



**Mr. Austen Okojie, Husband of Mrs. Okojie -TTE Math Coach**

**My Heritage:**

Country-Nigeria

City- Uromi (oo-row-me)

State - Edo (eh'-do)

Tribe- Esan (A'-sahn)

**Family Traditions:**

Every single night, all members of my family gathered around the table to eat dinner together. One of my favorite meals would be to celebrate the New Yam Festival to mark the beginning of the yam harvest. The yam is celebrated because it is a staple food we often eat as pounded yam. During the New Yam Festival, my family would gather to celebrate and eat the first official yam of the new harvest.

**Favorite Recipe:**

Pounded Yam with Egusi: [Cultural Video Series: Nigeria - How to Make Egusi Soup and Fufu \(Pounded Yam\) - YouTube](#)

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[Cultural Video Series: Nigeria - How to Make Egusi Soup and Fufu \(Pounded Yam\)](#)

Egusi soup is popular dish in Nigeria and throughout Western Africa. The soup is thickened with ground melon, gourd, squash or pumpkin seeds. Fufu, or pounded yam is eaten dipped in the egusi soup. Fufu is made by combining dried yam flour with hot water and beating it until it thickens. Both egusi soup and pounded yam are traditionally eaten ...

[www.youtube.com](http://www.youtube.com)

How to Prepare Pounded Yam: [How to prepare pounded yam - YouTube](#)



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### [How to prepare pounded yam](#)

Hello everyone welcome to another interesting video in today's video we are going to be preparing pounded yam please watch and enjoy the video thank you 🙏🙏😊  
#howto#preparing#pounded #virtuousgistskills #veietflower  
#kamischannel  
[www.youtube.com](http://www.youtube.com)

#### **Anything else you would like to share:**

My culture places a high emphasis on respect for elders. Their age, experience, and perceived wisdom has earned this respect. When an elder speaks, you listen, and you must NOT interrupt! You ask for permission to speak when you are speaking to an elder. As a show of respect, when a woman approaches an elder, she must genuflect (drop to a knee), while a man shows respect by bowing and extending both hands.