

Nigerian Founder Ajoge Job Adds African and Caribbean “Swallow” Dishes to RAB Delivery App

RAB (Ring A Bottle) introduces Swallow as a main dish category, expanding access to authentic African and Caribbean homestyle meals for Black communities across Canada



Toronto, Ontario Dec 15, 2025 ([IssueWire.com](https://www.issuewire.com)) - Ajoge Job, Nigerian-born Canadian founder and CEO of [Ring A Bottle \(RAB\)](https://www.ringabottle.com), has further expanded the platform’s culturally inclusive food offering by broadening the **Swallow** category to include a wide range of **African and Caribbean staple dishes**. What began as a move to spotlight Nigerian comfort foods has now evolved into a pan-African and Afro-

Caribbean culinary experience on one delivery platform.

By formally recognizing **Swallow as a Main Dish**, RAB acknowledges the shared food culture across African and Caribbean communities, meals centred around dough-like, starchy bases paired with rich, slow-cooked soups and sauces that define “home” for millions across the diaspora.

“Swallow isn’t just Nigerian—it’s African and Caribbean. From West to East Africa and across the Caribbean, these meals represent family, tradition, and comfort. RAB is making sure our people feel seen, served, and at home,” said Ajoge Job.

African Swallow Dishes Now Featured on RAB

The expanded category includes, but is not limited to:

West African

- Eba (Garri)
- Pounded Yam (Iyan)
- Amala (Yam, Plantain, or Cassava)
- Fufu (Cassava, Yam, or Cocoyam)
- Semolina (Semo)
- Wheat Swallow
- Tuwo Shinkafa (Rice Swallow)
- Tuwo Masara (Corn Swallow)
- Banku
- Kenkey
- Tô (Burkina Faso)

Central & East African

- Ugali / Posho / Sadza
- Fufu (Central African style)
- Isombe with Cassava Fufu
- Matoke (Plantain-based staple)

Caribbean Swallow-Style Dishes Added

Recognizing similar food traditions across the Caribbean, RAB now includes:

- Jamaican Fufu (Cassava or Breadfruit-based)
- Cou-Cou (Barbados – Cornmeal & Okra)
- Funche (Bahamas – Cornmeal)
- Turned Cornmeal / Caribbean Polenta
- Breadfruit Mash
- Dumpling-based Swallow Meals (Boiled or Steamed)

These dishes are commonly paired with stews, gravies, pepper sauces, and slow-cooked proteins, mirroring the African and Caribbean swallow experience.

Where to Find It on RAB

Customers can explore the full range via:

RAB → Food → Main Dish → Swallow

This classification improves discoverability for African and Caribbean restaurants, home kitchens, and caterers while giving customers faster access to meals that feel familiar and authentic.

A Platform Built for Culture and Community

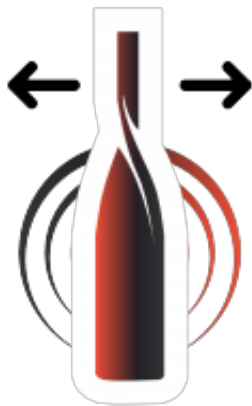
With this expansion, RAB (Ring A Bottle) reinforces its commitment to diversity-driven innovation, bridging cultures, empowering minority-owned food businesses, and delivering comfort food that resonates with lived experience.

RAB is not simply delivering meals; it is delivering **identity, heritage, and home**, one order at a time.

About Ring A Bottle (RAB)

Ring A Bottle is a Canadian-based multi-service delivery platform offering food, groceries, convenience items, auto parts, and local retail delivery. Built with inclusivity at its core, RAB supports culturally diverse vendors while providing fast, reliable delivery across Canadian cities.

[Download the RAB app today](#)



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