



## Nigerian Food Timetable

*This Timetable features a compiled list of Nigerian Meals from all parts of the Country organized by the times of the day when they are traditionally consumed i.e. Foods eaten at Breakfast, Lunch or Dinner, Foods eaten as snacks, Foods eaten as desserts and Drinks consumed alongside meals.. The listing is not exhaustive and I do welcome suggestions & recommendations to further improve the list..*

*It is worthy of note here that to the best of my knowledge, generally Nigerians eat whatever combination of foods/dishes at whatever time suits them depending on occupation, lifestyle, preference and availability of meals. .*

## Breakfast Dishes/Meals

MORNING MEALS ARE USUALLY LIGHT MEALS WITH A LIQUID OR PROTEIN BASED DISH CONSUMED WITH A CARBOHYDRATE.

- OGI (PAP) (FERMENTED CORNMEAL PORRIDGE) - WITH AKARA (FRIED BLACK EYED BEAN PANCAKES)/MOI MOI (STEAMED BLACK EYED BEAN CAKES)/YOYO (FRIED WHITEBAIT)/FREJON
- ISU BIBO (YAM) WITH EWA (STEWED BLACK EYED BEANS)
- ISU BIBO (YAM) WITH OBE (SHREDDED BEEF/CHICKEN/FISH STEW)
- ADALU - (STEWED BLACK EYED BEANS & SWEETCORN)
- OGEDE BIBO (STEAMED PLANTAIN) ATI ISU BIBO (BOILED YAM) PELU OBE (SHREDDED BEEF/CHICKEN/FISH STEW)
- ASARO - STEAMED YAM POTTAGE
- TAPIOCA (GRATED CASSAVA GRANULES WITH MILK AND CLOVES)
- BREAD AND AFRICAN EGG OMELETTE /FISH/CHICKEN/MEAT STEW /EWA
- EKO (STEAMED FERMENTED CORN CAKES) AND MOI MOI
- CUSTARD (PROCESSED CORNFLOUR)/SEMOLINA PUDDING WITH MILK AND GRILLED MEAT/FISH/CHICKEN

## Lunch Dishes/Meals

AFTERNOON MEALS ARE USUALLY IN TWO PARTS A STAPLE (CARBOHYDRATE) ACCOMPANIED WITH SOUP OR STEW AND SOUP (MEAT & VEGETABLE) AS A MAIN DISH

### STAPLES

IYAN (POUNDED YAM/EBA (STEAMED ROASTED FERMENTED CASSAVA FLOUR)/LAFUN (STEAMED FERMENTED CASSAVA FLOUR)/AMALA (STEAMED SUNDRIED YAM FLOUR),/FUFU (STEAMED FERMENTED COCOYAM/PLANTAIN FLOUR)/TUWO (STEAMED CORN/MAIZE MEAL)/GROUND RICE (STEAMED MILLED RICE FLOUR)/SEMOLINA (STEAMED GROUND WHEAT & CORN FLOUR)/STARCH (AKPU)

### MAIN DISHES

STEAMED OKRA SOUP OR OGBONO (APON) OR EWEDU WITH EITHER FRESH FISH/MEAT/CHICKEN STEW, \* SOMETIMES QBEGIRI MIXED WITH EWEDU OR OKRA MIXED WITH EWEDU OR OGBONO MIXED WITH OKRA

EGUSI SOUP/SPINACH SOUP (EFO RIRO), UGU SOUP (PUMPKIN LEAF SOUP), AFANG/UKAZI SOUP, OBE EYIN (BANGA), PLAIN EGUSI SOUP, IGBO (MATURE GREENS) WITH EGUSI, PLAIN EGUSI SOUP, WHITE SOUP (AFIA EFERE), EDIKA EKONG, OBE QBURE (WATERLEAF SOUP), OBE ASEPO (OKRA, OGBONO WITH SPINACH SOUP).

## Dinner/Supper Dishes/Meals

EVENING MEALS ARE SEMI LIGHT SOMETIMES IN TWO PARTS A STAPLE (CARBOHYDRATE) ACCOMPANIED WITH SOUP OR STEW AND SOUP (MEAT & VEGETABLE) AS A MAIN DISH OR JUST ONE DISH ACCOMPANIED WITH MEAT /FISH OR CHICKEN.

- JOLLOF RICE WITH FISH/CHICKEN/MEAT
- FRIED RICE OR COCONUT RICE WITH FISH/CHICKEN/MEAT
- PLAIN BOILED RICE WITH FISH/CHICKEN/MEAT STEW/OBE ONIRU
- IFOKORE (GRATED WATER YAM PORRIDGE)
- ASARO (YAM POTTAGE)/EKPAK KUKWO
- DUNDUN (FRIED YAM) WITH MEAT/FISH/CHICKEN STEW
- DODO (FRIED PLANTAIN) WITH MEAT/FISH/CHICKEN STEW
- DUNDUN /BREADFRUIT & DODO WITH MEAT/FISH/CHICKEN STEW
- ADALU (BLACK EYED BEANS AND SWEETCORN)
- GARRI (ROASTED FERMENTED CASSAVA FLOUR) WITH FRIED OR GRILLED FISH/MEAT, CHICKEN /EWA

## Desserts, Snacks & Drinks

### DESSERTS & SNACKS

OJOJO (SHREDDED YAM CAKES)/POF POF/MOSA (FERMENTED CORNMEAL CAKES)

AFRICAN FRUIT COCKTAIL FRUIT COCKTAIL

AKARA

SPICY SNAIL/SPICY CHICKEN GIBLETS/KILISHI/SUYA

DODO/BOLI ATI EPA/IGBADO SISUN

GURUDI/MEAT PIE/SAUSAGE ROLLS/CORN BEEF ROLLS

CHOOK CHOOK/COCONUT CANDY/KOKORO/KULI KULI/KUSHKUSH

GUGURU (POP CORN) ATI EPA (ROASTED GROUND NUT)

TINKO ERAN (SUN DRIED BEEF STRIPS), TINKO AKERE (SUN DRIED FROGS LEGS)

EJA DIN DIN (FRIED FISH)

AADUN, EKURO SISUN, AADUN, ASUUN (ROASTED/GRILLED RAM)/SUYA

### DRINKS

USUALLY WATER/ ZOBO, KUNU/GINGER BEER/WHOLE FRUIT COCKTAIL/FRESH FRUIT JUICE

MUNCHING FRUITS AND NUTS

KOLA NUT, OROGBO, OBI ABATA, AGBALUMO, IYEYE, OROMBO, OGEDEJIJE, OSAN MIMU, IBEPE, NIGERIAN APPLE, QUAVA.

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