

wooden spoon until it is very light. Have ready plenty of boiling lard or oil, then drop in the mixture in spoonfuls, and in a few minutes the ackras will be cooked. They must be a light brown.

### 80. Wild Cucumbers Boiled.

Take the very young ones and throw them into salt and water for a short while. Then boil them till tender. They can then be served with melted butter and a sprinkling of pepper. The nicest way, however, is to smother them in white sauce.

### 81. Yams.

These are various. There are the white yam, the guinea yam, the hard yam, the yellow or affoo yam, the negro yam, the Lucea yam, and the Indian yam. The white yam is excellent roasted, or boiled and mashed with butter; it is sometimes called "flour yam," from its floury nature; the skin, when roasted is delicious. The yellow yams vary, some being waxy, others floury: they are eaten boiled or roasted, but the skin is bitterish—though some people like it. Sometimes it is grated and sent to table (after boiling).

These hints apply also to all the other yams. Some of them are white, others of a dark purple, and very delicate in flavour. The Indian yam, or yampee, is somewhat sweet.

### 82. Yam Balls.

One large slice of yellow, white or negro yam.  
Butter, salt, pepper, two eggs, lard.

Boil a large slice of yam. Mash it well with some butter; put some black pepper and salt to it and two eggs beaten. Form into balls and fry in lard.

### 83. Yam Stuffing

A large slice of yam.

Salt.

One tablespoonful of butter.

Skellion, tomatoes, herbs.

One egg.

A large slice of yellow, negro, or white yam.

Boil and mash it with a tablespoonful of butter, some chopped skellion and tomatoes, herbs, and one beaten egg. Add some salt. This makes very good stuffing for roasting pig.

### 84. Yam Pie.

Minced yam.

Tomatoes, skellion, onion, salt, butter, herbs.

One egg.

Mince some meat of any kind, and season well with tomatoes, onion, skellion and herbs, a little salt, butter and sauce. Put this at the bottom of a well buttered pie-dish. Boil and mash a good piece of any kind of yam (except the Indian yam); mix with it a little butter and salt, and one beaten egg. Spread over the mince and bake.

### 85. Sliced Yam.

Peel and slice pieces of yam very thin; fry them in lard and send hot to table; or put the slices on a gridiron, buttered, turning the slices till both sides are cooked.