

CASSAVA Recipes



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Magluto at kumain ng Cassava

CASSAVA NUTRITIONAL VALUE ¹

Cassava root is rich in carbohydrates and certain vitamins and minerals. However, they have very low amounts of protein, fats and some other nutrients. It is said that cassava roots have a lower nutritional value, as compared to cereals, legumes and certain other root vegetables. The following table will provide you with some details about cassava root nutrition facts, with regard to 100 grams of raw cassava.

Nutrient	Value (100g)
Carbohydrates	38 g
Protein	1.4 g
Dietary fiber	2 g
Sugar	2 g
Vitamin A	13 IU
Vitamin B1	0.1 mg
Vitamin B3	0.9 mg
Vitamin C	20.6 mg
Folate	27 mcg
Calcium	16 mg
Magnesium	21 mg
Potassium	271 mg
Phosphorus	27 mg
Zinc	0.3 mg
Sodium	14 mg
Iron	0.3 mg
Manganese	0.4 mg

100 grams of raw cassava root amounts to 160 calories. Cassava flour nutritional value will be slightly lesser, as compared to raw cassava roots. However, the flour has a high calorific value - 100 grams of cassava flour amounts to 340 calories.

In short, cassava roots are low in fats and cholesterol and contain a considerable amount of vitamin C, calcium, potassium, manganese, etc. Though, these tubers have very low protein content, cassava roots are rich in dietary fiber. One of the cassava root benefits is their high saponin level, which is said to be beneficial for lowering cholesterol. If you consume cooked cassava root, then use in moderate amounts. As cassava flour is high in calories with a very low nutritional value, it is not recommended for those who are vying for weight loss. Others too refrain from having cassava flour in large amounts. As it is free for gluten, those with gluten intolerance can use cassava flour as a substitute for wheat flour. To conclude, cassava roots can be consumed moderately, if cooked in a proper and safe manner. As it is deficient in various nutrients, cassava cannot be considered as a main food source.

¹ <http://www.buzzle.com/articles/cassava-nutrition-facts.html>

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Procedure:

Sift cassava flour and baking powder. Mix with pinipig. Cream margarine and sugar. Add eggs one at a time. Continue creaming until all eggs have been added. Add flour mixture and mix well. Add vanilla. Drop by teaspoon on greased cookie sheets. Bake until brown at 177°C (350°F).

CASSAVA POLVORON**Ingredients:**

1 cup cassava flour
 $\frac{1}{4}$ cup powdered milk
 $\frac{1}{3}$ cup sugar
5 tbsp melted butter

Procedure:

Toast cassava flour to light brown. Mix sugar and powdered milk. Melt butter and add to the mixture. Mix thoroughly and mold in polvoron molder. Wrap individually in cellophane and serve.



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MENSAHE

Kasunod ng bigas at mais, cassava o balinghoy na ang pinamakamahalaga at pinakamurang pinagkukunan ng calories o enerhiya para sa mga Pilipino, lalung-lalo ang mga kababayan natin sa Bisaya at Mindanao.

Bukod sa taglay nitong Bitamina B6 at C, mayaman ito sa starch, calcium, dietary fiber, iron, manganese, phosphorous, potassium, at Bitamina B6 at C, kaya't mainam itong anti-oxidant. Nakatutulong din ito sa pagpapababa sa panganib ng sakit sa puso, kanser at diabetes.


Inaaruga at inaani ang balingghoy ng maliliit na magsasaka, karaniwa'y kababaihan. Para sa kanila, hindi lang seguridad sa pagkain ang handog ng balinghoy, pati rin ang kabuhayan at kita.

Tunay ngang hindi basta-basta ang mga benepisyo mula sa balinghoy.

Kaya naman, bilang bahagi ng ating Food Staples Sufficiency Program, puspusan ang pagsisikap natin sa Kagawaran ng Pagsasaka upang mapalaganap ang pagkonsumo ng balinghoy at iba pang halamang-ugat at katutubong halaman, kasabay ng pagsisikap na mapataas ang produksyon ng mga ito.

Sa tulong ng latlahaing ito, inaasahan natin na mas marami pa ang mahihikayat na kumain ng balinghoy at sumubok ng iba't-ibang lutuin mula rito – tungo sa isang mas busog, malusog at matatag na bansa.

Kaya po, tara na, magluto at kumain ng balinghoy!


PROCESO J. ALCALA
Secretary



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MESSAGE

The advent of globalization has encouraged the Philippine government to explore alternatives to spur development in the agricultural sector to ensure food and feed security and bio-fuel development. The global recession propelled by the soaring prices of fuel and other commodities and the dwindling food supply need to be addressed to cushion its impact on the Philippine economy.

Cassava is a sunshine industry and believed to be an emerging catalyst for national development because of its contribution as food, feeds, feedstock for the production of bio-ethanol, and other industrial uses. It can substitute corn to a certain degree as feed ingredient of poultry and livestock. The demand for cassava continues to increase while our local production still lags behind. We need to enhance our local production by adopting new ideas and technological advances in order for us to be competitive with other countries.

The development and production of the technoguide on cassava production is a collaborative effort of the Department of Agriculture and the Philippine Root Crop Research and Training Center. With this technoguide, the farmers and technicians will be guided on the proper cassava cultivation and post harvest processing practices to ensure farm productivity, product quality and farm income of farmers.


Edilberto M. de Luna
Assistant Secretary and
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20 minutes. Let it cool for 5 minutes and remove from pans. Serve with grated coconut.

CASSAVA BUTTER CAKE

Ingredients:

- 1 $\frac{3}{4}$ cups cassava flour
- 1 $\frac{3}{4}$ cups wheat flour
- 1 cup butter
- 2 cups sugar
- 8 pcs egg less
two (2) whites
- 1 cup diluted milk
- 4 tsp baking powder



Procedure:

Sift flour separately; measure mix and add baking powder. Sift three (3) times. Cream butter, add sugar. When fine, beat in the egg yolk one at a time. Cream well until fine and fluffy. Add sifted flour mixture alternately with milk. Fold well-beaten egg whites in the butter mixture. Pour in well-greased nine (9) inch baking pans. Bake for 20-25 minutes.

CASSAVA PINIPIG COOKIES

Ingredients:

- 3 cups cassava flour
- 3 cups fried pinipig
- 1 tsp baking powder
- 1 tsp vanilla (*optional*)
- 1 cup margarine
- 1 cup sugar
- 3 pcs eggs



CASSAVA UPSIDE DOWN CAKE

Ingredients:

- 1 ½ cup cassava flour
- ¼ cup butter
- 1 cup brown sugar
- 6 pcs eggs
- 1 cup sugar
- 6 slices canned pineapples
- 6 halves canned peaches or mango



Procedure:

Place butter, brown sugar and ½ cup syrup of the canned fruits in a deep baking pan. Place over slow fire until brown sugar is melted. Remove from the fire. Arrange fruits in the pan. Separate the yolks from whites of eggs. Beat egg whites with ½ cup sugar until stiff. Beat egg yolk until fluffy adding the other half of the sugar and two (2) tablespoons of water with calamansi juice. Beat both mixtures together. Fold in flour. Pour butter over fruit in pan. Bake in moderate oven. When done, turn upside down on cake plate.

CASSAVA CUCHINTA

Ingredients:

- 1 cup cassava flour
- 1 cup brown sugar
- 1 ½ cups water
- 1 tbsp lye
- few drops of yellow food color or achuete



Procedure:

In a mixing bowl, blend all the ingredients until thoroughly fine. Pour into cuchinta molders or ungreased muffin tins. Steam for 5 to

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INTRODUCTION

Cassava (kamoteng-kahoy in Tagalog) is the third largest source of carbohydrates in the world. Among crop plants, the cassava plant provides the highest yield of food energy and is a staple food for more than 500 million people. Cassava root is very rich in starch and contains significant amounts of calcium, dietary fiber, iron, manganese, phosphorus, potassium, vitamin B6 and vitamin C.

A recent study conducted in the Philippines (one of the countries where cassava is an important crop) looked into the effects of root crops and legumes in lowering cholesterol levels among humans with moderately-raised cholesterol levels. The study showed that cassava significantly decreased total cholesterol levels, decreased low density lipoprotein (LDL) cholesterol (considered as “bad” cholesterol), and may help lower triglyceride levels due to its high total dietary fiber content.

Other studies show that cassava may help support the nervous system and help alleviate stress, anxiety and irritable bowel syndrome.

Beside as a food, cassava also has many benefits as a drug, such as for rheumatic, headache, fever, wounds, diarrhea, intestinal worms, dysentery, night blindness, beri-beri, and also can increase stamina. Overcoming arthritis can be done by eating the cassava or rub it on the pain area.

Cassava is included as the country's major crops under the Agri-Pinoy Corn Program and is also identified under the DA's Food Staple Sufficiency Program as an alternative for rice to minimize rice importation.

SWEETENED CASSAVA WITH TAPIOCA PEARLS

Ingredients:

- 2 pcs large cassava, cut up or sliced
- 3 cups white sugar
- 5 cups water
- 4 cups cooked tapioca pearls
- ¼ cup brown sugar



Procedure:

Dissolve brown sugar in ½ cup of water. Add tapioca pearls and set aside. Steam cut up cassava until tender. Heat a small pot, dissolve the white sugar in water. Simmer until it turns into simple syrup. Add cassava and mix well until cassava is coated with syrup. Serve with the sweetened tapioca pearls.

CASSAVA CHIPPY

Ingredients:

- ½ kg grated cassava
- ½ g barbecue spice
- ½ g black pepper
- 5½ g salt



Procedure:

Clean the peeled cassava, then grate. Mix together the cassava and all ingredients. Mix well until it becomes a thick paste. Spread thinly and evenly over a banana leaf or aluminum tray. Steam for about 5 minutes. Remove from steamer, place on chopping board and cut into sizes, about 4 x 1½ cm. Remove the sliced pieces and arrange in a perforated tray. Dry under the sun or dry until crispy.

add the water and the sugar and bring to the boil over a medium heat until all the sugar dissolves. Add the Cassava root pieces and continue boiling over a low heat until the cassava is cooked through and fully caramelized. Let them cook for about 2 hours. Remove from the heat and then transfer it to the serving dish. And serve either hot or cold.

CASSAVA PIE

Ingredients:

1 kg of cassava
2 tbsp of margarine
3 tbsp of grated cheese
½ cup of milk
3 eggs

Filling

3 tbsp of oil
100 g sausage
250 g beef, minced
1 onion, chopped
3 tbsp of tomato sauce
chopped parsley to taste
salt to taste
pepper to taste
grated cheese
for sprinkling

Procedure:

Boil the cassava in salted water then knead (mashed cassava). Add margarine, grated cheese, milk and eggs. In a saucepan, fry the onion in oil add the filling ingredient. Season it to taste. Then, in an ovenproof greased container, place half the dough (cassava mixture), add the filling on top and cover with remaining cassava mixture.

Sprinkle the cheese and bake at medium temperature (180° C) for 15 minutes.



PUTO

Ingredients:

pressed grated
cassava
grated coconut

Procedure:

Prepare local steamer using the following materials, milk can (powdered milk) bao ng niyog divided into 2 using the sides with hole, grated cassava and water. Place the bao ng niyog to sit on top of the milk can and seal with grated cassava moist in water, allow to dry before using. Pulverize pressed grated cassava and allow to air dry for 30 min to 1 hour. Set aside. Fill the steamer with water until it boils. Place the grated cassava enough to cover the baong niyog then cover with banana leaves, invert the steamed cassava until both sides are cooked. Remove from the steamer and allow the piyutu to roll in grated coconut. Divide into bite size.



RICE WITH DICED CASSAVA

Ingredients:

1 cup rice
2 cups diced cassava

Procedures:

Wash the cassava properly, peel and slice according to the desired sized. Wash the rice. Add water using the 1 cup rice: 1 cup water ratio. Mix rice and cassava. Boil until rice is cooked.



GINATAANG CASSAVA LEAVES

Ingredients:

- 1 bunch young cassava leaves
- 1 clove garlic
- 1 pc onion
- ½ cup shrimp
- ½ cup fish meat (bones removed)
- ¼ cup ground peanut
- salt to taste
- 1 tbsp cooking oil
- 1 cup coconut milk



Procedure:

Cut the leaves. Sprinkle with salt and squeeze well to extract it out. Discard remaining juice and wash the leaves with clean water. Put it in a clean pot and put the ingredients except coconut milk. Add three cups of water. Boil until tender leaves. Place the coconut milk. Flavor according to the desired taste.

ROULADE CASSAVA LEAVES

Ingredients:

- 250 g young cassava leaves, boiled with water until tender
- 4 slices tofu, crushed

Spices

- ½ tsp paprika
- ½ tsp salt
- coriander to taste
- garlic



BOILED CASSAVA WITH GARLIC LIME SAUCE

Ingredients:

- 2 cassava, cut into chunks
- 1½ tsp vegetable oil
- 4 cloves garlic, minced
- ⅓ cup fresh lime juice
- ⅓ cup chicken or vegetable stock
- salt and black pepper to taste
- 1 onion, sliced thinly



Procedure:

In a medium pot, add cassava to 6 cups boiling water. Cook for about 15 minutes or until slightly soft. Leave the cassava in the water to stay hot. In separate medium pot, heat the oil over medium heat. Add the garlic and cook until just beginning to brown. Do not let burn. Add the lime juice and broth to the pot. Boil sauce for 2 minutes. Add salt and pepper to taste. Drain the cassava. Place cassava on a plate, and put onion slices on top. Pour the sauce over the onions and cassava. Serve.

CANDIED CASSAVA

Ingredients:

- 1 kg cassava
- 600g sugar
- 4 cups water
- ½ cup coconut cream (optional)
- ¼ tsp salt (optional)

Procedure:

Peel the cassava and cut them into pieces about 7cm long. Wash and then dry the cassava pieces. Use large saucepan.



Procedure:

Boil cassava and 5 eggs in salted water for about 25 to 30 mins until cassava is fork tender, drain. Mash cassava until smooth, take out the lumpy bits that cannot be mashed. Peel the eggs and set aside. Add 1 raw egg, butter, salt and pepper to the cassava, mix well. For egg balls, cover the eggs with the cassava to form a ball. The egg should be completely covered by the cassava mixture. Roll in flour and fry until golden brown. Serve these with mango chutney.

CASSAVA AND SWEET BANANA**Ingredients:**

1 medium cassava
(peeled and diced into
roughly 2 inch bites)
6 fresh sweet bananas,
(rinsed, strained, and cut
into bite sized pieces)
 $\frac{3}{4}$ can coconut milk
2 pandan leaves,
7 oz (200 g) brown sugar
 $\frac{1}{2}$ cup tapioca pearls
(soaked in room
temperature water,
strained and gently rinsed)

**Procedure:**

Boil 4 cups of water. When it has boiled, add the cassava pieces, pandan leaves, and sugar. Turn the heat to medium. Cook till the cassava is soft but still firm, then turn the heat to low. Add the coconut milk and tapioca pearls and continue cooking until the pearls are midway transparent. Add the sweet banana and cook till the tapioca pearls are completely transparent. Adjust sweetness to taste. Turn off the heat and serve.

Flour pads roulade

200g wheat flour diluted with water (not too much water)

Procedure:

Cassava leaves was boiled, squeezed until the water out, then cut into pieces. Mix the cassava leaves with tofu that has been crushed, stirring until blended. Give cassava leaves with spices that have been mashed, stir well. Cassava leaf shape into circle balls for ball pimpong, fist. Do it until the dough runs out. Prepare a thin flour, then give the spices a little. Dip the leaves of cassava into the flour. Fry in hot oil until yellowish. Remove and serve hot.

STEAMED CASSAVA CUP CAKE**Ingredients:**

125g grated cassava,
squeezed
1 tbsp wheat flour
50g grated coconut
2 eggs, yolks and
whites separated
100g sugar
30g dried shrimps,
roasted and pounded
 $\frac{1}{2}$ tbsp sliced red
chilies
1 tsp sliced garlic
 $\frac{1}{2}$ tsp sugar
 $\frac{1}{2}$ tbsp oil

**Spices:**

200 ml cream coconut milk
1 tsp wheat flour
1 tsp milk powder
1 tsp agar agar powder or powdered seaweed extract
 $\frac{1}{2}$ tsp salt

Procedure:

Mix well cassava, wheat flour and coconut, set aside. Using electric mixer, mix eggs whites and half of sugar until firm, stop the mixer. Use the wooden spoon, mix with the cassava mixture until smooth, add the stiffed egg white and mix well. Put the dough into greased porcelain cups, fill $\frac{3}{4}$ of each cup, steam for 10 minutes, pour with sauce and sprinkle with dried shrimp, let cool and remove from the cups to serve.

- To make sauce: mix all spices bring to boil and stir well.
- To make dried shrimp sprinkle: blend chili, garlic and sugar into a paste, put oil in a pan, then sauté the paste, add the shrimp, continue sautéing until golden brown.

CASSAVA SUMAN

Ingredients:

2 cups grated cassava
1 cup thick coconut milk
1 cup young coconut, grated
 $\frac{3}{4}$ cup sugar
wilted banana leaves for wrapping, cut into preferred size

Procedure:

Over medium heat, cook cassava and coconut milk until they form a thick mixture. Add sugar and grated coconut. Remove from heat. Put about 2 tbsp of the mixture on a banana leaf. Wrap tightly to make each suman, either in the shape of a square or a roll. Steam the suman for about 15 minutes, or until each one is firm when touched.



CASSAVA SHRIMP STICK

Ingredients:

$\frac{1}{2}$ cup grated cassava
 $\frac{1}{2}$ cup all purpose flour
2 tbsp sugar
1 tsp baking powder
 $\frac{1}{4}$ tsp salt
5 tsp powdered dried shrimp
2 tsp oil
1 pinch sodium bicarbonate
2 cups water



Procedure:

Wash the cassava, peel and grate. Remove excess juice. Mix together in a bowl all the dry ingredients. Add cassava and 2 tbsp oil. Mix well. With the aid of 2 knives, cut the dough fine into sizes like mongo seeds. Add water and knead well. Spread the flour on the board and flatten the dough with the aid of a rolling pin. If necessary, add more flour to facilitate dough flattening. Cut up the flattened dough into thin sizes shape into rolls similar to cigarette sticks. Arrange them in a baking pan and cook in oven. Remove the baking pan and cool. Remove the "sticks" from the pan with the aid of a knife. Seal in a plastic bag and label or serve.

EGG BALL AND CASSAVA PUFFS

Ingredients:

680sg cassava
2 tbsp butter
6 eggs
salt and black pepper to taste
flour to roll balls



coconut shell and cover with aluminum foil. Steam for 15 minutes until cooked. Unmold to a serving dish and cover with foil while making the rest of the puto. For the topping: Add the water to the remaining grated coconut and extract the coconut milk. Combine condensed milk and coconut milk in a small saucepan. Cook over medium heat, stirring constantly, until thick. Pour mixture on top of the puto. Sprinkle pinipig-coconut mixture on top. Serve warm.

CASSAVA MINI BITES

Ingredients:

2 kg cassava, peeled and grated
1 kg chicken, diced
¼ bunch cilantro
1 tbsp tomato paste
2 tsp kosher salt
2 cloves garlic, minced
1 cup red onion, diced
1 large green pepper, diced
black pepper to taste
3 cups canola oil for frying



Procedure:

Boil cassava in salted boiling water until tender and squeeze out extra liquid. Season with salt and pepper and mash to paste. Saute onions, garlic, bell peppers. Add chicken. Once seared, add tomato paste and cook until chicken is tender. Remove and cool. Place a 42.5g ball of cassava in your hand (oil hand lightly so it does not stick). Place a 14g portion of chicken filling and place in center of cassava ball. Enclose the chicken and roll into a ball. Fill a pot with 2 inches of oil heated to 350° C and deep fry golden brown. Drain and season with salt and pepper.

CASSAVA CHEESE

Ingredients:

1 kg of cassava
cheddar cheese
2 tsp salt
1 lt water
cooking oil
powdered flavorings to make french fries
condensed milk



Procedure:

Peel the cassava, cut crosswise into pieces, wash and drain. Dissolve salt in water in a sunken container. Fry cassava until cooked but still pale, raise, directly enter into the salt water solution, allow 5 minutes. When cassava is blooming, remove from brine, fry again until yellowish. While still warm, sprinkle with sweetened condensed milk, powdered flavorings french fries, and grated cheddar cheese. Serve.

CASSAVA JOLLY ROLL

Ingredients:

2 ½ cup cassava grates
2 ½ cup flour
1 cup brown sugar
⅓ cup margarine
¼ – ½ cup water
1 tbsp baking powder
2 tbsp vanilla
2 pcs eggs



Procedure:

Mix all the ingredients in a bowl. Roll to form dough. Spread and flatten the dough thinly, then cut to form squares (3 inch squares). Roll each square with desired filling (hotdog, cheese, caramel). Fry until golden brown. Serve hot.

CASSAVA ESPASOL

Ingredients:

- 4 cups cassava grates
- 1 ½ cups glucose
- 1 cup brown sugar
- ½ cup buko strips
- 6 cups coconut milk
- 1 tbsp vanilla

Procedure:

Roast cassava grates and cassava flour then let cool. In a sauce pan or carajay, mix the coconut milk, brown sugar, glucose, and buko strips. Cook over medium fire. When the mixture boils, add the vanilla. At this time, lower the fire, then add the roasted grates. Stir constantly for 15-20 minutes or until the desired consistency is achieved. Cool the mixture then roll into desired espasol sizes. Before serving, dredge the espasol roll with the roasted cassava flour.



CASSAVA BALLS

Ingredients:

- 2 cups cassava, grated
- 1 onion, chopped
- 1 tsp fresh herbs of choice, chopped (e.g. parsley, basil, sage)
- 1 egg
- ¼ cup cooking oil

Procedure:

Combine the cassava, onion, and herbs. Lightly beat the egg and add to the cassava mixture and combine until smooth. Form mixture into small balls. Lightly fry the balls in the cooking oil, over medium temperature, until golden brown.

Note: A finely chopped fresh chili pepper or a clove of minced garlic can be used instead of the herbs.



Pulot at Latik (Coconut Syrup)

- 1 cup thick coconut milk (1st extract)
- 1 cup thin coconut milk (2nd extract)
- 1 pc sinaklob or panutsa, cut up

Procedure:

For coconut syrup, cook thick coconut milk over medium heat. Stir constantly until oil comes out and "latik" or coconut residue forms. Cool until "latik" turns brown. Set aside. Cook thin coconut milk and bring to boil. Add one panutsa. Stir continuously until thick then add the "latik". Set aside.

For pancakes, beat egg and stir in evaporated milk and sugar. Blend well. Add cassava and pour melted butter or margarine. Cook batter in a griddle ⅓ cup batter per pancake. Serve with "Pulot at Latik".

STEAMED CASSAVA CAKE WITH COCONUT CUSTARD TOPPING

Ingredients:

- 1 kg cassava grated squeezed dry
- ½ cup brown sugar
- 1 pc coconut grated
- 1 cup water
- 1 can condensed milk
- ⅔ cup pinipig toasted combined with
- ⅓ cup desiccated coconut, toasted

Procedure:

Combine brown sugar and 1 cup of the grated coconut and cassava. Put approximately ¾ cup of the cassava mixture in the



BIBINGKANG CASSAVA

Ingredients:

Bibingka

7 cups grated cassava
3 pcs eggs
2 cups sugar
1 cup evaporated milk
¼ cup melted butter
banana leaves

Topping

1 cup thick coconut milk
2 tbsp flour
1 can condensed milk
2 egg yolks
2 tbsp grated cheddar cheese

Procedure:

Beat eggs and sugar till lemon colored. Add the rest of the ingredients. Pour into a greased 9x9 inches pan lined with banana leaves. Mix coconut milk with the flour. Add condensed milk and cook over medium heat till thick. Add egg yolks and mix well. Return to heat and cook 5 minutes more. Pour over baked bibingka. Sprinkle with the grated cheese and broil till golden brown.



CASSAVA PULOT AT LATIK

Ingredients:

Pancake

1 ½ cup grated cassava
1 egg
½ cup evaporated milk
½ cup sugar
¼ cup butter or margarine



CASSAVA FRIES

Ingredients:

4 large cassavas
2 tbsp olive oil
salt and pepper
to season

Procedure:

Peel the cassava and then divide each cassava root into 4 thick strips (1 cassava root serves four). Lay them in a large pile on baking tray. Bring a pot of salt water to a boil and then add the cut cassava. Boil for about 30 minutes. Remove from the stove and drain all the liquid. Add all other ingredients and mix thoroughly. Preheat oven to 400°F. Bake for 15-20 minutes or until golden brown.

Serving Ideas:

- Serve them hot of the oven as an appetizer.
- This is street food at its best. Served with chili sauce these tasty fries are bursting with flavor.
- They also make a nice side dish with a burger or some other protein.

CASSAVA NILUPAK

Ingredients:

4 cups grated cooked cassava
½ cup brown sugar
2 cups buko, medium hard
½ tsp vanilla

Procedure:

Combine all the ingredients, and pound once more. Mix till well blended. Arrange on a platter and cut into desired shapes.



CASSAVA CAKE

Ingredients:

1 packet cassava, grated
 ¼ cup sugar
 ¼ bottle macapuno
 (12 oz jar)
 2 oz butter
 ½ tsp vanilla

Topping

½ can condensed milk (300ml can)
 grated cheese

Procedure:

Mix sugar and butter until smooth. Add cassava, macapuno, coconut milk and vanilla. Stir together. Bake in 350°F oven for 30 minutes or until cooked. Pour condensed milk on top of cassava cake. Sprinkle grated cheese on top. Put back in oven top shelf until brown.



CANDIED CASSAVA

Ingredients

1 kg cassava
 600g sugar
 4 cups water
 ½ cup coconut
 cream (optional)
 ¼ tsp salt (optional)

Procedure:

Peel the Cassava Roots and cut them into pieces about 7cm long. Wash and then dry the Cassava pieces. Use large saucepans add the water and the sugar and bring to the boil over a medium heat until all the sugar dissolves. Add the Cassava root pieces and continue boiling over a low heat until the cassava is cooked through and fully caramelized. Let them cook for about 2 hours. Remove from the heat and then transfer it to the serving dish. And serve either hot or cold.



CASSAVA CUE

Ingredients:

4 pc of cassava
 ½ cup brown
 sugar
 1 cup cooking oil
 pinch of salt

Procedure:

Heat oil in pan then add cassava. Deep fry for 2 minutes. Pour in the sugar and wait until it caramelizes, once the sugar melts give it a good mix so that the cassava pieces will be coated with the melted sugar. Using a slotted spoon, remove cassava pieces, cool in a wire rack then serve.



PICHI PICHI

Ingredients:

2 cups grated cassava
 2 cups sugar
 2 cups pandan water
 grated coconut, for
 garnish

Procedure:

Combine all ingredients, except the coconut. Pour into 2-9 round pans. Steam for 45 minutes or until set. Cool. Form into balls, then roll in grated coconut.

Note: To make pandan water, boil the leaves from 4 pandan stalks in 2 cups of water until fragrant. Cool.

