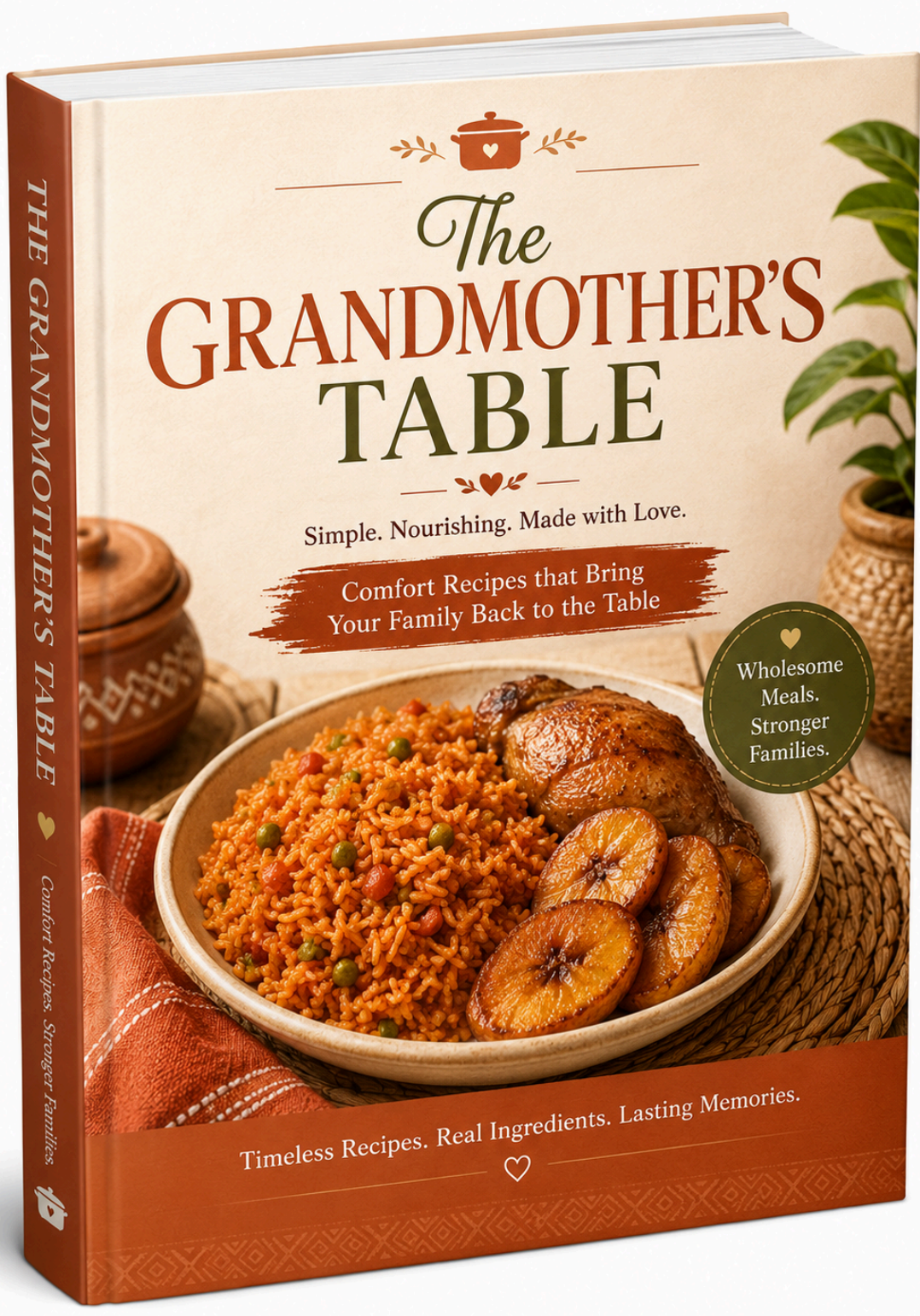




The GRANDMOTHER'S TABLE



Simple. Nourishing. Made with Love.

Comfort Recipes that Bring
Your Family Back to the Table

Wholesome
Meals.
Stronger
Families.



Timeless Recipes. Real Ingredients. Lasting Memories.



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Comfort Recipes. Stronger Families.



The Grandmother's Table

13 Simple Meals to Cook and Eat Together for Local Favourites and Diaspora-Friendly Options

A companion to The Quiet Repair, by Omo Pearl

Why This Bonus Exists

Chapter 3 of *The Quiet Repair* talks about something our grandmothers had almost by accident - the shared meal. Not a "date night." Not a performance. Just food, made simply, eaten slowly, together.

This bonus turns that idea into something you can actually do tonight. Seven meals. No fancy ingredients. No new skills required. Just a reason to sit down, put the phones away, and be present with each other for twenty or thirty minutes, the way it used to happen without anyone needing to name it.

You don't have to follow these in order. Pick whichever fits your week, your mood, or what's already in your kitchen.

How to Use This With Your 14 Days

Each meal below includes a **"Table Talk" prompt**, a gentle question to bring to the table, echoing the "one real question" ritual from Day 6 of the tracker. You don't have to use it. Sometimes silence, shared warmly, is enough. But if the conversation feels stuck, these are there to help it along.

1. Jollof Rice and Fried Plantain

Why this one: The classic, for a reason. Familiar food lowers the guard, nobody feels like they're being "worked on" over a plate of jollof. Good for your very first phone-free meal, when things might still feel a little awkward.

Time: About 45 minutes **What you'll need:** Rice, tomatoes, pepper, onions, your usual jollof seasoning, ripe plantain, oil for frying

How to make the meal, not just the food: Cook it the way you normally would - nothing needs to change there. What changes is what happens after the pot comes off the fire: both phones go into another room, not just face-down on the table. Serve, sit, and let the first few minutes be just eating, no talking required. Let conversation come when it comes.

Table Talk: *"What's one meal from when we were dating that you still think about?"*

2. Yam and Egg Sauce

Why this one: Quick, low-effort, forgiving. Good for a weeknight when you're both tired and the idea of "connecting" feels like one more task. This meal proves it doesn't have to be elaborate to count.

Time: About 25 minutes **What you'll need:** Yam, eggs, tomatoes, onions, pepper, a little oil

How to make the meal, not just the food: This is a good one to cook side by side, even briefly - one person peeling yam, the other cracking eggs. Small shared tasks count as bids for connection too, even before you sit down to eat.

Table Talk: *"What's something small I did this week that you appreciated, even if you didn't say it?"*

3. Beans and Sweet Potatoes (or Dodo)

Why this one: Gentle, unhurried, best for a weekend morning or a slow Sunday afternoon when there's no rush to be anywhere.

Time: About 40 minutes (mostly hands-off cooking time) **What you'll need:** Beans, sweet potatoes or ripe plantain, palm oil, pepper, onions

How to make the meal, not just the food: Because this one has a longer, hands-off cook time, use the waiting as the ritual — sit together while it simmers, even if you're not yet eating. Presence doesn't require food on the table to count.

Table Talk: *"If we had a free Saturday with no responsibilities, what would you actually want to do together?"*

4. Efo Riro with Semo or Eba

Why this one: A little more effort, a little more reward - good for a night you want the meal itself to feel like an event, without needing to leave the house.

Time: About 50 minutes **What you'll need:** Spinach or ugwu, palm oil, pepper, onions, your usual proteins, semo or garri

How to make the meal, not just the food: This is a good one to cook together properly - him cutting pepper or stirring while you handle the leafy greens. Cooking together turns the kitchen into the same kind of ordinary, side-by-side proximity Chapter 3 talks about - no agenda, just two people near each other, doing something with their hands.

Table Talk: *"Is there anything you've been carrying quietly this week that you haven't had a chance to say out loud?"*

5. Suya Night, at Home

Why this one: A little bit of "date night" energy, without the pressure, cost, or effort of actually going out. Good for a Friday when you both want something that feels special but you're too tired to dress up and leave the house.

Time: 10 minutes (you're buying, not making) **What you'll need:** Suya from your usual spot, a mat or the table, drinks of your choice

How to make the meal, not just the food: Skip the TV entirely for this one. Eat on a mat on the floor if you can, or move the table somewhere different from usual - a small change in setting signals "this is a little different tonight" without needing to announce it.

Table Talk: *"What's something about me you fell for early on that you don't tell me you still notice?"*

6. Pepper Soup and Conversation

Why this one: Built for talking. Pepper soup is meant to be eaten slowly - sipped, not rushed - which naturally slows the whole evening down. Good for the night you're planning to bring up something a little deeper.

Time: About 35 minutes **What you'll need:** Your protein of choice, pepper soup spice mix, scent leaves, pepper

How to make the meal, not just the food: This is the meal to pair with Chapter 6's conversation, if you're ready for it. Not forced - just let the slower pace of the soup create room for a real question to land naturally, rather than announcing "we need to talk."

Table Talk: *"Is there something about how we've been lately that you'd like us to be more intentional about?"*

7. Rice and Stew, the Sunday Way

Why this one: The meal many of us grew up eating after church - the one meal of the week the whole family sat down for, together, no rushing. Good for bringing that same feeling back, even if it's just the two of you now.

Time: About 40 minutes **What you'll need:** Rice, your usual stew base, your preferred proteins

How to make the meal, not just the food: Treat this one as a small weekly ritual, not a one-off. If it fits your rhythm, make "Sunday rice and stew, together, phones away" a standing appointment - the kind of repeated, unremarkable habit that, over months, quietly rebuilds what the quiet took away.

Table Talk: *"What's one thing about our marriage right now that you're actually grateful for?"*

A Gentle Reminder

None of these meals are the point. The point is always the same: sitting down, phones away, and being present with each other for twenty or thirty minutes. Simple food, shared slowly, does more for a marriage than people give it credit for - not because of what's on the plate, but because of what happens around it.

Use this alongside your 14-Day Tracker. On the days you do a phone-free meal, jot down which recipe you made and what came up at the table - small details like that are often the ones you'll want to look back on.

8. Egusi Soup with Pounded Yam or Fufu

Why this one: A proper "sit down and stay a while" meal - rich, filling, and slow to eat, which naturally keeps two people at the table longer than a quick dish would.

Time: About 1 hour **What you'll need:** Ground egusi, palm oil, pepper, onions, your usual proteins, leafy greens, pounded yam or fufu

How to make the meal, not just the food: This is a good one for a weekend when you're not rushing anywhere after. Let the meal run long - no clock-watching, no "let me just check something" halfway through.

Table Talk: *"What's a memory of Sunday food from when you were growing up that you want our home to have too?"*

9. Moin Moin and Custard, Breakfast-for-Dinner Style

Why this one: Unexpected and a little playful - breakfast food eaten at dinner has a way of making an ordinary Tuesday feel slightly different, without any real effort.

Time: About 40 minutes (less if made ahead) What you'll need: Beans (or moin moin mix), pepper, onions, egg (optional), custard powder, milk

How to make the meal, not just the food: Serve it somewhere other than your usual dinner spot - the sitting room floor, the veranda, wherever changes the routine just enough to signal "tonight is a little different."

Table Talk: *"What's something small that would make an ordinary weekday feel special to you?"*

10. Ofada Rice and Ayamase (Designer Stew)

Why this one: A dish with a bit of ceremony to it - the kind of meal that feels worth slowing down for, good for marking a small win or simply breaking the pattern of "just eating to eat."

Time: About 1 hour What you'll need: Ofada rice, green pepper, onions, locust beans (iru), your usual proteins

How to make the meal, not just the food: If one of you had a hard week, let this be the meal that says so without needing to say it - sometimes the effort of a special dish communicates care more plainly than words do.

Table Talk: *"What's something you're proud of this month that I haven't properly celebrated with you?"*

11. Banku and Grilled Tilapia (Ghanaian-Inspired)

Why this one: A small, welcome departure from the usual - good for reminding each other that connection doesn't have to look the same every time.

Time: About 50 minutes What you'll need: Banku mix (or substitute with your usual swallow), whole tilapia, pepper, onions, tomatoes for grilling sauce

How to make the meal, not just the food: Eat with your hands if you're both comfortable with it - the shared, slightly messy nature of a meal like this tends to lower formality and, with it, guardedness.

Table Talk: *"Is there a tradition from your family's way of doing things that you wish we did more of in our home?"*

For Our Sisters Abroad

Living in London, Houston, Toronto, or anywhere the market and the ingredients look different? These meals use what's easy to find wherever you are, while keeping the same spirit simple, shared, unhurried.

12. One-Pan Roast Chicken and Vegetables

Why this one: Nearly hands-off once it's in the oven, which means more time at the table together and less time standing over a stove. Good for a cold evening.

Time: About 1 hour (mostly oven time) What you'll need: A whole chicken or chicken thighs, root vegetables (potatoes, carrots, onions), olive oil, garlic, your preferred herbs

How to make the meal, not just the food: Use the oven time itself as connection time - sit together with a warm drink while it roasts, rather than treating the cooking window as separate from the "together" part of the evening.

Table Talk: *"What's one thing about living here, away from home, that's been harder than you've let on?"*

13. Simple Pasta Night

Why this one: Quick, familiar to almost everyone regardless of where you've settled, and endlessly adaptable to whatever's in the fridge. Good for a weeknight when energy is low but you still want the ritual.

Time: About 25 minutes What you'll need: Pasta of your choice, garlic, olive oil or a simple tomato base, parmesan or any cheese you have, vegetables or protein on hand

How to make the meal, not just the food: Let this be your "no matter how tired we are" meal - the one ritual that survives even the busiest weeks, because it asks so little of you but still gets you both to the table.

Table Talk: *"What's one thing you're looking forward to this week that we haven't talked about yet?"*

A Note on Choosing What Fits You

You don't need to work through all thirteen meals in order, and you don't need to pick only from "home" or only from "abroad." Mix them freely. The goal was never authenticity for its own sake - it's giving you enough easy options that "we don't have time to cook something nice" stops being a reason to skip the ritual.

If you're short on time on a given day, the phone-free meal doesn't even need to be homemade - suya bought on the way home, or takeout eaten slowly at the table with phones away, still counts. The meal is just the setting. The presence is the point.