

Make Fufu

Fufu is a traditional staple in western Africa. It's most often made from cassava, yam, or any other starchy vegetable, and making it is work intensive. But the following recipe is a simple substitute to let children experience fufu without the work.

½ cup dehydrated potato flakes 4 cups water

Mix the potatoes and half the water in a small pan and stir until it forms a smooth paste. Cook over low heat, stirring constantly. As it boils, add additional water until the paste becomes thick and gooey. Cook for five minutes, stirring to prevent sticking. Let cool, and serve each child a spoonful on a plate. Let them form a ball about an inch in diameter (try using just their right hand, as children in Africa do) then press their thumb into it to form a hollow.

Fufu is normally eaten with a zesty sauce, but if time prevents this, serve with a ready-made spaghetti sauce into which the children can dip their ball of fufu and pop into their mouth.