



Groundnut Soup and Fufu

Soup

- chicken
- 1 big onion
- 2 fresh tomatoes
- 1 small can of tomato puree
- 1 bullion cube
- 8 ounces of groundnut paste (peanut butter)
- salt and pepper
- 1 pint of water

1. Chop up the onion and place it into a saucepan full of water.
2. Add the groundnut paste and the tomato puree, then cook over a gentle flame until the oil from the groundnut paste starts coming to the top.
3. Put the chicken – which should be already cut into pieces, fried and seasoned – into the saucepan.
4. The tomatoes, salt and pepper should be mixed in.
5. After stirring gently with a wooden spoon over a gentle flame, the groundnut soup will soon be ready and is guaranteed to taste delicious.

Fufu

- 1 pound of yams
- Half a pint of water

1. Boil the yams until they are soft then place inside a wooden mortar.
2. Pound the yam with a wooden pestle until it has the consistency of baker's dough. While this is being done water should be sprinkled onto the yam at regular intervals. Water also needs to be applied to the end of the pestle in much the same way as a snooker player rubs chalk onto the end of their cue.
3. When the fufu is ready (or you've pounded to the limits of your endurance!), dump about a cup of the mixture into a wet bowl and shake until it forms itself into a smooth ball. Serve on a large platter alongside a soup or stew.