Cassava Recipes
for East and Southern Africa

Adebayo Abass • Elifatio Towo • Hosana Ngonyani • Jane Baseka
Mina Tsiriarioa • Mwanahamisi Msangi • Wessy Mengji
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Preface

This book brings to you a collection of popular tried-and-tested recipes using cassava and cassava-based products from all over Africa. It was developed to create awareness on the diverse ways to process and consume cassava and products derived from it. This in turn will create new markets and demand for the crop.

The ultimate goal is to boost food security and incomes of farmers and small-scale processors, and increase employment opportunities for large numbers of people in both rural and urban areas.

The methods used to prepare and process cassava products and foods are simple and easy to follow. Similarly, the requirements and materials used are inexpensive and easily available even in the rural areas of many African countries.

At the end of some of the recipes, tips to ensure the final product is successful have been given. Therefore, this cassava recipe book can be used by the community without any assistance.
ACKNOWLEDGEMENT

This book is a result of the tireless efforts of various individuals, sectors, and institutions from Madagascar, Tanzania, Uganda, and Zambia. The Tanzania Food and Nutrition Centre (TFNC) would therefore like to express its sincere gratitude to all those who participated and contributed to its development and production.

The Centre acknowledges the International Institute of Tropical Agriculture (IITA), for providing expert advice in developing, preparing, and finally releasing this book. Special thanks go to Nicholas Mlingi for their technical input and Catherine Njuguna for coordinating its printing.

The Centre is also acknowledging the participation of partners from the Sugar Research Institute (SRI), Tanzania, particularly Mariam Kilima, and from the National Center for Applied Research and Development in Madagascar (FOFIFA), the Zambian Agricultural Research Institute (ZARI) in Zambia, and Pallisa Agribusiness Training Association (PATA) in Uganda, for their technical input.

The Centre would like also to thank its own staff who participated in the writing and translating and in one way or another facilitated the release of this book: Simon Tatala, Célestin Mgoba, Wessy Meghji, Malimi Kitunda, Charles Mamuya, Hossana Ngonyani, Perucy Mashimba, Jane Baseka, and Furahini Wandema. In addition, Amina Mahinda and Rose Lyimo for typing all the text.

Finally, we would like to thank the Common Fund for Commodities (CFC) for providing financial support for the preparation and printing of this book through IITA.

Godwin D. Ndossi
Managing Director
Tanzania Food and Nutrition Centre (TFNC)
CONTENTS

High Quality Cassava Flour (HQCF) .......................................................... 1
High quality cassava flour (HQCF)(Chipping technique) ......................... 1
HQCF flour (Grating technique) ................................................................... 2
Bread ........................................................................................................... 3
Cassava soybread ......................................................................................... 4
Maandazi ....................................................................................................... 5
Maderia cake ................................................................................................. 6
Biscuits ........................................................................................................... 7
Queen cakes ................................................................................................. 8
Orange drop cookies ..................................................................................... 9
Doughnuts ....................................................................................................... 11
Chapati ............................................................................................................ 12
Short crust pastry .......................................................................................... 13
Meat / Fish pie (Using cassava flour) ........................................................... 14
Sausage rolls (Using cassava flour) ............................................................... 15
Millet and cassava meal ................................................................................ 16
Gari .................................................................................................................. 17
Making gari ..................................................................................................... 18
Soaked gari with sugar and peanuts ............................................................ 19
Soaked gari ..................................................................................................... 20
Eba ................................................................................................................... 21
Gari biscuits .................................................................................................. 22
Cassava starch ............................................................................................... 23
Making cassava starch ................................................................. 24
Starch biscuits ........................................................................... 25
Fresh cassava roots .................................................................... 26
Recipes from fresh cassava roots .............................................. 26
Yakayaka .................................................................................... 26
Cassava fritters ........................................................................... 28
Bagia ......................................................................................... 29
Boiled cassava ........................................................................... 30
Cassava pudding ........................................................................ 31
Pancake ....................................................................................... 32
Kabalagala .................................................................................. 33
Cassava meat cake ...................................................................... 34
Cassava egg ................................................................................ 35
Cassava pellets .......................................................................... 36
Manioc soup ............................................................................... 37
Jibijiby ot jebojebo mahogo ...................................................... 38
Fried cassava with coconut ...................................................... 39
Banana manioc ......................................................................... 40
Cassava leaves
Cassava leaves in coconut ....................................................... 41
Measurements .......................................................................... 42
HIGH QUALITY CASSAVA FLOUR (HQCF)

High quality cassava flour (HQCF) is unfermented cassava flour. It is pure white in colour, orderless, tasteless and can substitute wheat in the bakery industries for making bread or cakes. It can be used on its own or together with wheat flour. To maintain all these properties and uses, it must be made within a day after harvesting the roots.
HIGH QUALITY CASSAVA FLOUR (HQCF)  
(Chipping technique)

TOOLS & EQUIPMENT

- Fresh cassava tubers
- Chipping machine / knives
- Drying source (sun drying or solar/mechanical dryers)
- Grinding mill
- Bowls, polyethylene bags, plastic bags

* A mechanical dryer is preferred if water content is very high.
** For faster and even drying, a cassava chipping machine is preferred for the sweet variety of cassava.

METHOD

1. Place cassava roots in a bowl of water and wash well.
2. Peel using a kitchen knife and wash again to get rid of soil particles and dirt.
3. Chip into small pieces using a chipping machine or into small chunks using a knife.
4. Spread out to dry (use any of the drying sources mentioned above).
5. To avoid fermentation ensure the drying takes one to two days maximum. (Well dried chips should crumble easily and chunks should break easily.)
6. Mill dried chips / chunks into fine flour.
7. The cassava flour is ready to be used.
8. Store in a dry container tightly closed.

Cassava chips

Cassava flour
HQCF FLOUR
(Grating technique)

TOOLS & EQUIPMENT
- Fresh cassava roots
- Grater/grating machine
- Pressing machine
- Drying source (sun drying or solar/mechanical dryers)
- Grinding mill
- Bowls, knives, polyethylene and plastic bags

* The cassava should not ferment. The drying should therefore take a day, thus a heat dryer (machine) is preferred.

B) METHOD (2)
1. Place harvested cassava roots in a bowl of water and wash well.
2. Peel and wash again with plenty of water to get rid of sand particles and dirt.
3. Grate to obtain a fine mash.
4. Put the mash into polyethylene sacks and tie with a rope, tightly.
5. Press to de-water.
6. Remove the semi-dried mash from the sack, spread it out in trays and dry thoroughly (mash should crumble easily)*.
7. Mill into fine flour.
8. The cassava flour is ready to use.
9. Store in a dry container and close tightly.

Dried mash cassava
BREAD

TOOLS AND UTENSILS

- Heat source (charcoal, firewood, gas, electricity)
- Cups, tablespoons and teaspoons
- Cutting board/clean table and rolling pin
- Wooden ladle
- Baking pan, bowls and trays
- Mixer (kneader)

INGREDIENTS

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
<th>Measure</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cassava flour</td>
<td>100 grams</td>
<td>(1 cup)</td>
</tr>
<tr>
<td>Wheat flour</td>
<td>400 grams</td>
<td>(4 cups)</td>
</tr>
<tr>
<td>Sugar</td>
<td>18 grams</td>
<td>(4 tablespoons)</td>
</tr>
<tr>
<td>Salt</td>
<td>0.5 grams</td>
<td>(1/2 teaspoons)</td>
</tr>
<tr>
<td>Dried yeast</td>
<td>18 grams</td>
<td>(6 teaspoons)</td>
</tr>
<tr>
<td>Margarine</td>
<td>20 grams</td>
<td>(2 tablespoons)</td>
</tr>
<tr>
<td>Water</td>
<td></td>
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</tr>
</tbody>
</table>

METHOD

1. Mix flour, sugar, margarine, salt and yeast in a large bowl using a wooden ladle.
2. Add water and knead well.
3. Place the dough in a warm place and leave it to rise for 30 minutes (size will increase to three times of the original size).
4. Knead again until it is smooth.
5. Grease the baking pans with margarine.
6. Cut into desired pieces and place in the greased baking pans.
7. Leave to rise to double their size.
8. Bake at a temperature of 200°C for 15 – 20 minutes.
9. Remove from oven and cool for about two hours at room temperature.
10. The breads are ready to serve or to pack.
CASSAVA-SOY BREAD

TOOLS AND UTENSILS

• Heat source (charcoal, firewood, gas, electricity)
• Cups, tablespoons and teaspoons
• Cutting board/clean table and rolling pin
• Wooden spoon
• Baking pan, bowls and trays
• Mixer (kneader)

INGREDIENTS

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
<th>Notes</th>
</tr>
</thead>
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<td>Cassava flour*</td>
<td>80 grams</td>
<td>(4 heaped tablespoons)</td>
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<tr>
<td>Soy flour</td>
<td>20 grams</td>
<td>(2 heaped teaspoons)</td>
</tr>
<tr>
<td>Margarine*</td>
<td>10 grams</td>
<td>(1 level teaspoon)</td>
</tr>
<tr>
<td>Dried yeast</td>
<td>1.5 grams</td>
<td>(½ teaspoon)</td>
</tr>
<tr>
<td>Water</td>
<td>70–90 milliliters</td>
<td>(1/3 cup)</td>
</tr>
<tr>
<td>Whisked egg white</td>
<td>(one large egg)</td>
<td></td>
</tr>
<tr>
<td>Salt</td>
<td>1.5 grams</td>
<td>(2 pinches)</td>
</tr>
<tr>
<td>Sugar</td>
<td>6 grams</td>
<td>1 teaspoon</td>
</tr>
</tbody>
</table>

METHOD

1. Pour all dry ingredients and margarine into a bowl.
2. Mix thoroughly with a wooden spoon.
3. Separate the egg white from the yolk, whisk until it foams. Add to the mixture and mix thoroughly for 10–20 minutes using a wooden spoon.
4. Pour the batter into small-sized, greased baking pans.
5. Cover with a moist cloth and keep in a polyethylene bag or container at room temperature or warm place, undisturbed, to rise to twice the original volume (about 60 minutes). Cassava ferments during this stage.
6. Set oven at 200 oC, put pan carefully in the oven, and bake until done for about 30 minutes.
7. Let the bread cool before serving or packing and storing.
8. This bread can be stored for up to four days, if packed in an airtight container.

* If desired, or if no soy flour is available, bread from 100% cassava flour can be produced using this recipe. Simply add 1 more heaped dessert spoonful of cassava flour to this recipe.
**The amount of water added depends on the cassava variety used. Ideally, enough water should be added to produce a batter which does not drop from a spoon quickly.
No substitute for margarine should be used—only margarine can ensure the right results.
Note: Before eating, the bread should be heated slightly to improve its texture. It is delicious enough to be eaten alone or with soups, stews, tea/coffee with jam, marmalade, or butter/margarine.
MAANDAZI

TOOLS AND UTENSILS
- Heat source (charcoal, firewood, gas, kerosene, electricity)
- Cups, tablespoons, and teaspoons
- Basin, sifter, and trays
- Cooking/frying pan
- Rolling board/table and rolling pin
- Perforated spoons

INGREDIENTS

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
<th>Measure</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cassava flour</td>
<td>450 grams</td>
<td>(4½ cups)</td>
</tr>
<tr>
<td>Wheat flour</td>
<td>150 grams</td>
<td>1½ cups</td>
</tr>
<tr>
<td>Egg</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Dried yeast</td>
<td>1 teaspoon</td>
<td></td>
</tr>
<tr>
<td>Cooking oil</td>
<td>4 tablespoons</td>
<td></td>
</tr>
<tr>
<td>Cooking oil (for kneading)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cooking oil (for frying)</td>
<td>½ liter</td>
<td></td>
</tr>
</tbody>
</table>

METHOD

1. Mix cassava and wheat flour in a bowl. Add sugar and mix.
2. Heat oil in pan and add to the flour while hot and mix using hands.
3. Add the mixture of yeast and baking powder to the flour and mix.
4. Add egg and knead well.
5. If it is very stiff, add lukewarm water or milk and knead until the dough is soft.
6. Leave it to rise for 30 minutes and place on the board which has been coated with oil or flour and knead.
7. Flatten with the rolling pin and cut into desired shapes and sizes.
8. Put the pieces of dough/mandazi into boiling oil and cook until both sides are brown.
9. Remove from fire, drain, and leave to cool before serving or packing.

*Add parsley or coconut for flavor.
MADEIRA CAKE

TOOLS AND UTENSILS
- Heat source (charcoal, firewood, gas, electricity)
- Baking pans, mixing bowl, and wooden spoon
- Cups, tablespoons, and teaspoons
- Mixer and sieve

INGREDIENTS

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cassava flour</td>
<td>750 grams</td>
</tr>
<tr>
<td>Wheat flour</td>
<td>250 grams</td>
</tr>
<tr>
<td>Margarine</td>
<td>450 grams</td>
</tr>
<tr>
<td>Sugar</td>
<td>450 grams</td>
</tr>
<tr>
<td>Eggs</td>
<td>2</td>
</tr>
<tr>
<td>Baking powder</td>
<td>15 grams</td>
</tr>
<tr>
<td>Vanilla (or lemon peels)</td>
<td>5 grams (1 teaspoon)</td>
</tr>
<tr>
<td>Milk</td>
<td>20 grams</td>
</tr>
<tr>
<td>Water</td>
<td>225 grams</td>
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METHOD

1. Mix the flour with the baking powder and sift three times.
2. Mix margarine and sugar in a bowl, stir vigorously with a wooden spoon until a smooth mixture is obtained, or use the mixer for 15 minutes at normal speed.
3. Wash the eggs, break and beat until they foam, add vanilla and then pour into the mixture. (Eggs can be added without being beaten if using a food mixer).

4. Add the flour to the mixture in three installments as you stir carefully until it is smooth.
5. Add water/milk if the mixture is stiff and stir well.
6. Grease the baking tin with margarine and pour in the mixture until it is ⅔ full.
7. Carefully level the mixture.
8. Bake at a temperature of 180 oC for 45 minutes.
9. When the cake is almost ready, place the thin orange peels at the center and continue baking until brown in color.
10. Remove from the oven and leave to cool before serving or packing.
BISCUITS

TOOLS AND UTENSILS

- Heat source (charcoal, fire wood, gas, electricity)
- Cups, tablespoons, and teaspoons
- Baking pans and mixing bowls
- Biscuit cutter
- Rolling board/table and rolling pin

INGREDIENTS

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<tr>
<th>Ingredient</th>
<th>Amount</th>
<th>Unit</th>
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<tr>
<td>Cassava flour</td>
<td>100 grams</td>
<td>1 cup</td>
</tr>
<tr>
<td>Margarine</td>
<td>50 grams</td>
<td>½ cup</td>
</tr>
<tr>
<td>Sugar</td>
<td>50 grams</td>
<td>½ cup</td>
</tr>
<tr>
<td>Egg</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Baking powder</td>
<td>5 grams</td>
<td>1 teaspoon</td>
</tr>
</tbody>
</table>

METHOD

1. Mix margarine and sugar in a bowl and stir vigorously with a spoon into a smooth mixture.
2. Wash egg, beat (whisk), and add to the mixture.
3. Sift flour together with baking powder and add to the mixture. Stir with a wooden spoon to mix thoroughly.
4. If the mixture is too stiff, add a little water at a time, and continue stirring until a smooth mixture is obtained.
5. Place on the board sprinkled with flour or greased with cooking oil and knead until the dough is soft.
6. Spread it on the board and flatten using the rolling pin.
7. Cut into desired shapes and sizes.
8. Make holes in the slices (pieces) to prevent rising.
9. Bake at a temperature of 175 oC for 15 minutes or until brown in color.
10. Remove from the oven and leave to cool, ready for serving or packing.

*Coconut can be added to flavor the biscuits.*
QUEEN CAKES

TOOLS AND UTENSILS

- Heat source (charcoal, firewood, gas, electricity)
- Cups, tablespoon, s and teaspoons
- Bowls and baking pans
- Wooden spoon
- Sieve and mixer

INGREDIENTS

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
<th>Unit</th>
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</thead>
<tbody>
<tr>
<td>Cassava flour</td>
<td>400 grams</td>
<td>(4 cups)</td>
</tr>
<tr>
<td>Sugar</td>
<td>100 grams</td>
<td>(1 cup)</td>
</tr>
<tr>
<td>Margarine</td>
<td>100 grams</td>
<td>(1 cup)</td>
</tr>
<tr>
<td>Baking powder</td>
<td>4 teaspoons</td>
<td></td>
</tr>
<tr>
<td>Vanilla (or lemon peels)</td>
<td>1 teaspoon</td>
<td></td>
</tr>
<tr>
<td>Milk</td>
<td>⅓ cup</td>
<td></td>
</tr>
<tr>
<td>Mixture of fruits</td>
<td>1 cup (optional)</td>
<td></td>
</tr>
<tr>
<td>Eggs</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td>Wheat flour</td>
<td>400 grams</td>
<td>(4 cups)</td>
</tr>
</tbody>
</table>

METHOD

1. Mix sugar and margarine in a bowl and stir vigorously using a wooden spoon into a smooth mixture.
2. Wash the eggs, break, whisk to produce foam, and then add to the mixture.
3. Sift flour together with baking powder, mix and stir into the mixture.
4. Add milk if it is stiff and mix well.
5. Add vanilla and the mixture of fruit.
6. Grease the baking pans with margarine and pour mixture. It should be ⅔ full.
7. Bake at a temperature of 175 oC for 15–20 minutes or until brown.
8. Remove from the oven, place on a rack, and leave to cool before serving or packing.
ORANGE DROP COOKIES

TOOLS AND UTENSILS
- Heat source (charcoal, firewood, gas, kerosene, electricity)
- Cups, tablespoon, and teaspoons
- Rolling board/table and rolling pin
- Sieve
- Cooking/frying pan, mixing bowl, and trays
- Perforated spoons
- Baking tins

INGREDIENTS

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>Cassava flour</td>
<td>350 grams (3½ cups)</td>
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<tr>
<td>Margarine</td>
<td>½ cup</td>
</tr>
<tr>
<td>Sugar</td>
<td>1½ cups</td>
</tr>
<tr>
<td>Orange juice</td>
<td>½ cup</td>
</tr>
<tr>
<td>Vanilla</td>
<td>1 teaspoon</td>
</tr>
<tr>
<td>Baking powder</td>
<td>2 teaspoon</td>
</tr>
<tr>
<td>Salt</td>
<td>¼ teaspoon</td>
</tr>
<tr>
<td>Eggs</td>
<td>2</td>
</tr>
<tr>
<td>Grated orange peel</td>
<td>2 tablespoons</td>
</tr>
<tr>
<td>Water</td>
<td>1 cup</td>
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</tbody>
</table>

METHOD
1. Mix sugar and margarine vigorously with a wooden spoon until a soft mixture is obtained.
2. Boil water and add 1 cup or 100 grams of cassava flour and mix well.
3. Wash the eggs, break, and add orange peel, orange juice, vanilla, and milk and mix. Add to the mixture of sugar and margarine and mix.
4. Add to the cassava flour and hot water paste and mix well.
5. Sift flour together with baking powder and add. Mix well.
6. Add a little milk if the mixture is too stiff.
7. Scoop using a teaspoon and drop into greased baking tins.
8. Bake at a temperature of 175 oC for 15 minutes or until golden brown.
9. Remove from the oven and leave to cool.
10. Cookies are ready to serve or pack.
...Use what you have to produce what you want!
DOUGHNUTS

TOOLS AND UTENSILS

- Heat source (charcoal, firewood, gas, kerosene, electricity)
- Cups, tablespoons, and teaspoons
- Perforated spoons
- Cooking/frying pan, bowls, and trays
- Sieves

METHOD

1. Put 50 grams or a half cup of cassava flour into a half cup of boiling water.
2. Remove from the fire and stir 4–5 times.
3. Mix the remaining flour with sugar, margarine, and baking powder in a bowl.
4. Add the cooked cassava flour and mix, knead thoroughly using hands or a mixer.
5. Wash, break eggs, and beat until it foams then add to the mixture and continue kneading until a stiff dough is formed.
6. Place dough on the rolling board or table sprinkled with flour and flatten using a rolling pin.
7. Cut out and make doughnuts in round uniform shape.
8. Deep fry until they are golden brown. Remove from the fire and serve.

INGREDIENTS

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
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<tbody>
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<td>200 grams (2 cups)</td>
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<tr>
<td>Sugar</td>
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<tr>
<td>Margarine</td>
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<td>Egg</td>
<td>1</td>
</tr>
<tr>
<td>Yeast</td>
<td>10 grams (2 teaspoons)</td>
</tr>
<tr>
<td>Grated nutmeg</td>
<td>1.5 grams (½ teaspoon)</td>
</tr>
<tr>
<td>Cooking oil</td>
<td>1 liter</td>
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</table>
# Chapati

## Tools and Utensils
- Heat source (charcoal, firewood, gas, kerosene, electricity)
- Cups, tablespoons, and teaspoons
- Frying pan and trays
- Perforated spoons
- Rolling board/table and rolling pin sieve

## Ingredients

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cassava flour</td>
<td>150 grams (1½ cups)</td>
</tr>
<tr>
<td>Wheat flour</td>
<td>450 grams (4½ cups)</td>
</tr>
<tr>
<td>Eggs</td>
<td>2</td>
</tr>
<tr>
<td>Cooking oil for kneading</td>
<td>1 tablespoon</td>
</tr>
<tr>
<td>Salt</td>
<td>½ teaspoon</td>
</tr>
<tr>
<td>Frying oil</td>
<td>2 cups</td>
</tr>
<tr>
<td>Water</td>
<td>1 cup</td>
</tr>
</tbody>
</table>

## Method

1. Mix cassava flour, wheat flour, and salt then sift into a bowl.
2. Heat some oil.
3. Add to the mixture, add water and knead well, using hands, into a soft dough.
4. Divide it into equal pieces of the desired size and make into small balls.
5. Place each piece on the rolling board or table which has been greased with cooking oil, use the rolling pin to flatten. Then brush some oil on top and fold into another circular shape and leave for some time to rise.
6. Place the ball of dough back on the on the rolling board or table and flatten again with the rolling pin to get a flat round shape.
7. Heat the frying pan and add the flattened dough. Cook one side and flip to the other side without adding oil.
8. Then put a little oil, and continue to turn around until the chapati is well cooked or becomes a pale brown color on both sides.
9. Remove from fire and serve.
SHORT CRUST PASTRY

TOOLS AND EQUIPMENT

- Heat source (charcoal, gas/kerosene stove)
- Cooking pans, bowls, measuring spoons/cups
- Wooden spoon
- Oven, baking trays/sheets, and cooling trays
- Rolling board/table and rolling pin

METHOD

1. Pour 150 grams or one and a half cups of sifted cassava flour, margarine, and salt into a bowl.
2. Add 50 grams of cassava flour into ¼ cup of boiling water and fold in gently 4 times.
3. Pour the cooked flour into the remaining dry ingredients.
4. Mix thoroughly with finger tips, until the mixture resembles breadcrumbs.
5. Whisk the egg and add.
6. Mix to obtain a stiff dough which leaves the sides of the bowl clean.
7. Use for any recipe which calls for short crust pastry.

INGREDIENTS

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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</thead>
<tbody>
<tr>
<td>Cassava flour</td>
<td>200 grams</td>
</tr>
<tr>
<td>Margarine</td>
<td>50 grams</td>
</tr>
<tr>
<td>Egg</td>
<td>1</td>
</tr>
<tr>
<td>Salt</td>
<td>5 grams</td>
</tr>
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</table>
MEAT / FISH PIE

INGREDIENTS

- Short crust pastry
- Meat/Fish filling (flaked)

METHOD

1. Make short crust pastry (Page 21).
2. Roll out to about ¼ inch thickness.
3. Cut into rounds with a big biscuit cutter.
4. Put a tablespoonful of meat/fish (flaked) filling onto one side.
5. Fold the other side over, press edges, and close firmly with a fork.
6. Brush with beaten egg and bake in a hot oven (350 °F or 175 °C) for 30 minutes.
7. Remove from oven and serve.
SAUSAGE ROLLS

INGREDIENTS

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Short crust pastry</td>
<td>120 grams</td>
</tr>
<tr>
<td>Sausage filling</td>
<td>240 grams</td>
</tr>
</tbody>
</table>

METHOD

1. Make short crust pastry (Page 21).
2. Roll pastry into an oblong shape.
3. Season sausage/meat with white pepper, curry, and salt.
4. Divide into 8 pieces and shape into long strips and place on the pastry.
5. Fold the pastry over the sausage meat and moisten the ends and seal by pressing together.
6. Trim off the pastry leaving about 1 cm at the edges.
7. Make diagonal slits at the top to allow steam to escape.
8. Brush pastry with beaten egg to give a glazed finish.
9. Bake in a hot oven at 175 °C (350 °F) until evenly browned.
10. They are ready to serve.
MILLET AND CASSAVA MEAL

TOOLS AND MATERIALS
- Saucepan/clay pot
- Cooking stick
- Bowl
- Sieve

INGREDIENTS

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cassava flour</td>
<td>1 kg</td>
</tr>
<tr>
<td>Millet flour</td>
<td>300 grams (3 cups)</td>
</tr>
<tr>
<td>Water</td>
<td>1.5 liters</td>
</tr>
</tbody>
</table>

METHOD
1. Boil water.
2. Mix cassava and millet flour and sieve.
3. Put the mixed flour into the boiling water.
4. Remove the pot from fire and stir until it is properly cooked (approx. 5 minutes). Serve with any relish.

Note: If you stir while the pot is on the fire, you will use more flour, it will take more time to harden, and it will also be sticky.
GARI

Gari is a creamy-white, granular flour with a slightly fermented flavor, and a slightly sour taste made from fermented, gelatinized fresh cassava roots. Gari is widely known in Nigeria and other West African countries. It is commonly consumed either by being soaked in cold water with sugar, coconut, roasted groundnut, dry fish, or boiled cowpea as complements or as a paste made with hot water and eaten with vegetable sauce. When properly stored, it has a shelf-life of six months or more.

The process of making gari involves grating peeled and washed fresh cassava roots, and fermenting them for 2–3 days to produce the desirable flavors followed by roasting.

Frying gari
MAKING GARI

TOOLS AND EQUIPMENT

- Fresh cassava roots
- Grater/grating machine
- Presser (double screw-press)
- Drying source (very intense sun rays, heat dryer)
- Drying trays and raised platform
- Grinding mill
- Bowls, knives, polyethylene sacks, and plastic bags

METHOD

1. Place harvested cassava roots in a bowl of water and wash well.
2. Peel roots with knife and wash again with plenty of water to get rid of sand particles and dirt.
3. Grate roots to obtain mash.
4. Put mash into polyethylene sacks and tie with a rope, tightly. Leave for 5 days to ferment at room temperature.
5. Place sacks with fermented mash into a presser to dewater mash completely.
6. Remove dewatered mash from sacks, sieve to remove large particles, and spread out in trays and dry thoroughly (mash should crumble easily).
7. The gari is ready to use. Store in a dry container and close tightly.
SOAKED GARI WITH SUGAR AND PEANUTS

TOOLS AND EQUIPMENT
• Cup/bowl

INGREDIENTS
Gari - desired quantity
Sugar and milk
Water (cold)
Salt (optional)

METHOD
1. Pour desired quantity of gari into a cup/bowl.
2. Add enough water to soak and soften gari into a watery texture.
3. Add sugar and mix till it dissolves.
4. Add peanuts and milk or peanuts or milk alone and serve.
SOAKED GARI

TOOLS AND EQUIPMENT
- Cup/bowl

INGREDIENTS
- Gari - desired quantity
- Water - hot/cold
- Salt

METHOD - 1
1. Pour desired quantity of gari into a plate or bowl.
2. Add hot water until the gari is well soaked.
3. Leave it for 6 to 10 minutes to soften and rise.

METHOD - 2
1. Pour desired quantity of gari into a plate or bowl.
2. Add cold water until the gari is well soaked.
3. Leave for 10 to 20 minutes for it to soften and rise.
4. It is ready to serve with soup/stew/gravy

** There should not be too much water as it will give it a watery texture. The soaked gari should be easy to mold using fingertips.
EBA

TOOLS AND EQUIPMENT

- Heat source (gas/kerosene stove, firewood, charcoal)
- Cooking pans, cups
- Wooden spoon
- Cutting board/clean table

INGREDIENTS

- *Gari* - any quantity
- Water
- Some salt (optional)

METHOD

1. Pour sufficient water into a cooking pan and bring to boil.
2. Add a pinch of salt if desired.
3. Divide the boiling water into two parts, leaving one part on the fire.
4. Add gari to the boiling water and stir vigorously to avoid lumps.
5. Add the other hot water a little at a time, still stirring until the required texture is obtained. The cooked *eba* should have a texture that can be easily molded.
6. Serve with meat/fish stew or soup.
GARI BISCUITS

TOOLS AND EQUIPMENT
• Heat source and oven with baking trays/sheets
• Kitchen grater and knives
• Rolling board/table and rolling pin
• Biscuit cutter (any design)
• Wooden spoon
• Bowls, measuring cups, and spoons
• Fine sieve
• Kitchen cloth/napkins
• Plastic bags

METHOD
1. Add sugar to margarine and beat.
2. Add eggs and mix well till the sugar dissolves.
3. Sprinkle water on gari and mix well to obtain breadcrumb-like appearance.
4. Add the gari and flavoring into the egg mixture and knead well.
5. Leave dough to rise for 10 minutes.
7. Roll dough into sheets with thickness of \( \frac{1}{4} - \frac{3}{8} \) inches.
8. Cut into desired shapes.
10. Remove from oven, allow to cool.
11. Biscuits are ready to serve or pack and seal in plastic bags. Serve with hot or cold beverages.

INGREDIENTS

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fine granules of gari</td>
<td>6 cups</td>
</tr>
<tr>
<td>Sugar</td>
<td>1 cup</td>
</tr>
<tr>
<td>Margarine</td>
<td>2 tablespoons</td>
</tr>
<tr>
<td>Eggs</td>
<td>2</td>
</tr>
<tr>
<td>Water</td>
<td>( \frac{1}{2} ) cup</td>
</tr>
<tr>
<td>Flavoring (nutmeg, vanilla or pineapple essence)</td>
<td></td>
</tr>
<tr>
<td>Soy flour (optional)</td>
<td></td>
</tr>
</tbody>
</table>
CASSAVA STARCH

Starch is the main constituent of cassava roots. About 25% starch may be obtained from mature, good quality roots. About 60% starch may be obtained from dry cassava chips and about 10% dry pulp may be obtained per 100 kg of cassava roots. The starch is produced primarily from fresh cassava roots but in some countries such as Thailand it is produced from dry cassava chips.

Extracting starch from cassava roots is a relatively simple process that can be divided into five main stages: (i) preparation (peeling and washing), (ii) pulping/grating, (iii) purification (starch washing), (iv) dewatering and drying, and (v) finishing (milling and packaging). The cassava roots need to be processed almost immediately after harvest as the roots are highly perishable and enzymatic processes accelerate deterioration within 1–2 days.
CASSAVA STARCH

TOOLS AND EQUIPMENT

- Fresh cassava roots
- Chipping machine/knives
- Drying source (sunrays drying/solar, heat dryer)
- Drying trays and raised platform
- Grinding mill
- Bowls, polyethylene bags, plastic bags

METHOD

1. Peel and wash fresh cassava roots.
2. Grate the cassava roots using a grater.
3. Mix with a lot of fresh water (about ten times the grated cassava).
4. Filter through a fine mesh sieve or through muslin cloth.
5. Water from washing cassava is left to stand for 4–5 hours to allow the starch to settle down. Remove the water and leave behind the sediment.
6. Wash off the starch residue several times with water to get white, odorless, and tasteless starch.
7. Dry and pack in airtight containers.
STARCH BISCUITS

TOOLS AND MATERIALS

• Heat source and oven with flat trays
• Cooling trays
• Kitchen grater
• Tea spoons and measuring cups
• Wooden spoon
• Plastic bags (small size)
• Electric heat sealing machine
• Knives
• Muslin cloth and sieve
• Mold

METHOD

1. Grate coconut and put into muslin cloth and squeeze to extract milk.
2. Measure milk and pour into a bowl, add sugar, salt, and flavor and mix well.
3. Sieve starch and add to mixture and mix well. Cover and leave to stand for 45 minutes.
4. Grease baking trays/sheets with oil or margarine.
5. Set oven at 200 °C. Bring oven temperature down to 150 °C when ready to bake.
6. Mix flour mixture well again, add sifted soy flour, and knead for 20 minutes.
7. Add beaten egg yolk and mix for 5 minutes.
8. Mold into desirable shapes (round or oval shapes) and decorate as desired.
9. Place them on the greased trays and put in oven.
10. Bake until light brown, remove from oven, and leave on trays to cool.

Note: During the final mixing if mixture is hard or flaky add some of the coconut milk or cooking oil. If too soft add some starch.

PS: If packing, the soy flour or the egg yolk can be used alone with very little water during preparation to obtain a firm product which will be less flaky during this process.

INGREDIENTS

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sun-dried processed starch</td>
<td>400 grams/4 cups</td>
</tr>
<tr>
<td>Granulated sugar</td>
<td>1 cup</td>
</tr>
<tr>
<td>Coconut milk</td>
<td>1 cup</td>
</tr>
<tr>
<td>Salt</td>
<td>1 teaspoon</td>
</tr>
<tr>
<td>Nutmeg/flavoring</td>
<td></td>
</tr>
<tr>
<td>Beaten egg yolks</td>
<td>1–2</td>
</tr>
<tr>
<td>Soy flour</td>
<td>1 cup</td>
</tr>
</tbody>
</table>

Note: Measuring container can be of any shape or size but the ratio should be followed.
RECIPIES FROM FRESH CASSAVA ROOTS
YAKAYAKA

TOOLS AND EQUIPMENT
- Pot/pan with a fitting lid (metal, earthenware, or wood)
- Flat earthenware bowl (perforated underneath with four or more holes)
- Lining material (corn husks, green plantain leaves, fine muslin/net cloth)
- Heat source (charcoal, wood, gas or kerosene stove)
- Bowls for washing etc.
- Grating machine and presser, holding rack

INGREDIENTS
Cassava roots - grated, dewatered, and sifted
Salt (optional)
Water
Soybean (flour/paste: milk extract - optional)
Maize flour

METHOD
Grating
1. Place harvested roots in a bowl of water, wash, peel and wash again thoroughly in clean water to get rid of all soil and sand particles.
2. Grate into desire texture and put in a sack.

Dewatering and sifting
1. If you own a pressing machine, put the sack(s) in the holding rack and press to dewater the grated cassava thoroughly. If you don’t have a machine, place a heavy weight on the sack to dewater.
2. Remove the dewatered cake from sacks and sift. Add soybean or maize flour at a ratio of 4: ½and sift together.

Steaming
1. Fill a cooking pot ¾ full with water and place on the fire.
2. Place a perforated earthenware bowl (steaming tray) on top of the pot and allow water to boil until vapor is seen through holes.
3. Place lining material such as maize husks and banana leaves over the holes of the steaming tray.
4. Scoop some sifted mash and sprinkle onto the lining in a heap.
5. Cover with a tight fitting lid-to conserve the vapor and leave to cook for 2-5 minutes. (That is the steaming process).
6. The cooked Yakayaka has a soft, spongy texture with a gelatinized appearance.
7. Remove from the pot/cooking pan and place in a clean tray to cool.
8. Repeat process (steps 4-8) until all mash is used up.
9. Yakayaka is ready to serve. It is eaten with pepper sauce and fried, smoked or steamed fish, chicken or beef stew, or soup.

Note: There should be no fermentation of the dewatered cake. The thickness of the sprinkled mash in the perforated bowl should be appropriate for adequate cooking. If it is too thick the vapor cannot pass through, and the middle portion will not be well cooked.
The addition of the maize or soybean flour gives the product a flaky texture, and makes it less sticky and tastier.
CASSAVA FRITTERS

TOOLS AND UTENSILS
• Heat source (charcoal, firewood, kerosene, gas, electricity)
• Cooking pot/pan and mixing bowls
• Tablespoons and teaspoon
• Grater
• Knife

METHOD
1. In a bowl, mix thoroughly the grated onion, beaten eggs, and grated sweet cassava roots. Add salt to taste.
2. Heat oil.
3. Scoop out the mixture using a tablespoon and add to the hot oil.
4. Fry until golden brown in color.
5. Remove from fire, leave to drain, and serve, preferably hot.

INGREDIENTS

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grated sweet cassava roots</td>
<td>450 grams (2 cups)</td>
</tr>
<tr>
<td>Onions (grated)</td>
<td>30 grams (1 small onion)</td>
</tr>
<tr>
<td>Eggs</td>
<td>2</td>
</tr>
<tr>
<td>Cooking oil</td>
<td>480 ml (2 cups)</td>
</tr>
<tr>
<td>Salt to taste</td>
<td></td>
</tr>
</tbody>
</table>
BAGIA

TOOLS AND UTENSILS
- Heat source (charcoal, firewood, kerosene, gas, electricity)
- Cooking pot/pan and mixing bowls
- Cups, tablespoons, and teaspoons
- Blender, winnower, and grater
- Knife.

INGREDIENTS

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grated cassava roots</td>
<td>1 cup</td>
</tr>
<tr>
<td>Cowpea</td>
<td>4 cups</td>
</tr>
<tr>
<td>Salt</td>
<td>1 teaspoon</td>
</tr>
<tr>
<td>Chopped onions</td>
<td>1 teaspoon</td>
</tr>
<tr>
<td>Garlic</td>
<td>½ teaspoon</td>
</tr>
<tr>
<td>Pepper</td>
<td>1 teaspoon</td>
</tr>
</tbody>
</table>

METHOD

Preparation of fresh cassava
1. Wash fresh sweet cassava roots with clean water to remove soil and other debris.
2. Peel and wash again using clean water.
3. Grate and put into clean bowl and cover with lid.

Preparation of cowpea
1. Select cowpea, removing the spoiled ones and other debris.
2. Soak in clean water for 12 hours.
3. Peel and grind using pestle and mortar, stone, or blender.
4. Put into clean bowl and cover with lid.

Making the bagia
1. Mix all the ingredients to get a homogeneous mixture.
2. Knead and mold into desired shapes.
3. Deep fry the pieces of bagia until golden brown.
4. Remove from the cooking pan/pot, leave to drain, and cool. Ready to serve with tea, soft drinks, or porridge.
BOILED CASSAVA

TOOLS AND MATERIALS

- Saucepan/clay pot
- Wooden spoon
- Bowl
- Chopping board
- Knife

INGREDIENTS

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Roots of sweet cassava</td>
<td>2 kg</td>
</tr>
<tr>
<td>variety</td>
<td></td>
</tr>
<tr>
<td>Tomato</td>
<td>200 grams</td>
</tr>
<tr>
<td>Tomato paste</td>
<td>20 grams</td>
</tr>
<tr>
<td>Ginger</td>
<td>10 grams</td>
</tr>
<tr>
<td>Cooking oil</td>
<td>20 ml</td>
</tr>
<tr>
<td>Onion</td>
<td>100 grams</td>
</tr>
<tr>
<td>Salt, Water</td>
<td></td>
</tr>
</tbody>
</table>

METHOD

1. Wash and peel cassava roots.
2. Cut into halves, put in a saucepan, and boil until soft (approx. 20 minutes).
3. Heat cooking oil, fry onion and tomato.
4. Add ginger, tomato paste, and salt and make gravy.
5. Add the gravy to the cooked cassava and simmer for 10 minutes.
6. It is ready to serve. Serve warm as a main meal.
CASSAVA PUDDING

TOOLS AND MATERIALS

• Big saucepan or a steamer pot
• Frying basket
• New bath towel (white)
• Chopping board
• Cake rack
• Spider spoon
• Knife/grater

INGREDIENTS

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fresh roots of sweet cassava</td>
<td>1 kg</td>
</tr>
<tr>
<td>Butter</td>
<td>200 grams (2 cups)</td>
</tr>
<tr>
<td>Sugar</td>
<td>200 grams (2 cups)</td>
</tr>
<tr>
<td>Milk</td>
<td>200 ml (1 cup)</td>
</tr>
<tr>
<td>Ginger</td>
<td>10 grams</td>
</tr>
<tr>
<td>Egg</td>
<td>1</td>
</tr>
<tr>
<td>Vanilla essence</td>
<td></td>
</tr>
<tr>
<td>Water</td>
<td></td>
</tr>
</tbody>
</table>

METHOD

1. Wash, peel, and grate fresh cassava.
2. Add all the ingredients except milk together and mix.
3. Add milk bit by bit and mix until the mixture is firm enough to hold in the hands and mold into desired shapes.
4. Put banana leaves on the hot plate or near the fire until they are soft.
5. Wrap the cassava shapes in the banana leaves.
7. Put the frying basket inside the saucepan upside down so that the top of the basket is not submerged in water.
8. Put the wrapped cassava on top of the basket.
9. Place the new towel on top of the saucepan and cover it with the lid and steam for an hour.

Serve as a cocktail dish or as a snack.
PANCAKE

TOOLS AND EQUIPMENT

- Heat source (charcoal, gas/kerosene stove)
- Cooking pans, bowls, measuring spoons/cups
- Wooden spoon
- Oven, baking trays/sheets, and cooling trays
- Rolling board/table, rolling pin

INGREDIENTS

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Roots of sweet cassava</td>
<td>2 medium sized</td>
</tr>
<tr>
<td>Oil</td>
<td>1 cup</td>
</tr>
<tr>
<td>Beaten egg</td>
<td>1</td>
</tr>
<tr>
<td>Sugar</td>
<td>3 tablespoons</td>
</tr>
<tr>
<td>Ginger powder</td>
<td></td>
</tr>
</tbody>
</table>

METHOD

1. Peel and wash the cassava roots.
2. Wipe dry with clean cloth and grate.
3. Place the grated cassava into a dish and add sugar, ginger powder, and the beaten egg.
4. Mix well, roll on a board, and cut into desired shapes.
5. Deep fry the pieces until light brown.
6. Remove from fire, leave to drain for a few minutes then serve.
KABALAGALA

TOOLS AND EQUIPMENT
• Heat source (charcoal, gas/kerosene stove)
• Cooking pans, bowls, measuring spoons/cups
• Wooden spoon
• Rolling board/table, rolling pin

METHOD
1. Put the mashed sweet bananas into a bowl, add the cassava flour, and mix thoroughly.
2. Add the beaten egg and mix again.
3. Put the mixture on a floured rolling board or table, roll out, and cut into 6-cm round shapes.
4. Deep fry the pieces until brown.
5. Remove from fire, leave to drain for a few minutes then serve.

INGREDIENTS
<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cassava flour</td>
<td>100g (1 cup)</td>
</tr>
<tr>
<td>Water</td>
<td></td>
</tr>
<tr>
<td>Cooking oil</td>
<td></td>
</tr>
<tr>
<td>Beaten egg</td>
<td>1</td>
</tr>
<tr>
<td>Mashed sweet banana</td>
<td>½ cup</td>
</tr>
</tbody>
</table>
CASSAVA MEAT CAKE

TOOLS AND EQUIPMENT
- Heat source (charcoal, gas/kerosene stove)
- Cooking pans, bowls, measuring spoons/cups
- Wooden spoon
- Rolling board/table, rolling pin

METHOD
1. Put the mashed sweet bananas into a bowl, add the cassava flour, and mix thoroughly.
2. Add the beaten egg and mix again.
3. Put the mixture on a floured rolling board or table, roll out, and cut into 6-cm round shapes.
4. Deep fry the pieces until brown.
5. Remove from fire, leave to drain for a few minutes then serve.

INGREDIENTS

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
<th>QUANTITY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mash made from sweet</td>
<td>500 grams (5 cups)</td>
</tr>
<tr>
<td>Minced meat</td>
<td>200 grams (2 cups)</td>
</tr>
<tr>
<td>Breadcrumbs</td>
<td>3 tablespoons</td>
</tr>
<tr>
<td>Garlic (crushed)</td>
<td>1 clove</td>
</tr>
<tr>
<td>Onion (chopped)</td>
<td>1 medium sized</td>
</tr>
<tr>
<td>Pepper</td>
<td>1 tablespoon</td>
</tr>
<tr>
<td>Eggs</td>
<td>2 (beaten)</td>
</tr>
</tbody>
</table>
CASSAVA EGG

TOOLS AND UTENSILS
• Heat source (charcoal, firewood, gas, electricity)
• Weigh balance
• Cutting board/clean table
• Knife
• Tablespoons and teaspoons
• Pot

INGREDIENTS

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fresh roots of sweet</td>
<td>1 kg</td>
</tr>
<tr>
<td>cassava</td>
<td></td>
</tr>
<tr>
<td>Eggs</td>
<td>2</td>
</tr>
<tr>
<td>Oil</td>
<td>3 tablespoons</td>
</tr>
<tr>
<td>Tomato</td>
<td>4 medium sized</td>
</tr>
<tr>
<td>Salt</td>
<td>½ teaspoon</td>
</tr>
<tr>
<td>Water</td>
<td></td>
</tr>
</tbody>
</table>

METHOD
1. Peel the cassava roots, wash, and cut into small pieces.
2. Boil the cassava until soft, drain, and discard the water.
3. Peel the tomatoes, remove seeds, dice, and add to the cassava.
4. Add oil to the boiled cassava and chunks of peeled tomatoes.
5. Beat eggs and add to the mix. Season with salt.
CASSAVA PELLETS

TOOL AND UTENSILS
• Heat source (charcoal, firewood, gas, electricity)
• Weigh balance
• Cutting board/clean table
• Knife
• Masher
• Cup and tablespoon
• Frying pan

INGREDIENTS
<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fresh roots of sweet 1 kg cassava</td>
<td></td>
</tr>
<tr>
<td>Fresh fish or minced meat* ½ kg</td>
<td></td>
</tr>
<tr>
<td>Chives/cresson</td>
<td></td>
</tr>
<tr>
<td>Oil</td>
<td>2 tablespoon</td>
</tr>
<tr>
<td>Salt</td>
<td>¼ tablespoon</td>
</tr>
<tr>
<td>Water</td>
<td></td>
</tr>
</tbody>
</table>

* A cup of Peanut could be used instead

METHOD
1. Peel the cassava roots, wash, and cut into small pieces.
2. Boil until soft, drain, and mash.
3. Add the cooked fish or minced meat, or roasted peanuts to the mash.
4. Wash the chives/cresson, finely cut, and then add to the mix.
5. Add the oil and salt and mix well.
6. Heat oil, scoop out a spoonful of the dough, and fry.
7. Remove from pan, leave to drain, and serve.
MANIOC SOUP

TOOLS AND UTENSILS

• Heat source (charcoal, firewood, gas, electricity)
• Weigh balance
• Cutting board/clean table
• Knife
• Carrot grater
• Cup and tablespoon

METHOD

1. Peel the cassava roots, wash, and cut into small pieces.
2. Boil the roots until soft.
3. Wash the meat, cut into small pieces, and stir fry with the tomatoes until cooked.
4. Add boiled beans, grated carrots, and the boiled chopped cassava.
5. Simmer, season with salt, and serve.

INGREDIENTS

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fresh roots of sweet</td>
<td>1 kg</td>
</tr>
<tr>
<td>cassava</td>
<td></td>
</tr>
<tr>
<td>Fresh beans</td>
<td>1 cup</td>
</tr>
<tr>
<td>Beef</td>
<td>□ kg</td>
</tr>
<tr>
<td>Carrot</td>
<td>1</td>
</tr>
<tr>
<td>Tomato</td>
<td>3</td>
</tr>
<tr>
<td>Salt</td>
<td>□ tablespoon</td>
</tr>
</tbody>
</table>
# JIBIJIBY OR JEBOJEBO MAHOGO

## Tools and Utensils
- Heat source (charcoal, firewood, gas, electricity)
- Weigh balance
- Cutting board/clean table
- Knife
- Coconut grater
- Tablespoon
- Pot

## Ingredients
<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fresh sweet cassava roots</td>
<td>1 kg</td>
</tr>
<tr>
<td>Coconut</td>
<td>1 or 2</td>
</tr>
<tr>
<td>Hot water</td>
<td>1 liter</td>
</tr>
<tr>
<td>Sugar</td>
<td></td>
</tr>
</tbody>
</table>

## Method
1. Peel, wash, and grate cassava roots.
2. Press out part of the water and make into small balls and place them in a pot.
3. Grate 1 or 2 coconuts depending on the amount of cassava, add hot water, press, and extract the coconut milk.
4. Add coconut milk to the cassava pellets and boil.
5. Add sugar before serving.
FRIED CASSAVA WITH COCONUT

TOOLS AND UTENSILS

- Heat source (charcoal, firewood, gas, electricity)
- Weigh balance
- Cutting board/clean table
- Knife
- Coconut grater
- Masher
- Cup and tablespoon
- Frying pan

METHOD

1. Peel the cassava roots, wash, and cut into small pieces.
2. Boil until soft, drain the water, and mash. If it is a bitter variety, pour off water once it begins to boil and add more water, and continue boiling until it is cooked.
3. Finely grate the coconut.
4. Mix the mashed cassava and the grated coconut.
5. Add sugar to sweeten.
6. Prepare cassava pellets with this mixture, place in the flour.
7. Heat oil and fry the cassava pellets.
8. Remove from pan, leave to drain, and serve.

INGREDIENTS

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fresh sweet cassava</td>
<td>1 kg</td>
</tr>
<tr>
<td>roots</td>
<td></td>
</tr>
<tr>
<td>Coconut</td>
<td>1 or 2</td>
</tr>
<tr>
<td>Cassava flour</td>
<td>1 cup</td>
</tr>
<tr>
<td>Sugar</td>
<td>1 cup</td>
</tr>
<tr>
<td>Oil</td>
<td>½ liter</td>
</tr>
</tbody>
</table>
BANANA MANIOC

TOOLS AND UTENSILS

- Heat source (charcoal, firewood, gas, electricity)
- Weigh balance
- Cutting board/clean table
- Knife
- Masher
- Cup and tablespoon

METHOD

1. Peel the cassava roots, wash, and cut into small pieces. Boil until soft, drain the water, and mash. If it is a bitter variety, pour off water once it begins to boil and add more water, and continue boiling until it is cooked.
2. Peel banana and crush.
3. Beat the egg.
4. Stir in cassava, mashed banana, and egg.
5. Dissolve the sugar in a little water and add to the preparation. Mix well.
6. It is ready to serve.

INGREDIENTS

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fresh cassava roots</td>
<td>1kg</td>
</tr>
<tr>
<td>Ripe bananas</td>
<td>2</td>
</tr>
<tr>
<td>Egg</td>
<td>1</td>
</tr>
<tr>
<td>Sugar</td>
<td></td>
</tr>
</tbody>
</table>
CASSAVA LEAVES IN COCONUT

Cassava leaves make a good vegetable rich in proteins, vitamins and minerals.

TOOLS AND UTENSILS
• Heat source (charcoal, firewood, gas, electricity)
• Cutting board/clean table
• Knife
• Coconut grater
• Masher
• Cup and tablespoon
• Frying pan

INGREDIENTS
- ground cassava leaves
- Coconut
- Water
- Tomatoes 2
- Onion 1
- Garlic ½ clove
- Salt to taste

METHOD
Coconut juice
1. Grate the coconut
2. Add warm water, about 125 ml and squeeze to make juice.
3. Add warm water again, about 125 ml, and squeeze to make second strength juice.

Cassava leaves
1. Thoroughly crush, mash, or grind the cassava leaves in a mortar and pestle or with a rolling pin.
2. Put cassava into a saucepan, add ½ L Water and salt, put lid on and boil for 20–30 minutes and drain.
3. Chop onions and tomatoes into fine pieces and grind the garlic.
4. Fry onions, tomatoes, and garlic until tender.
5. Add second coconut juice and continue stilling until the mixture boils.
6. Add cooked cassava then leave to simmer for about 10 minutes.
# INGREDIENTS AND THEIR MEASUREMENTS FOR BAKING

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Measurement</th>
<th>Weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>High quality cassava flour</td>
<td>100 g</td>
<td>1 cup</td>
</tr>
<tr>
<td>Wheat flour</td>
<td>120 g</td>
<td>1 cup</td>
</tr>
<tr>
<td>Sugar</td>
<td>170 g</td>
<td>1 cup</td>
</tr>
<tr>
<td>Margarine/Butter</td>
<td>160 g</td>
<td>1 cup</td>
</tr>
<tr>
<td>Baking soda</td>
<td>3 g</td>
<td>1 teaspoon</td>
</tr>
<tr>
<td>Yeast</td>
<td></td>
<td>1 teaspoon</td>
</tr>
<tr>
<td>Vanilla</td>
<td></td>
<td>1 teaspoon</td>
</tr>
<tr>
<td>Cooking oil</td>
<td>100 ml</td>
<td>1 cup</td>
</tr>
<tr>
<td>Cardamon</td>
<td>4 g</td>
<td>1 teaspoon</td>
</tr>
<tr>
<td>Salt</td>
<td>4g</td>
<td>1 teaspoon</td>
</tr>
</tbody>
</table>
Cassava Recipes for East and Southern Africa