

Cassava Processing

1. Dig the roots – transplant some cuttings at the same time.
2. Wash the roots in the garden to remove most of the dirt.



3. In the kitchen – scrub the roots very well.
4. Cut the roots into chunks that are easy to peel, and then peel the outside layer. Halve and quarter each piece and remove the centre if it looks woody. Put these into some clean water while you continue to cut the rest.





5. Process the roots in thermomix or food processor. In my thermomix I: Weigh out 500g roots and about 2 cups of water, process on speed 10 for 10 seconds. Place into a large bowl or bucket.
6. When ready to move to next step, strain through a strainer.
7. Strain again through a cloth lined colander. Then squeeze out the pulp in batches.



8. Leave the watery mix to soak for 1-2 hours – the white starch will settle to the bottom and the water will be quite dirty. Pour off the water in a smooth movement to prevent the starch mixing back into the water.



9. Place the starch into a baking tray and place in a very low oven until completely dry. Stir every now and again. When completely dry, process again to remove the clumps and then sift and store. This is now tapioca starch/flour.



10. Cassava pulp – there are many ways to use this and many ways yet to discover!

Fermented cassava – layer the pulp into a jar and push down firmly. Sprinkle as you go with a small amount of kraut or other fermented veg juice, whey or kombucha. Place lid on and leave on the bench for about 5 days. Place in the fridge.

Bammy – this is a Jamaican flat bread and is good to serve with curry. I have also made a sweet version. For the original Jamaican version – mix some salt into the cassava pulp and then form it into flat cakes. Fry in a little oil and set aside until ready to eat. Coat them in coconut milk and then fry again until crispy. To serve as a dessert, make as above and serve with coconut milk sauce, cream or icecream. Coconut milk sauce – 1/3 can coconut milk, 2 teaspoons of coconut sugar (or honey or rapadura sugar), 1 tablespoon grated ginger, rind and juice of a lime. Adjust sugar as necessary.

Fritters – Mix some pulp with lots of herbs and an egg. Shallow fry in oil and serve with sweet chilli sauce. Add tuna or other meat if you want a meat version.

Cassava Cake

500g cassava pulp

80g desiccated coconut

½ cup honey

1 cup of milk (whatever milk you like)

1 egg

1 lime – rind grated and then juiced.

Mix together everything except the lime juice, and cook in a square cake tin. When cooked (45-60 minutes) poke all over the top with a toothpick or skewer and pour over the lime juice.