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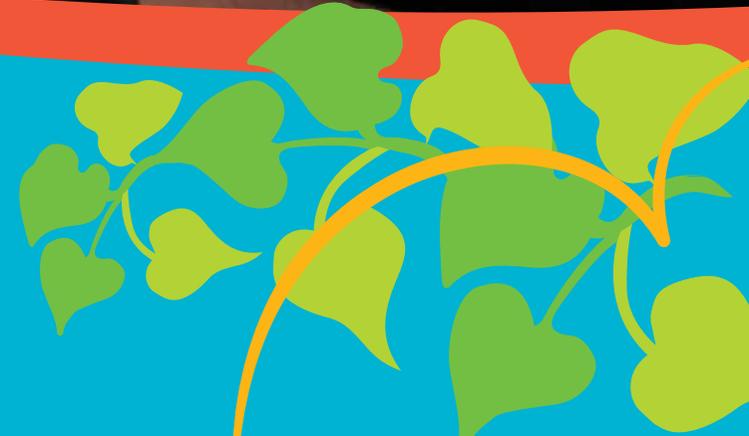
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Golden Sweetpotato Dishes



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Golden Sweetpotato Dishes

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INTRODUCTION

Micronutrient deficiency, or hidden hunger, is a serious problem in the world today, affecting many millions of people, particularly children under the age of five. It is a persistent problem in Ghana and most other countries in sub-Saharan Africa, and deficiency in micronutrients prevents normal, healthy growth and development. Vitamin A is one of these micronutrients and a number of plant and animal foods can be rich dietary sources of this micronutrient.

Beta-carotene-rich, orange-fleshed sweetpotato (OFSP) can be used effectively to provide vitamin A in the diet and to help sustainably combat vitamin A deficiency in communities since it is easy to cultivate and easily used in a variety of nutritious and delicious local recipes which can be part of a healthy, diversified diet. Knowledge of the nutritional value of sweetpotato, and information on how to easily use it to feed the whole family, are key elements in effective programs to combat vitamin A deficiency at the community level.

This collection of 16 recipes is intended to be used to provide practical guidance for use of OFSP (including leaves), in the Ghanaian cuisine, and to contribute to diversification of Ghanaian diets. Individual recipe cards can be printed and used as hand-outs during cooking demonstrations at the community level, or as marketing aids by vendors of OFSP. The whole collection can serve as a cookbook which the individual cook or nutrition educator can modify and add to over time.

The recipes presented here, ranging from common dishes to snacks and juices were adapted, developed, tested and refined over the past few years in Ghana by two of the authors, Eric Dery and Francis Amagloh, working with numerous partners particularly from the Ministry of Food and Agriculture and Ghana Health Service. Erna Abidin compiled the collection, and the other contributed to this effort in various ways. It is our hope that they will be useful in the effort to combat vitamin A deficiency in Ghana and elsewhere in sub-Saharan Africa.

Ted Carey

Leader, Jumpstarting OFSP in West Africa through diversified markets,
International Potato Center (CIP). Ghana, January, 2015

SWEETPOTATO JUICE

Ingredients

- 4 cups sugar
- 8 medium-sized boiled peeled sweetpotato roots
- Juice from 5 lemons or 3 teaspoons of citric acid
- 5 litres boiled and cooled water
- 1 drop of fruit flavouring (optional) or add tamarind or passion or orange or pineapple to taste



Method

1. Boil water and sugar and then leave to cool.
2. Mash or blend the sweetpotato. Mix the product with the boiled water and then sieve/ filter.
3. Add lemon juice or citric acid and fruit flavour if desired and mix well.
4. Pour into a jug, chill if possible and serve cold as fresh juice.

READY-TO-DRINK OFSP LEAF JUICE

Ingredients

- 200 g young OFSP leaves
- 120 g Sugar
- 10 ml Lemon juice
- 120 ml Pineapple juice
- 2 litres Water



Method

1. Add sugar to water, mix and boil solution in a clean stainless pan.
2. Add the OFSP leaves to the boiling sugar solution and leave for 5 minutes to extract nutrients then remove the leaves from the syrup.
3. Leave the leaf extract, and sugar syrup to cool, then add lemon and pineapple juice to the cooled extract, mix and filter.
4. Add food colour to filtered juice and heat until near boiling point (80-90°C).
5. Remove the juice from the flame and fill the hot juice in bottles.
6. Cool to room temperature by lying bottles on their side on a table.
7. Label the bottles.

SWEETPOTATO CHIPS

Ingredients

- 1 kg OFSP roots
- 10 g Salt
- 1 litre Cooking oil



Method

1. Peel and wash the sweetpotato roots.
2. Slice the washed roots into slices of about 3 to 5 cm thickness.
3. Wash off excess starch from the sliced roots.
4. Deep fry in pre-heated oil in a pan at 160 °C turning them round until they are brownish in colour.
5. Remove from the oil and leave to cool.



BOILED ROOTS (AMPESI)

Different sweetpotato varieties can have different cooking times. In order to avoid the sweetpotato becoming soggy during cooking use a small amount of water that will steam rather than boil the product. Or add sweetpotato to already boiling water and remove from boiling water when done.





MPOTOMPOTO

Ingredients

- 300 g Fresh sweetpotato roots
- Smoked fish – for a taste
- 1 medium-size Onion
- 1 tea spoon Dawadawa
- 2 Peppers
- 2 large Tomatoes
- Palm oil
- Salt to taste
- Water as needed

Method

1. Peel, wash and cut the OFSP into small pieces.
2. Prepare the fish by removing the bones and other unwanted matters and wash thoroughly.
3. Cut the onions to cubes.
4. Place the peeled OFSP in an aluminum pan and boil until it is cooked soft.
5. Put the palm oil on the flame, pour in the chopped onions, and the pepper, tomatoes allow to cook.
6. Add dawadawa and salt to taste.
7. Pour your dressed fish and let the mixture cook for 5 minutes.
8. Pour in the already mashed OFSP sweetpotato and allow the mixture to stay on the fire for about 5 minutes until the water content is moderate. Ready to Serve.



OFSP LEAVES STEW (PALAVER SAUCE)

Ingredients

- 400 g Sweetpotato leaves
- 80 g Cooking fat/oil
- 1 Fish
- 1 medium-size Onion
- 3 medium-size Tomatoes
- 8 g Egusi (melon seeds)
- Dawadawa to taste
- Salt to taste

Method

1. Use any green tender leaves of OFSP or leaves of other types of sweetpotato.
2. Cut leaves into small pieces.
3. Wash the leaves in warm water twice to remove anti-nutrients.
4. Wash and cut onions and tomatoes.
5. Grind your melon seed.
6. Fry the onion till brown.
7. Pour the grinded melon into the onion and cook until golden brown.
8. Add the leaves and cook for 20 minutes.
9. Add dawadawa, salt (to taste) and cook for 10minutes.
10. Serve hot with any dish.



SWEETPOTATO LEAF SOUP (OKRA)

Ingredients

- 5 medium-size okra
- 1 smoked fish or dried fish
- 1 small chopped onion
- 4 cups of sweet potato leaves (chopped)
- ¼ tsp dawadawa
- 5 medium-size fresh tomatoes
- 4 medium-size fresh peppers
- 1 tbsp salt
- ½ tsp saltpeter



Method

1. Select young and tender sweet potato leaves of the plant.
2. Remove stalks from the leaves.
3. Wash the destalked leaves in cold water.
4. Chop sweet potato leaves with a knife.
5. Bring one litre of water to and place the chopped leaves and okra into the pot.
6. Add ½ tsp of saltpeter and allow boiling for 15 minutes from the time it starts to boil.
7. Season chopped meat with onions, dawadawa and salt.
8. Add boiled leaves and okra.
9. Add smoked fish and adjust salt level.
10. Cover pot and cook for 15 minutes.
11. Serve with akpele, banku, Deehuo and T.Z.



DRY SWEETPOTATO LEAF SOUP

Ingredients

- 1 smoked fish or dried fish
- ¼ tsp garlic powder
- 4 cups of sweetpotato leaves (chopped)
- 5 medium size fresh tomatoes
- 4 medium-size fresh peppers
- 1 tbsp Dawadawa



Method

1. Select young and tender sweetpotato leaves of the plant.
2. Remove stalks from the leaves.
3. Wash the destalked leaves in cold water.
4. Dry leaves and pound to powder.
5. Season chopped meat with onions and salt.
6. Add chopped onions garlic to oil.
7. Blend tomatoes, pepper, onions and add.
8. Add powdered sweetpotato leaves and "dawadawa" (can also add dried okra powder if slipperiness is desired).
9. Add about 1 litre of water and allow to boil.
10. Add smoked fish and adjust salt level .
11. Cover pot and cook for 15 minutes.
12. Serve with akpele, banku, Deehuo and T.Z.

SWAKYE (SWEETPOTATO “WAKYE”)

Ingredients

- 2 medium-size fresh sweetpotato roots
- ½ cup of beans
- ¼ saltpeter
- Water



Method

1. Put water into saucepan to boil.
2. Add beans and saltpeter to boiling water. Boil until beans are fully cooked.
3. Grate sweetpotatoes and add to cooked beans.
4. Stir mixture well and allow to cook for about 10 min.
5. Serve with any sauce.

SWEETPOTATO PORRIDGE: A WEANING FOOD FOR BABY

Ingredients

- A small-size of Orange-fleshed sweetpotato (OFSP) root (about 100 gr) (i.e. Apomuden)
- 2 heaped tablespoons Soya flour (can be replaced with bambara beans)
- 1 tea spoon Vegetable oil
- 1 heaped table spoon Fish powder (i.e. Keta school boys; anchovies)
- Add water as needed (consistency that will not fall/drip off spoon)



Method

1. Wash, peel and cut OFSP into smaller pieces.
2. Measure oil directly into cooking pot and heat up.
3. Add soybean flour and fish powder and small amount of water to heat up.
4. Add the OFSP pieces to the mixture in the pot and add water to the level of the pieces of roots.
5. Cover to boil.
6. Mash the sweetpotato with cooking spoon when soft, and add sufficient amount of water that will be sufficient for your baby.
6. Allow to simmer.

Notes:

It should not take more than 30 minutes to prepare
Consistency that will not fall/drip off spoon.

WAALSA

Ingredients

- White-fleshed sweetpotato (WFSP)
- maize/beans
- oil/groundnuts

Note: Replace WFSP with OFSP



060-5



OFSP PUDDING

Ingredients

- 900 g Grated or Mashed OFSP
- 200 g Granulated sugar
- 240 ml Coconut milk/powdered milk



Method

1. Boil OFSP until soft.
2. Mash the OFSP.
3. Add powdered milk or coconut milk.
4. Beat air into the mixture using wooden spoons or use blender.
5. Add sugar and blend together until it mixes thoroughly.
6. Dispense into serving size cup.
7. Serve very cold but not frozen.



DOUGHNUTS FROM BOILED AND MASHED OFSP

Ingredients

- 600 g Mashed OFSP
- 1400 g Wheat flour
- 30 g Yeast powder
- 300 g Sugar
- 120 g Margarine
- 4 Eggs
- Milk/water as needed
- 2 litres Oil for deep frying



Method

1. Mix wheat flour and yeast powder in a bowl.
2. Add mashed sweetpotato and mix.
3. Add fat/margarine to the mixture and rub in.
4. Beat eggs in a separate bowl. Add beaten egg a little at a time to the mixture while mixing and kneading.
5. Add water or milk a little at a time into the dough, while kneading until a smooth, non-sticky and soft dough is formed.
6. Roll the dough thinly. Use the doughnut cutter to cut the dough into doughnut shapes.
7. Allow to rise for about 10 to 15 minutes.
8. Fry the cut pieces of doughnuts in oil pre-heated at 160°C until light brown in colour.
9. Remove the doughnuts from the oil, drain them and serve them hot or cool.



SWEETPOTATO PANCAKES

Ingredients

- 1 ¼ cups mashed sweetpotato
- 1 ½ cups wheat flour
- 3 ½ teaspoons baking powder
- 1 teaspoon salt
- ½ teaspoon ground nutmeg
- 2 eggs, beaten
- 1 ½ cups milk
- ¼ cup butter, melted



Method

1. Sieve all the dry ingredients into a mixing bowl.
2. Combine the remaining ingredients, and then add them to the flour mixture.
3. Melt a small knob of butter in a frying pan.
4. Drop tablespoons of the batter into the hot frying pan.
5. Fry, turning the pancakes over once, until brown on both sides.

QUEEN CAKES FROM BOILED AND MASHED SWEETPOTATO

Ingredients

- 400 g Boiled and mashed OFSP
- 1600 g Wheat flour
- 30 g Baking powder
- 800 g Sugar
- 1400 g Margarine
- 10 Eggs
- 10 ml Vanilla
- Water as needed



Method

1. Put sugar and margarine in a bowl, tilt the bowl slightly and use a wooden spoon to beat until mixture turns fluffy with a creamy color.
2. Mix wheat flour and baking powder in a separate bowl.
3. Add fresh-grated or boiled mashed sweetpotato to dry ingredients then mix and knead.
4. Beat eggs separately until light/fluffy.
5. Add flour mixture and beaten egg alternately a little at a time to the creamed mixture beating between each addition.
6. Add milk or water a little at a time to mixture while mixing and beating until the mixture is smooth, and soft with a dropping consistency.
7. Add vanilla and mix well.
8. Grease queen cake trays.
9. Take two tablespoons of the mixture and put into queen cake paper placed in each queen cake tray hole.
10. Bake the cake dough in hot oven pre-heated at 180°C until brown. This will take about 30 minutes.
11. Remove from the tins and place on a rack to cool.

Tips on open-fire baking

1. Some people use two pans to bake a cake over a fire. One large thick-walled pan with a lid (which becomes the oven), the other a smaller cake pan, which is greased and then the cake mixture is poured into it.
2. Allow the wood to burn down and then use the coals to bake with.
3. Place your large (oven) pan just above the coals (if it gets too hot the cake can burn). You will then need to place a metal riser or some dry stones (N.B. – not wet stones from the river as they may explode due the moisture they contain!). Put the stones inside the large pan (oven) to enable the smaller pan to be raised off the base so that hot air can circulate around it.
4. Place the cake pan with the mixture in it into the larger (oven) pan, and let it cook for 20 minutes.
5. Then take the larger (oven) pan off the coals/fire, and put it aside and place the coals instead on to its lid. Cook for a further 20 minutes, and then lift the lid and test whether the cake is ready (i.e. the knife comes out clean and not covered in uncooked ingredients).

Conversion table

If you wish to convert the quantities suggested in these recipes into alternative measurement systems you can use Table 10.2 to help. However, please note that many of these recipes have been developed in rural villages where the 'cup' measurement is not the standard 'recipe cup' measurement (e.g. a 'village' cup of water may range between 200 and 300ml of water). It is therefore not advisable to convert the recipes quantities. If all the ingredients are measured using the same cup, the proportions will remain correct no matter what size the cup is.

Conversion of standard recipe cups to grams (note: please read the above paragraph)

Ingredient	Cups (standard recipe cup)*	Grams or Litres
Wheat flour -white	1	100
Sugar-caster	1	225
Sweetpotato mash	1	200
Sweetpotato root slice	1	150
Water	1	230 ml

***Note:** the cups used in rural villages may differ in size, and therefore it is best just to measure all ingredients using one cup and not to try and convert cup measurements into grams.

Enjoy your OFSP food

