



## Making West African Pounded Yams:

- Slice the top and bottom from the yam; the middle part of the yam is the best to use as the tail contains no starch, and the head is too fibrous to use.
- Slice the middle part of the yam, peel the skin and chop into small pieces.
- Wash the pieces well, put into a cooking pot and pour over enough water to cover the yam pieces.
- Cook for 30 minutes or until you can easily drive a knife through the pieces.
- Drain, reserving some of the cooking water.
- Traditionally, the yam is pounded with a large pestle and mortar but you can also use a potato masher. Pound thoroughly until there are absolutely no lumps. This is made easier by crushing the larger lumps first then focussing on finding smaller lumps by moving the mixture around the pan.
- This whole process will take a while and is quite hard work; give all the children a chance to have a go until all the lumps are gone. This can be related to how hard this is for Anna and the Aunties in the book. Keep checking for lumps as the process progresses.
- Add small amounts of the cooking water (you could also use butter for a richer taste) and beat in with a wooden spoon, until the yam is smooth and stretchy.
- Knead the yam on a plate with moist fingers.
- Tear pieces off and eat alone or dipped into traditional soup or stew.