, I garnish with sliced onions or fresh parsley to make it look as good as it tastes.

### **What We Eat It With:**

- Cold juice/ drink/ wine/ beer/ water

### 13. RICE & BEANS WITH CHICKEN STEW

***“This is the first dish my stepmother trusted me to cook, and I have made it every Christmas since.”- Mrs. Kikelomo Ajayi, 41, Ogun***

“My stepmother came into my life when I was still a young girl,” she told me quietly, her voice full of warmth. “People like to say stepmothers are harsh, but she was the complete opposite. She treated me with so much love that sometimes I forgot she was not the woman who gave birth to me.”

She took a slow breath, smiling softly.

“The very first meal she ever taught me was Rice and Beans with smoked chicken stew. I remember standing beside her in the kitchen, trying not to burn anything, while she laughed and guided my hands. That day stayed with me.”

Her eyes brightened with memory.

“A few years later, she asked me to cook it for the whole family on Christmas morning. I was nervous, but she stood beside me through every step. When everyone sat to eat and started praising the food, I felt something new in my chest. It felt like belonging.”

She nodded slowly, the gratitude still fresh.

“So now, every Christmas in my own home, I make this dish. The soft rice, the tender beans, and that rich smoky chicken stew that fills the whole house with comfort. It reminds me of her. Of how she loved me. Of how she taught me to cook with confidence.”

Her voice softened to a whisper.

“This food is more than Christmas. It is my gratitude on a plate.”

#### **Ingredients:**

- Our premium smoked chicken meat (chunks)
- Long grain rice
- Brown or black-eyed beans
- Fresh tomatoes or tomato paste
- Red bell peppers (tatashe)

- Scotch bonnet (atarodo)
- Onion
- Vegetable or palm oil
- Seasoning cubes
- Curry powder & thyme
- Salt to taste
- Ground crayfish (optional)

#### **How I Cook It:**

- I cook the beans until they are soft but still firm. I drain them and set them aside.
- I cook the rice separately until it is soft, fluffy, and fragrant.
- In a pot, I heat oil and fry the onions until they turn golden and aromatic.
- I add the smoked chicken and fry it gently, letting the smoky flavour fill the pot.
- I pour in the blended peppers and tomatoes, cooking until the mixture is thick, glossy, and fragrant.
- I season with cubes, curry, thyme, salt, and optional crayfish. I stir and let it simmer until all the flavours meld.
- I serve it hot, piled on the rice, making sure every scoop delivers beans, smoky goat meat, and rich stew.

#### **What We Eat It With:**

- Egg
- Plantain
- Salad
- Cold juice/ drink/ wine/ beer/ water

### **14. AMALA & ABULA WITH SMOKED GOAT MEAT**

***“Amala and Abula will always remind me of my NYSC Christmas in Ibadan.”- Mrs. Funmilayo Adebajo, 40, Ondo***

“I did not grow up eating Amala and Abula,” she told me with a playful smile. “It was NYSC that changed everything. I served in Ibadan, and there was one buka behind our lodge that made the best Abula I had ever tasted in my life.”

She laughed softly.

“After classes, I would stop there and beg the woman to teach me small small. One day she finally allowed me to enter the back. That was where I learned the stretch of good Amala, the shine of proper Abula, and the balance of pepper that Ibadan people do without stress.”

Her eyes warmed with quiet nostalgia.

“So now, every Christmas in my Lagos home, I bring back that memory. I make my Amala soft and smooth. I make my Abula rich and golden. And I add smoked goat meat to give it that deep festive flavour.”

She smiled, remembering the moment her children tasted it.

“The aroma fills the whole house and everyone gathers before I even call them. One bite and it feels like Ibadan again. Warm. Loud. Happy. That is why this dish will always be my Christmas tradition.”

### **Ingredients:**

- Our premium smoked goat meat (cut into generous chunks)
- Yam flour (for Amala)
- Palm oil (bleached or unbleached)
- Scotch bonnet peppers (atarodo)
- Red bell peppers (tatashe)
- Onion
- Locust beans (iru, optional)
- Ground crayfish
- Ewedu
- Seasoning cubes
- Salt to taste

### How I Cook It:

- I stir yam flour into hot water to make smooth, stretchy Amala and keep it warm.
- I heat palm oil in a pot and fry onions until they are aromatic.
- I blend red bell peppers and scotch bonnet and pour the mixture into the pot. I fry it until it becomes thick, rich, and glossy.
- I add smoked goat meat, letting the smoky flavour fill the oil and the kitchen.
- I add seasoning and allow it to cook.
- I prepare my Ewedu by adding the chopped leaf into boiled water containing locust beans and potash.
- I allow it to cook for a while before blending.
- I make the nourishing Gbegiri soup by cooking beans until they are very soft. I smoothen the beans with a turning stick or spoon and sieve them into a bowl.

### What We Eat It With:

- Cold juice/ drink/ wine/ beer/ water

## 15. OFE NSALA WITH SMOKED GOAT MEAT

***“Ofe Nsala is the one soup that makes my Christmas feel complete.”- Mrs. Chinyere Obidike, 38, Anambra***

“Ofe Nsala has always been comfort for me,” she told me quietly. “In my mother’s house, it was the soup we cooked when we wanted the whole family to feel cared for.”

She paused, smiling gently.

“When I moved to Port Harcourt after I got married, that was the one taste I carried with me. And during my first Christmas here, I added smoked goat meat for the first time. The aroma changed the whole soup. It felt fuller. Warmer. Almost like the memory of home settling into my new kitchen.”

She nodded, remembering the moment.

“Now, once Nsala starts cooking, my children come close, even the smallest one. It is the soup that gathers us without anyone calling. It feels like love in a bowl. And that is why it is my Christmas dish.”

### **Ingredients:**

- Smoked goat meat (chunks)
- Yam (for thickening)
- Stockfish (optional)
- Ground crayfish
- Onion (sliced)
- Scotch bonnet peppers (atarodo)
- Utazi or scent leaves
- Salt and seasoning cubes

### **How I Cook It:**

- I rinse the smoked goat meat and cut it into chunks. I place it in a pot with sliced onions, seasoning cubes, and water or stock.
- I boil the yam, blend it into a smooth paste, and gradually add it to the pot while stirring continuously.
- I blend the scotch bonnet peppers and add them to the pot along with the ground crayfish. I adjust the salt and seasoning.
- I stir in utazi or scent leaves just before finishing.
- I let the soup simmer for 2–3 minutes, ensuring it is thick, rich, and that the goat meat is fully coated.

### **What We Eat It With:**

- Soft pounded yam
- Fufu or semo
- White rice
- Boiled yam or plantain

## 16. AFANG SOUP WITH RAM MEAT

***“One pot of Afang, and my house feels like Uyo again. On Christmas Day”- Ms. Idara Essien, 33, Uyo***

“When I moved to Lagos after I got married, I did not realise how much I would miss Uyo,” she told me softly. “The calm. The familiar faces. Even the way food tasted.”

She smiled gently.

“Afang has always been my comfort. Anytime my mother cooked it in Uyo, the whole house felt warm. So during my first Christmas in Lagos, I decided to make it, just to feel close to home again.”

She laughed lightly.

“I used afang and waterleaf the way I learned from my mother, but I added ram meat because Lagos introduced me to that one. The aroma filled the whole flat. My toddlers came into the kitchen with sleepy smiles, pulling at my clothes and saying ‘Mummy food’.”

Her eyes softened.

“That moment felt like home had followed me. Now, Afang with ram meat is our Christmas tradition. It is how I remind myself that even in a big busy city, Uyo is still in me.”

### **Ingredients:**

- Ram meat (chunks)
- Afang leaves (sliced)
- Waterleaf or spinach (chopped)
- Palm oil
- Ground crayfish
- Onion
- Scotch bonnet peppers
- Stockfish or dried fish (optional)
- Salt and seasoning cubes

### How I Cook It:

- I heat palm oil, add ground crayfish, and stir briefly.
- I add chopped waterleaf and cook for 3–5 minutes.
- I add sliced afang leaves and smoked goat meat.
- I blend scotch bonnet peppers and add them to the pot, adjusting salt and seasoning.
- I add rinsed smoked ram meat.
- I simmer for 5–7 minutes until the flavours combine.

### What We Eat It With:

- Pounded yam
- Semo
- White rice

## 17. EDIKANG IKONG WITH BEEF MEAT

***“This soup is how I keep my Cross River roots alive every Christmas.”- Mrs. Imaobong Bassey, 49, Calabar***

“Edikang Ikong has been part of me all my life,” she told me with a proud smile. “In Calabar, this soup is not just food. It is identity. It is the dish that carries our story.”

She laughed softly.

“When I married my husband, a Yoruba man, I entered a house filled with Efo riro, ayamase, and all the beautiful flavours of his culture. But I told him from day one that Christmas belongs to my people.”

Her eyes warmed as she continued.

“The moment I put pumpkin leaves, waterleaf, and beef in the pot, the whole house comes alive. The aroma alone tells my children that December has truly started. The soup is thick, rich, and comforting... like bringing a piece of Calabar into our Yoruba home.”

She nodded gently, satisfied.

“Every spoonful tastes like home, like memory, like celebration. That is why this soup will always be our Christmas tradition.”

**Ingredients:**

- Beef (chunks)
- Pumpkin leaves (ugu)
- Waterleaf or spinach
- Palm oil
- Ground crayfish
- Onion
- Scotch bonnet peppers
- Stockfish or dried fish (optional)
- Salt and seasoning cubes
- Goat meat stock or water

**How I Cook It:**

- I cook beef with onions, seasoning cubes, and water or stock until it becomes tender.
- I heat palm oil, add ground crayfish, and stir briefly.
- I add chopped waterleaf and cook it for 3 to 5 minutes.
- I stir in pumpkin leaves and smoked goat meat.
- I blend and add peppers, then adjust the salt and seasoning.
- I let it simmer for 5 to 7 minutes until it becomes rich and aromatic.

**What We Eat It With:**

- Pounded yam
- Fufu
- Semo

## 18. TUWO SHINKAFA & MIYAN KUKA WITH SMOKED GOAT MEAT

***“When this soup simmers, everyone in my home knows Christmas has begun.”- Hajiya Zainab Garba, 52, Kano***

“Tuwo Shinkafa and Miyan Kuka have been in my life since I was a little girl,” she told me with the soft confidence of someone who carries tradition with grace. “In Kano, this dish is more than food. It is comfort. It is warmth. It is the taste of home itself.”

She folded her hands calmly, smiling as she continued.

“Christmas in our house is always full. Children, cousins, neighbours... everybody comes around. And every year, this is the meal they request. Tuwo Shinkafa is soft and welcoming, and Miyan Kuka has that earthy flavour that holds the whole table together.”

Her eyes brightened with a tender kind of pride.

“But when I add smoked goat meat, the soup becomes something special. The smokiness settles inside the kuka in a way that makes the whole house smell like celebration. The meat becomes tender, the soup becomes richer, and every spoonful feels like a warm embrace.”

She nodded slowly, as if savouring the memory.

“In my home, this dish is how we gather. It brings everyone to the table. It brings laughter. It brings stories. And every Christmas, when I see the way they all enjoy it, I feel grateful.”

Her smile deepened.

“Some meals fill the stomach. This one fills the heart.”

### **Ingredients:**

- Smoked goat meat (chunks)
- Rice flour (for Tuwo Shinkafa)
- Kuka powder (baobab leaf powder)
- Ground crayfish
- Onion

- Palm oil
- Scotch bonnet peppers
- Stockfish or dried fish (optional)
- Salt and seasoning cubes

#### **How I Cook It:**

- I mix rice flour with water, cook it, and stir until it becomes smooth for Tuwo Shinkafa.
- I heat palm oil, add ground crayfish, and gradually stir in Kuka powder with water.
- I add smoked goat meat to the soup, blend in peppers, and adjust the seasoning.
- I let it simmer for 5–7 minutes until it thickens.

#### **What We Eat It With:**

- Tuwo Shinkafa
- White rice (optional for modern twist)

### **19. SUYA PLATTER WITH SMOKED GOAT MEAT/ RAM/CHICKEN/BEEF**

***“In my house, Christmas does not start until the first tray of suya comes out.”- Mrs. Faridah Danladi, 44, Kaduna***

“Suya has been part of my life since childhood,” she told me with a gentle smile. “Growing up in Kaduna, Christmas night always ended with fresh suya from the mallam. The smoke, the spice, the excitement... it felt like the whole city was celebrating with us.”

She shook her head softly, amused by how much it still means to her.

“When I moved to Abuja after marriage, I missed that real Northern flavour. So I taught myself how to make suya at home. The thin slicing, the yaji mix, the perfect grill... I practiced until I got it right.”

Her eyes lit up the way only a mother’s eyes do when she talks about feeding her family.

“Now, the moment I bring out my Christmas Suya Platter, everybody gathers. Even before I call them. The aroma travels faster than my voice. One bite, and the house becomes quiet, then the compliments start.”

She laughed lightly.

“It does not matter what else I cook. Suya is our Christmas signature. Bold, smoky, spicy, and unforgettable.”

### **Ingredients:**

- Smoked goat meat , Chicken, Ram, Beef (thinly sliced)
- Yaji spice (ground peanuts, chili powder, paprika, salt)
- Onions, tomatoes, and bell peppers (sliced)
- Vegetable oil for brushing

### **Step-by-Step Procedure: How I Cook It**

- I slice the meat thinly into bite-sized pieces for even cooking.
- I rub each slice generously with yaji spice, making sure every piece is coated with the aromatic peanut chili blend.
- I set my grill or oven to medium heat and lightly brush the meat with vegetable oil to prevent sticking.
- I place the seasoned goat meat on the grill or baking tray. I cook it for 10 to 15 minutes, turning halfway, until the edges are lightly charred and the meat is heated through.
- I slice onions, tomatoes, and bell peppers. I sometimes fry plantains for a sweet spicy contrast.
- I arrange the meat on a platter and surround it with the vegetables and plantains. I serve it hot with flatbread, fresh juice, or soft drinks.
- I take a bite and savour the smoky, spicy, nutty goodness that melts in my mouth.

### **What We Eat It With:**

- Flatbread or wraps
- Fried plantains
- Fresh salad

- Soft drinks, fresh juice, or chilled malt

## 20. COCONUT RICE WITH PEPPERED RAM MEAT

***“No matter how busy the year gets, this is the Christmas dinner I never joke with.” – Mrs. Tarela Briggs, 45, Bayelsa***

“You know, coconut has always been part of my life,” she began softly, the way someone speaks when a memory smells sweeter than it sounds. “Growing up in Bayelsa, coconut rice was something my mother made only on special days. The whole house would smell warm and tropical, like a celebration was on the way.”

She smiled, a slow, knowing smile.

“When I got married and moved to Port Harcourt, I carried that memory with me. But it was one Christmas afternoon, many years ago, that this dish truly became ours. We had leftover ram meat from the week before, and I decided to make a small pot of coconut rice to go with it. Nothing serious. Just something simple.”

She shook her head gently, still amused by what happened next.

“The aroma filled the entire house before I even finished cooking. My husband came into the kitchen twice to ask if food was ready. The children kept peeping from the doorway. And when I finally paired the rice with peppered smoked ram meat, the whole table went quiet.”

She placed a hand on her chest, as if feeling the moment again.

“The sweetness of the coconut. The heat from the peppers. The softness of the rice. The smokiness of the ram. It felt like Christmas had entered the plate itself.”

Then she smiled, warm and certain.

“From that day, it became our Christmas dinner. No debates. No replacements. Every year the children ask me, ‘Mummy, you will cook the coconut rice and ram, right?’ And I always say yes. Because some traditions choose you, not the other way around.”

## **Ingredients:**

### ***For Coconut Rice:***

- Long-grain rice or Basmati rice
- Coconut milk
- Water (adjust as needed)
- Onion (sliced)
- Salt
- Seasoning cube
- Vegetable oil

### ***For Peppered Ram Meat:***

- Smoked ram meat (chunks)
- Scotch bonnet peppers (atarodo)
- Onions
- Ground crayfish (optional)
- Seasoning cubes
- Salt to taste
- Vegetable oil
- Scent leaves or basil (for aroma)

## **How I Cook It:**

### ***Step 1: I Prepare Coconut Rice***

- I rinse my rice under cold water until the water runs clear.
- I heat vegetable oil in a pot and sauté sliced onions until they are fragrant.
- I add my rice and stir for 2–3 minutes to coat the grains with the oil and onions.
- I pour in coconut milk and water, then I add salt and a seasoning cube. I stir well.
- I cover the pot, reduce the heat to low, and cook for 15–20 minutes until the rice is tender and fluffy.
- I fluff it with a fork and set it aside.

### ***Step 2: I Prepare Peppered Ram Sauce***

- I rinse my smoked ram lightly, then cut it into bite-sized chunks.

- I blend scotch bonnet peppers and 1 onion into a smooth paste.
- I heat vegetable oil in a pan and fry the remaining onion until translucent.
- I add the blended pepper mixture and fry it for 3–5 minutes until aromatic.
- I add the smoked ram chunks, ground crayfish, seasoning cubes, and salt. I stir well.
- I allow it to cook for 10–12 minutes on medium heat, stirring occasionally.
- I add scent leaves or basil, let it simmer for 2–3 minutes, then remove it from the heat.

#### **What We Eat It With:**

- Serve the coconut rice on a plate, top with generous portions of peppered ram meat.
- Pair with fried plantains, coleslaw, or fresh salad for extra festive flair.
- Perfect with chilled juice, soft drinks, or palm wine for a full Christmas vibe.

## **21. BEEF PIZZA**

***“I created this pizza to mix the warmth of Lagos with the tastes I fell in love with overseas.” – Amara “Mimi” Okoye, 32, Ikoyi***

“You know, sometimes I joke that all those years I spent working part time at Pizza Hut during my Master’s were not a waste,” Mimi told me with a bright laugh. “I did not know it would follow me back to Nigeria, but here we are.”

She leaned back, smiling the smile of someone who takes food seriously but joyfully.

“I love pizza. Properly love it. And because I watch a lot of cooking creators like Sis Yemmie and TSpices Kitchen, I am always itching to try something different. Those women will just show you one simple recipe and suddenly your whole brain will start calculating flavours.”

“One Christmas, I looked at a bowl of smoked goat meat my mother-in-law brought on my counter and said to myself, what if I combine everything I know from Pizza Hut with the Nigerian flavours I grew up on? So I spread my dough, layered the sauce, added my vegetables, and then crowned the whole thing with juicy smoked goat meat.”

She laughed softly, as if she could still see her family's reaction.

“The first time I made it, the house went silent. Even my little boy paused mid chew and looked at me like I had just discovered something important. The smoked goat meat gives the pizza this deep, rich, festive flavour, and the cheese pulls everything together like a warm hug.”

Then she gave a small nod, the confident nod only a good cook has.

“It is the kind of pizza that makes people stop eating and ask who made this. It feels good. It feels like taking everything I learned abroad, mixing it with the creators I admire here at home, and giving it a beautiful Nigerian heartbeat.”

### **Ingredients:**

- Pizza dough
- Tomato sauce
- Smoked beef(chunks)
- Bell peppers, onions, mushrooms (sliced)
- Mozzarella cheese
- Olive oil
- Salt and seasoning

### **How I Cook It:**

- I preheat the oven to 200°C (400°F).
- I roll out the pizza dough and spread the tomato sauce evenly.
- I add smoked beef and vegetables; I season lightly.
- I sprinkle cheese on top.
- I bake for 12–15 minutes until the cheese melts and the crust is golden.

### **What We Eat It With:**

- Soft drink or juice
- Fresh salad

## 22. PORRIDGE WITH PEPPERED SMOKED GUINEA FOWL

***“Every time I cook this porridge, it feels like a warm hug for my family.” – Mama Kanyin, 58, Kogi State***

“You know, some meals carry a kind of peace,” she told me with a soft smile. “For me, porridge and peppered smoked Guinea fowl is one of those meals.”

“It is the food I make when I want the whole house to slow down. When the day has been noisy, or when everybody is moving up and down, I just put yam or maize on the fire and let it cook gently. Porridge has a way of reminding you to breathe.”

She stirred the air with her hand, as if showing me the texture.

“I like how soft and creamy it becomes. I like how it holds flavour the way a mother holds her child. And when you pair it with peppered smoked Guinea fowl, ha, the whole thing changes. The smokiness, the spice, the heat... it enters the porridge slowly and makes every bite taste like warmth.”

She paused, a small smile crossing her face.

“In my house, this is our Christmas afternoon meal. Not too heavy, not too light. Just the right thing to gather everybody around the table again. The sweet taste of the porridge and the fire from the Guinea fowl balance each other in a way that makes you close your eyes for one moment.”

Then she nodded, as if giving her final approval.

“It is a simple dish, but it carries comfort. It carries memory. And anytime I serve it, the whole house becomes calm.”

### **Ingredients:**

#### ***For Porridge:***

- Sliced Yam
- Water or stock

- Onion (chopped)
- Seasoning cubes
- Salt to taste
- Palm oil

***For Peppered Smoked Guinea Fowl:***

- Smoked Guinea fowl (chunks)
- Scotch bonnet peppers (atarodo)
- Onion
- Ground crayfish (optional)
- Seasoning cubes
- Salt to taste
- Vegetable oil
- Scent leaves or basil (for aroma)

**How I Cook It:**

***Step 1: Prepare the Porridge***

- I peel and cube the yam.
- I boil it in water or stock with chopped onions, seasoning cubes, and salt until soft.
- I mash it slightly with a wooden spoon for a creamy texture.
- I stir in palm oil for aroma and richness. I keep it warm.

***Step 2: Prepare Peppered Smoked Goat Meat***

- I rinse the smoked goat meat lightly and cut it into bite-sized chunks.
- I blend scotch bonnet peppers and one onion into a smooth paste.
- I heat vegetable oil in a pan and sauté the remaining onion until translucent.
- I add the blended pepper mixture and fry for 3–5 minutes until aromatic.
- I add the smoked goat meat, ground crayfish, seasoning cubes, and salt. I stir well.
- I cook it for 10–12 minutes on medium heat, stirring occasionally.
- I add scent leaves or basil, let it simmer for 2–3 minutes, then remove it from the heat.

### What We Eat It With:

- Serve porridge on a plate, top with generous portions of peppered smoked goat meat.
- Pair with fried plantains, steamed vegetables, or fresh salad.
- Enjoy with fresh juice, chilled soft drinks, or palm wine for full festive flair.

### 23. GOAT MEAT NOODLES / STIR-FRY

***“This recipe started as an accident, but now it feels like a little piece of joy in my house.” - Tolani, 35, Magodo***

“You know how some recipes just walk into your life without warning?” she told me with a small laugh. “This one did exactly that.”

“It was a regular Saturday. Nothing dramatic. My daughter was asleep, the house was quiet for once, and I just needed something to keep me company. So I picked up the remote and landed on a cooking show. The host was tossing vegetables in a hot pan, colours flying everywhere, and for some reason, it made me feel calm. Like I was watching happiness on a plate.”

She shifted forward, her face lighting up.

“Later on, I opened my fridge, and the first thing I saw was leftover smoked goat meat from a family event. So that day, as I looked at the meat, I said, “let me just try something.””

“I put my pan on fire. Grabbed noodles. Cut my vegetables. Threw in the smoked goat meat. Before I knew it, the whole kitchen was smelling like one big celebration.”

She smiled, the soft proud kind of smile only mothers have.

“My daughter woke up because of the aroma. She came into the kitchen still rubbing her eyes and said ‘Mummy, what are you making?’ That was when I knew I had created something special without even planning for it.”

She laughed again.

“Sometimes the best recipes happen when you are not chasing anything. They just come to you.”

### **Ingredients:**

- Noodles (egg noodles or spaghetti)
- Smoked goat meat (sliced)
- Mixed vegetables (carrots, bell peppers, cabbage)
- Soy sauce, garlic, ginger
- Oil for frying

### **How I Cook It:**

- I boil noodles until al dente. I drain.
- I heat oil, sauté garlic and ginger. I add vegetables and cook 2–3 minutes.
- I add smoked goat meat and stir-fry 3–5 minutes.
- I toss in noodles and soy sauce, I stir well to combine. I serve hot.

### **What We Eat It With:**

- Juice or soft drink
- Side salad

## **24. ABACHA (AFRICAN SALAD) WITH SMOKED GOAT MEAT**

***“Abacha is the one food that gives me bragging rights in this family.” -Mummy Ene, Enugu State***

“You see this my Abacha?” she told me with a small smile. “Anytime I bring it out, everybody adjusts themselves.”

“My children know I do not play with this food. My neighbours know too. Even my sisters have accepted their fate. They always say nobody prepares Abacha like me, and honestly, I will not argue with them. It is my signature. My small crown.”

She laughed lightly, the way someone laughs when they feel proud of themselves.

“I love the way the colours brighten the whole table. Abacha does not hide. It comes out bold. And once that smoked goat meat enters the mix, it changes everything.”

“But let me tell you my favourite part,” she leaned closer. “It is the first bite. That moment when someone tastes it and just drops their spoon a little and says, haa this woman has come again.”

She paused and smiled like she could hear it in her mind.

“That small sentence can carry me from morning till night. It is a joy you cannot measure.”

### **Ingredients:**

- Abacha (cassava strands)
- Smoked goat meat (shredded)
- Palm oil
- Garden eggs (sliced)
- Scotch bonnet peppers (blended)
- Onion (sliced)
- Utazi leaves (optional, sliced for garnish)
- Stockfish (optional)
- Ground crayfish
- Salt and seasoning cubes

### **How I Cook It:**

- I soak my Abacha in warm water until it becomes soft. Then I drain it and keep it aside.
- I shred my smoked goat meat into bite sized pieces.
- I heat my palm oil and add my blended peppers, my onions, my ground crayfish, and my stockfish if I want to use it. I let it cook for three to five minutes until it becomes aromatic.
- I toss in my shredded goat meat and mix everything very well.
- I add my softened Abacha and stir it until everything combines properly.
- I adjust my seasoning with salt and seasoning cubes.
- I garnish with utazi leaves if I want to, and I serve it chilled or at room temperature.

### What We Eat It With:

- Fried plantains
- Soft drinks or fresh juice
- Palm wine for a traditional festive touch

## 25. OFE ONUGBU (BITTERLEAF SOUP) WITH BEEF

***“Ofe Onugbu is how I hold my mother with my two hands.” - Mama Nwakpuda, 65, Anambra State***

“You know, anytime I cook Ofe Onugbu, my heart does one small dance,” she told me softly. “This soup has been with me since I was a little girl.”

Her face lit up with happiness.

“My mother loved it. Her own mother too. On those Christmas days, we would travel home, and before anyone even said welcome, the smell of bitterleaf and meat would meet us at the gate.”

She smiled.

“I never learned this soup by instruction. My mother never said come and learn. I just stood by the kitchen wall and watched her. The joy she carried in that small kitchen... you could feel it. And when she stirred the pot, she always sang one old song. Even now, when I am cooking, I still hear that song in my ear.”

Her voice dropped a little, but her smile stayed.

“Since she left this world, Christmas has not been the same. But every time I make this soup, it takes me straight back to her kitchen. It turns me into that small girl again. You know that feeling that can make you cry and smile at the same time? That is the one.”

She placed a hand on her chest as she said the next line.

“Now I cook it for my family. And when they sit to eat, I feel like she is right there with us. Sometimes I even look at the empty chair beside me, as if she will sit down any moment.”

### **Ingredients:**

- Smoked Beef (chunks)
- Bitterleaf (washed and squeezed)
- Palm oil
- 1 medium onion
- Ground crayfish
- Scotch bonnet peppers
- Stockfish (optional)
- Salt and seasoning cubes
- Goat meat stock or water

### **How I Cook It:**

- I boil my smoked meat with onions, seasoning cubes, and water or stock until it becomes tender.
- I heat my palm oil in a pot, then I add my ground crayfish and blended peppers. I let it fry for a short time.
- I pour in my bitterleaf and allow it to cook until it softens and begins to smell very nice.
- I add the cooked smoked meat back into the pot and let everything simmer so the flavors can enter each other well.
- I taste it, adjust it with salt and seasoning cubes, and serve it hot.

### **What We Eat It With:**

- Pounded yam
- Semo
- Fufu
- White rice (optional for modern twist)

### **A Note from Beemfarms**

We made this book because we believe food is more than just something to eat. It is how Nigerian families bond, gossip, laugh, and stay connected, especially during Christmas.

The 25 mothers who shared their stories reminded us why we do what we do. Whether it is stew, jollof, goat meat pepper soup, or grilled chicken, one good meal can turn a simple gathering into an unforgettable memory.

If this season calls for less kitchen wahala and more shared laughter, we are here for you. With BeemFarms, our clean and oven-smoked meat is always ready when you are.

With love,

**Bimpe from Beemfarms**

## Your Turn

We have heard from 25 amazing mothers. Now it is your turn.

What is that one meal your family cannot go on a Christmas without? Share your own unforgettable recipe or tradition with us on Instagram or WhatsApp using **#BeemfarmsChristmas**.

We will feature some of your stories on our page because Christmas is better when we all eat together.



## About Beemfarms

BeemFarms is a trusted food brand dedicated to providing clean, fresh and properly processed smoked meats straight to your kitchen. We believe that good food should be simple, stress-free and consistently high in quality. That's why we source responsibly, process hygienically and deliver with care.

From goat meat to beef and chicken, every product is handled with precision to preserve flavour, freshness and that unmistakable BeemFarms quality. No market stress. No hidden drama. Just wholesome, well-prepared protein that makes every meal easier, tastier and more enjoyable.

At BeemFarms, we don't just sell meat, we help families cook better, eat better and enjoy every plate with confidence.