

## MY MOTHER'S SUGGESTION ON LIFE USING EGUSI SOUP RECIPE

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She said,  
life begins in the grinding  
seeds broken down  
to release the oil inside,  
even the hardest shell must surrender  
to become nourishment.

Stir carefully.  
Too much fire will burn the ground seeds,  
turn sweetness bitter,  
patience is the true seasoning.

Add water slowly,  
not all at once.  
Measure your trust,  
for too much at the beginning can drown the flavor.

She said,  
learn from the leaf and the meat  
how difference can dwell in one pot without quarrel.  
Balance makes the broth,  
not abundance.

And when the oil  
finally rises to the surface,  
do not rush to eat.  
Let the soup rest,  
let the flavors sit together.  
What feeds the body well  
is never cooked in haste.

She said,  
This is how you carry life:  
Grind, stir, simmer, wait  
Until what once was seed and struggle becomes a meal that can hold you  
steady.