EDIKANG IKONG SOUP

Ingredients:

- Pumpkin leaves (Ugu)
- Water leaves
- Beef meat
- Kpomo
- Stock/smoked fish
- Grounded crayfish
- Bush meat
- Periwinkle
- Grounded pepper
- Onion
- Seasoning cube
- Salt
- Palm oil

Preparation Procedures

1. Wash the meat and fish and put it in a pot.
2. Add onion, pepper, salt and seasoning cube and cook for about 15 minutes until done.
3. Wash the periwinkle thoroughly.
4. Add the meat, smoked fish, dry fish and periwinkle to the pot of meat and cook for

additional 12 minutes, taste to determine when done.

5. Add more water.
6. Add the washed water leaves and slice pumpkin leaves and cook for 10 minutes, taste to determine when done.
7. Add the crayfish and palm oil and allow to cook for about 15 minutes.
8. Bring it down and serve with fufu or pounded yam.