



Ghana Dinner A to Z

Many of the ingredients in Ghanaian food will be familiar, but their names and preparation may be new to American palates. Below is an alphabetized list of the dishes that will be presented at the annual International Education Week dinner for 2025, a culinary celebration of Ghana.

Abenkwan

A very traditional soup made from the fruit of the oil palm plant. It is flavored with palm oil, tomato, onion, garlic, ginger, peppers, okra, and shrimp.

Akontonshii

Typically, a stuffed crab dish with the flavors of Jollof Rice, our version is a crab cake with the same flavors.

Angwa Moo

A dish, also known as braised rice or oil rice, is made by frying rice with ingredients like onions and palm oil, then cooking it in water. The frying process gives the rice a golden color and rich flavor.

Banana Fritter

A batter that is made with mashed banana that is spooned into hot oil and fried until golden brown.

Bofrot (Puff Puff)

A yeasted dough that can be fried and eaten for any meal period. The savory versions include cayenne, and the breakfast/dessert versions have nutmeg and are rolled in sugar.

Cassava Fries

Steamed and then fried Cassava, typically served with Shito sauce.

Chicken Chichinga

Grilled skewers of chicken seasoned heavily with a spice mix called Suya (onion powder, garlic powder, paprika, cayenne, ginger powder, salt, black pepper, and egusi seeds)

Egusi seeds

Egusi is a melon specifically grown for the seeds. They are typically dried, ground, and added to dishes for flavor, texture, and nutritional benefits.

Garden Egg Stew

Braised eggplant flavored with onion, peppers, tomato, and garlic.

Ghanaian Pizza

A thin crust with Suya spice tomato sauce, palm oil-roasted garlic, okra, lamb sausage, feta, and pickled onion.

Jollof Rice

A very traditional rice eaten all over Africa and parts of the Middle East. Ghanaian jollof rice primarily consists of rice (such as jasmine or basmati), a blended base of tomatoes, onions, and peppers, along with spices, oil, and stock. Other common ingredients are garlic, ginger, tomato paste, and Scotch bonnet peppers for heat.

Kelewele

Plantains sauteed in palm oil with onion and ginger.

Kontomire

Braised spinach flavored with palm oil, onion, peppers, tomato, ginger and garlic.

Kpakoshito

A fresher version of the Shito sauce using fresh peppers, onion, ginger, and garlic.

Mafe

A roasted and simmered chicken dish flavored with onion, garlic, peppers, tomato, garlic and typically finished with peanut butter. Our version uses sunflower butter.

Peri Peri

A sauce made from African bird's eye chilies, blended with ingredients like garlic, lemon juice, vinegar, onion, and oil.

Red Red

Braised black eyed peas flavored with palm oil, onion, peppers, tomato, ginger and garlic.

Shoko

A braised and shredded beef dish flavored with onion, peppers, tomato, and garlic.

Shito Sauce

A spicy and pungent sauce made with dried pepper, dried shrimp and fish, tomato, garlic, onion, and palm oil.

Waakye

A popular Ghanaian dish made from cooked rice and beans, typically black-eyed peas, that are boiled together with red sorghum leaf sheaths or hibiscus for a reddish-brown color and earthy flavor.