

# The Banda People

**Dietary choices, food patterns,  
combinations and prohibitions**

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# BANDA AHENKRO

- ▶ **Banda** is a town located in the **west-northern of Bono region**, Ghana, near the border of Ivory Coast. Its geography provided a home for numerous groups seeking shelter from across West Africa during the slave trade era (Russell, 1931).
- ▶ The original name of the settlement was **Serminakuu** meaning groups of 'grasses'. This name was changed to **Banda**, which is a corruption of '**Woanda**' meaning 'they did not sleep' ( Stahl, 1994).
- ▶ The district has a population of 45,000 with Banda Ahenkro having a population of 2,795 as at 2010 with males being 21,000 and females being 24,000.

# STAPLE FOODS

- ▶ The District is entirely rural and most of its households (85%) engage in agricultural activities while 21.4 percent are non-agricultural households.
- ▶ The major food crops grown are **yam, maize, plantain, cocoyam** and **cassava**. Major vegetables grown are **tomatoes, garden eggs, okro** and **pepper**.
- ▶ **Cash crops** grown are **cashew** and **shea nut**.
- ▶ Banda District is rich with rivers and dams which can be used to carry out fishing activities to feed fishing industry. Fishing and its associated activities are also booming due to the large reservoir the Bui Dam has created.



# STAPLE FOODS



*Shea nut*



*Cashew*



*plantain*



*maize*



*Cassava, plantains and yams*



*Sorghum*



*yams*

# FOOD AND COMBINATION

## ▶ **Breakfast**

- ▶ Sorghum porridge with koose
- ▶ Corn porridge with "hwentia" bread



Sorghum porridge



Tizet and "ayoyo"

## ▶ **Lunch**

- ▶ Ampesi (boiled cocoyam/yam/ cassava) served with kontomire stew
- ▶ Tizet and "ayoyo"
- ▶ Etor



Fufu with light soup



Etor

## ▶ **Supper**

- ▶ Fufu with light soup
- ▶ Banku with "abunuabunu"



# UNUSUAL FOODS CONSUMED AND FOOD PROHIBITIONS

## ▶ UNUSUAL FOODS

- ▶ Alligator
- ▶ Termites



Termites



Alligator meat

## ▶ FOOD PROHIBITIONS

- ▶ **Baboons** in the vicinity are not eaten by anyone because they believe to be protective guards of their deity, Tano Akora. Tano is a sacred river at Banda
- ▶ Culturally, it is believed that the **freshwater fishes** and the **crocodiles** in the Tano Sacred River are the children of the Tano Akora deity. When a crocodile from the Tano Sacred River appears on the land out of the river, it is an indication of a **bad omen**



Alligator Khebab

# CULTURAL AND RELIGIOUS USES OF FOOD

## ▶ **BANDA YAM FESTIVAL,FORDJOUR**

- ▶ One of the ways in which the people of **Banda** used to express their rich culture is the **Fordjour festival**; celebrated to remember the great ancestors of Banda and also to honor the great farmers of the land. Yam tubers are distributed to friends, in-laws, family, needy and their loved ones.

## ▶ **Bebina sro**

- ▶ An interesting practice during Fordjour festival is called **Bebina**. A night before to the occasion young guys present tubers of yam to their suggested girlfriends. If the yams are accepted, then, it means that she also likes you and will accept your proposal is you do so. The accepted yams will be used by the girl to prepare a very delicious food called **Bebina-sro** (Bebina-food) and bring it to the boy later and vice versa.
- ▶ These lucky young girls go out to prepare the Bebina food. Because of this the young girls prepare themselves before the Fordjour festival. They mound clay-tripots under mango trees and with other necessities such as money, firewood, Agushi or groundnut for soup.

# SNACK RECIPE AND MEAL RECIPE

- ▶ There are many varieties of delicious and tasty snacks eaten between meals in Banda. These include: "**Nkatecake**" (made from fresh roasted groundnuts or peanuts and melted sugar), "**Adaakwa**" or "**zowey**" (made of groundnut powder and maize), roasted corn with dry coconut, and "**Bankye kakro/Agbeli kaklo**".
- ▶ Beverages
  - ▶ **Akpeteshie** "ku me preko": Alcoholic spirit made from distilled palm wine or sugar cane. Usually consumed by fishermen, farmers or in small doses at rural ceremonies
  - ▶ **Pito**: Beer made from fermented sorghum, typically served in a calabash and can be drunk cold or warm.
  - ▶ Pito serves is also consumed as energy drink for the youth. It is important in fulfilling social obligations such as marriages, naming and burial ceremonies, parties and other social gathering.



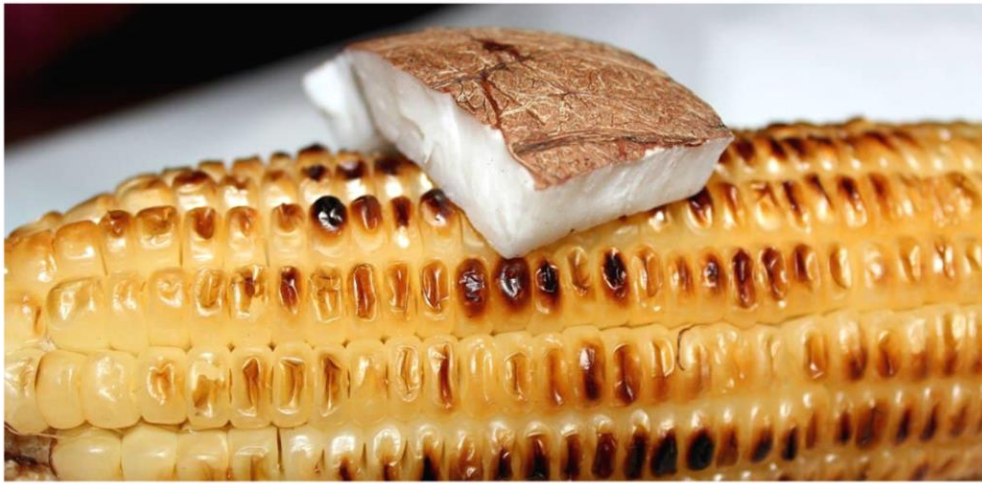
**Pito**: Beer made from fermented sorghum



**Akpeteshie** "ku me preko": Alcoholic spirit made from distilled palm wine



# SNACKS RECIPE AND SNACK RECIPE



*Roasted corn with dry coconut*



*Adaakwa" or "zowey*



*Nkatecake*

- "Nkatecake" (made from fresh roasted groundnuts or peanuts and melted sugar),
- "Adaakwa" or "zowey" (made of groundnut powder and maize),
- Roasted corn with dry coconut, and "Bankye kakro/Agbeli kaklo".
- For drinks, maize is used for the production of local beer (pito)

# BANKYE KAKRO/AGBELI KAKLO

- ▶ “Bankye kakro/Agbeli kaklo” is snack made from cassava and eaten by the locals, the snack originated from the southern part of the Volta Region. It is very crunchy and mostly eaten with hard coconut. The ingredient for preparing the snacks are **fresh cassava tubers**, peeled and washed, salt, blended onions and vegetable oil for frying. The cassava is grated, then the starch and moisture squeezed out. After this, it is sifted, seasoned with salt and onions, made into small balls, and then fried (Edinam, 2020).



**Bankye kakro/Agbeli kaklo**

# “AMPESI” AS “BAYERE AMPESIE”

## PREPARATION

- ▶ “Ampesi” as “bayere ampesie” is sometimes called is prepared by boiling chopped yams (sometimes unpeeled) on medium high heat with salt added for taste; unripe plantains may be added to the yams.
- ▶ Its accompanying stew, kontomire stew is prepared with kontomire (cocoyam) leaves, egg, fresh tomato, turkey berries (optional), onions, smoked fish, palm oil, salt, pepper, and salted fish (Koobi); palm oil and kontomire are the main ingredients for making kontomire stew.



# BAYERE AMPESIE



# kontomire stew

- ▶ **Kontomire stew** is prepared by first, boiling washed kontomire and turkey berries under medium heat until they are soft. Onions, ginger, tomatoes, pepper and turkey berries together are blended and poured into a bowl.
- ▶ Then the boiled kontomire (cocoyam leaves) grinded in earthenware bowl until soft. Bones from the fish are removed, washed it, broken into pieces and set aside.
- ▶ The palm oil is poured into a saucepan on a medium heat, washed and cut salted fish pieces are placed in oil. The blended mixture is poured into the hot oil and stirred; it is allowed to for about 5 minutes.
- ▶ The grounded kontomire, broken salmon pieces, salt and seasoning are added to the boiling mixture. The mixture is allowed to simmer for about 10 minutes till the stew thickens.
- ▶ The stew is finally ready to be served with ampesi.

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# THANK YOU



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