

DIVERSIFIED ORANGE FLESHED SWEETPOTATO DISHES

A Stepwise Guide for Preparation

1. SWEETPOTATO BUNS/ BREAD



Ingredients

- cup sweetpotato mash
- 3 cups bread flour
- 1 tablespoon sugar
- Pinch Salt
- 1.5 teaspoons yeast
- 3 tablespoons oil/fat
- Water as needed

Method

1. Begin warming the oven (180° Centigrade) or light the charcoal in charcoal oven.
2. Take 1 teaspoon of sugar in a cup with the yeast. Add 1.5 tablespoon of warm water and leave to rise.
3. Put mashed sweetpotato in mixing bowl and sift in the dry ingredients.
4. Add oil/fat and rub it till crumbles.
5. Add risen yeast, salt, improver and mix.
6. Add water and knead till done to required texture (5-10 minutes).
7. Roll into a ball, knead the dough till smooth.
8. Divide the dough into equal small balls and roll out to make desired shapes.
9. Cover the buns with a cloth and leave to rise for 25 minutes – 1 hr (preferable) in a warm place, for example in the direct sunlight outside
10. Grease a bun pan
11. Put a small amount of wheat flour on the base of the sheet where the breads will be baked before placing the raw buns on top. Cook in a hot oven (180° Centigrade) for 25 minutes or till brown

2. OFSP CHAPATI



Ingredients

- 1 cup cooked & mashed orange fleshed sweet potato
- 2 cups wheat flour
- Salt
- Cooking oil
- Liquid (enough to make desired consistency dough)

Method

1. Mix mashed OFSP with wheat flour.
2. Add salt and a tablespoon of cooking oil.
3. Mix and knead adding in liquid little at a time till desired consistency dough is reached.
4. Make small balls and roll on a flat surface.
5. Apply a little oil on surface, fold into a ball and set aside as you roll the remaining balls.
6. Put chapatti pan on moderate heat.
7. Re-roll each ball against starting with the earlier ones; until you make a flat shape.
8. Place on the hot pan and cook; applying oil on each side and take off chapatti when it is cooked. Serve.

3. MANDAZI AND DADDIES



Ingredients

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

Method

1. Mix mashed OFSP with wheat flour.
2. Add salt and a tablespoon of cooking oil.
3. Mix and knead adding in liquid little at a time till desired consistency dough is reached.
4. Make small balls and roll on a flat surface.
5. Apply a little oil on surface, fold into a ball and set aside as you roll the remaining balls.
6. Put chapatti pan on moderate heat.
7. Re-roll each ball against starting with the earlier ones; until you make a flat shape.
8. Place on the hot pan and cook; applying oil on each side and take off chapatti when it is cooked. Serve.

4. CAKES FROM BOILED AND MASHED SWEETPOTATO



Ingredients

- 400 g Boiled and mashed OFSP
- 1600g 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 returns 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.

5. SWEETPOTATO & MILK PUREE (6-12 months old)



Ingredients

- 1 medium orange fleshed sweetpotato
- ½ cup milk

Method

1. Wash, scrub and rinse the sweetpotato in cold water.
2. Peel and roughly chop into chunks.
3. Place in a saucepan and cover with water. Bring boil and allow to simmer until the potatoes are soft.
4. Drain and transfer into a bowl and mash/blend to a smooth consistency.
5. Add milk as needed to give the desired consistency.

6. OFSP CRISPS



Ingredients

- Orange fleshed sweet potato root
- Salt: as needed
- water to wash
- oil to deep fry

Method

1. Wash, peel and slice the potatoes directly into cold water.
2. Spread the slices in a towel and pat to remove moisture.
3. Heat oil required for deep frying. Check the temperature by dropping a piece of potato slice. If it rises to top immediately, oil is ready.
4. Keeping oil heat medium, drop the potato slices in batches.
5. Keep pressing with a ladle till bubbles reduce and potato slices turn crispy.
6. Keep tossing the crisps, flip with a draining spoon and remove on an absorbent paper.

7. OFSP CHIPS



Ingredients

- Orange fleshed sweet potato roots
- 1 liter cooking oil
- 2 tablespoons salt

Method

1. Wash and chip orange fleshed sweet potato roots into sizeable slices (peeling optional)
2. Put the slices in a bucket of water to avoid darkening of the slices.
3. Drain and deep fry in batches in moderately hot oil.
4. Salt to taste.

8. DRIED OFSP LEAF RELISH



Ingredients

- One handful dried OFSP leaves
- 1 onion, chopped
- 2 tomatoes, chopped
- 1 capsicum (optional)
- 2 Tablespoons oil
- ½ cup water
- Salt to taste

Method

1. Soak and rinse vegetables in clean water.
2. Heat oil in a pan and fry onions until tender.
3. Add tomato and chopped capsicum and sauté till tender.
4. Add cleaned dried vegetables and stir.
5. Add ½ cup water and salt to taste.
6. Simmer mixture over low heat until vegetable is tender.

9. SWEETPOTATO JUICE



Ingredients

- 15 Table spoons of sugar or as desired
- 8 medium-sized boiled peeled sweetpotato roots
- Juice from 3 medium-size lemons
- 5 litres boiled and cooled water
- 1 drop of fruit flavouring or tamarind or passion or orange or pineapple to taste

Method

1. Boil water and then leave to cool.
2. Boil the sweetpotato roots
3. Mash or blend the sweetpotato. Mix the product with the boiled water and then sieve/ filter.
4. Add lemon juice and fruit flavour if desired and mix well.
5. Add sugar to taste
6. Pour into a jug, put in a fridge to cool (if possible) and serve cold as fresh juice.

10. SWEETPOTATO ENRICHED PORRIDGE



Ingredients

- A small-size of OFSP root (about 100 g)
- 250g of maize or millet or sorghum flour
- heaped tablespoons groundnut nut paste (optional)
- heaped table spoon Sugar or bluebandor butter
- 1 spoonful of mukene flour (optional)
- 1 cup of milk
- A spoonful of ovacado, mashed beans, greens, chickpea
- dd water as needed (consistency that will not fall/drip off spoon)

Method

1. Put sugar and margarine in a bowl, tilt the bowl slightly and use a wooden spoon to beat until mixture returns 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.

Compact contact:

Norman Kwirikiza, Ph.D., OFSP Compact Coordinator, International Potato Center (CIP)
Cell: +256 782 308031 E.mail: n.kwirikiza@cgiar.org CIP website: www.cipotato.org



For more information, please contact:

TAAT Programme Management Unit, IITA HQ, Ibadan – Nigeria | TAAT Clearinghouse, IITA Benin, Cotonou – Benin



TAAT-Africa@cgiar.org



+229 60855188