

Shito Ryu Karate

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variety of ways with different recipes from regions but owes its original recipe to the Ga tribe. Feb 15, 2026 · What Is Shito? Shito is a traditional Ghana black pepper sauce made by slow cooking dried peppers, onions, oil, spices, and often dried shrimp or fish. The word shito comes from the Ga ... Nov 20, 2025 · Shito (pronounced "shee-toh") is a spicy sauce originating from Ghana, traditionally made with hot peppers, fish, and various spices. It has a thick, oily consistency and a smoky, spicy ... Sep 27, 2022 · Ghanaian shito is tasty, bursting with rich and bold African flavors. The African version of hot sauce or dipping sauce. Jan 5, 2023 · Shito is a fiery chili pepper sauce made with dried fish, according to Epicurius. If you needed another reason to add it to your diet, it packs as much nutrition as it does flavor. Healthline ... Shito Fante kenkey served with shito

and sardines Gravy with shito (at top, green, red and black) Shito or shitor din (lit. 'black pepper') is a hot black pepper sauce ubiquitous in Ghanaian cuisine. [1] The ...

Ghanaian Shito Recipe - The Duche Kitchen

What Is Shito? Ghana's Famous Black Pepper Sauce Explained

What Is Shito And How Do You Use It? - Mashed

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Shito - Wikipedia

How to Make Fermented Ghanaian Shito (Chili Paste)

[Shito | Traditional Sauce From Ghana - TasteAtlas](#)

Shitto Sauce Recipe (Ghanaian Hot Chilli Condiment)

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Shito Ryu Karate

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