



“In Nigeria, food is the focal point of every celebration, as much for nourishment as for joy. These recipes, informational videos and more highlight the cultural foodways at the heart of Nigerian community—and also integrate the knowledge and technique from my personal journey as a chef through Southeast Asia, East Asia, Europe and West Africa. My cuisine is not competing with tradition; it’s an evolution of tradition.”

From January 13 to February 6, Chef Shola Olunloyo executed his residency at Stone Barns as our first resident in a series of four. He explored Yoruba Southwest Nigerian cuisine, while highlighting differences and similarities among global cuisines.

After cooking through some of the toughest kitchens in the industry, Philadelphia-based chef Shola Olunloyo has spent the two decades with his experimental project, Studiokitchen, a kitchen lab where he plays with food and equipment to enhance his understanding of culinary arts and develop projects for restaurants and foodservice manufacturers. At Stone Barns, he explored farm ingredients from goat to Otto File corn, bringing a flavor-forward approach with extensive fermentation.

The residency was supported by Chef Bill Yosses, former White House Executive Pastry Chef during the Bush and Obama administrations, who collaborated with Shola for the residency’s West African influenced pastry program. Bill has also dived headfirst into a series of initiatives benefiting children’s health—from partnering with Michelle Obama for the Let’s Move Initiative to serving as culinary director for One World One Kitchen, a West African-focused nonprofit connecting local farmers and produce to pediatric cancer patients.

With health, deliciousness, and seasonality in mind, the residency’s dessert menu is a reprise of this pursuit of health. His menu practiced a no-refined sugar ethos—relying on the natural sweetness and texture of fermented grains, honey, maple syrup and fruit.

OTTO FILE CORN GRITS

Grains like corn, millet, sorghum and fonio are important economic and dietary staples in Nigeria. *“For the menu I make grits using Eight Row Flint corn – an indigenous New England variety – as a culinary bridge between West Africa and the Hudson Valley.”* –Chef Shola

The grits are best milled coarse; the texture of coarse grits highlights the flavor of the corn while providing textural contrast.

INGREDIENTS

- 2 cups coarse ground corn grits, such as Otto File
- 5 cups filtered or spring water
- Fine sea salt
- 4 to 6 tablespoons unsalted cultured or pastured butter

METHOD

1. Place the grits in a medium heavy-bottomed pan and pour in 5 cups of cold water. Stir gently until dispersed. Cover and let the grits soak at room temperature for 12 to 24 hours.
2. Set the saucepan over medium heat and bring the mixture to a simmer, stirring constantly with a wooden spoon until the first starch takes hold, 5 to 8 minutes. Reduce the heat to the lowest possible setting and cover the pan.
3. Meanwhile, heat 4 cups of water in a small saucepan and keep hot, simmering. Every 10 minutes or so, uncover the grits and stir them; each time you find them thick enough to hold the spoon upright, stir in a small amount of the hot water, adding about 3-4 cups of water in total in 4 or 5 additions. Add 2 teaspoons of salt halfway during the cooking time to pre-season the grits.
4. Cook the grits until they are creamy and tender throughout, but not mushy, retaining some of their texture (approximately 50 minutes if the grits were soaked or 90 minutes if they were unsoaked).
5. To finish, stir in the butter gently until fully combined. Add salt to taste.
6. One could at this time add a scant amount of hot milk, grated clothbound cheddar or parmesan cheese. The dairy and cheese finish is enhanced by a hint of nutmeg or mace.

FOR SOURED GRITS

Soak the grits at room temperature up to 5 days covered or until they start to ferment—this will look like small bubbles atop the surface if the water—then proceed with the recipe. Soured grits are complex, delicious and show off the flavor of Otto File especially when finished with cheese.



CARROT SALAD

"Carrots are everywhere in Nigerian cuisine, but mostly as garnish for jollof rice or stews. They were never the main attraction, so I wanted to put Stone Barns carrots at the center of the plate here." -Chef Shola

FOR THE PICKLED CARROTS

INGREDIENTS

- 1½ cups diced carrots
- 5 tablespoons grapeseed oil
- 2 inches peeled ginger, julienned
- ¾ teaspoon yellow mustard seeds
- 1 dried red chili
- 10 curry leaves
- 2 teaspoons red chili powder
- ¼ teaspoon turmeric powder
- 1 teaspoon mustard powder
- ¼ teaspoon fenugreek
- 1 tablespoon salt
- 1 teaspoon distilled vinegar
- Juice of 2 lemons

METHOD

1. In a small saucepan over medium heat, warm 2 tablespoons of oil and gently sauté the carrots and ginger for about 3 minutes, softening them without browning. Remove the carrots and ginger from the oil and set aside.
2. Place the pan back on the stove over low heat this time. Add 3 more tablespoons of oil to the pan. Add the chili, turmeric, mustards, fenugreek and salt.
3. Stir it gently with a wooden spoon for 30 seconds; turn off the heat.
4. Add the carrot, ginger, vinegar and lemon juice to the pan and allow it to cool. Once cooled transfer to a glass jar; using a rubber spatula make sure you get all the oil into the jar from the pan. Refrigerate for at least 7-10 days to infuse the carrots before using.

FOR THE PICKLED CARROT VINAIGRETTE

INGREDIENTS

- 1 cup pickled carrots, chopped fine
- ½ cup strained fermented honey
- 4 tablespoons olive oil

METHOD

In a small bowl, add the chopped carrots, honey and oil; whisk to partially emulsify.



FOR THE FERMENTED HONEY

To ferment honey, we must add water to the honey to remove from its naturally stable form. Fermented honey has a slight acidity and more complex flavor. Capped honey will not ferment in its natural state of 17-18% moisture content; it will ferment however, if it is above 60° F with greater than 20% moisture content.

INGREDIENTS

- 2 cups honey
- 1 cup African purple basil buds
- Bottled water

METHOD

1. Weigh the honey in a large stainless steel bowl. Calculate 40% of the weight of the honey to measure how much water to add to the honey. Add water to the honey and whisk to combine. Transfer to a jar that has a lid or fermentation airlock. Add the basil buds.
2. Leave at room temperature until it starts to ferment. If you don't have an airlock device make sure to release the CO2 (a natural byproduct of fermentation) from the jar daily by unscrewing the lid for just a moment and then recapping it. Monitor the honey; it's done when it is bubbling.
3. Taste the honey; if you are satisfied with the concentration of flavor, strain it and transfer to the refrigerator to slow down the fermentation. If the honey is bubbly at room temperature but you'd like a stronger flavor, refrigerate the jar and taste every couple days until the desired flavor is reached. Then strain and refrigerate.

FOR THE CARROT PUREE

INGREDIENTS

- 2 cups carrots, peeled and sliced thinly
- 4 tablespoons butter
- 2 tablespoons diced shallots
- 1 tablespoon diced ginger
- 1 cup carrot juice
- 4 tablespoons heavy cream
- ¼ teaspoon mace or nutmeg
- Salt and white pepper to taste

METHOD

1. In a medium pot over medium heat, gently sweat the carrots in butter until they are glazed and caramelized; 10 to 15 minutes.
2. Add the shallots and ginger cooking until fragrant and soft; 5 minutes.
3. Add the carrot juice and cream, bring to a boil, reduce heat to a simmer cook until most of the liquid has been absorbed.
4. Transfer to a food processor and puree to a smooth paste. Taste and season with salt and white pepper.
5. Cool and transfer to a sealed container.



FOR THE ROASTED CARROTS

INGREDIENTS

- Baby carrots, remove leaves and trim stem to one inch
- Olive oil

METHOD

1. Preheat the oven to 400°F. Toss carrots with olive oil, season with salt and place on a baking sheet. Roast until cooked but not falling apart (about 15 minutes).
2. Remove and cool to room temp.

FOR THE COCONUT INFUSION

INGREDIENTS

- 1 cup coconut milk
- 1 stalk lemongrass, lower half sliced thin
- 1 inch peeled ginger, sliced thin
- 1 tablespoon palm or coconut sugar
- 1 teaspoon salt

METHOD

1. In a small pot over low heat, bring all ingredients to a simmer together. Cook on low heat for 10 minutes.
2. Remove from heat, cool and strain.
3. Discard the solids and reserve the coconut milk.

FOR THE "CRUMBLE"

INGREDIENTS

- 1 cup crushed fried green plantains, or substitute with store-bought plantain chips
- 1 cup toasted coconut flakes
- 1 teaspoon salt
- 2 tablespoons benne seeds, toasted
- 2 tablespoons crushed nori flakes

METHOD

Combine all the ingredients and store in a sealed airtight container.

TO PLATE

Spoon carrot puree on the bottom of a large platter. In a medium bowl, gently coat the carrots with pickled carrot vinaigrette. Place carrots and any excess vinaigrette from the bowl atop the carrot puree. Drizzle a small amount of the coconut infusion over the carrots. Finish with the crumble and any herbs of your choice.



EGUSI SOUP

Egusi, which means “pumpkin seed,” is an iconic stew in Nigeria with just about as many variations as there are languages in the country. Traditionally it starts with an aromatic sofrito-type base and is finished with meat, leafy greens and a paste of ground pumpkin seeds. *“This is the most soulful stew in Nigeria. It’s a daily dish, not ceremonial, and always satiating. As a child, my mother and aunts would cook this in our home all the time—it is my fondest childhood food memory. Of all the dishes I’ve made for this residency, this is the one I’m most passionate about.”* –Chef Shola

This recipe makes a substantial amount but egusi freezes well in a covered container and it is best to make extra for rainy days. The recipe can be cut in half to feed 4 to 6 people with rice.

INGREDIENTS

- 4 red peppers, cored, seeded and chopped
- 2 red onions, peeled and chopped
- 1 white onion, peeled and sliced
- 2 quarts chicken stock
- 6 tablespoons vegetable oil
- 4 cups canned tomato puree, such as passata di pomodoro
- ¼ cup tomato paste
- 6 cups hulled pumpkin seeds
- 4 eggs
- 1 teaspoon nutmeg, ground fine
- 1 cup water
- 1 tablespoon salt
- 3 cups poached or roasted chicken, pulled or cut into bite size pieces
- 2 bu kale, such as lacinato, red russian or darkibor-stemmed and torn into small pieces
- ½ pound spinach, separated from tough stems

METHOD

1. Puree the chopped peppers and onions in a blender until smooth. Set aside. Place the pumpkin seeds in a food processor; grind fine. Set aside.
2. In a large pot, over medium heat gently warm the vegetable oil until shimmering. Add the onion-pepper puree, tomatoes and tomato paste to the pot. Stir fry until fragrant, about 2 minutes. Next, add in the chicken stock, a bit of salt and cook over medium heat for about 15 minutes.
3. In a large bowl mix together the ground pumpkin seeds, eggs, nutmeg, water and salt. Drop the mixture in 1-2 tablespoon dollops into the simmering stew and let them cook gently until firm, stirring periodically to cook on all sides. Slowly fold in the chopped kale and spinach to tighten the stew. Add the cooked meat to the pot and warm through. Gently break up the pumpkin seed balls incorporating it into the broth. Check seasoning and adjust to taste with salt and pepper.
4. Eat immediately or cool and store covered. Egusi is traditionally eaten with rice.



GOAT PEPPER SOUP

Goat is one of the most widely consumed meat in the world, though largely under-appreciated as a protein in the American diet. *“Not only are they delicious in braises, stews and roasts – they’re also stewards of the land, clearing away brambles and thickets for new growth.”* –Chef Shola

INGREDIENTS

- 2 pounds boneless goat meat
- 1 cup olive oil
- Salt
- Pepper
- 4 cups onions, julienned
- 1 tablespoon ginger, peeled and diced finely
- 4 garlic cloves, finely chopped
- 2 tablespoons tomato paste
- 1 tablespoon dry thyme
- 2 tablespoons mild or hot curry powder
- 4 tablespoons Nigerian pepper soup seasoning
- 1.5-2 quarts chicken or beef broth

METHOD

1. Preheat an oven to 400°F, or 375°F with convection.
2. Season the goat meat with minimal salt and pepper and 2 tablespoons of oil; coat well.
3. Transfer to a deep pan or baking dish, add 1 cup of chicken broth and roast in the oven till lightly brown.
4. Meanwhile place a pot (large enough to completely submerge all the meat in broth) on moderate heat. Add 6 tablespoons of oil and the onions to the pot.
5. Cook gently for about 10 – 15 minutes till onions are slightly browned.
6. Add the ginger, garlic, thyme, tomato paste, curry powder and pepper soup spice. Stir-fry for about 30 seconds.
7. Add the roasted goat meat along with all the juices in the roasting pan.
8. Cover by 2 inches with chicken or beef broth. Season to taste with salt.
9. Bring to a boil then turn down to a simmer; partially cover with a lid or foil. Cook for about 2 hours gently until the goat is tender. Extract the goat meat, reduce the liquid slightly to thicken the soup, then add the meat back in.
10. Eat with rice, grits or boiled potatoes.

SUGGESTED SPICES

[Grace Foods Jamaican Curry Powder](#)

[Blue Mountain Jamaican Curry Powder](#)

[Nigerian Pepper Soup Seasoning](#)

