Porridge (Adalu)

Ingredients
• 1 cup bean
• 1 cup sweet corn
• 2 spoons palm oil
• 1 tomato
• 1 scotch bonnet rodo (pepper)
• 1 big onion sliced
• Handful dried crayfish
• 1 Knorr cube
• Salt to taste

Method
• Blend the bell pepper, tomato and scotch bonnet to a smooth paste and set aside
• Pick and wash beans
• Soak the beans for 24 hours with hot water to avoid cooking for too long; this helps to soften it prior to the cooking process and reduces the flatulence.
• Boil in ordinary or pressure pot
• Make your sauce by frying the pepper in palm oil
• Check the beans when it is half done; add the sliced onion and salt
• Continue to cook till tender
• When tender, add fried stew then stir
• Add the fresh corn and cook for 10 minutes
• Add crayfish
• Leave to cook for 5 minutes
• Serve hot

Health benefits of African yam bean
• African yam bean is rich in protein. Eating a diet rich in protein helps to prevent malnutrition in people.
• It also provides an excellent source of protein for vegans and vegetarians.
• It prevents diabetes, obesity and cancer because it rich in flavonoid and antioxidant that prevent cancer.
• It promotes weight loss because it is low in fat but high in fiber making it an ideal weight loss food. The high fiber provides a feeling of satiety.
• It lowers cholesterol because of the high fiber.
• It promotes easy digestion and prevents constipation.
### Pudding (Moinmoin)

**Method**
- Pick out stone, sticks and dry pods from the bean
- Crush into pieces and blow out the shaft
- Soak the bean in water for 24 hours

**Ingredients**
- 1 cup African Yam Bean
- 2 bell pepper
- 1-2 scotch pepper
- 1 large onion
- 3 Maggi cube
- ¼ cup ground crayfish
- ¼ cup vegetable Oil
- Salt to taste
- Boiled egg
- Mackerel fish, boiled and deboned Leaves

### Cakes (Akara)

**Method**
- Pick out stone from bean
- Crush dry bean
- Remove the shaft under running water

**Ingredients**
- 1 cup of African Yam bean
- 1 medium onion
- 1 large pepper
- 1 cup water
- Vegetable oil for frying
- Salt

### Method (continued)
- Soak in water for 24 hours
- Remove the skin and wash thoroughly
- Add the pepper and onion to it
- Blend to a smooth paste
- Beat with wooden spoon to incorporate air until it is fluffy
- Add enough water to mix to a paste-like dropping consistency
- Add chopped onion and salt to taste
- Fry in deep hot oil by dropping the mixture with a spoon in the hot oil
- Deep-fry until light brown
- Drain in a sieve
- Serve hot with any type of cereal or bread