

# Africa

In Africa, 70% of cassava produced is used as human food and, although it is considered as a subsistence crop, large quantities of both cassava and its derivatives are sold through rural and urban markets.

*Gari* represents 70% of all cassava consumed in Nigeria, compared with 40% to 59% in Ghana, Cameroon, and Côte d'Ivoire.

## DRIED PRODUCTS

■ **Attoupkou:** In Nigeria, cassava mass is compressed to extract water, and dried in the sun until a granulated flour is obtained. The flour is then steamed as a cake in a special earthenware pot for 45 minutes. In Côte d'Ivoire, the product is known as *foutou*.

■ **Dumby:** The roots are peeled, the thick central fibers removed, and the whole boiled and pounded in a wooden mortar, until a homogeneous mass is obtained. In Liberia, the *dumby* is usually consumed with a meat and vegetable soup.

■ **Gari:** A mass of partially dehydrated and fermented cassava is beaten continuously while being cooked in an iron or earthenware vessel until it is dehydrated, the starchy granules are partially gelatinized, and most of the cyanide decomposed.

■ **Kapok Pogari:** This central west Nigerian dish is prepared as for *gari*, except that the grated and fermented mass is not sieved before cooking. The resulting product has much larger particles than does *gari*.

■ **Lafun:** This fermented food of West Africa is made by soaking unpeeled roots for 5 days. The roots are then peeled and dried for 4 days.

## SEMI-MOIST PRODUCTS

■ **Ampesi:** In Ghana, the boiled roots are eaten alone (entire or pounded), or accompanied, usually, by a sauce. Often, other food is cooked such as beans and meat.

■ **Attieke:** Roots are peeled, left to soak, pounded to form a paste, and packed into jute sacks. The paste is allowed to ferment for 2 days, then removed from the sacks, crumbled, and steamed. It is eaten with milk, or with meat and vegetables in Côte d'Ivoire.



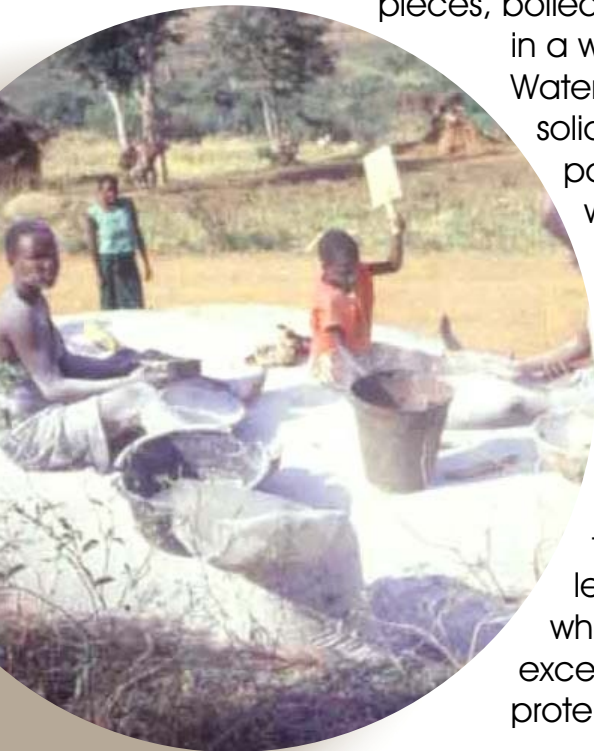
■ **Cassava sticks:** In Cameroon, moist cassava paste is wrapped in leaves and made into sticks, 30 to 60 cm long, with a 2 to 4-cm diameter.

■ **Bede-Kouman or Bessiké:** In Côte d'Ivoire, the pulp of fermented and dehydrated cassava is cooked in water until a compact and elastic paste, similar to *placali* (see below) is obtained. .

■ **Chickwangue:** Roots are softened in water for several days, then peeled and macerated, and, after removing fibers from the paste, wrapped in plantain leaves. This product can be eaten directly or after being cooked.

■ **Foutou:** The roots are peeled and cut into large pieces, boiled, and pounded in a wooden mortar. Water is added until a solid and elastic paste is formed, which is then molded into several "cups". The resulting product is eaten, accompanied by sauces of fish, meat, or leafy greens, which provide an excellent source of protein.

■ **Fufu:** The roots are peeled and cut into large pieces, boiled, and pounded in a wooden mortar. Water is added until a solid and elastic paste is formed, which is then molded into several "cups". The resulting product is eaten, accompanied by sauces of fish, meat, or leafy greens, which provide an excellent source of protein.



■ **Placali:** The fermented and dehydrated mass of cassava is cooked in water until a sugary and transparent paste is obtained. It is then kneaded by hand in a wooden mortar and molded into several "cups". In Côte d'Ivoire, these are eaten as *foutou*.

## WET PRODUCTS

■ **Ajono:** Cassava and grain beer, made in Uganda.

■ **Arki:** A distilled beverage made in Cameroon from fermented cassava with a starter culture from maize

■ **Enguli:** A Ugandan cassava beer made by mixing and fermenting cassava flour for 1 week in water. The flour is then toasted, left for another week in a container with water and yeast, and the liquid strained. Sugar is then added and the whole is left for another 4 days before drinking.