

THE BOLD, CITRUSY PEPPER OF WEST AFRICA

GRAINS OF PARADISE PEPPER

Warm. Aromatic. Citrusy. Unique.

Grains of Paradise (*Aframomum melegueta*) is not a true pepper, but a spice from the ginger family. It has a warm heat, citrusy notes and a fragrant, slightly floral aroma with hints of cardamom and black pepper.



HEAT LEVEL

Mild to Medium
(3-5/10)



FLAVOR PROFILE

Warm, citrusy, slightly floral, with a peppery kick and hints of cardamom and ginger.



PERFECT FOR

Meats, stews, soups, rice, vegetables, marinades, spice blends and even desserts.



ORIGIN

West Africa
(Ghana, Nigeria, Cameroon and surrounding regions)



NOT A PEPPER.
A TREASURE
OF FLAVOR.

RECIPE HIGHLIGHT

WEST AFRICAN CHICKEN STEW

with Grains of Paradise

Serves 4 | Prep 15 min | Cook 45 min



TIP: Lightly toast and crush the grains for maximum aroma and flavor!



INGREDIENTS

- 1 kg chicken, cut into pieces
- 2 tbsp vegetable oil
- 1 large onion, chopped
- 3 garlic cloves, minced
- 1-inch ginger, grated
- 1 red bell pepper, chopped
- 2 tomatoes, chopped
- 1-2 tsp grains of paradise, lightly crushed
- 1 tsp ground grains of paradise (or more to taste)
- 1 tsp smoked paprika
- 1/2 tsp thyme
- 1 scotch bonnet or chili (optional)
- Salt to taste
- 2 cups chicken stock
- Fresh parsley or cilantro

METHOD

- 1 Toast the grains of paradise in a dry pan over medium heat for 1-2 minutes until fragrant. Let cool and crush with a mortar and pestle.
- 2 Heat oil in a large pot. Add onion and sauté until soft.
- 3 Add garlic and ginger. Cook for another 1 minute.
- 4 Add chicken pieces and brown on all sides.
- 5 Stir in crushed and ground grains of paradise, smoked paprika, thyme, chili and salt.
- 6 Add tomatoes and bell pepper. Cook for 5 minutes.
- 7 Pour in chicken stock. Bring to a simmer, cover and cook for 30-35 minutes until chicken is tender.
- 8 Adjust seasoning and garnish with fresh parsley. Serve with rice, plantains or fufu.

HOW IT LOOKS



Small, hard seeds with ridges. Brown to reddish brown in color with a slightly wrinkled surface.

HOW TO USE



Toast lightly to unlock aroma.



Crush or grind before using.



Use whole in soups and stews for a mild heat and fragrance.

HOW TO STORE



Store in an airtight container.



Keep in a cool, dark place away from moisture and heat.



Best flavor within 12-18 months.

SUBSTITUTES (IF NEEDED)

- Black pepper + cardamom (for warmth & citrus notes)
- Allspice + black pepper (for a similar depth)
- Malagueta pepper (for a closer match)



PERFECT IN



• Jollof Rice



• Pepper Soup



• Goat or Beef Stew



• Marinades & Rubs



• Lentil & Bean Dishes



• Roasted Vegetables



• Chocolate & Desserts

SPICE PAIRINGS



Ginger



Cardamom



Coriander



Cinnamon



Cloves



Nutmeg

DID YOU KNOW?

Grains of Paradise were once as valuable as black pepper in medieval Europe and were used as currency and in traditional medicine for centuries.

BUYING TIPS

- ✓ Choose whole, dry grains that are firm and aromatic.
- ✓ Avoid broken, moldy or overly dusty grains.
- ✓ Look for high-quality West African origin for the best flavor.



SMALL GRAIN. BIG FLAVOR. ENDLESS POSSIBILITIES.