

MEET ENO B. IKPEME

Eno Bassey Ikpeme, fondly called Nono, was born into the noble family of the late Mr. and Mrs. David Bassey Ikpeme of the Richard Nkanor lineage in Ikot Ebiti village, part of the historic Asang Eniong Abatim clan in Odukpani Local Government Area, Cross River State, Nigeria. The youngest of nine children, Nono grew up deeply rooted in the cultural traditions, communal values, and rich culinary heritage of the Calabar people.



She began her education at Aunty Margaret International Nursery School and proceeded to the renowned Duke Town Secondary School. She earned her degree with honors in Crop Science from the University of Calabar and holds a Postgraduate Diploma in Management as well as an MBA. Over the years, she has added to her credentials with certifications in Project Management and Human Resource Management, attending numerous seminars and conferences across disciplines.

Nono's professional journey is as diverse as it is impressive. From banking and insurance to project Management, administration and human resources, she has worked with organizations such as Allstates Trust Bank, Linkage Assurance Plc, International Energy Insurance (Calabar branch), Calabar Specialist Referral Hospital, and Atlanta Secure Care Services in Georgia, USA. She currently serves as the Human Resources Manager at Ridgewood PCH Inc. in Marietta, Georgia.



A woman of strong faith and a heart for service, she is a Ruling Elder at Light of Hope Presbyterian Church, Georgia, and has actively served in various church ministries throughout her life. Her commitment to humanitarian work shines through her over 15 years of service with the Lions Club International and her directorship of the David Bassey Ikpeme Foundation and Home, a family-run orphanage supporting orphans and vulnerable children in Nigeria.

Nono's love for cooking began in her mother's kitchen, where she learned the secrets of timeless Efik recipes passed down through generations. Her deep desire to preserve and share the authentic flavors of the Calabar people inspired this cookbook. In it, she brings to life the dishes that defined her childhood and continues to nourish her spirit, offering readers a taste of home, history, and heart.

This cookbook is more than a collection of recipes; it's a cultural archive, a love letter to her roots, and a celebration of the rich culinary identity of the Efik people.

EFIK Flavours

Celebrating the
Traditional Recipes of
the Calabar People



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