CASSAVA SPAGHETTI

Ingredients

- 3 cups cassava flour
- 1 ½ cup soya flour
- 1 egg
- 1 teaspoon curry powder
- 1 pinch of salt
- water
- oil for frying as needed

Method

- sieve flour
- in a large bowl mix cassava and soya flour
- in a small bowl whisk the egg
- put egg, salt and curry powder in the flour mixture
- mix very well using hands
- add water slowly until you obtain a highly viscous mixture
- add a small quantity of oil
- roll the mixture into short spaghetti with your palms
- fry in hot oil

CASSAVA DONATS

Ingredients

- 1 cup cassava flour
- 1 cup white wheat flour
- 1 teaspoon cinnamon
- 2 teaspoons baking powder
- 1 ½ cup sugar
- 2 eggs
- 1 cup milk
- 1 cup margarine (butter)
- 1 lemon, orange
- 1 pinch of salt
- oil for frying

Method

- sieve flour
- in a large bowl mix cassava and wheat flour
- mix butter, sugar and eggs in a mixing bowl
- add cinnamon, lemon or orange fresh juice and baking powder
- mix the flour with the mixture to make a dough
- add milk bit by bit and mix with hands to make a smooth consistency mixture
- roll out the dough and cut to a round shape using a glass
- use a small round ring (a water bottle stopper) to cut in the middle out
- fry in hot oil
POPED CASSAVA

Ingredients

a) 1 cup cassava flour  
b) 1 cup water  
c) oil for frying  
d) chumvi au sukari

Method

- boil water  
- add flour bit by bit and sugar/salt until the mixture became smooth  
- use your hands to shape into balls  
- fry in hot oil until browned  
- serve for breakfast.

CASSAVA BREAD

Ingredients

a) 1 cup cassava flour  
b) 3 cups white wheat flour  
c) 1 ½ spoon yeast  
d) 1 teaspoon sugar  
e) 3 tablespoons butter/margarine  
f) 2 spoons salt  
g) ½ cup milk  
h) 1 cup water

Method

- put yeast and sugar in a glass of warm water, stir and leave it for 10 minutes  
- sieve flour, in a large bowl mix cassava and wheat flour  
- add salt and mix  
- add butter and milk, and mix  
- make a hall in the middle of mixture  
- add water with yeast and mix very well using palms, you can add some more milk if the dough looks hard  
- cover and stand for about 10 minutes on a warm place until the mixture has risen (under the sun)  
- knead it with hands to a heavy batter, put in a baking tray in a warm place, cover and allow it to rise again  
- bake in a moderate heat, until the bread is set nicely browned.
SCONES (BREAD ROLLS)

Ingredients

a) 1 ½ cup cassava flour  
b) ½ cup white wheat flour  
c) 1 ½ cup sugar  
d) 4 spoons butter  
e) 1 egg  
f) kijiko 1 spoon yeast  
g) kijiko 1 spoon cinnamon  
h) ½ cup milk  
i) gloves  
j) sesame seeds

Method

- put the yeast in a glass with warm water and add 1 teaspoon of sugar, stir and leave for 10 minutes  
- sieve flour, in a large bowl mix cassava and wheat flour, add sugar and mix  
- add butter and gloves  
- add the white of egg, sesame, cinnamon and a small quantity of milk  
- add the warm water with yeast and knead it very well with hands,  
- roll on a floured surface and cut into desired shapes (preferable small)  
- arrange in a baking tin with a butter layer  
- brush the scones with the white of egg, and decorate with sesame seeds  
- leave in a warm place (under the sun) for a few minutes  
- when the bread rolls have risen, bake them in the oven

CASSAVA PANCAKES

Ingredients

a) 2 medium cassava tubers  
b) 1 spoon ginger  
c) 1 egg  
d) 1 cup oil  
e) 2 spoons sugar

Method

- wash and peel the cassava tubers  
- dry them with a clean fabric  
- cut the tubers in small pieces, put in a bowl, add sugar, egg and ginger  
- mix properly, knead it, roll on a floured surface and cut into pieces  
- fry in hot oil
CASSAVA CAKE (with fresh cassava)

Ingredients

a) 4 cups fresh grated cassava  
b) 2 cups white wheat flour  
c) 1 cup sugar  
d) 1 cup butter  
e) 2 eggs  
f) 1 cup milk  
g) 4 teaspoon baking powder  
h) 1 pinch of salt  
i) orange/lemon/cinnamon/dried grape(currant)

Method

- put sugar and butter in a bowl, mix with energy  
- add cassava grated and mix  
- add eggs and milk, mix  
- in an other bowl put wheat flour and baking powder  
- mix all toghether untill the mixture is smooth  
- pour in a baking tin with a butter layer  
- bake in the oven

CASSAVA CAKE (with cassava flour)

Ingredients

a) 2 cups cassava flour  
b) 1 cup sugar  
c) 1 cup margarine/butter  
d) 1 ½ teaspoon baking powder  
e) 5 eggs  
f) cinnamon  
g) 1 pinch of salt  
h) 1 orange/lemon rind

Method

- put sugar and butter into a bowl, beat with energy until light and fluffy  
- add eggs, orange juice and if you like lemon rind, finely grated, beat well  
- mix togheder cassava flour, baking powder, cinnamon and salt into a separate bowl  
- add the mixture, stir until well incorporated  
- pour in a baking tin with a butter layer  
- bake in the oven
QUEEN CAKE

**Ingredients**

a)  1 cup sorgum/millet flour  
b)  1 cup cassava flour  
c)  2 cups wheat flour  
d)  2 cups sugar  
e)  2 cups butter  
f)  6 eggs  
g)  ½ cup cashewnut  
h)  ½ cup milk  
i)  1 pinch of salt  
j)  3 teaspoon baking powder  
k)  1 tablespoon lemon rind, finely grated

**Method**

- put sugar and butter into a bowl, beat with energy until light and fluffy
- add eggs, milk, cashew and lemon rind, beat well
- sift the flour and mix together 3 kind of flours, salt and baking powder in a separate bowl
- add the flour combination into butter mixture and mix until well incorporated
- pour in a muffin baking tin with a butter layer or into paper cases
- bake in the oven