

## **Traditional transformation of yam in urban zone of Côte d'Ivoire**

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Yam has taken the first place in rank with its volume among the consumer crops produced in Côte d'Ivoire. Many means of domestic transformation are utilised to permit the consumption of the tuber.

A sample survey was conducted in a district of Abidjan name Abobo-gare, which allowed us to make a catalogue of seven (7) traditional dishes usually, consumed, of which the chief ingredient is yam.

The boiled-yam « n'gbo » is taken at breakfast. The pounded yam « foutou » comes first for lunch, but for dinner the urban population will prefer the stew of yam. Fried yams are only eaten as snack. The « allouboue » or mashed yam is the dish the less consumed (1% of Abobo-gare population).

At the level of variety, the kponan is the cultivar the most appreciated to the level of 64 % of the urban population. Chemical analyses show that all varieties contain a lot of energy. Kponan is the one that most contains sugar with 7% of soluble sugar content.