

INGREDIENTS

Fufu flour

Water as instructed on the fufu packet

Oil

INSTRUCTIONS

1. Boil appropriate amount of water.
2. Add cooking oil into boiling water.
3. Add choice of fufu powder and stir continuously and smooth out any lumps with the back of a wooden spoon until it forms into a fufu lump.



Fufu

Sino Ageuze

Fufu is a pounded meal found in West African cuisine. Although the original food ingredient for fufu is boiled cassava, plantains and Cocoyam, yams (Ghana), it is also made in different ways in other West African countries; each country has its unique way of making it.

Fufu is one of the popular swallows in Nigeria, “swallow” is a brand name for foods that are not chewed before swallowing in Nigeria. We have lots of swallows like eba, semo, pounded yam, fufu and tuwon shinkafa.

NOTES

To eat fufu, cut out a morsel from the meal, then form an indentation on it with the thumb and scoop some stew or soup over it and swallow!