



Cassava with Coconut Milk and Lime

Featured on March 15, 2019 for “Carla Hall’s Soul Food” demo with Carla Hall

“Mmm mmm, this is one big bowl of comfort. Cassava is the starchy tuber that tapioca comes from. When it’s cooked and mashed, and, in this case, mixed with coconut milk, it becomes super creamy. When you bite a chunk of cassava, it goes from sweet outside to earthy center. I first got the idea for this recipe from a chef in Kenya. But as I found out more about cassava, I realized that it journeyed with my people, from West Africa through the Caribbean to these shores. I’ve taken the flavors here on the same journey. Cassava, also known as yuca or manioc, look like tree branches, with a dark brown rough skin. Young ones are less likely to have any rot and will be sweeter and less starchy. Look for thin, small ones with unblemished surfaces. When you cut it, discard any parts with black lines in the white flesh. Since you can’t see that from the outside, buy more than you need for this recipe.” – Carla Hall

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Recipe adapted from *Carla Hall’s Soul Food*, pg. 110

Serves 6

Ingredients

- 1 (3-pound) cassava
- Kosher salt
- 1 tablespoon unsalted butter
- 1 onion, finely chopped
- 2 garlic cloves, minced
- 1 tablespoon minced peeled fresh ginger
- 1 cup coconut milk
- Zest and juice of 1 lime, plus 1 lime for serving
- ½ cup coconut cream
- 1 jalapeño, thinly sliced
- ¼ cup coconut flakes, toasted

Directions

Trim the top and bottom of the cassava, then cut into thirds from top to bottom. Use a sharp knife to cut all the peel off the pieces, including any purple parts near the skin. You should be left with only white flesh. Cut the flesh into 1 ½-inch chunks.

Bring a large saucepan of water to a boil. Add the cassava and 1 teaspoon salt. Reduce the heat to maintain a steady boil and cook until tender, about 20 minutes. Reserve ½ cup cooking liquid. Pour the

rest of the cooking liquid out of the pan, leaving the cassava in the pan. Mash the cassava coarsely, leaving big chunks in the mix.

Melt the butter in a medium saucepan over medium-high heat. Add the onion and $\frac{3}{4}$ teaspoon salt and cook, stirring, for 3 minutes. Add the garlic and ginger and cook, stirring often, until the onion is tender, about 4 minutes. Add the coconut milk, reserved cooking water, and lime zest. Stir well and simmer for 5 minutes. Add the lime juice and simmer for 1 minute. Add the coconut cream and bring to a simmer.

Pour the coconut mixture over the cassava and fold until well-mixed. Divide among serving bowls. Zest the remaining lime over the cassava, then top with the jalapeño slices and coconut flakes. Cut the zested lime into wedges and serve with the hot cassava.



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