



## Stewed Yams with Coconut

This recipe was created by **Fatima DaSilva** of **Nourish Cowichan**

 Yield: 50 servings

### Ingredients

- 125 ml vegetable oil
- 12 medium size onion, diced
- 90 ml garlic cloves, minced
- 90 ml minced fresh ginger
- 36 diced tomatoes (or 4 - 28oz cans)
- 90 ml ground cumin
- 15 ml turmeric
- 32 medium yams or sweet potatoes peeled and cut into 1" cubes
- 6.25 L water or vegetable stock
- 4.5 L cooked chickpeas
- 2.2L coconut milk (or 6- 355ml cans)
- Salt to taste
- 6 limes juiced
- 5 kg of raw rice, cooked according to package

\*chicken can also be added to this recipe

### Method

#### Step 1

In a large saucepan over medium low heat sauté onions in vegetable oil until translucent. Add garlic, ginger and cook for a couple of minutes stirring.

#### Step 2

Add diced tomatoes, cumin and turmeric, stir for 4 to 5 Minutes. Add the yams, chickpeas, salt and water/stock.

#### Step 3

Bring to a boil and turn down to a slow simmer stirring occasionally. When yams start to get tender and liquid has reduced, add coconut milk and lime juice. Cook for a few more minutes until the yams are fully cooked.

### HACCP

- Cook until internal temperature reaches 74° C for a minimum of 15 sec.
- Cooling: Cool to 4° C within the next 4 hours. If not achieved, throw out.
- Cold Holding: When cooled to 4° C, cover and store at 4° C. If more than 4° C for 2 hours, throw out.
- Reheating: Reheat to 74° C in less than 2 hours. If reheating takes more than 2 hours, throw out.