Moi Moi (Beans Steam Pudding) Infused With Green Tea and Vegetables

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Ogochukwu Rose Orekyeh from Immunity inspired by tea challenge

- Sub Category Name
  - Food
  - Savory
- Recipe Source Name
  - Immunity Inspired by Tea Recipes
- Festivities Name
  - Autumn
  - Spring
  - Summer
  - Winter

Used Teas

Pure Ceylon Green Tea

Ingredients

Moi Moi (Beans Steam Pudding) Infused With Green Tea and Vegetables

Note: Moi Moi is a traditional Nigerian dish made using either brown beans or black-eyed beans.

Moi Moi

- 1 cup Brown Beans
- Fresh Peppers (Scotch Bonnet)
- Salt to taste
- 2 Eggs
- 5 tbsp Crayfish
- 5 tbsp Vegetable Oil
- Dilmah's Green Tea
- Uma Leaves (Thaumatococcus Daniellii)
- Water as needed

VEGETABLES

- Lettuce
- Cucumber
- Cabbage
- Carrot

Methods and Directions

Moi Moi (Beans Steam Pudding) Infused With Green Tea and Vegetables
BEFORE YOU COOK MOI MOI

- Soak the beans for 20 minutes and wash the beans to remove the skin. Then, soak again in water for five more minutes for the beans to achieve the best consistency for grinding.
- Wash the egg and boil for 5 minutes and then remove the hardcover and cut into half or desired pieces
- Wash the pepper and crayfish and set aside.
- Wash the Uma leaves and set them aside
- Place your green tea in a tea kettle and brew for 3-5 minutes.

COOKING DIRECTIONS

- Strain the beans and pour into a blender.
- Add the pepper and crayfish, and blend it together with some water.
- Combine until you achieve a very smooth consistency, without granules or any bean lumps. Now, pour the mixture into a bowl.
- Add Dilmah green tea into the mixture and stir well. Next add the vegetable oil and combine until all ingredients are mixed well together.
- Add salt to taste and stir again.
- Line the base of your cooking pot with Uma leaves.
- Dish the Moi Moi and put the eggs into the Uma leaves and carefully wrap the leaves.

- Place the Moi Moi in the pot, pour some water to cover it and allow to steam/cook for 45 minutes.
- As the Moi Moi starts to cook, add a little water from time to time, so that it does not burn and stick to the pan.
- Moi Moi can be served with vegetables, so wash and slice carrot, cabbage, cucumber, and lettuce, toss them together.
- Serve with Moi M.

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