

Binubudan (Fermented Cassava)

Ingredients:

- 2 kilos cassava roots
- 2 round pieces bubod (yeast)

Procedure:

1. Cut and peel cassava.
2. Boil for 30 minutes.
3. When cooked, slice and remove core.
4. Arrange in a container lines with banana leaves.
5. Powder the bubod (yeast) then sprinkle to the cassava alternate with the bubod (yeast).
6. Cover with banana leaves and let it ferment for 2 nights.

Cassava-Ube Roll

Ingredients:

- 500 grams grated cassava
- 250 grams grated ube
- 500 grams sugar
- 1 can evaporated milk
- ½ cup butter
- Crushed roasted peanut for toppings
- Cheese for toppings



Procedure:

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

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:

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

Steamed Cassava

Ingredients:

- 500 grams grated cassava
- 200 grams flour
- 1 cup sugar
- 1 cup butter
- Cheese and raisins

Procedure:

1. Mix all ingredients except cheese or raisins.
2. Pour mixture on puto molders.
3. Top with cheese or raisins.
4. Steam for 25 to 30 minutes



Source: Ms. Marilou Gacay Pasi Dulnuan, RIC-Sablan, Benguet



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Cassava Recipes



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Cassava Embutido

Ingredients:

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

Procedure:

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



Cassava Puff

Ingredients:

- 2 cups grated cassava
- 2pcs medium eggs
- 4 cloves garlic, minced
- 2 pcs medium onions, minced
- 1 stem celery, minced
- 20 pcs quail eggs, boiled and peeled



Procedure:

1. Mix cassava, eggs, garlic, onions and celery.
2. Season the mixture with salt and pepper.
3. Coat the quail eggs with cassava mixture
4. Deep fry in oil.

Cassava Mini Bites

Ingredients:

- 3 cups grated cassava
- ¼ cup ground pork
- 1 cup grated carrots
- 1 piece bell pepper, minced
- 1 piece onion, minced
- 1 piece garlic, minced
- 1 tablespoon ground black pepper
- 2 pieces large eggs
- 1 ½ tablespoons salt
- Flavoring (optional)

Procedure:

1. Mince bell pepper, onions and garlic.
2. Mix with grated cassava, ground pork and eggs.
3. Add salt and pepper.
4. Mold and form into balls.
5. Fry until golden brown.
6. Serve hot with chili sauce



Cassava Stuffed Bell Pepper

Ingredients:

- 2 cups grated cassava
- ½ cup carrots
- 1 piece medium onion, minced
- 1 piece medium garlic, minced
- 5 pieces green bell pepper
- 1 piece red bell pepper
- 2 tablespoons oil
- Salt to taste

Procedure:

1. Mix all the ingredients in a bowl except the bell pepper.
2. Pre-cook the mixture in oil.
3. Set aside.
4. Cut the top of the bell pepper.
5. Remove seeds then stuff the mixture inside the bell pepper.
6. Bake for 15 to 20 minutes in 180°C.

Cassava Bibingka

Ingredients:

- 1 cup grated cassava
- 1 cup evaporated milk or 1 cup coconut milk
- ½ cup sugar
- 3 tablespoons melted butter
- Condensed milk
- Cheese

Procedure:

1. Pre – heat oven at 180°C.
2. Combine butter and sugar in a mixing bowl.
3. Add evaporated milk and grated cassava.
4. Mix well.
5. Pour mixture over greased pans.
6. Bake mixture until half done.
7. Top with cheese and condensed milk.
8. Bake until well done



Cassava Denengdeng

Ingredients:

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

Procedure:

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

Cassava Lumpia

Ingredients:

- 1 kilo grated cassava
- 100g minced red pepper
- 50g minced garlic
- 50g minced onion
- 50g minced celery
- 5 pieces small eggs
- 100 pieces yellow lumpia wrapper
- Salt and pepper to taste
- Oil for frying

Procedure:

1. Mix all the ingredients except the lumpia wrapper and oil.
2. Wrap in lumpia wrapper.
3. Deep fry in oil until golden brown.
4. Serve with sweet and sour chili sauce.



Cassava Dynamite

Ingredients:

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

Procedure:

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

