

Rhabe®



A close-up photograph of various African spices and ingredients. On the left, there are two piles of groundnuts (peanuts), one light brown and one dark brown. In the center, there is a pile of red lentils. On the right, there are several pieces of ginger root, some whole and some cut into smaller pieces. The background is a plain, light-colored surface.

AFRICAN FOODS.
AFRICAN SPICES.

BEANS FLOUR

Beans flour is made from sweet Oloyin beans produced in the plain of Maiduguri in Sahel region of Nigeria. Beans is a high protein diet and rich in fibre. Bean flour can be blended with wheat flour for baking application. It also serves as a thickener for soups, sauces and gravies.

Nigeria has two special famous delicacies akara and moi moi made from bean flour, visit our youtube to see the videos and recipes



CRAYFISH

Crayfish is an indispensable part of Nigerians everyday meals. The Nigerian Niger, Benue basin has rich specie of crayfish naturally salted from the atlantic ocean. Rhabe transverse the riverine community of Oron in the Nigerdelta, Igbokoda in the Ijaw region to select and dry the best yield through our indigenous process of drying using some ethnic process which gives the fish a smoky taste. Crayfish is a substitute for bullion where organic food is required. It is glutamate free with rich protein content creating a flavouring that is only unique to this specie from Oron or Igbokoda.



RHO OGBONO

Also known as wild African mango nuts traditionally called ogbono in Nigeria, a delicious juicy fruit with a dry nut. The brown nuts is a substitute for egg for binding application in food especially where gluten free binders are required because of its gummy nature. We also use it for a special African delicacy ogbono soup, rich in antioxidants and weight loss agent because of its ability to suppress appetite. It is one of the first soups a typical Nigerian mother from the Benin Empire will serve a guest. Ogbono soup is most times cooked with vegetables in Nigeria but serves as a binder in meals everywhere in the world. It is rich in fibre, antioxidants, iron, zinc, vitamins b and c. Ogbono is produced in large quantities in Nigeria and Cameroun,



GROUND EGUSI (GROUND MELON SEED)

Rhabe produces both melon seeds and ground melon seeds suitable for application in cereal Muesli or for ethnic or fancy foods. Our ground and packaged under the brand Quik egusi helps to make preparing egusi soups a very convenient meal. Egusi soup is enjoyed by all regions and tribes in Nigeria but prepared in many different ways follow our youtube channel to see recipes. Rich in protein and a good source of healthy unsaturated fat good for good skin nourishment.

TIGER NUTS

Tigernut is considered superfood because of its numerous nutritional value and variety of application. It contains high protein, fiber and lactose free. It is used as a substitute for dairy milk, blending for baking where allergen prone peanut, pecan cannot be used. It is also used for blending sweet potato for marsh and other types of pudding. Rhaba Tigernut produced in the Zaria, Katsina plain has higher fibre content and low carbohydrate content suitable for use in diabetic recipes.



FONIO (ACHA)

Grown up in the upland plateau of central Nigeria, Fonio is an ingredient for cereal considered as health grain. Fonio is gluten free and a superfood because of its nutritional properties. The fonio also called Acha from the Jos region has high protein content and quality of vitamins, minerals, fibres, and sulphur containing amino. it is used to prepare porridge, alcoholic and non-alcoholic beverages.



Poundo Yam

Many women exclaim "where have you been?" every first time they make use of this wholesome Yam flour.

A good alternative for Pounded Yam which is made from fresh yam that is cooked and pounded into an elastic paste using mortar and pestle

Rhabe Poundo Yam is here to make enjoying this Nigerian delicacy as easy as possible. When made, it is better served with thick soup.



Turmeric

Has a warm bitter taste and is frequently used to flavour or colour curry powders mustards Butter and cheese. Commonly used in Asian foods and has numerous health benefits that keep you fit from head to toe.

Belongs in the Ginger family and grown with pride in Nigeria and South Asia.

Nigeria is one of the top producers of Turmeric in the world. There is surplus harvest of these wonder rhizomes in states like Gombe, Bauchi, Benue and Nasarawa.



Ginger

This phenomenal African root has an aromatic and penetrating smell. The tasty spicy pungent hot an biting. It has a long history in African traditional medicine.

Ginger is rich in minerals and contains vitamins B3 and B5
In Nigeria it is grown n Northern states including Kaduna Gombe Bauchi Benue and Nassarawa



Cayenne vs Chilli Pepper

Powdered Cayenne Pepper and Chilli powder may look similar but they taste way apart Cayenne pepper has got that bigger mouth burning punch


Though Pepper generally originates from Central America yet China is the largest producer today with ten million tonnes

In Nigeria pepper is grown in South West but massively conveyed from Northern Nigeria





A close-up photograph of various African spices and ingredients. On the left, there are piles of groundnuts (peanuts) in their shells, some light brown and some darker. In the center, there are piles of red lentils and a mound of finely ground brown powder. On the right, there are several pieces of turmeric root and ginger root, showing their characteristic knobby and fibrous textures. The text "AFRICAN FOODS. AFRICAN SPICES." is overlaid in white, bold, sans-serif font across the center of the image.

AFRICAN FOODS.
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