



YAM PORRIDGE

Ingredients

- 1/2 Yam medium sized Puna
- 1 Onion medium sized (diced)
- 1.5 Starter Sauce a blend of peppers, tomatoes, and Onions
- 1/2 Cup Palm Oil
- 2 Tablespoons Crayfish
- Water
- Parsley or any Leafy vegetables
- Chicken Stock Cube

Instructions

1. Peel and cut the Yam into medium sized chunks and rinse a couple of times
2. Put the Yams inside a Pot, add Water just to the level of the Yams and let it cook for 15 minutes on a medium to high heat
3. Add the starter Sauce Palm Oil, Onions, Cray Fish, Salt and Stock Cubes and allow it to cook for an additional 15 Minutes on a low Heat
4. Mash the Yams with a Potato masher or a wooden spoon (You can mash everything into a creamy paste, and you can mash most of the Yams and still leave some chunks behind).
5. Allow it to simmer for an additional 5 minutes and enjoy while still hot!