

African Yam Balls

Ghana Cookbook Makes 2 dozen

Ingredients:

- 4 cups peeled and chopped African yams (about 2 lbs)
- 3 medium tomatoes
- 1/4 cup vegetable oil plus enough for deep frying
- 1 large or 2 small onions, minced
- 1/2 tsp dried thyme or a similar herb
- 1/2 tsp salt (or to taste)
- 1/2 tsp dried ground red pepper (or to taste)
- 2 eggs, beaten
- a few Tbsp flour

Directions:

Prepare vegetables

1. Put the yam cubes into a large pot and cover with water (and add a little salt if desired). Bring to a boil, lower heat, and cook until soft, about 20 minutes, depending on the size of the cubes.
2. While the yams cook, scald the tomatoes in boiling water and then plunge them into cold water and remove the skins. Core and seed, if desired, then chop finely. Set aside.
3. When the yam cubes are tender, drain off the water and mash while still warm, using a potato masher or a rotary or electric mixer, making sure they are thoroughly mashed and not lumpy



Make Batter

4. Heat 1/4 cup vegetable oil in a skillet on medium heat. Add half of the minced onion and cook for a couple of minutes, then add half of the chopped tomatoes. Cook for a few more minutes, just until the onion is soft but not browned, stirring occasionally. Stir in the thyme, salt, and ground red pepper.
5. Put the mashed yams or potatoes in a bowl. Stir in the cooked onion-tomato mixture and the uncooked tomato and onion. Add the beaten eggs and mix everything well.

Fry the Yam Balls

6. In a deep heavy saucepan or an electric deep fryer, put enough oil to fill the pan halfway and heat the oil to 375 degrees. Fry yam balls, draining on paper towels.