

Easy recipe containing cassava:

Instant Fufu (*An out-of-Africa variation*)

Fufu is a starchy accompaniment for stews or other dishes with sauce. To eat fufu: use your right hand to tear off a bite-sized piece of the fufu, shape it into a ball, make an indentation in it, and use it to scoop up the soup or stew or sauce, or whatever you're eating. In the DRC, Fufu is often made from *cassava* tubers.

What you need

- two cups instant mashed potatoes
- two cups Bisquick
- two cups cassava flour or tapioca (tapioca is made from cassava tubers)

What you do

- Bring six cups of water to a boil in a large pot. Combine at least two of the three ingredients and add to the boiling water. Use a strong wooden spoon to stir constantly for 10-15 minutes. You may need two people: one to hold the pot and one to stir. If the fufu seems thinner than mashed potatoes, add more of the dry ingredients. The fufu should be very thick but must be stirred constantly to avoid lumping and burning.
- Shape the fufu into balls (this can be done by putting a cup of fufu into a bowl with a few spoonfuls of warm water and shaking the bowl back and forth until the fufu shapes itself into a ball). Serve immediately with meat stew or any dish with a sauce or gravy. To eat it, tear off a small handful with your fingers and use it to scoop up your meat and sauce.

Recipe retrieved from

http://www.congocookbook.com/staple_dish_recipes/fufu.html