

Cassava Recipes

for East and Southern Africa



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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.

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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 crumple 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

Cassava flour	100 grams	(1 cup)
Wheat flour	400 grams	(4 cups)
Sugar	18 grams	(4 tablespoons)
Salt	0.5 grams	(1/2 teaspoons)
Dried yeast	18 grams	(6 teaspoons)
Margarine	20 grams	(2 tablespoons)
Water		

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

Cassava flour*	80 grams	(4 heaped tablespoons)
Soy flour	20 grams	(2 heaped teaspoons)
Margarine*	10 grams	(1 level teaspoon)
Dried yeast	1.5 grams	(1/2 teaspoon)
Water	70–90 milliliters	(1/3 cup)
Whisked egg white (one large egg)		
Salt	1.5 grams	(2 pinches)
Sugar	6 grams	1 teaspoon)

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. Add water ** 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 °C, 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

Cassava flour	450 grams	(4½cups)
Wheat flour	150 grams	1½cups)
Egg	1	
Dried yeast	1 teaspoon	
Cooking oil (for kneading)	4 tablespoons	
Cooking oil (for frying)	liter	

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

Cassava flour	750 grams	(7 cups)
Wheat flour	250 grams	(2½ cups)
Margarine	450 grams	(4 cups)
Sugar	450 grams	(4 cups)
Eggs	2	
Baking powder	15 grams	
Vanilla (or lemon peels)	5 grams	(1 teaspoon)
Milk	20 grams	
Water	225 grams	(2 cups)



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 $\frac{3}{4}$ 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

Cassava flour	100 grams	(1 cup)
Margarine	50 grams	(cup)
Sugar	50 grams	(cup)
Egg	1	
Baking powder	5 grams	(1 teaspoon)

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

Cassava flour	400 grams	(4 cups)
Sugar	100 grams	(1 cup)
Margarine	100 grams	(1 cup)
Baking powder	4 teaspoons	
Vanilla (or lemon peels)	1 teaspoon	
Milk	cup	
Mixture of fruits	1 cup (optional)	
Eggs	2	
Wheat flour	400 grams	(4 cups)

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 $\frac{2}{3}$ 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

Cassava flour	350 grams	(3½cups)
Margarine	cup	
Sugar	1 cups	
Orange juice	scup	
Vanilla	1 teaspoon	
Baking powder	2 teaspoon	
Salt	teaspoon	
Eggs	2	
Grated orange peel	2 tablespoons	
Water	1 cup	

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

INGREDIENTS

Cassava flour	200 grams	(2 cups)
Sugar	50 grams	(,cup)
Margarine	20 grams	(1 tablespoon)
Egg	1	
Yeast	10 grams	(2 teaspoons)
Grated nutmeg	1.5 grams	(½teaspoon)
Cooking oil	1 liter	

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.



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

Cassava flour	150 grams	(1½ cups)
Wheat flour	450 grams	(4½ cups)
Eggs	2	
Cooking oil for kneading	1 tablespoon	
Salt	teaspoon	
Frying oil	2 cups	
Water	1 cup	



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

INGREDIENTS

Cassava flour	200 grams	(2 cups)
Margarine	50 grams	(1 cup)
Egg	1	
Salt	5 grams	(1 teaspoon)

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.

MEAT / FISH PIE

INGREDIENTS

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



METHOD

1. Make short crust pastry (Page 21).
2. Roll out to about 1/8 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

Short crust pastry	120 grams
Sausage filling	240 grams

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

Cassava flour	1 kg	
Millet flour	300 grams	(3 cups)
Water	1.5 liters	

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

INGREDIENTS

Fine granules of gari	6 cups
Sugar	1 cup
Margarine	2 tablespoons
Eggs	2
Water	cup
Flavoring (nutmeg, vanilla or pineapple essence)	
Soy flour (optional)	

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.
6. Grease baking sheets/trays.
7. Roll dough into sheets with thickness of $\frac{1}{4}$ – $\frac{1}{2}$ inches.
8. Cut into desired shapes.
9. Bake in a moderate oven temperature till golden brown.
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.



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 poons and measuring cups
- Wooden spoon
- Plastic bags (small size)
- Electric heat sealing machine
- Knives
- Muslin cloth and sieve
- Mold

INGREDIENTS

Sun-dried processed starch	400 grams/ 4 cups
Granulated sugar	1 cup
Coconut milk	1 cup
Salt	1 teaspoon
Nutmeg/flavoring	
Beaten egg yolks	1–2
Soy flour	1 cup

Note: Measuring container can be of any shape or size but the ratio should be followed.



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.
11. Pack using plastic bags and seal.

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.

RECIPES 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: ½ and sift together.

Steaming

1. Fill a cooking pot 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

INGREDIENTS

Grated sweet cassava roots	450 grams	(2 cups)
Onions (grated)	30 grams	(1 small onion)
Eggs		2
Cooking oil	480 ml	(2 cups)
Salt to taste		

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.



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

Grated cassava roots	1 cup
Cowpea	4 cups
Salt	1 teaspoon
Chopped onions	1 teaspoon
Garlic	½teaspoon
Pepper	teaspoon

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

Roots of sweet cassava variety	2 kg
Tomato	200 grams
Tomato paste	20 grams
Ginger	10 grams
Cooking oil	20 ml
Onion	100 grams
Salt, Water	

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

Fresh roots of sweet cassava	1 kg	
Butter	200 grams	(2 cups)
Sugar	200 grams	(2 cups)
Milk	200 ml	(1 cup)
Ginger	10 grams	
Egg	1	
Vanilla essence		
Water		

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.
6. Boil water in a saucepan.
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

Roots of sweet cassava	2 medium sized
Oil	1 cup
Beaten egg	1
Sugar	3 tablespoons
Ginger powder	

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

INGREDIENTS

Cassava flour	100g (1 cup)
Water	
Cooking oil	
Beaten egg	1
Mashed sweet banana	cup

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.



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

INGREDIENTS

Mash made from sweet	500 grams	(5 cups)
Minced meat	200 grams	(2 cups)
Breadcrumbs	3 tablespoons	
Garlic (crushed)	1 clove	
Onion	1 medium sized (chopped)	
Pepper	1	tablespoon
Eggs	2	(beaten)
Salt to taste		

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.



CASSAVA EGG

TOOLS AND UTENSILS

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

INGREDIENTS

Fresh roots of sweet cassava	1 kg
Eggs	2
Oil	3 tablespoons
Tomato	4 medium sized
Salt	teaspoon
Water	

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.
6. Serve hot.



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

Fresh roots of sweet cassava	1 kg
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Fresh fish or minced meat*	½ kg
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Chives/cresson	
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Oil	2 tablespoon
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Salt	tablespoon
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Water

* 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 mincedmeat, 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

INGREDIENTS

Fresh roots of sweet cassava	1 kg
Fresh beans	1 cup
Beef	kg
Carrot	1
Tomato	3
Salt	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.



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

Fresh sweet cassava roots	1 kg
Coconut	1 or 2
Hot water	1 liter
Sugar	

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

INGREDIENTS

Fresh sweet cassava roots	1 kg
Coconut	1 or 2
Cassava flour	1 cup
Sugar	1 cup
Oil	liter

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.



BANANA MANIOC

TOOLS AND UTENSILS

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

INGREDIENTS

Fresh cassava roots	1kg
Ripe bananas	2
Egg	1
Sugar	

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.



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 LWater 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

Ingredients	Measurement	Weight
High quality cassava flour	100 g	1 cup
Wheat flour	120 g	1 cup
Sugar	170 g	1 cup
Margarine/Butter	160 g	1 cup
Baking soda	3 g	1 teaspoon
Yeast		1 teaspoon
Vanilla		1 teaspoon
Cooking oil	100 ml	1 cup
Cardamon	4 g	1 teaspoon
Salt	4g	1 teaspoon

