

Fufu - Africa

Ingredients:

3 C sweet Potatoes, grated
1 C Molasses or Dark Cane Syrup
2 tsp. Ground Ginger
2 tsp. Baking Powder
1 tsp. Salt
1/3 C Vegetable Oil



Instructions:

In a 3-quart saucepan:

Combine: grated sweet potatoes, molasses/cane syrup, ground ginger, baking powder, salt and vegetable oil.

Simmer slowly, stirring constantly, for 10 minutes.

Pour into well-greased 9-inch baking pan.

Bake at 325' for 30 minutes, stirring up every 5 minutes for the first 20 minutes.

Smooth down the top and allow to brown.

Cut into squares and serve either hot or cold.

Yield: 9-inch square potato pone

