SWEET POTATO RECIPES

We believe the orange-fleshed sweet potato really is a superfood! It’s rich in vitamin A that boosts the immune system and is not susceptible to common pests. When farmers in Tanzania grow this superfood, they will not only have more crops to sell, but will also be able to provide their families with nutritious food every day. And as sweet potatoes are in growing demand in Tanzania, harvests can be sold for a good price and the money can be used by parents to feed, clothe and educate their children.

Now that really is a superfood!

Sweet potato cookies

Ingredients
• 200g sweet potato, cooked
• 110ml milk
• 1 egg, slightly beaten
• 4 tablespoons melted butter
• 130g sifted plain flour
• 2 teaspoons baking powder
• 110g sugar
• ½ teaspoon salt
• 1 teaspoon cinnamon
• 75g raisins

Method
1. Squeeze as much moisture as possible out of your cooked sweet potatoes and mash them.

2. Mix your mashed sweet potatoes, milk and butter and then beat well.

3. Stir in the remaining ingredients and mix thoroughly.

4. Grease a baking tray and drop teaspoons of mixture onto it (leave a little room for them to spread).

5. Bake in a preheated oven (190°C / 375°F / Gas mark 5) for 15 minutes.

6. Sprinkle a little cinnamon and sugar mixture on top to taste.

Safety note for children
Remember to ask an adult for help when cooking sweet potatoes or using the oven!
Sweet potato brownies

Ingredients
- 250g sweet potato
- 70ml boiling water
- 1tsp instant coffee granules (use decaffeinated coffee if serving to children)
- 50g butter, softened
- 125g milk chocolate chips
- 2 eggs
- 150g light brown sugar
- 1tsp vanilla extract
- 150g plain flour
- 1/2tsp baking powder
- 80g cocoa powder
- 1/2tsp salt

Method
1. Preheat oven to 175°C / 350°F / Gas Mark 4. Line a brownie tin (8" by 10" / 20cm by 25cm) with baking paper.

2. Peel and chop your sweet potato into small cubes. Steam until soft.

3. Pour 75g of your chocolate chips into a small bowl. Mix the coffee with the boiling water and immediately pour over the chocolate chips. Stir slowly until all the chocolate is melted and set aside to cool.

4. In a medium bowl, mash your sweet potato, and then mix together with the butter, eggs, sugar, and vanilla extract until well combined. Once cool, add the coffee/chocolate mixture and mix together.

5. In a separate larger bowl, sift together the flour, baking powder, cocoa powder and salt. Slowly add the dry ingredients to the sweet potato mixture and stir until they are just mixed together, then add most of your remaining chocolate chips, setting a few aside for topping.

6. Spread the mixture evenly across the tin. Sprinkle over the remaining chocolate chips. Place in the oven for 20-25 minutes, or until the edges are just starting to brown. Remove from the oven and place the whole tin on a wire rack. Allow the brownie to cool completely before removing it from the tin, cutting into squares or triangles with a sharp knife, and serve.

7. For extra ‘gooeyness’, wrap tightly with cling film and freeze overnight. Once defrosted, your brownie will be extra moist and soft, and the chocolate flavour will be even more delicious.

Thank you to Cakings for creating this recipe for Farm Africa. www.cakings.co.uk
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Sweet potato and chickpea curry

Ingredients
• 500g sweet potato
• 1 large tin chickpeas (350g)
• 2 teaspoons oil
• 2 large tins chopped tomatoes (800g)
• 200g spinach
• 200ml crème fraîche
• 20g curry powder (adjust depending on preferred spice level)
• 10g garlic powder
• 5g turmeric
• Salt and pepper to flavour

Method
1. Peel and chop your sweet potatoes into medium cubes then boil until they are just softened enough to get a fork through but not fully cooked.

2. Whilst your potatoes are cooking, steam your spinach until it is soft.

3. Drain your potatoes and spinach separately and set aside. Drain and rinse your chickpeas.

5. In a large pan add your oil and chickpeas to start cooking on a medium heat. Keep stirring so they don’t burn.

6. Add the potatoes, chopped tomatoes and spinach, and enough water to just barely cover the potatoes and chickpeas.

8. Add the crème fraîche and half your spices.

9. Keep on a medium heat and stir regularly for about 10-15 minutes or until you see the sauce start to thicken.

10. Whilst the rice is cooking keep stirring your curry and add the rest of your crème fraîche, spices, salt and pepper to your preferred taste.

11. If you prefer a milder curry, you can serve with plain yogurt.

This will make 6-8 portions of curry.

Best served with freshly cooked rice.