



## Nigeria



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### Meals:

- **Breakfast:** a smaller meal that usually contains some kind of savory cake, mango, plantains, and porridge are extremely common. Tea and Malta (wheat soda) are also staples in a Nigerian breakfast.
- **Lunch:** lunch is a smaller meal and commonly eaten around 11 a.m. This meal commonly consists of a stew, called an *efo*, or a plate of beans and vegetables.
- **Dinner:** usually a small to medium meal, dinner in Nigeria is comprised of some form of meat dish served with or alongside fresh vegetables.
- **Snacks:** snacks are extremely common in Nigeria. Most snacks usually center around fruit, like the plantain, prepared in a variety of ways.
- In Nigeria, eating three square meals a day is uncommon. Most people will eat one large meal per day during the week, accompanied with four or five snacks throughout the day. On the weekend, however, 2-5 square meals are commonplace.

Cooking in Nigeria is much slower than in Europe and North America, with most dishes cooking from 1 to 5 hours before being served. [additional information](#)

### **Frequently Used Foods:**

- **Fruits and Vegetables:** oranges, melons, grapefruit, mango, banana, plantain, pineapple, spinach, tomato, onion, green peppers, garlic, sweet potato
- **Protein:** Beef, chicken, fish, shrimp, crayfish, egg, goat, peanut, beans
- **Spices:** Salt, chili, thyme, curry, grains of paradise, ginger, allspice, blue basil, nutmeg, cloves, coriander, cayenne
- **Oils/Misc:** Peanut oil, vegetable oil, palm oil, peanut butter, rice, bouillon cubes, bean paste

### **Ten Regional Favorite Dishes With Links to Interesting Recipes:**

- **Moi Moi:** [[recipe](#)] [[images](#)]
- **Ogbono Soup:** [[recipe](#)] [[images](#)]
- **Beef Suya:** [[recipe](#)] [[images](#)]
- **Jollof Rice:** [[recipe](#)] [[images](#)]
- **Afang Soup:** [[recipe](#)] [[images](#)]
- **Nigerian Chicken Pie:** [[recipe](#)] [[images](#)]
- **Akamu:** [[recipe](#)] [[images](#)]
- **Puff Puff:** [[recipe](#)] [[images](#)]
- **Chin Chin:** [[recipe](#)] [[images](#)]
- **Maafe:** [[recipe](#)] [[images](#)]

**Religion:** Nigeria is almost perfectly split between Islam and Christianity, each accounting almost fifty percent of the total population

- For more information, click [here](#).

### **National Holidays and Dietary Requirements:**

- Because half of the population of Nigeria is Muslim, pork is not a widely consumed protein.
- ***Id el Maulud*** is the celebration of the prophet Muhammad. It is observed on the 12<sup>th</sup> or 17<sup>th</sup> day of the Islamic month of Rabi' al-awwal. This is a deeply religious holiday and is recognized with additional worship services around the country.

- **Easter** is a widely celebrated holiday in Nigeria. This holiday is marked by special church services, and family gatherings throughout the country.
- **Independence Day** is celebrated annually on October 1<sup>st</sup> and recognizes the day when Nigeria gained its independence from Great Britain. [Parades](#) and festivals highlight this national holiday.

**Etiquette:** It is very common for men, women, and children to dine in separate rooms, especially when dining at a restaurant or a dinner party. Before eating, be sure to wash your hands. If eating with your hands, only use your right hand to handle and eat the food, while keeping the left at your side.

Spoons and forks are common in Nigeria, but knives are rarely used. This is due to the style of Nigerian cuisine, with many dishes served either on skewers or in a stew.

**Food History:** International trade was essential in creating Nigeria's modern cuisine. Before trade began, meals were mainly comprised on rice, lentils, and other grains. However, by 1700, many European countries had established a relationship with the country and brought culinary innovation. Among the long-standing influence of European colonization on Nigeria's cuisine are beans, cassava, cinnamon, nutmeg, and pepper.

Additional Information and Acknowledgements:

<http://www.foodbycountry.com/Kazakhstan-to-South-Africa/Nigeria.html>

[http://www.etiquettescholar.com/dining\\_etiquette/table-etiquette/africa\\_west\\_dinner\\_etiquette/nigerian.html](http://www.etiquettescholar.com/dining_etiquette/table-etiquette/africa_west_dinner_etiquette/nigerian.html)