

HOW TO USE THE YAMPOUNDER

A. “COOK AND POUND” FUNCTION:

These directions apply to cooking and pounding *yams, plantains, etc.* Some yams or other produce may not require extended cooking as programmed in the Yampounder. You may want to use the modified cooking cycle as described in A5 below.

A1- Cut the yams into small pieces of about 1-2 square inches. Wash the yams.

A2- Put the paddle in the bowl prior to putting the yam pieces. Then put the yams in the bowl. Do not load beyond the *FULL* mark.

A3- Cover the yams $1/2$ to $2/3$, not completely, with water. If covered completely it will take unnecessarily longer to cook.

A4- Select the **YAM** button. Light comes on.

A5- PUSH the **START** button

(The **Heating** button comes on. The water and yams are then heated to boiling point. So, the more water or yam, the longer to boiling.

When boiling point is reached, the COOKING button comes on. Cooking is done for 20 additional minutes. If you are cooking a less than full load, cooking plantains or cocoyam, or softer texture of yams, the 20 minutes of additional cooking may be too long. A *modified cooking cycle* may be used. However, it requires you to be around when the HEATING light changes to COOKING. Then time the COOKING time from then. Push STOP after 10 minutes, 15 minutes or whatever additional time you see necessary as long as it is less than 20 minutes. Then open the lid and drain the water into a pot or cup. SAVE the water! You might need it later. Then continue as in “POUND ONLY” function, B2 and beyond).

At the completion of COOKING, the machine beeps.

A6- Open the lid and drain almost all the water out into a pot or a cup. If you try to estimate how much water to leave in for the texture you want, you will get lumps. Remember how yam is pounded in your village. Water goes in later! Remember to use a pot holder to handle the bowl as it will be very hot.

A7- Put the bowl back in the machine. Pounding automatically starts (if using “cook and pound”).

Pounding/mixing lasts 2.5 minutes, then stops and BEEPS.

(NOTE: If mixing stalls when making maximum load, open the top cap and add a little of the saved water from the top. That will end the stall).

A8- Open the lid. Test the texture with your fingers.

If a second mix is needed, use the spoon to scrape food from bowl wall prior to remixing. Add water as needed from the saved water before closing the lid.

A9- If a second mix is done, just close the lid, push MIX. Every time MIX pushed, it mixes for 2.5 minutes. At completion there is no beep this time. You are expected to be there.

B. "POUND ONLY" FUNCTION

The Yampounder may be used to pound yam that has been cooked in a regular pot.

B1a- Cook the yam in a regular pot. If you want the product to *draw*, then you have to make the Yampounder pot hot before putting in the yam for pounding.

B1b- Add 2 cups of water to the Yampounder bowl. Push YAM button. Then push START button. This will boil the water and heat up the pot. The water is boiled when you see steam from the top. Push STOP. Open the lid and remove the water.

B2- Put the cooked yams, in 1-2 inch squares, into the Yampounder bowl (which is still hot), with the paddle already in place. Keep the cooking water for possible later use.

B3- Push MIX. The paddle will mix in a clockwise-counterclockwise fashion for 2.5 minutes and stop. Open the lid to review the product. If satisfied, use the paddle to scrape food from the wall of the pot , to disengage from the paddle, and to help with serving. If you have to remix for one reason or another:

a- If you cook and pound maximum load, some unpounded yam may be up the wall of the pot and may require scraping into main mix, followed by remixing. Also during the mix of a maximum

load, especially if the yam is strong, the paddle might be slowed. It is programmed to reverse until the obstacle is eliminated. You may have to add some of the cooking water through the top aperture or directly into bowl by opening lid.

b- If the consistency is too hard, add water from the cooking water and remix. Every re-MIX is done for 2.5 minutes.

c- If the consistency is too soft, you may want to let it cook down as some hardening occurs with cooling. You cannot add yams at this stage in an attempt to thicken the pounded yam. If you are not a purist, you may add yam flour to thicken, but that partially defeats the initial purpose of *real yams*.

C-FLOUR FUFU making with YAMPOUNDER

The Yampounder may be used to make all *fufus* using the flour form. 2 ways to do this:

C1a- Add water at room temp, warm or hot into the bowl with the flat paddle already in place. The amount of water depends on how much you are making, or as recommended by the flour manufacturer. For yam flour, a 2water:1flour ratio is average. Using the measuring cup provided with the product, the maximum recommended cups of water is 10, and maximum of 5 cups of flour. If a different cup is used, measure both water and flour with it. Do not exceed the FULL mark on inside of bowl.

C1b- Close lid. Push YAMS.

C1c- Push START. The HEATING button starts flashing.

C1d- The very first time you see steam from the top aperture, the water is boiled and flour is ready to be dropped in. Push STOP. (If this is not done, the water continues to boil until the COOKING button comes on. Then push STOP and continue as in C1e)

C1e- Open lid. Pour in the flour. Close lid.

C1f- Push MIX. Paddle will rotate clockwise-counterclockwise for 2.5 minutes and stop without sound.

C1g- Open lid and use serving spoon to scrape from wall of pot and serve. If remix needed for one reason or another just push MIX.

D: RICE COOKING with YAMPOUNDER

The Yampounder may be used to cook rice, although I suggest you use your rice cooker, to save some mileage on your Yampounder. *Unless* you plan on making *tuwo shinkafa*, in which case you can MIX the rice after cooking.

D1- Add rice and water to the bowl as you normally do with rice cookers. If using the provided

measuring cup, a maximum of 5 cups is imperative or it will overflow. A 1-1.5water: 1rice ratio is suggested depending on how soft you like it or type of rice.

D2- Close lid. **Select RICE.**

D3- push **START. Heating** and **Cooking** will commence automatically, then beep to indicate completion. Paddle will turn twice to fluff.

D4- If *tuwo shinkafa* is being made, just push **MIX**. Repeat **MIX** as needed to get your desired consistency.

