

## Fufu Recipe: A Togolese Starchy Side Dish

### Ingredients

**\*6-8 white potatoes**

The traditional way to make Fufu is with cassava, or yuca, root (it looks like a white yam) and plantains. This recipe is a Western version.

**\*2 Heaping Tbsp. of potato starch**

**\*2-4 Tbsp. cold water**

Step 1: Select 6-8 cassava, peel them, and cut them into 1-inch chunks.

Step 2: Boil the cassava until it is very soft and tender, about 15 minutes.

Step 3: Mash the cassava until it is smooth and silky. You may use a food processor or blender if you have one.



Step 4: Return the smooth cassava to the pan.

Step 5: Mix 2 heaping tablespoons of potato starch with some cold water until you make a paste.

Step 6: Add the paste to the pan and mix everything together over low heat until the fufu is thick and smooth. Serve and enjoy!

