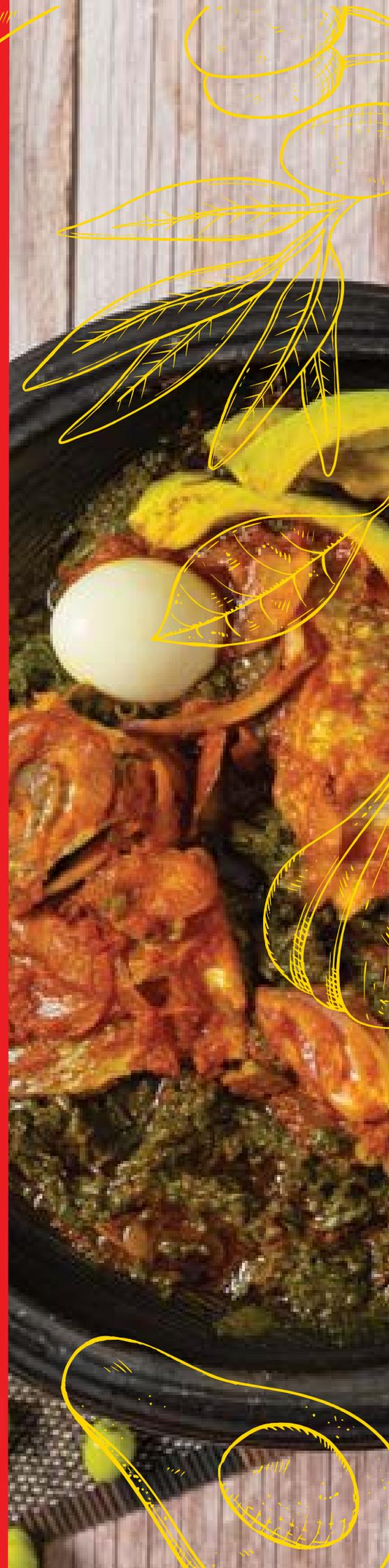




# RECIPE COOK BOOK

1ST EDITION



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# HELLO!

Welcome to the Tasty Tom Cookbook! Tasty Tom has created and inspired hundreds of recipes over the years. Cooks in Ghana and beyond use Tasty Tom to create meals that are delicious, enriched, and leave people wanting more. This cookbook is an ode to the very best of those recipes. We dedicate it to you, our dear consumer. We hope that you find it useful, and may it inspire even more tasty meals in the years to come.





## ABOM SAUCE

The Akan word for cocoyam leaves is "Kontomire" which is used to make this delicious meal. Ghanaians enjoy Kontomire Abom with plain rice, boiled yam, boiled plantains, etc.



Using Tasty Tom Enriched Tomato Mix for Kontomire thickens the stew, increases the quantity, and also gives it a delicious taste and flavour.

# Ingredients

-  2 bunches kontonmire leaves
-  1 large salted fish (Koobie)
-  2 eggs
-  1 large red onion
-  A handful of fresh kpakpo shito (Green petite bell pepper)
-  1 small piece fresh ginger
-  Black peppercorn to taste
-  2 cooking spoons of oil
-  4 tablespoons **Tasty Tom Enriched Tomato Mix**
-  Salt to taste
-  1 avocado

# Preparation

- 1 Wash kontonmire leaves thoroughly. Bring water to boil and blanch the leaves till cooked, drain and set aside separately with vegetable broth.
- 2 Wash and soak salted fish (koobie), boil it to get rid of the saltiness and boil eggs on the side, strain and keep aside.
- 3 Roast onions and tomatoes on charcoal or any grill and set all aside.
- 4 In a clay pot, grind the roasted onions and some kpakpo shito with little salt till smooth, then add blanched kontonmire and continue to grind until well combined. Spread around well with a spoon.
- 5 Gently fry sliced onion for a minute in heated palm oil, add **Tasty Tom Enriched Tomato Mix**, some chopped kpakpo shito, boiled salted fish, ginger, black peppercorn, seasoning to taste and continue to fry for another 3 minutes. Adjust texture consistency with the vegetable broth.
- 6 Add the fried onions, salted fish and spread well the palm oil on the grinded kontonmire.
- 7 Garnish with sliced boiled egg and avocado.
- 8 Serve with boiled yam, plantain or rice.



SERVINGS: 4-5



<https://www.youtube.com/watch?v=nKuavcp4YYM>



## **ABOBO (A ONE POT DISH)**

Abobo (Kidney Beans) are a great source of protein used in preparing some meals in Ghana. It is not to be confused with bambara beans, which is a different recipe. This recipe is a thick, velvety stew that is delicious with Tatale (a fried plantain pancake seasoned with spices), or with rice, yam, etc.



Using Tasty Tom Enriched Tomato Mix for Abobo (Kidney Bean Stew) thickens the stew, enhances the colour, and also gives it a delicious taste and flavour.

# Ingredients

-  1 cup kidney beans
-  1 red onion (half grinded and half chopped)
-  Handful of fresh red scotch bonnet pepper
-  3 cloves garlic
-  1 small piece fresh ginger
-  Black peppercorn to taste
-  ¼ teaspoon rosemary
-  ¼ teaspoon aniseeds
-  4 tablespoons coconut Oil
-  50g stock fish (Momone)
-  8 tablespoons **Tasty Tom Enriched Tomato Mix**
-  1 tablespoon shrimp powder
-  Seasoning cube to taste
-  Salt to taste
-  2 cups water

# Preparation

- 1 Sort, wash and boil the beans for about 30 minutes or till soft. Separate the beans from the stock and set aside.
- 2 Wash and clean the onion, pepper, garlic and ginger and then blend them to a paste.
- 3 Finely blend rosemary, aniseeds and black pepper and set aside.
- 4 Heat coconut oil in a saucepan over medium heat. Sauté the onions and stock fish for about 2 minutes, stirring often.
- 5 Add **Tasty Tom Enriched Tomato Mix** and the onion, peppers, garlic and ginger blend, shrimp powder, black pepper, rosemary, aniseed blend and seasoning to taste. Allow to cook until desired consistency is achieved.
- 6 Finally add the beans, water or stock if needed, bring to a boil and simmer for another 10 minutes. Taste and adjust the seasoning and texture consistency.
- 7 Serve with hot cooked rice and fried plantains.



SERVINGS: 6



<https://www.youtube.com/watch?v=cEOY53qr-bA>



## YAM DOTO

Doto is a popular Ghanaian dish from the southern part of the country. It is made from mashed boiled yam, plantain, or cocoyam mixed with palm oil and garnished with eggs, roasted peanuts, or avocado. Doto was used traditionally to mark birthday celebrations.



Using Tasty Tom Enriched Tomato Mix for Yam Doto enhances the taste and smooth texture of the meal.

# Ingredients

-  2.3kg yam
-  10g salt
-  400ml palm oil
-  30g shallots
-  30g ginger paste
-  10g garlic paste
-  170g salted fish (koobie)
-  8 tablespoons **Tasty Tom Enriched Tomato Mix**
-  10g kpakpo shito (Green petite bell pepper)
-  2g black peppercorn
-  2 whole bay leaf
-  2g aniseed(Nkitinkiti)
-  5g white pepper
-  Roasted peanuts for garnish
-  4g basil, fried for garnish
-  6 hard-boiled eggs, for garnish
-  1 avocado, for garnish

# Preparation

- 1 Peel and boil the yam in salted water in a saucepot.
- 2 Drain the yam and crush them roughly with the potato masher in the sauce pot. Set aside.
- 3 Heat palm oil in a saucepan. Add and sauté the shallots, whole bay leaf, ginger and garlic paste for a minute. Then add koobie and continue to fry until golden brown (caramelized).
- 4 Add **Tasty Tom Enriched Tomato Mix**, sliced kpakpo shito, crushed peppercorn, crushed nkitikiti, white pepper powder and seasoning to taste. Fry for 3 minutes. Taste and adjust seasoning.
- 5 Pour  $\frac{3}{4}$  of the gravy into yam purée and mix to obtain a homogeneous mixture.
- 6 Serve by garnishing with peanuts, fried basil, the rest of the gravy, hard-boiled eggs and the avocado.



SERVINGS: 4-5



[https://www.youtube.com/watch?v=trOBj\\_4SzVI](https://www.youtube.com/watch?v=trOBj_4SzVI)



## EGGPLANT STEW

Whether you call them eggplants, garden eggs, or aubergines, they make for a really delicious stew. In the absence of aubergines or eggplants, garden eggs can be used. It is commonly served with ampesi (boiled unripe plantains) or boiled yam, and is enjoyed all over Ghana.



Using Tasty Tom Enriched Tomato Mix for eggplant stew enhances the colour, thickens the volume of the stew, and improves the taste.

# Ingredients

-  8 pieces fresh eggplants
-  1 medium piece salted fish (koobie)
-  1 red onion
-  1-piece fresh ginger
-  3 cloves garlic
-  4 scotch bonnet pepper
-  Black peppercorn to taste
-  ¼ teaspoons rosemary
-  4 tablespoons coconut oil (or palm oil)
-  8 tablespoons **Tasty Tom Enriched Tomato Mix**
-  Shrimp seasoning cube to taste
-  1-piece smoked tuna
-  White pepper powder to taste
-  Salt to taste

# Preparation

- 1 Cut off the stalks of the eggplant and slice each into cubes then add them in a sauce pot with water just to the level of the eggplants and boil for 15 – 20 minutes.
- 2 Wash and soak salted fish (koobie), strain and keep aside.
- 3 Blend half onion, ginger, garlic, scotch bonnet and salt to a smooth paste. Blend the black peppercorn and rosemary, set aside.
- 4 Fry the chopped onions in coconut oil for 1 minute. Add **Tasty Tom Enriched Tomato Mix** and the blended mixture, shrimp seasoning and salt to taste and continue to stir regularly for about 10 minutes. Taste and adjust seasoning.
- 5 Add the egg plants and boiled salted fish, smoked tuna and blended spices to the stew. Allow the stew to simmer on low to medium heat stirring occasionally for another 5 minutes.
- 6 Serve with boiled yam, plantain or rice.



SERVINGS: 4-5



<https://www.youtube.com/watch?v=D2EWRA4lar4&t=1s>



## **BITO SOUP**

**Bito Soup is made with hibiscus leaves and groundnut paste. It owes its origins to the northern part of Ghana. Bito soup is enjoyed by all. It is often eaten with Tuo Zaafi (fondly nicknamed TZ) and Fufu.**



**Using Tasty Tom Enriched Tomato Mix for Bito Soup enhances the colour, texture, and flavour.**

# Ingredients

-  1kg goat meat
-  2 medium red onion
-  4 tablespoons ginger paste
-  1 garlic pulp puréed
-  1 teaspoon spoon black pepper
-  1 teaspoon anise seeds
-  2 litres water
-  300ml groundnut paste
-  8 tablespoons **Tasty Tom Enriched Tomato Mix**
-  3 tablespoons dawadawa (Whole beans)
-  6 scotch bonnet pepper
-  6 smoked herrings
-  1 smoked mackerel (Deboned) & cut into chunks
-  300g hibiscus leaves (Shuure)
-  2 tablespoons Salt

# Preparation

- 1 Steam goat meat in a sauce pot with onion, ginger, garlic, black pepper, anise seeds and water until soft and set aside.
- 2 Thin groundnut paste with a little water and add a scoop of **Tasty Tom Enriched Tomato Mix**. Allow to simmer till the soup achieves a smooth and thick consistency and releases its natural oils and color.
- 3 Transfer the paste mixture into the boiling meat and stir well.
- 4 Add more water for a soupy consistency, add dawadawa, whole onion, seasoning and scotch bonnet peppers and allow it to boil for 20 mins while stirring occasionally.
- 5 Remove all vegetables, blend to a smooth consistency and pour it back into the soup.
- 6 Add smoked herrings, mackerel and hibiscus leaves and allow to simmer for another 20 minutes. Taste and adjust seasoning.
- 7 Bito ready to serve, serve with TZ



SERVINGS: 4-5



<https://www.youtube.com/watch?v=VQBdvFu1Eqk>



## FRIED EGG PIE

Most cooks have tried baking pies before. Fried pies, however, are an entirely different delicacy. This creative meal which comes with a dip uses boiled eggs in a completely unique way to create a recipe that is a delicious surprise. Tasty Tom was used to make the sauce for the chunky tuna filling and the pepper dip.



Using Tasty Tom Enriched Tomato Mix gives the pie filling and the sauce an appealing colour, enhanced taste, and great texture

# Ingredients

## Ingredients for pie dough

-  3 cups of Flour
-  ½ teaspoon of nutmeg
-  ½ teaspoon of salt
-  1 tablespoon of margarine
-  5 tablespoon cold water

## Ingredients for pie filling sauce

-  2 tablespoons of oil
-  1 bunch onion scallions / onion leaves
-  1 can tuna
-  8 tablespoons **Tasty Tom Enriched Tomato Mix**
-  ½ teaspoon pepper flakes
-  ½ teaspoon paprika
-  Salt, to taste
-  6 boiled eggs
-  Oil for deep frying

# Preparation

### To make pie dough

- 1 Combine flour, nutmeg and salt in a bowl and mix well.
- 2 Add margarine and rub into crumbly texture.
- 3 Add little water and knead to form a stiff dough.
- 4 Place in the refrigerator to rest for 30 minutes.

### To make chunky tuna sauce for pie filling

- 1 Heat oil in a pan and fry onions until translucent then add **Tasty Tom Enriched Tomato Mix** and 2 tablespoons of water, fry for about 3 minutes.
- 2 Add drained tuna and seasoning and continue to fry until sauce in water is evaporated. Taste and adjust the seasoning.
- 3 Roll dough and cut into round circles.
- 4 Place sauce in the middle of the dough and place egg on top.
- 5 Fold over dough and crimp over to fold.
- 6 Deep fry pies until golden brown.

### Impact of Tomato Mix in pie filling

Gives an appealing colour to the sauce

Enhances the taste

Enhances the texture of the sauce (acts as a binder)



SERVINGS:



<https://www.youtube.com/watch?v=ZcYyXtj3eFM>

# Ingredients

## PEPPER SAUCE for Fried Egg Pie

- |  |  |
|--|--|
|  2 cups dry long chilies    |  4 tablespoons <b>Tasty Tom Enriched Tomato Mix</b> |
|  1 medium size onion        |  2 whole star anise                                 |
|  1 small piece fresh ginger |  Shrimp seasoning stock cube                        |
|  3 garlic cloves            |  Salt to taste                                      |
|  Vegetable oil              |  |

# Preparation

- 1 Blitz chili into chunky shreds and sieve out the seeds by using a colander.
- 2 Blitz your onions, ginger and garlic.
- 3 Heat one-half cup of vegetable oil and fry out your **Tasty Tom Enriched Tomato Mix**, for 3 mins, add your blitzed ingredients, spices, seasoning and continuously stir as it cooks for 5 mins. Taste and adjust the seasoning.
- 4 Pour your sauce into jars. Enjoy your sauce with fried egg pies.

### Impact of Tomato Mix in pepper sauce

Gives an appealing colour to the sauce

Enhances the taste

Adds a smooth touch to the soup (smoothens)



SERVINGS:



<https://www.youtube.com/watch?v=ZcYyXtj3eFM>



## NTOHURO

This well-loved soup has a unique name that may be hard to pronounce for some. However, it is simply the Akan name of its main ingredient, cocoyam leaves. Ntohuuro means “Green leaf soup”. The Akuapem people of the Eastern Region usually enjoy this soup with fufu or yam.



Using Tasty Tom Enriched Tomato Mix for Ntohuuro will give your soup an appealing colour and taste and add a smooth touch.

# Ingredients

-  2 bunches cocoyam leaves/spinach
-  1 onion, large
-  4 fresh kpakpo shito (Green petite bell pepper)
-  3 cloves garlic
-  1 small piece fresh ginger
-  300g snails, washed & cleaned
-  400g toolo beef
-  8 tablespoons **Tasty Tom Enriched Tomato Mix**
-  2kgs cocoyam, cubed
-  250g dried/smoked fish
-  250g dried/smoked mackerel
-  200g fresh mushrooms
-  3g clove
-  Prekese to taste
-  Salt to taste
-  Seasoning to taste

# Preparation

- 1 Blanch cocoyam leaves/spinach in a saucepot for 3 mins or when softened. Blend and set aside.
- 2 Chop some onions and blend with pepper, garlic and ginger to create a spicy mix.
- 3 In another saucepan, put in all your meat and steam on a moderate heat with some diced onions, spicy mix and seasoning until the proteins are well cooked.
- 4 Add **Tasty Tom Enriched Tomato Mix** and allow to cook for 5 minutes.
- 5 Add onions and allow to cook for at least 10 mins.
- 6 Pour the blended cocoyam leaves/spinach mix into the soup and add at least 6 cups of water into the soup.
- 7 Remove the cooked onions from the soup and blend it together. Pour the blended mix back into the soup. Add cubed cocoyam and allow to boil with soup.
- 8 Wash the smoked fish and mackerel, mushrooms and add to the soup. Allow to cook for at least 20 minutes. Taste and adjust the seasoning.
- 9 Add Prekese to taste and let it cook for a further 5 mins.



SERVINGS: 4-5



<https://www.youtube.com/watch?v=OrbjO8uXgM8>



## **KUUKA SOUP**

Miyan Kuuka is a popular northern delicacy that is made with dried and powdered baobab leaves and can be served with stew and balls of tuo zaafi. It is also called Luru soup or baobab leaf soup. This leaf is rich in nutrients and is also called the ‘tree of life’. Besides its delicious taste, Kuuka is also rich in Vitamin C.



Using Tasty Tom Enriched Tomato Mix for Kuuka Soup enhances the taste, texture, and flavour.

# Ingredients

- |  |  |
|--|--|
|  1 kg beef in bone          |  2 tablespoon shrimp powder                         |
|  1 large red onion, diced   |  4 tablespoons fish powder                          |
|  3 tablespoons garlic paste |  2 tablespoons dawadawa (whole beans)               |
|  2 tablespoons ginger paste |  2 tablespoons powdered pepper                      |
|  1 teaspoon rosemary powder |  1 teaspoon African orchid nutmeg                   |
|  2 tablespoon salt          |  4 tablespoons <b>Tasty Tom Enriched Tomato Mix</b> |
|  1litre water               |  2 cups kuuka powder                                |

# Preparation

- 1 Steam beef in a sauce pot with onion, garlic, ginger, rosemary powder and salt for 10 minutes.
- 2 Add water, shrimp and fish powder, dawadawa, powdered pepper, African orchid nutmeg and bring it to a boil then add **Tasty Tom Enriched Tomato Mix**, stir it in and allow it to boil for 20 minutes or until it achieves a smooth and thick consistency and an appealing colour.
- 3 Carefully sprinkle the kuuka powder in, stirring continuously to prevent lumps and allow it to simmer on low heat for 5 minutes. Taste and adjust the seasoning.
- 4 Kuuka ready to serve. Best served hot with TZ.



SERVINGS: 4-5



<https://www.youtube.com/watch?v=oVZmSUuQDY4>



## **ADEME SOUP**

Ademe is a green sauce that is made from the leaves of a native vegetable (ayoyo). It can also be made from spinach, jute leaves, or even cassava leaves. This recipe is a staple of the Volta region of Ghana and is usually enjoyed with Akple or Banku (a delicious accompaniment made from cassava and corn dough).



Using Tasty Tom Enriched Tomato Mix for Ademe Soup enhances the thickness, volume, and taste.

# Ingredients

- |  |   |
|--|---|
|  500g of picked fresh jute leaves (Ayoyo)           | <b>Spice blend ingredients</b>  |
|  400g dry fish or smoked fish                       |  1 large onion                             |
|  50g stock fish (Momone)                            |  Handful of fresh red scotch bonnet pepper |
|  4 tablespoons <b>Tasty Tom Enriched Tomato Mix</b> |  4 cloves of garlic                        |
|  1 tablespoon shrimp powder                         |  1 small piece fresh ginger                |
|  1 cup water  |  ½ teaspoonful of aniseed (Nkitikiti)      |
|  Shrimp seasoning cube to taste                     |   |
|  Salt to taste                                      |   |

# Preparation

- 1 Pick ayoyo leaves and thoroughly wash with salted water then roughly chop.
- 2 Clean the fish, flake it and set aside.
- 3 Wash and clean the onion, some pepper, garlic and ginger. Blend them to a smooth paste with aniseed.
- 4 In a saucepan, add dried fish, stock fish and the ginger, garlic, onions, pepper and aniseed blend. Add **Tasty Tom Enriched Tomato Mix**, shrimp powder, water and seasoning to taste. Stir and cook for 15 minutes or until the sauce has reduced.
- 5 Meanwhile, in a separate pot, put ayoyo leaves with little water. Bring to boil and allow to steam on low heat without stirring until cooked.
- 6 Pour the steamed vegetables to the cooking fish dish. Gently stir from bottom up, taste and adjust the seasoning. Allow to cook for 5 minutes.
- 7 Serve with banku or your favourite staple dish.



SERVINGS: 4-5



<https://www.youtube.com/watch?v=-ph1ETMrjk4>



## OKRA SOUP

One of the simplest soups to make is okro soup. Even though some effort is required to cut the vegetables used in its preparation, it can be prepared in no time. Okro soup is created with fresh okro, boiled in a delectable blend of palm oil, shrimp, meat, fish, and African spices.



Using Tasty Tom Enriched Tomato Mix for Okro Soup enhances the appearance of the soup and gives it a delicious taste.

# Ingredients

-  3 cups fresh okra
-  1 dry fish or smoked fish (any other protein can be added)
-  2 red onions (one blended & one sliced)
-  Handful of fresh kpakpo shito (Green petite bell pepper)
-  1 small piece fresh ginger
-  3 garlic cloves
-  6 tablespoons palm oil
-  50g stock fish (Momone)
-  4 table spoons **Tasty Tom Enriched Tomato Mix**
-  2 tablespoon shrimp powder
-  Black pepper, to taste
-  Cloves to taste
-  Some water
-  Seasoning cube to taste
-  Salt to taste

# Preparation

- 1 Trim the ends off the okra, wash and chop 2 cups okra, blend 1 cup okra and set aside.  
Soak the dried or smoked fish in hot water for about 5 minutes. Break apart the fish and remove the bones, clean and set it aside.  
Wash and clean the onion, pepper, garlic and ginger and then blend them to a smooth paste.
- 2 Heat palm oil in a sauce pot on medium heat then add onions and stock fish, stir fry for 2 minutes till it turns just a bit brown. Add ginger, garlic, onions and pepper blend, **Tasty Tom Enriched Tomato Mix** and shrimp powder, cloves, seasoning to taste and allow to cook for 5 minutes or till desired consistency.
- 3 Add the dried or smoked fish and okra, with some water and turn them from the bottom of the pot to the top. Taste and adjust the seasoning. Reduce the heat and allow to cook for about 5-10 minutes without lid.
- 4 Serve with Banku or your favourite staple dish.



COOKING TIME: 4-5



<https://www.youtube.com/watch?v=h-CupvcjRo8>



## **TASTY SAUSAGE JOLLOF**

The name says it all, but if you need further convincing, try McBrown's unique twist on Jollof rice, and you will become an instant believer. Sausages are one of the simplest additions to make delicious Jollof in a crunch.



Using Tasty Tom Jollof Mix enhances the appearance of Jollof and gives it a delicious taste.

# Ingredients

-  2 cooking spoonful of vegetable Oil
-  2 margarine cups of rice
-  Onions (optional)
-  Sausage
-  Seasoning
-  12 tablespoons of **Tasty Tom Jollof Mix**
-  Salt
-  Water

# Preparation

- 1 First, pour oil into a pan, heat it, and add sliced onions.
- 2 When the onions have browned, add one your **Tasty Tom Jollof Mix**.
- 3 Mix and fry for 10 minutes on medium heat.
- 4 Then add a litre of water, some seasoning cubes, and salt to taste.
- 5 Add two margarine cups of rice. Remember to stir well. Add the chopped sausages
- 6 Add the chopped sausages when the water is drained and serve.
- 7 You can also use other protein options like eggs, corned beef, or chicken.



SERVINGS: 4-5



<https://www.youtube.com/watch?v=6tfU0nmRqGo>



## CHICKEN JOLLOF WITH LEFTOVER RICE

Most people usually have no idea what to do with leftover rice, but did you know that you can turn it into amazing Jollof rice in a jiffy? All you need is some Tasty Tom Jollof Mix and you are in business!



Using Tasty Tom Jollof Mix enhances the appearance of Jollof and gives it a delicious taste.

# Ingredients

---

-  2 cooking spoonful vegetable oil
-  1 Onion, chopped
-  4 cups pre-cooked/left over rice, cooled
-  1 cup carrots, cube
-  1 cup green peas, blanched/canned
-  Salt, stock cube & black pepper, to taste
-  6 pcs of roasted chicken
-  8 tablespoons **Tasty Tom Jollof Mix**
-  Salt & seasoning cube to taste

# Preparation

---

- 1 Heat a little oil in saucepan and stir fry the seasoned chicken. Set aside.
- 2 On the same pot and sauté onions for about 2 minutes.
- 3 Add **Tasty Tom Jollof Mix** and fry for 4 minutes (we're frying for 4 mins because of the quantity of jollof mix used).
- 4 Tip in the rice and the roasted chicken then add a splash of water, seasoning and salt and mix well.
- 5 In a separate pan, stir fry the vegetables with a splash of water. Cook for about 2 minutes.
- 6 Add the vegetables and toss together and heat through until hot. Tip into bowls and serve immediately.



SERVINGS:



<https://www.youtube.com/watch?v=-ph1ETMrjk4>



**Thanks for going  
through our recipes,  
and hopefully trying  
all of them!**

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Tasty Twists on the  
recipes you love with  
Tasty Tom.**

**TASTY<sup>®</sup>**  
**TOM**

