

spark

magazine

Edition 007

⚡ Take your senses on a journey with these sweet Ghanaian meals

⚡ Update your playlist with these songs

⚡ Views from KNUST Hall week

⚡ Tap any **Spark icon** to visit our **website**



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For good stuff



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Friends, foodies, music lovers, Tweetizens, Instagrammers, Welcome to the 7 TH too cool too smooth too good magazine. This is one the foodies, music and movie lovers are going to love a lot.

We start off by introducing you to some original Ghanaian recipes you can follow to prepare your own special Ghanaian meal. The tutorial videos are available on our website

Next, we feature playlists of good music based on moods. Feel free to listen to the songs or watch the videos on our website.

After that, we update you with what's streaming on Iflix. Download the app and create an account to enjoy even more on iflix.

There is more from this edition on our website.

www.sparkmag.live.

Kindly visit and comment on the posts.

We want to vibe with you on social media.

Visit **@sparkghana** on Facebook, Instagram and Twitter.



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The background of the top half of the page is filled with various line-art illustrations of food items. At the top, there are several mushrooms of different sizes and orientations. To the right, there are several small, round tomatoes. In the center and bottom, there are larger illustrations of tomatoes and various leafy herbs. The overall style is clean and modern, using simple black lines on a white background.

Plain rice and stew, indomie, bread and egg, tea, and fried rice.

These are mostly the meals we eat on campus. Most of us eat these meals because they are easy to cook, convenient and not too heavy on the pocket. But charley, sometimes, you have to give your mouth a feast of love and for that, these simple meals won't be enough.

That's why we are recommending three Ghanaian meals that will take a little more effort to prepare but are definitely worth it.

Get together with your friends, try the recipes and enjoy.

Find recipe videos on our website.

**FIND RECIPE
VIDEOS ON
OUR WEBSITE**



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Atcheke and Stewed fish

INGREDIENTS

Frozen Atcheke	Kpakposhitor
Oil	Onions
Crushed garlic	Tomatoes
Fresh fish	Pepper
Vegetable oil	

PREPARATION

Buy frozen Atcheke defrost (fuel station marts).

Pour into a hot pan, add atcheke, 2 tablespoons of oil, a teaspoon of crushed garlic and a quarter cup of water.

Cover and allow to steam.

Season fresh fish (tilapia / snapper buy from market and have them gut it).

Fry the fish in about 5 tablespoons of vegetable oil for 10mins on both sides.

Then add chopped kpakposhitor, onions, garlic, chopped tomatoes and salt and pepper.

Allow it to cook in its juices for another 10/15 minutes.

Serve with warm atcheke.

Find recipe video on our website www.sparkmag.live



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Plantain and Aboum (spinache stew)

INGREDIENTS

Plantain

Kontomire

Onion

Tomatoes

Vegetables

Momoni (salted fish)

Palm oil

Kpakposhitor

PREPARATION

Boil together plantain, kontomire, onion, tomatoes, kpakposhitor.

Add salt to taste.

Take out cooked vegetables leaving the plantain to boil.

In asanka, grind the cooked vegetables.

Fry momoni in palm oil with chopped onions.

Add momoni to vegetables in asanka.

Add salt to taste.

Pour hot palm oil over aboum in asanka.

Drain water from plantain.

Serve plantain with aboum.

Find recipe video on our website www.sparkmag.live



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Beans stew with fried plantain

INGREDIENTS

Beans	Pepper
Onion	Palm oil
Garlic	Tuna
Ginger	Salt
Shrimp cube	Plantain

PREPARATION

Boil black eyed peas in clove scented water till soft and slightly mushy

Add salt to taste

Fry blended onion, garlic, ginger, pepper in hot palm oil

Add flaked smoked tuna

Add salt or shrimp cube to taste

Add cooked beans

Serve with fried plantain

Find recipe video on our website www.sparkmag.live



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ON THE + MOVE

These are songs you can listen to when you are strolling to class or minding your own business in a campus shuttle. They will bring some positive energy and get you hyped for the day. Stream this songs on our website www.sparkmag.live



01+



KWASI ARTHUR ANTHEM

On this song, T Kwesi Arthur proves that he is full of soul and passion. This song despite being a jam talks about loyalty, friendship and hustling. It's the kind of motivating you need all day long. We are all some sort of problem. We know!

SIMI ORIGINAL BABY

The Nigerian Princess responsible for bringing us some of the most relatable songs does it again on this song. If you hold your originality as a badge, then this is a song for you. This record is production perfection. Definitely going to be your new favorite song.

02+



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THORNATO FT. ZONGO ABONGO
'BACK IT UP'

03+

New York-based Swedish music connoisseur features Ghanaian Afropop artist on this dance production that curates different cultures and tradition into contemporary experiences; this song has Zongo Abongo satisfy a craving for Afropop-dancehall fused beat as he flows in his trademark tone, underlined by incredible strings that will send most on the dancefloor.



04+



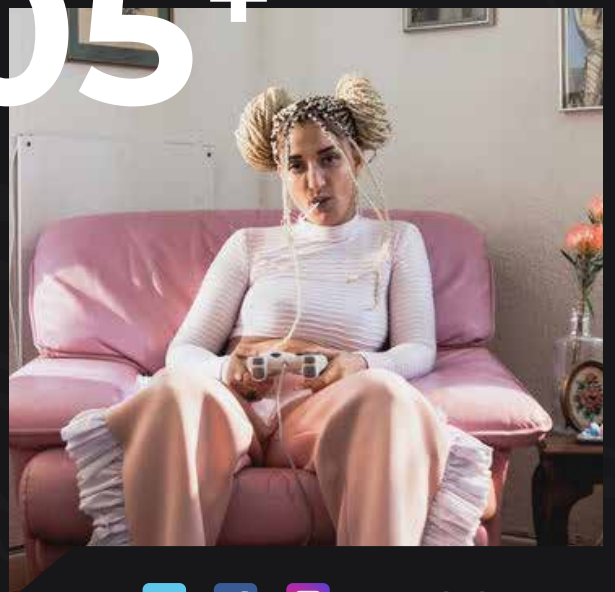
NADIA ROSE
SKWOD

This English rapper comes with a whole new flavor you will fall in love with. From her flow and character, this young rapper is here to take the game a few notches higher. Switching between genres on this song, Nadia will have you replaying Skwod for a very long time.

BATUK
MOVE

The house music duo Spoek Mathambo and Manteiga from Johannesburg South Africa have outdone themselves on this track. This is one of those tunes that remind you to always be proud of who you are. Rave on that feel good vibe that will keep you moving as the duo insistently remind you why your feet must just dance for the fun of life.

05+



CHILL + VIBES

This playlist is one to listen to when you are in your room studying, just surfing the internet or trying to get deep into your thoughts.



01+



SAMPA THE GREAT RHYMES TO THE EAST

This Australian-based Zambian artist has packaged one of the most elegiac songs on this track; full of reflections as she addresses identity and intercultural relationships. She artistically uses poetry with an inclination to Hip Hop fashioned over conscious lyrics. Get ready for a deep dive.

MPHO SEBINA BLACK BUTTERFLY

Botswanan soul singer Mpho Sebina has packaged an earthy soul experience on this song that is guaranteed to give you a taste of that perfect musical recipe. The short yet buttery single is freedom at its best with a levitating rhythm you would snap your fingers to.

02+



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BLIXXACK THE PROEM

For the Hip Hop heads this is a must bump track. This masked Ugandan artist 'KFC Kampala's Finest Cat' he bellows, has put together a dope record with jaw dropping lines. He makes it clear that his position is at the top. You just have to hear this and rate it with those African Hip Hop tracks you bump to.

03+



04+



EBONY REAL

This song is a ball of emotions from Ghana's fastest rising musician in recent times. On this song, she displays her strong vocal range and proves to us why she was one of Africa's best.

MOELOGO SHINE YOUR LIGHT

If it's soul music you want, then Moelogo is your man. This British- Nigerian sings in a mesmerizing tone, calling your heart to listen to his message. This soulful melodic tune is perfect for those somber moments.

05+



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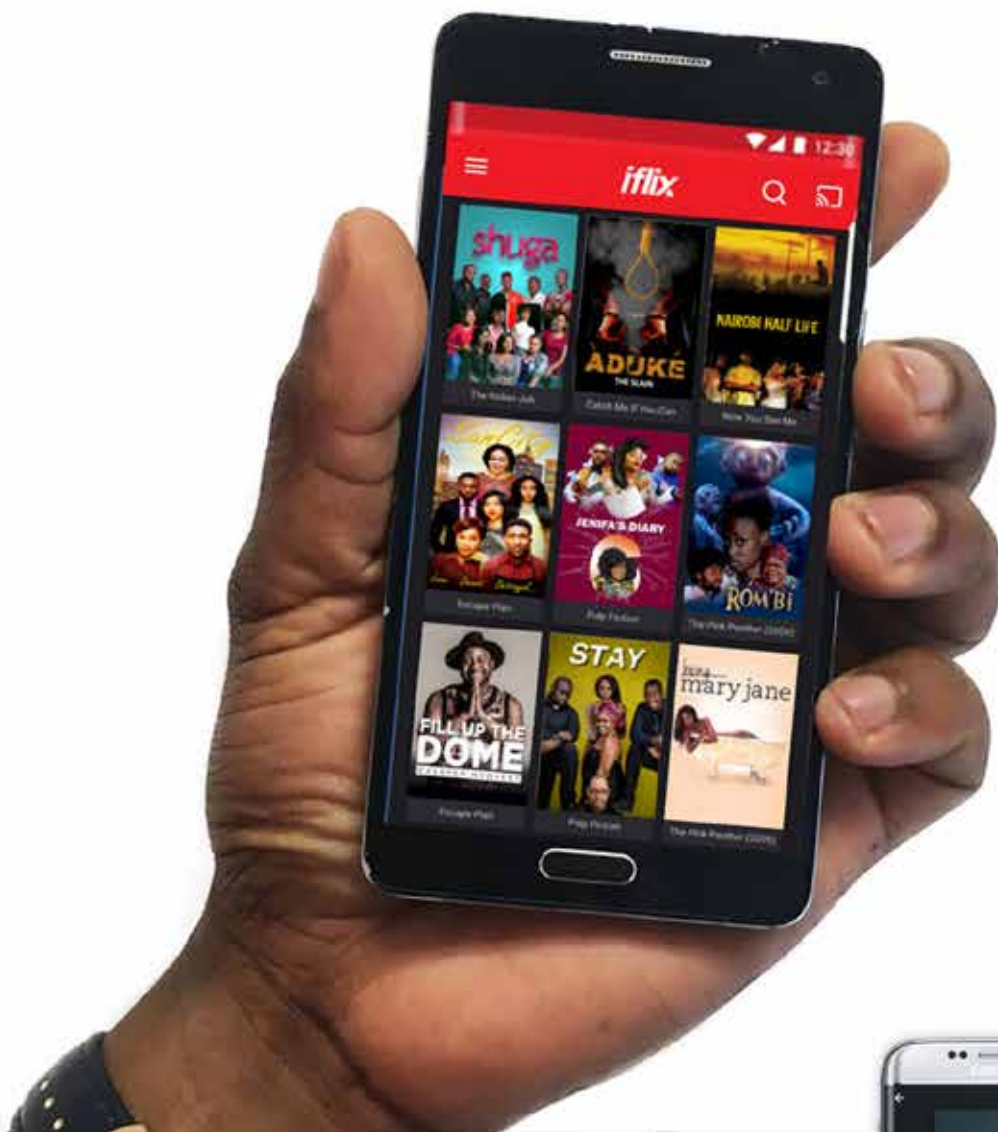
VIEWS FROM KNUST HALL WEEK





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CHILL WITH THESE + EXCITING SHOWS ON IFLIX

If you don't haven't subscribed to Iflix, chances are you are not experiencing the awesomeness that subscription video on demand offers, great TV shows, movies and series when you want it, how you want it! Not to worry though, we got you! Here are two shows that will be streaming on Iflix in March. Visit our website www.sparkmag.live to watch trailers of these shows. Have fun!



01+



EL HOTEL DE LOS SECRETOS

El Hotel de los secretos is one Mexican soap that truly beats the norm. For one, it has a historic setting and the efforts put in by the actors, production design and everyone on the creative team do a great job of delivering a very believable story of secrets, mystery and deceit from all the different characters that come together to fundamentally create the story. All of the episodes are currently streaming on iflix. Download, log on and enjoy the show.

LEGO CHANNEL

The LEGO channel on iflix, offers a wide range of content like Ninjago Masters of Spinjitzu, Nexo Knights, Friends of Heartlake City, Jurassic World Indominus Escape, Marvel Superheroes Maximum Overload, Marvel Superheroes Avenger Reassembled, DC Superheroes Batman Beleaguered, and City Shorts. That's a loot for your viewing pleasure. Grab a snack and dive in.

02+



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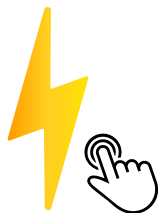
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