



CASSAVA FACTS

- Cassava flour is gluten-free and can be safely used by people who cannot tolerate wheat flour products.
- Cassava is a rich source of carbohydrates which provide the body with energy.



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FAO Caribbean Regional Office encourages you to...

COOK WITH CASSAVA FLOUR

INGREDIENTS:

- 2 cups cassava flour (sometimes called yuca flour) or tapioca starch
- 8 oz cooked cassava
- 8 oz salt fish (boiled and de-boned)
- 2 tps baking powder
- 1 oz chives
- 1 oz parsley
- 2 tps thyme
- 1 scotch bonnet pepper (de-seeded)

- 1 1/2 cups water, as needed
- Oil to fry

METHOD:

1. Combine chives parsley, onion, thyme, scotch bonnet, salt fish and cooked cassava in the food processor.
2. Stir in cassava flour, baking powder and water, until the mixture is a paste-like consistency (batter should hold together).

3. Warm oil in buckpot or deep frying pan to medium heat.
4. Form batter into small balls in the palm of your hand using a teaspoon to shape.
5. Fry until golden brown.
6. Place on a plate with paper napkins to drain.

Cassava Fishcakes



Cassava-Cheese Biscuit



INGREDIENTS:

- 2 1/2 cups cassava flour (sometimes called yuca flour) or tapioca starch
- 3 cups grated mozzarella cheese (optional: 1 cup cheddar cheese/2 cups mozzarella)
- 1 tsp baking powder
- Pinch of salt
- 4 oz butter, (room temperature) cut into 8 pieces
- 2 large eggs
- Optional: 1-2 tbs water, if needed

METHOD:

1. Combine the yuca/cassava flour, cheese, baking powder and salt in a food processor, blend to mix well.
2. Add the butter and eggs.
3. Mix until small dough balls begin to form, if it's too dry add 1-2 tbs of water.
4. Remove the dough from the food processor and roll into a ball (you can make the dough ahead and store in the refrigerator for up to a day).

5. Pre-heat the oven to 375 F.
6. Using a rolling pin, roll the dough to the desired thickness (no thicker than 1/2in), and cut into desired shapes or using cookie cutters or a suitable size glass, press out individual biscuits, then place breads on a cookie sheet lined with parchment paper.
7. Bake immediately or store in the fridge until ready to bake.
8. Bake for about 7-10 minutes until the biscuits are golden.

INGREDIENTS

(Serves: 1 12in pan or 2 8in pan)

- 2 cups cassava flour
- 1 lb raisins
- 1 lb currents
- 1 lb dates
- 1 lb prunes
- 1/2 lb cherries
- 1/2 lb mixed peel (optional)
- 3 eggs
- 2 tps mixed essence
- 1/4 cup brown sugar
- 1/4 lb butter
- 1 stout/malt
- 1 cup rum
- 1/2 cup peanut butter

TO POUR OVER FINISHED CAKE:

- 1 cup rum
- 1/2 cup falernum (optional)
- 1 cup cherry brandy

METHOD:

1. Pre-heat oven to 350 F, lightly butter pan and coat with bread fruit flour.
2. Wash and grind raisins, currents, dates, prunes, mixed peel in the food processor. Then rough chop cherries and small amounts of the other dried fruit (this depends on personal preference), using the rum to moisten.

3. Cream butter and sugar together in a large bowl.
4. When the butter and sugar mixture is smooth, add essence (peanut butter) and each egg gradually.
5. Stir in ground fruit, flour and stout.
6. Pour mixture into pans, allow to bake until firm and a knife comes out clean when inserted.
7. Use a toothpick to poke holes in the hot cake and pour over brandy mixture. Allow the cake to cool before removing it from the pan.

Cassava Great Cake



Recipes by Chef Rhea Gilkes of Jamoon House, Sandy Lane | Photography by Andrew Ward

JANUARY							FEBRUARY							MARCH							APRIL							MAY							JUNE								
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