

## Cassava Cake

### Ingredients:

- 1 Cup grated cooked cassava
- 1 Egg
- 400g tin coconut cream
- 2-3 tblsp brown or palm sugar



### Method:

1. Preheat oven to 180C
2. Set aside 1/4 of coconut cream
3. Mix remaining ingredients together until smooth
4. Bake in round cake time for 20-30mins or until cake is firm
5. While cake is cooking heat sugar with remaining coconut cream and simmer until sauce thickens
6. When sauce has thickened pour over cake and cook for another 10mins

### Important Notes on preparing Cassava: to remove toxins!

1. Clean, Peel: Score a few mm deep along the length then peel off skin like an onion
2. Cut cassava into 10 cm blocks
2. Boil until soft (15-20min) discard water
3. Cut in quarters and remove centre stringy centre
4. Grate for above recipe or

Eat with salt or can use in any other way you would use cooked potato such as chopping into squares and lightly frying (with a little butter and oil) with a handful of parsley and a couple of cloves of chopped garlic then add salt and pepper.

nb: Always cook cassava including leaves before eating