



CASSAVA DOUGHNUTS

Cassava doughnuts are thick, cylindrical, fried products which are approximately 8 cm in diameter and 3 cm thick. The texture is stiffer than cake and the crust is soft with a deep, uniform brown colour. They have a shelf-life of a few days under correct storage conditions and are used as a snackfood or in packed meals.

As in all cassava products, especially those made from bitter cassava, it is necessary to detoxify the cassava by removing or deactivating the components that yield cyanide. The main quality factors are the colour and fineness of the flour and freedom from dirt, mould and insects. Oil used for frying should be clear, of good quality and free from rancidity.



Hygiene

Heat during frying destroys most contaminating bacteria and the soft crust restricts recontamination during storage. Good hygienic practices should be enforced during preparation of the dough to prevent gross contamination and possible survival of large numbers of bacteria after frying.

Packaging and storage

The product should be properly cooled before packaging into a moisture proof bag in order to prevent water vapour condensing onto the inside of the pack, moistening the surface of the cake and promoting mould growth. The pack should also be oil resistant and prevent contamination by soils, insects etc. The product should be stored in a cool, dry place away from sunlight which would accelerate rancidity of the oil in the product.

Equipment required

Mixer (optional)
Heat sealer
Scales
Thermometer

Process	Notes
Cassava Flour	
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Mix	1 kg <i>cassava</i> flour, 75g baking powder, 200g sugar, 6 eggs, 125g margarine, 1/2 teaspoon salt and 1/2 litre milk or water. Mix to a smooth dough.
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Shape	Shape with floured hands, take mixture in spoonfuls, shape into rounds with a hole in the middle.
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Fry	Deep fry the doughnuts in hot oil (Approx 150°C) until golden brown on both sides.
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Drain	Remove excess oil.
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Cool	Cool to room temperature
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Pack	Pack in plastic bags, preferably in units of ten for easy counting and wholesale
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Store	Store in cool and shaded place to slow down rancidity.

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technical brief