

Mashed Yams

Ingredients

1 large yam
1/2 tsp salt
1/8 cup of milk
1/2 tbsp butter
1 spring onion

Method

Peel yam and chop into large chunks. Put in pan with salt. Bring to boil. Reduce heat. Cook until tender (20m). Meanwhile, chop spring onion. Heat milk and butter in pan until melted (3m).

Drain yam. Add milk-butter mix and remaining salt. Mash until smooth. Serve. Sprinkle spring onions on top.