

Fufu

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Serves: 4-6 people

Yield: approximately 4 cups

Time: 45 minutes

Ingredients

2 large white yams, peeled and roughly
chopped into cubes
2 ¼ teaspoons of olive oil
Sea salt and black pepper to taste

Directions

- ✦ Bring a medium pot of water to boil. Reduce to a simmer and add the chopped yams. Cook for 30 minutes or until tender.
- ✦ Drain the yams and rinse with cool water.
- ✦ Place yams in a bowl, drizzle with olive oil and season with salt and pepper.
- ✦ Mash the yams until they are smooth.
- ✦ Wet your hands with water and form the mashed yams into a large ball or several small balls.

Did You Know?

One tablespoon of butter can be replaced with 2 ¼ teaspoons of olive oil in many recipes.

Why is olive oil better than other oils? Olive oil contains more anti-oxidants than other vegetable oils. Another difference in “healthfulness” between corn and olive oil is their level of monounsaturated fats. Olive oil has a higher percentage of monounsaturated fats (as opposed to polyunsaturated), which some research suggests is effective in lowering blood cholesterol. In Nigeria and Ghana, fufu is white and sticky (if yam is not mixed with the cassava or plantain when pounding). The traditional method of eating fufu is to wash your hands then take a marble sized ball of fufu in the right hand. You then dip the ball in the soup you are eating; swallow the fufu whole. You are not supposed to chew fufu since it is generally frowned upon.

Source: <http://en.wikipedia.org/wiki/Fufu>

