



IYAN: THE WHITE ROYALTY

By Oluwatosin Ajayi



IYAN: THE WHITE ROYALTY

Lagos State, Nigeria



By Oluwatosin Ajayi

Iyan or pounded yam is a staple food in Nigeria. It is called “the white royalty” here due to the skillful and delicate cooking process required, and because it plays a significant role in social gatherings and celebrations. The pounded yam in this recipe is paired with efo riro, a soup made from green leafy vegetables, and accompanied with ogunfé (goat meat) that has marinated in stew.



Serves 3-4

INGREDIENTS

1 yam
3 cups of water
1 kg goat meat (ogunfé)
1 kg tomatoes
2 kg pepper mix (red bell pepper, scotch bonnet pepper)
2 kg fresh vegetables (efó shókó)
½ kg cow stripe (shaki)
½ kg cow skin (ponmo)
½ kg dried fish
20 ml palm oil
2 tbsp of crayfish
2 onions (large)
Seasoning cubes
2 tsp curry powder
2 tsp dried thyme or small bunch fresh thyme
2 tbsp locust beans (iru)
Salt to taste

METHOD

1. Peel the yam and place it in a pot of water and allow to boil until tender. Then put the yam into the mortar and pound with a pestle until a smooth, dough-like consistency is achieved, adding hot water to the yam as you go.
2. Wash and cut the goat meat, cow stripe and cow skin. Put them in a pot and add just enough water to cover the meat. Add salt and pepper. Bring to a boil and simmer for 40-45 minutes till the goat meat is tender. Take the meat out of the pot and reserve the meat water or broth for the stew.
3. Blend the tomatoes, red bell pepper, and scotch bonnet pepper with just a little water.
4. Chop the onions and sauté in oil on medium heat. Add the pepper mix, tomato, curry, thyme, seasoning cubes and let it simmer for 10 minutes.
5. Add the goat meat, stock, and stir together. Add a little more broth if needed till it has a stew-like consistency. Add salt to taste. Cover and let simmer for 10 minutes on medium to low heat.
6. In another pot, pour the palm oil and heat it. Add locust beans and fry for a minute. Now pour in your blended pepper mixture and stir together. Add salt, seasoning cube and crayfish. Allow to cook for about 20 minutes.
7. Once the oil is floating at the top, add smoked fish, ponmo and shaki. Stir and add salt to taste.
8. Add the vegetables to the sauce and stir very well, cover the pot and allow to cook for about 4 minutes. Then take the pot off the heat.
Your meal is ready!

[Visit the virtual photo exhibition](#)