



Aipim or mandioca (Brazil), muhogo (Swahili, Africa) manioc, yuca, tapioca or guacamote (Spanish), 木薯 (mù shǔ, Mandarin), umdumbula (Zulu, Africa)



Cassava

a taste of Latin America on the Floridian table

The roots and leaves of the cassava plant have been a staple food item in Latin America for thousands of years. Since it grows well in poor soil and hot climate, it was a reliable food crop in early Florida history, and it became a staple crop in many parts of Africa and Asia. A surge in immigration from Cuba and Latin America during the 20th century increased the popularity of cassava in Florida, and today many home gardeners throughout the state are growing cassava because it is nutritious, delicious and easy to grow.

To learn more about Florida's culinary history, visit floridaheritagefoods.com

Farmer holding cassava



SANCOCHO (PUERTO RICAN STEW)

90
MINUTES
TOTAL

8-10
TOTAL
SERVINGS



INGREDIENTS

- | | |
|---|---|
| 2 medium cassava roots | ¼ teaspoon freshly ground black pepper |
| 1 green plantain and 1 yellow sweet plantain | 1 tbsp. olive oil, plus more as needed |
| 10 oz. calabaza (pumpkin) or kabocha squash | ½ cup sofrito |
| 1 to 2 ears corn | 10 cups pork or beef stock |
| 1 lb. pork or beef stew meat cut in 2-inch pieces | 3 dried bay leaves |
| 1 lb. boneless chicken meat cut in 2-inch pieces | 1 cup thinly sliced sausage (chorizo preferred) |
| 1½ tbsp. kosher salt, plus more to taste | |

DIRECTIONS

1. Peel and cut cassava and pumpkin into 2-inch pieces. Set aside.
2. Slice corn into 2-inch thick segments. Set aside.
3. Season meat with ½ tbsp. salt and ½ tsp. of pepper.
4. Heat tbsp. of oil in large pot on medium-high and brown pork and beef. Transfer to a bowl.
5. Add chicken to pot and brown. Transfer to bowl.
6. Reduce heat to medium, add sofrito, and cook until liquid evaporates.
7. Return meat to pot, add stock, bay leaves, and salt.
8. Cook medium low uncovered for 15 minutes.
9. At five-minute intervals add cassava first, plantains second, calabaza third, and corn last.
10. Add sausage and cook 15 more minutes until all vegetables are tender.

Recipe adapted from Coconuts and Collards: Recipes and Stories from Puerto Rico to the Deep South by Von Diaz. University Press of Florida (2018), upress.ufl.edu.

FACTS

Cassava was grown in Latin America prior to the arrival of Europeans, and the plant is found in indigenous art throughout the continent. The Portuguese brought cassava to Africa and Asia in the 16th century. Throughout the world the roots are roasted, baked, fried, sauteed, mashed, grated, ground and used in breads, crackers, and sweets like cake.

The root contains significant amounts of vitamin C, thiamine, riboflavin and niacin. Cassava is also a source of gluten-free starch.

For more Florida heritage recipes, visit floridaheritagefoods.com

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