

Nyam and Go

How to Make Nigerian Styled Moi Moi (Bean Pudding)



Moi Moi (also known as Moin Moin or Moyi Moyi) is a traditional Nigerian dish that is seen alongside other Nigerian dishes. It is a steamed bean pudding made from a base of beans and different peppers. With this recipe, you'll be able to bring the taste of Nigeria into your own home! This recipe creates about 10 Moi Moi(s).

Ingredients

- 1lb of African honey beans
- 1 red bell pepper (chopped)
- 1/2 a large onion (chopped)
- 1 1/2 small habanero peppers (chopped)
- 1/2 cup vegetable oil
- 2 1/2 Maggi stock cubes (beef flavoured bouillon cubes)
- 1 teaspoon of salt
- 1/2 teaspoon of seasoned salt

Method

1 - Prepare the beans. Tip the beans into medium bowl and fill with warm water. Soak beans in a bowl for about 20 to 45 minutes, until soft and skin is peeling.



2 - Remove skin. With your hands, begin to rub the beans together while submerged in water. As the skins of the beans float to the top, remove with the spoon strainer. Pour water and repeat until all skin is removed.

3 - Blend the beans. After all of the water has been drained out one final time, pour the softened beans into a blender, along with two cups of water. Begin to blend. Continue to blend until the beans turn into a smooth texture. Add more water if the mixture is not completely smooth.

4 - Place the bean mixture into a large bowl. Set aside for later use and mixing.

5 - Chop up the vegetables. Cut the red peppers, onion, and habanero peppers. The size of the cut vegetables does not matter, just as long as the pieces can be blended in a blender.

6 - Blend the vegetables. Put the chopped vegetables and 1 1/2 cups of water into the blender/ Begin to blend until smooth. Crush the Maggi stock cubes into the blender and continue to blend with the vegetable mixture.

7 - Pour the vegetable mixture into the bean mixture. Mix both together and begin to add in the seasoned salt, salt and vegetable oil. Continue to mix well.

8 - Place the mixture aside.

9 - Prepare a large pot. Start by pouring 3 cups of water into the pot. Place on low heat to warm up slowly.

Part Two of Three: - Creating Aluminium Foil Pockets#

1 - Take one 12" x 10 3/4 aluminium foil sheet. Fold in half, hamburger style.

2 - Fold upward from the bottom. Fold the ends about 1/4 of an inch 3 to 5 times.



3 - Fold the opening on the side. Fold either left or right, depending on which way you folded. Fold about a 1/4 inch for about 3 to 5 times.

4 - Set the aluminium foil pockets to one side. Repeat the steps above until you've produced 10 or more sheets.

Part Three of Three: Making Moi Moi

1 - Pour 1 cup of moi moi mixture into one aluminium pocket.

2 - Twist the opening closed. With your index finger and your thumb, squeeze the opening closed and begin to twist (either clockwise or counter clockwise).

3 - Place each filled pocket into the pot.

4 - Repeat the steps until there is no more mixture. Cover the large pot after all has been used. It's okay for the moi moi pockets to be stacked on top of each other as long as they are facing upward.

5 - Change the heat to medium-high heat. Allow the moi moi packets to cook for about 45 minutes to an hour. Be sure to check back every 10 minutes

6 - After the recommended cooking time, allow for the pot to cool for a while. Once cooled down to your preferred temperature, take one moi moi packet using an oven-mitt or tong utensil and place onto a plate

7 - Remove the aluminium foil wrapping. And the Moi Moi is ready to eat. Enjoy

8 - Finished.

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