

Authentic Nigerian Moi Moi Recipe: Steamed Bean Pudding You'll Crave

Moi Moi: The Classic Nigerian Steamed Bean Pudding Everyone Loves



TIME
45 min

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INGREDIENTS

3 cigar cups (750g) beans - brown beans or black-eyed peas
5 tablespoons ground crayfish
4 big stock cubes
1 habanero pepper
2 teaspoons ground nutmeg
3 tatashe peppers or 800g tomato puree
2 big onions
20cl vegetable oil
2 liters of cool or warm water
Salt, to taste
Optional Add-Ins:
Hard boiled eggs
Bone marrow (pre-cooked with spices)
Corned beef

DIRECTIONS

- 1. Blend the Base:** In a high-powered blender, combine peeled beans, tatashe (or tomato puree), onions, crayfish, habanero, and nutmeg. Add some water and blend until smooth and creamy.
- 2. Mix with Oil and Seasonings:** Transfer the blended mix into a large bowl. Stir in the vegetable oil and (if using) the flavorful stock from pre-cooked bone marrow.
- 3. Add remaining water slowly** until the mixture is well-combined but not too watery. Stir vigorously to aerate and activate the texture.
- 4. Season:** Add salt, crushed stock cubes, and adjust pepper or nutmeg to taste. Stir thoroughly to distribute flavors.
- 5. Prepare to Steam:** Line the base of a large pot with banana leaves or a metal steaming rack. Add about 1 inch of water to the pot and bring it to a gentle simmer.
- 6. Fill Containers:** Scoop the Moi Moi mix into containers-ramekins, foil bowls, uma leaves, or heat-safe plastic. Add desired fillings (egg, marrow, corned beef) to each one and seal.
- 7. Steam to Perfection:** Place filled containers in the pot, cover tightly with a lid, and steam. Cook for:
- 8. Small wraps - 45 minutes** on high heat
- 9. Large batch - 1 hour** or more
- 10. Check for doneness** by inserting a knife. If it comes out nearly clean with no wet paste, it's done.

SWAPS & NOTES

and Swaps Beans : Soak and peel ahead of time or use pre-peeled beans to save time.

Crayfish : Adds depth and umami-skip it only if allergic.

Nutmeg : A little goes a long way for that warm, earthy flavor.

Vegetable oil : Palm oil can be used for a more traditional flair.

More recipes: [ChefManiac.com](https://chefmaniac.com)

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