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## cook-up

Posted by melissa - 2009/01/18 14:03

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Hello,  
i would like to know how to make chicken cook-up.

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## Re:cook-up

Posted by sweet - 2009/10/24 01:16

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Hellow,I am busy right now but I will send you the cook-up recipe on sunday.Feel free to e-mail me.:cheer:

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## Re:cook-up

Posted by sweet - 2009/10/25 19:47

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Hellow, here is the recipe for cook-up rice (chicken).

Soak half a cup of black eye peas over night.Get your self drum sticks,wings,thighs,about 3 pounds fry chicken until brown but not fully cooked and set aside.Get a large pot filled with water bring to boil and add your black eye peas,salt,pepper to taste cook until soft.ADD one and a half cup long grain rice.one cup coconut milk.Add the chicken and cook on med heat until water is gone.Add oakra,red onions sliced and what ever veg you like.Stir it all through the rice.

P.S.Please let me know how it turns out.

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## Re:cook-up

Posted by melissa - 2009/10/25 20:23

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well thank you very much i was looking for someone to give me the recipe i am so glad u found me:p i will try the recipe for sure and i will get back to you...

thank you again

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## Re:cook-up

Posted by sweet - 2009/10/27 20:46

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Hi,if you did not try that cook-up recipe yet,please dont I will send you another one that is better.

P.S.Please advise.

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