

Fufu (Yam Porridge)

INGREDIENTS

1. 2 to 4 pounds white or yellow yams
2. 1 teaspoon butter (optional)

Method:

1. Place yams in large pot and cover with cold water. Bring to a boil and cook until yams are soft (about 1/2 hour). Remove pot from heat and cool yams with running water. Drain.
2. Remove peels from yams. Add butter, if desired. Put yams in a bowl and mash with a potato masher. Beat and stir with a wooden spoon until completely smooth.
3. Serve immediately with meat stew or any dish with a sauce. To eat fufu, tear off a small handful and use it to scoop up meat and sauce.

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