

roots —————> snack

Fritters

Ingredients

Sweet potato
1Egg
¼cup Flour
½cup Water
Pinch of Salt

Preparations

1. Peel sweet potatoes and cut small pieces. Soak then in water.
2. Mix ingredients to make watery batter.
3. Dip pieces in batter and deep-fry until potatoes cooked.

relish —————> roots

Curry

Ingredients

6Sweet potatoes
3tablespoons
Cooking Oil
1clove Garlic
2Tomatoes
1Onion
1teaspoon
Curry Powder
Salt to taste

Preparations

1. Peel, cut sweet potatoes into pieces and boil in salty water.
2. Chop garlic, onion and tomatoes.
3. Heat a frying pan, put oil and fry them②.
4. Add curry powder.
5. Add cooked potatoes and mix well.

**Cooked with meat by desire.*

**Serve with nshima/rice*

relish —————> roots

Potato&Cowpea Kimanga

Ingredients

1kg Sweet potato
1cup Cowpea
Pumpkin leaves
Or Rape
Salt to taste

Preparations

1. Sort, Clean cowpea and coil until soft.
2. Wash, peel sweet potatoes, cut into pieces and boil.
3. Wash and cut vegetables.
4. Cook in salty water.
5. Add cooked cowpeas, sweet potato. Mix well with salt.

**Serve with nshima/rice*

roots —————> preserved

Jam

Ingredients

1kg sweet potatoes
500g Sugar
Lemon juice

Preparations

1. Wash, peel, cut sweet potatoes into small pieces and boil until soft.
2. Drain all water and mash.
3. Mix a ration of 1:1 of mashed sweet potatoes and sugar.
4. Pour lemon juice.
5. Put on fire for 10 -15minuites stirring all the time. Be careful don't burn it.
6. When jam is set, ready to remove fire.

roots —————> sweet

Biscuits

Ingredients

1cup mashed
Sweet potato
2cups Flour
4tablespoons
Cooking Oil
2tablespoons Sugar
Milk
2teaspoons
Baking Powder
Salt

Preparations

1. Shift flour and baking powder.
2. Mix ①, mashed potatoes, sugar and cooking oil well.
3. Add enough milk to make a dough.
4. Knead lightly and roll out $\frac{1}{2}$ inch thickness.
5. Cut in rounds or any desired shapes.
6. Place them on a tin and bake in a hot oven for 15-20minuites.

roots <————— snack

Chapatti

Ingredients

Sweet potato
2cups Flour
3tablespoons
Cooking Oil
Salt to taste
Water

Preparations

1. Peel, wash and boil sweet potatoes until cooked.
 2. Drain, mash and measure out 1cup mashed potatoes.
 3. Place flour into a bowl, add the oil and mix into fine bread crumble.
 4. Add water a little by little to make a soft dough.
 5. Let it sit for 30minutes.
 6. Divide the dough into small balls and roll out flat.
- Put a thin layer of oil in the frying pan.
Fry each chapatti and turn it

relish <————— leaves

Leaves with groundnuts

Ingredients

2heaps Sweet potato
Leaves
2Tomatoes
1Onion
Salt
1cup Pounded
Groundnuts

Preparations

1. Wash the leaves and cut.
2. Cook in a little salty water.
3. Add chopped tomatoes and onion.
4. Add pounded groundnuts.
5. Sprinkle salt to taste.
6. Simmer for 5-10minuites.

**Serve with nshima/rice*

Spicy Fritters

Ingredients

2cups mashed
Sweet potato
1cup Wheat Flour
1 Onion
2teaspoons
Curry Powder
4tablespoons
Cooking Oil
Milk
2teaspoons
Baking Powder
Salt to taste

Preparations

1. Peel and but the potatoes into cubes. Boil till tender and mash.
2. Put mashed potato, flour, salt and chopped onion and mix well.
3. Add enough milk or water and mix thoroughly till the mixture is thick consistency.
4. Roll the dough on the board to 0.5mm thickness.
5. Cut the dough into desired shape.
6. Deep fry in hot oil until both side turn golden brown.

Scones

Ingredients

1cup Sweet potato
2cups Wheat flour
1Egg
1tablespoon
Baking Powder
3tablespoons Sugar
1tablespoons
Cooking Oil
A pinch of salt
1/2cup Milk

Preparations

1. Make mashed sweet potato.
2. Sift flour, baking powder and salt into a bowl.
3. Rub in cooking oil and blend. Add mashed sweet potato and mix until smooth.
4. Mix flour mixture with egg and milk. Knead lightly.
5. Put into the tin or roll into 3/4inch thickness, cut into round shape then put on greased baking tray.
6. Bake in a hot oven until cooked.

Pancakes

Ingredients

1cup Sweeepotato Flour
1cup Wheat Flour
1cup Milk
2Eggs
2tablespoons Sugar
1/2teaspoon Salt
2teaspoons
Baking Powder

Preparations

1. Mix flours with salt, baking powder and sugar.
2. Add the beaten egg and milk.
3. Preheat the oil in a frying pan.
4. Pour the mixture into the frying pan until desired size is reached.
5. When bubbles form and break on the upper side, turn over and cook brown the other side.



FoDiS Information Series



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Ministry of Agriculture and Co-operatives / Japan International Cooperation Agency
**Food Crop Diversification Support Project
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June 2010