



# Corn AND Cassava RECIPES





*Corn* is the second most important crop in the Philippines. About 14 million Filipinos prefer white corn as their main staple and yellow corn accounts for about 50% of livestock mixed feeds. Some 600,000 farm households depend on corn as a major source of livelihood, in addition to transport services, traders, processors and agricultural input suppliers who directly benefit from corn production, processing, marketing and distribution.

Yellow corn is commercially used as animal feeds. It is also a good source of starch, derivatives for oil, paints, fibers and other industrial uses. Other by-products of corn include corn flour, syrup and sugar. Glutinous corn grown as green corn, either boiled or roasted, is a popular snack and can be cooked as soup or with vegetable. Matured glutinous corn grains are processed and sold as Mccornik.

In terms of nutritive value, corn is a good source of Vitamin A. It also contains It also contains high amount of minerals such as calcium and phosphorus.

Corn is also processed into high value products, such as cornstarch, corn syrups, corn oil, gluten and snack foods.

*Cassava* (kamoteng-kahoy in Tagalog) is the third largest source of carbohydrates in the world. Among crop plants, the cassava plant provides the highest yield of food energy and is a staple food for more than 500 million people. Cassava root is very rich in starch and contains significant amounts of calcium, dietary fiber, iron, manganese, phosphorous, potassium, vitamin B6, and vitamin C.

A recent study conducted in the Philippines (one of the countries where cassava is an important crop) looked into the effects of root crops and legumes in lowering cholesterol levels among humans with moderately-raised cholesterol levels. The study showed that cassava significantly decreased total cholesterol levels, decreased low density lipoprotein (LDL) cholesterol (considered as "bad" cholesterol) and may help lower triglyceride levels due to its high total dietary fiber content.

# Frozen Ready-to-Eat Sweet Corn

Ingredients:

- Fresh Sweet Corn

Materials Needed:

- Steamer
- Vacuum Packaging Machine
- Vacuum Packaging Bags

Procedure:

Remove the outer layer or husk of corn by cutting it from the bottom of the corn. Slowly peel off the clean inner layer or husk of corn. You may use the inner peelings for other recipes such as the corn tamales. Remove all the corn hair from the corn. Clean the corn and steam the corn for 20 minutes.

For softer variety of corn, 20 minutes will be enough while harder varieties may take to 30 to 40 minutes. The 20 minutes start when the water boils and produces steam. Make sure the water level is always 2-3 inches from the bottom to avoid the water from evaporating. You may also test if the corn is cooked or not by piercing a kernel with a toothpick. If the toothpick pierces the kernel, it is already cooked.

Once removed cobs from steamer, cool the cob to at least 35 to 45 °C. Once cooled, cut the corn into desired pieces, place inside vacuum packaging bags and seal and vacuum using the vacuum packaging machine.

# Soft Corn Bread



## Ingredients:

- 3 tbsp of active dry yeast
- 1/2 cup of warm water
- 3 tbsp of sugar
- 1 tsp of salt
- 1/4 tsp chopped and ground ginger
- 1 tsp of chopped onion
- 2 tbsp of cut onion springs
- 2 tbsp cooking oil
- 1 cup of blended sweet corn
- 4 cups sifted all-purpose flour
- 1 large can of evaporated milk

## Procedure:

Submerge yeast in warm water. Pour in sugar, salt, ginger, onion, onion springs, oil, and blended sweet corn. Mix well. Add the flour and evaporated milk alternatively to the mixture while mixing in between alternating. For example, you may pour 1 cup of flour in, mix it, then pour in the milk, and so on. After mixing, pour the mixture into a bread mold and let the dough rise before baking. Preheat the oven at 150°C and bake the bread for 40 minutes.



# *Carnick*

## Ingredients:

- White Glutenous Corn Kernels
- Water
- Salt
- Cooking Oil

## Materials Needed:

- Pressure Cooker
- Colander
- Strainer Ladle

## Procedure:

Every 1 cup corn, add 2 cups of water and 1/4 teaspoon of salt. Place corn, water, and salt into a pressure cooker. You may substitute salt with other flavorings such as cheese or garlic. Pressure cook the mixture for 10 minutes. Pour corn into a strainer and mix to remove water. Fry the white corn in cooking oil until golden brown and light. Drain any excess oil using a colander. Pack with desired amount or serve.

## SOURCE:

PHOEBE GALEON

University of Science and Technology of Southern Philippines, Cagayan De Oro City



# Sweet Corn Tamale

## Ingredients:

- 1 cup of Corn
- Water
- 2 tbsp of Sugar
- 1/4 cup Powdered Milk
- 1 and 1/2 cup Ground Rice
- 1/2 cup Ground Pilit Rice
- 2 tbsp Butter
- Tocino
- 3 pieces of Tomato
- 4 pieces of Salted Egg
- 2 pieces of Onion
- 4 pieces of Onion Spring
- Inner layer of Corn Husk

## Procedure:

Remove Kernels from Corn by slicing it onto a clean container. Blend or grind the corn with a small amount of water. Blend until the pieces become fine and slurry in texture. Mix corn powdered milk, sugar, Ground Rice and Pilit Rice, and Butter. Cut the tocino, tomato, salted egg, onion, and onion spring into small cubed pieces. Arrange all the ingredients onto a peel of the inner layer of corn husk with the Corn mixture as the main ingredient and cubed ingredients as toppings. Fold the Cornhusk to seal and place on top of each other for steaming. Steam for 30 minutes. Time starts upon the water boiling. Upon 30 minutes of cook, remove and serve.



# *Rice with Diced Cassava*

Ingredients:

- 1 cup rice
- 2 cups of diced cassava
- Water

Procedure:

Wash the cassava properly, peel and slice according to the desired size. Wash the rice. Add water using the 1 cup rice: 1 cup water ratio. Mix rice and cassava. Boil until is cooked.



# *Cassava Cuchinta*

Ingredients:

- 1 cup cassava flour
- 1 cup of brown sugar
- 1 & 1/2 cup water
- 1 tbsp lye
- few drops of yellow food color or achuete
- grated coconut for toppings

Procedure:

In a mixing bowl, blend all the ingredients except grated coconuts until thoroughly fine. Pour into cuchinta molders or ungreased muffin tins. Steam for 5 to 20 minutes. Let it cool for 5 minutes and remove from pans. Serve with grated coconuts.



# *Pichi Pichi*

Ingredients:

- 2 cups grated cassava
- 2 cups sugar
- 2 cups pandan water
- Grated coconut, for garnish

Procedure:

Combine all ingredients, except the coconut. Pour into round pans. Steam for 45 minutes until set. Cool. Form into balls, then roll in grated coconut.



# *Cassava Suman*

Ingredients:

- 2 cups grated cassava
- 1 cup thick coconut cream
- 3/4 cup sugar
- 1 cup young coconut, grated
- Wilted banana for wrapping

Procedure:

Over the medium heat, cook cassava and coconut milk until they form a thick mixture. Add sugar and grated coconut. Remove from heat. Put about 2 tbs of the mixture on a banana leaf. Wrap tightly to make each suman, either in the shape of a square or a roll. Steam the suman for about 15 minutes, or until each one is firm when touched.

# Cassava Fries

Ingredients:

- 4 large cassavas
- salt and pepper to taste
- Water
- 2 tbsp olive oil

Procedure:

Preheat oven to 400°F. Peel the cassava and then divide each cassava root into 4 thick strips (1 cassava root serves four). Lay them in a large pile on the baking tray. Bring a pot of salt water to a boil and then add the cut cassava. Boil for about 30 minutes. Remove from the stove and drain all the liquid. Add all other ingredients and mix thoroughly. Bake for 15-20 minutes or until golden brown.

Serving Ideas:

- Serve them hot as an appetizer.
- Best Served with Chili Sauce
- They also make a nice side dish with a burger or some other protein.



# Cassava Balls

Ingredients:

- 2 cups grated cassava
- 1 onion, chopped
- 1 tsp fresh herbs of choice, chopped (e.g. parsley, basil sage)
- 1 egg
- 1/4 cup cooking oil

Procedure:

Combine the cassava, onion, and herbs. Lightly beat the egg and add to the cassava mixture and combine until smooth. Form mixture into small balls. Lightly fry the balls in the cooking oil, over medium temperature, until golden brown.

Note: A finely chopped fresh chili pepper or a clove of minced garlic can be used instead of the herbs.



# Cassava Denengdeng

Ingredients:

- 2 pieces cassava roots
- 2 pieces small tomatoes
- Water
- 1 piece bangus, sliced
- 3 cloves garlic
- Ampalaya leaves
- 1 piece onion
- 1 piece ginger

Procedure:

Slice cassava into thin pieces. Boil for 10 minutes. Sauté garlic, onions, ginger and tomatoes. Add the boiled cassava. Let it boil for another 10 minutes. Add fried bangus and put the ampalaya leaves.

# Cassava Chips

Ingredients:

- 1/2 kg grated cassava
- 1/2 g barbecue spice
- 1/2 g black pepper
- 5 and 1/2 g salt

Procedure:

Clean the peeled cassava, then grate. Mix together the cassava and all ingredients. Mix well until it becomes a thick paste. Spread thinly and evenly over a banana leaf or aluminum tray. Steam for about 5 minutes. Remove from steamer, place on chopping board and cut into sizes, about 4 x 1 and 1/2 cm. Remove the sliced pieces and arrange in a perforated tray. Dry under the sun or dry until crispy.



# Cassava Polvoron

Ingredients:

- 1 cup cassava flour
- 1/4 cup of powdered milk
- 1/3 cup sugar
- 5 tbsp melted butter

Procedure:

Toast cassava flour to light brown. Mix sugar and powdered milk. Melt butter and add to the mixture. Mix thoroughly and mold in polvoron molder. Wrap individually in cellophane and serve.

# Cassava Nilupak

Ingredients:

- 4 cups grated cooked cassava
- 1/2 cup brown sugar
- 2 cups grated buko, medium hard
- 1/2 tsp vanilla

Procedure:

Combine all the ingredients, and pound once more. Mix till well blended. Arrange on a platter and cut into desired shapes.

# Candied Cassava

Ingredients:

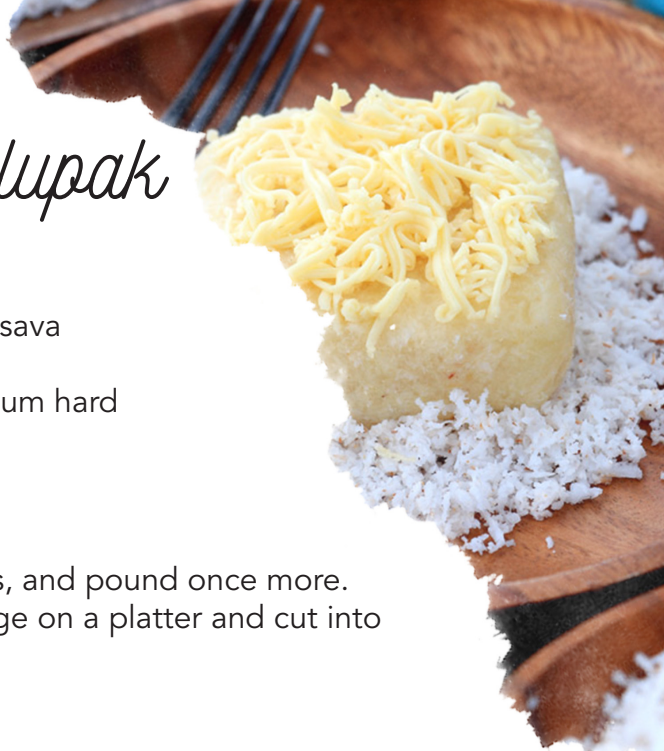
- 1 kg cassava
- 4 cups water
- 600 grams sugar
- 1/4 tsp salt (optional)
- 1/2 coconut cream (optional)

Procedure:

Peel the casava roots and cut them into pieces about 7 cm long. Wash and then dry the cassava pieces. Use large saucepans add the water and the sugar and bring to the boil over a medium heat until all the sugar dissolves. Add the cassava root pieces and continue boiling over a low heat until the cassava is cooked through and fully camarellized. Let them cook for about 2 hours. Remove from the heat and then transfer it to the serving dish. Serve either hot or cold.

SOURCE:

PHILIPPINE ROOT CROP RESEARCH AND TRAINING CENTER  
Visayan State University, Visca, Baybay City



# Cassava Embutido

Ingredients:

- ½ kg grated cassava
- 50g minced onion
- 250g grated carrots
- 2 tablespoons salt
- 275g cheddar cheese strips
- 50g red bell pepper, minced
- 250g ground meat (pork)
- 2 tablespoons ground black pepper
- 5 pcs large eggs

Procedure:

Mix all the ingredients in a bowl. Measure ½ cup of the mixture, line with cheese strips and wrap in aluminum foil. Steam for 30 minutes.

# Cassava Dynamite

Ingredients:

- Grated cassava
- Medium onions, minced
- Medium garlic, minced
- Ground pepper
- Salt
- Siling haba
- Cheese strips
- Oil



Procedure:

Mix grated cassava, onions, garlic, pepper and salt. Set aside. Cut lengthwise one side of the siling haba and remove seeds. Put cheese strips and stuff with cassava mixture. Deep fry until golden brown. Strain to remove excess oil. Serve with sauce.



# Cassava Siomai

Ingredients:

- 1 cup grated cassava
- 1 cup ground pork
- ½ cup grated carrots
- ¼ cup minced celery
- ¼ cup minced garlic
- ¼ cup minced onions
- 2 pieces medium eggs
- 1 tablespoon salt
- Molo/ siomai wrappers

Procedure:

Mix all the ingredients. Scoop one teaspoon and mold in molo wrapper. Steam siomai for 30 minutes. Serve hot with soy sauce, calamansi and chili.



# Cassava Ube Roll

Ingredients:

- 250 grams grated ube
- 1 cup of evaporated milk
- 1 cup of evaporated milk
- 1/4 cup of butter
- 1/4 cup of bath
- Crushed roasted peanut
- 500 gram grated cassava
- Grated Cheese
- 300 gram sugar

Procedure:

Cook ube with 200 grams sugar, 1 cup evaporated milk and ¼ cup butter. Cook cassava with 300 grams sugar, 1 cup evaporated milk and ¼ cup butter. Spread the cooked cassava on a broad banana leaf or cling wrap. Top it with roasted peanuts and grated cheese then spread the cooked ube on top. Roll the layered cassava - ube and top it again with roasted peanuts and cheese. Cut roll into desired size.

SOURCE:

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