

Moi Moi

To See More Details and Pictures, Visit: <https://www.youtube.com/watch?v=7lOH8iJlVQE>

Ingredients:

- 1½ Cup vegetable oil
- 1 Large onion - finely chopped
- 8 oz Tomato paste
- 3 Cloves garlic - finely chopped
- 1 lb. Black eye bean – peeled (peeled black eye beans are available at African stores)
- 1 Can (12 oz) corned beef - chopped into ½ inch cubes (optional)
- 3 –4 Cups water (start with 3 cups)
- Salt (will salt to taste)
- African red pepper (approximately ¼ cup pepper; will pepper to taste)
- Crayfish (optional)
- Boiled Eggs (optional)
- Fish (optional)
- Aluminum foil pouches, small ceramic bowls, or Moi Moi leaf (*Thaumatococcus daniellii*) – can be ordered on Amazon or purchased at African Store

Instructions:

Bean preparation (if unpeeled) earlier in the day:

You can use a blender to peel the beans - <https://www.youtube.com/watch?v=YZ6V1CeP3TU>

To skin the beans, soak the bean in water for 30 minutes. Pour into large bowl. When water is added to the beans, the skin floats on the top. Use this process to separate the skin and the beans. Remove the rest of the skin manually. After peeling, soak the beans for about 1 hour. This will help soften the beans for easier blending.

1. Sauté onion and garlic in oil.
2. Add tomato paste. Add salt and African red pepper to taste. Simmer 15 minutes.
3. Chop beans in blender with 3 cups of water until coarse meal is obtained.
4. Combine onion/garlic/tomato paste mixture and bean paste. Stir until well mixed.
5. Add the remaining water if paste is too thick. The consistency should be like a thick soup.
6. Add salt and pepper to taste.
7. Divide mixture into two equal parts – vegetarian version and meat version
8. For meat version, add corn beef, eggs, or fish.
9. Make pouches out of heavy aluminum foil. Place moi moi inside pot and seal tightly.
10. Add small amount of water in the bottom pot and steam for 1 hour.
11. Scoop moi moi into dish for serving.

Serves about 38 people.