



Bammy



serves 4



1 hour

INGREDIENTS

- 2 lbs fresh Cassava (Yuca)
- ½ tsp salt

DIRECTIONS

- Peel the yuca completely, making sure to remove both the thick brown skin and the pinkish layer underneath. Cut the roots into manageable chunks.
- Use the finest side of your grater to grate the yuca into a soft, wet pulp.
- Place the grated pulp into a piece of cheesecloth. Twist and squeeze to remove as much liquid as you can. You'll want the resulting pulp to be very dry and crumbly.
- Break up the dry clumps of pulp with your fingers or pass them through a coarse sieve. You're looking for a flour-like consistency.
- Stir in the salt.
- Heat a large, flat, dry griddle or non-stick skillet over medium heat. Don't add any oil or butter!
- Spread about 1 cup of the cassava flour onto the hot griddle. Use the back of a spoon to flatten and smooth it into a thin, even circle (about 6 or 8 inches wide).
- Let it cook for about 5–8 minutes. As it heats, the starch will bind the flour together into a solid cake. Flip it carefully when the edges start to lift and the bottom is lightly toasted.
- Cook the other side for another 5 minutes. The goal is a firm, dry, and slightly crisp bread.
- Remove from the heat and let it cool. It'll get even crunchier as it sits.