

Ghana

Africa

Menu

1. Fufu

Ingredients:

- 1 lb. yams, peeled
- 1 tsp. salt
- 1 lb. sweet potatoes, peeled

Directions:

Place yams in a pot with salt and enough water to cover 2 inches. Bring to a boil and cook uncovered over medium-high heat until the yams soften. Add the peeled sweet potatoes to the same pot and continue cooking for about 15 minutes. Remove each yam and sweet potato when tender. Check for doneness by piercing with a knife. Do not let overcook. To prepare fufu in the traditional method, place the drained yams and sweet potatoes in a wooden bowl. Pound the yams and sweet potatoes with a mallet in small batches until smooth. Continue mixing. Mound the fufu into desired sizes and shapes.

2. Avocado with smoked fish

Ingredients:

- 1 lb. firm smoked tuna
- 8 eggs, hard-boiled with whites separated from yolks
- 1/2 cup lime juice
- 1/4 tsp. sugar
- 1/4 tsp. salt
- 1 cup cooking oil
- 2 Tbsp. olive oil
- 4 avocados
- 1 red bell pepper

Directions:

Mash the egg yolks with the milk until it forms a smooth paste. Add sugar, salt and 1 Tbsp. of the lime juice. Then beat in the olive oil, one tsp. at a time. Chop the egg whites finely and add them to the bowl along with the fish. Combine thoroughly but gently. Just before serving, cut the avocados in half, remove the pits and fill each half with the fish mixture. Garnish with pepper and pass around the remaining lime juice to sprinkle on individual servings.

3. Sliced Mango

Consumption comparisons

Percentage of children underweight

United States of America: 1%

Ghana: 27%

Life in Ghana

Rural Ghanaians generally live with their extended family in a cluster of huts that provide shelter and symbolize the closeness they feel with each other. About 70 percent of Ghanaians work in agriculture or a related field. Many farmers produce only enough crops to feed their own family.

Typical meal

Millet is a typical meal for school children; it is cooked into a porridge with water.

Kwame's harvest



Kwame sits by a pile of yams that his family harvested. With the little cash the family earns from selling yams, they buy tomatoes, onions, and eggplants. They cook these and serve them with fufu. They flavor the food with a little dried fish because they cannot afford to buy local meat.

References:

Ghana.co.uk. Food. 2004.

http://www.ghana.co.uk/food/recipes/sub_recipes/Fish.htm. Accessed May 17, 2006.

Millstone, Erik and Tim Lang. *The Penguin Atlas of Food: Who Eats What, Where, and Why*. 2003. Penguin Books: New York.