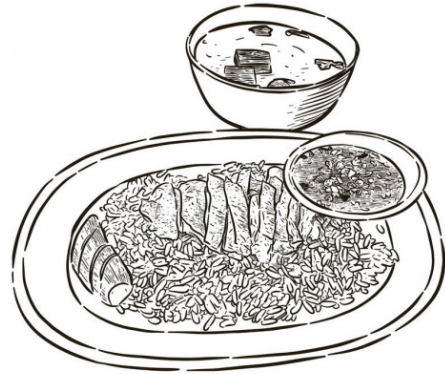


Accra, Ghana



## Accra, Ghana



Bags of cocoa are piled on top of a midsized truck and the driver is paid by the handler of the packing station. The driver then takes about 25 of the 78kg bags into the harbour outside of Accra in Tema. The drive takes 2 hours with traffic. In a harbour cantine he eats a plate of fufu and drinks a glass of cold Lamugin.

## Accra, Ghana



4 servings

300 g (10 1/2 oz) un-ripened plantain

460 g (16 oz) cassava

350-450 ml (1 1/2 cup to 2 cups - 1 tbsp) water for blending

50 ml (3 tbsp + 1 tsp) water for steaming

### Preparation

First, peel the plantain and cut it into cubes. Peel and scrape the cassava, de-string it and also cut into cubes. Next, place the cassava and plantain into the blender. Add water: for now, use 350 ml if you want fufu to be firmer, or 450 ml if you prefer it softer.

Turn the blender on and process the ingredients into a smooth paste.

Next, heat the paste in a saucepan over medium heat. Stir constantly with a wooden spatula for 8 to 10 minutes to remove any lumps.

Now, add the remaining 50 ml of water to the mixture. Reduce the heat to the lowest setting, cover with a lid and steam for another 8 to 10 minutes.

After that, increase the heat to medium setting and stir. The fufu might look too soft, but it will become firmer as it cools down.

Transfer the fufu into a bowl and sprinkle one teaspoon of water on the surface to prevent forming a film. Let it cool completely.

Shape fufu into a ball and serve with soup or stew of your choice.