

Ahule Tolo, Nkate Nkwan or Nkatiea Fla (Ghanaian Peanut soup)

Thanks to Michael Lomotey

- best quality, pure, smooth peanut butter¹
- Tomato puree
- Kidney beans – don't forget to soak them overnight and cook the beans first
- 2l water or stock
- Seasonings including ground ginger (a favourite in Ghana is bonnet peppers – but take care, they're hot...)

For the soup

Add the peanut butter to ¼ litre of water and bring to boil. Simmer and keep moving until a thick paste is formed and groundnut oil starts to show on surface. This could take 10-15 mins. Add hot stock, tomato puree and bring back to boil, simmer for at least one hour.

Season to taste, adjust consistency but not too thick as this soup can go a long way.

Serve with balls of short grain/pudding/arborio rice, cooked thoroughly (not al-dente) with just enough water and when done, mash rice with large wooden spoon and form into balls.

¹ Try and get unsalted peanut butter from any Ghanaian food shop or make your own from plain roasted groundnuts, blended till smooth. It works best if you don't use the proprietary brands which are full of salt and other additives and taste poor.

Try real peanut butter and you'll never go back.