



Casabe (Cassava Bread)

SERVINGS 4 **PREP TIME** 20 mins 4 hrs **COOK TIME** 10 mins

INGREDIENTS

- 1 lb **La Fe Frozen Yuca**
- 1/2 tsp of salt for taste
- Water to fill half of saucepan

DIRECTIONS

1. Cook La Fe frozen yuca by filling a saucepan with water and set it on high heat. Sprinkle a little salt to taste and bring the water to a rolling boil.
2. Add the frozen yuca. Cook for around 20 minutes or until the yuca turns soft but not mushy.
3. Turn off the heat and discard the water. Place the cooked yuca in a colander or on paper towels to drain excess water. Examine the center for woody strands of fiber and discard.
4. Grate the yuca with the least coarse side of the grater.
5. Using a clean cotton cloth, squeeze the yuca until you extract as much liquid as possible.
6. Spread on a baking tray and leave in the fridge for 4 hours (the refrigerator acts as a dehumidifier), stirring and breaking clumps at least every hour. By then it should be slightly damp and the texture will be similar to grated parmesan.
7. Heat a nonstick pan over medium heat.
8. Spread some yuca on it, making sure to break down any clumps before you do.
9. Cook for 1 minute, turn and cook for another minute, or until both sides are light golden brown, and the yuca is no longer flexible.
10. Once you have made all the yuca/cassava bread, place on a wire tray to cool down. It should not be flexible, if it is, it means that not all the water has evaporated. If that is the case, cook a bit longer.

**If all fails, run to the store for La Fe cassava bread.