

Roasting / drying



Roast the crumbs in a wide and shallow pan over the fire. Stir the crumbs continuously until they become light and dry. By the time drying or roasting stage is completed, the amount of harmful substances left in the cassava will only be 3 percent.

Advantages of Processed Cassava

- It is safe for consumption
- It enhances the shelf life of cassava products
- Makes the transportation easy
- Raised market opportunities and values
- Upgrades nutrition (fit for food preparations and supplements)
- Ease use in medication
- Improved palatability
- Increases the efficiency of land use,
- Reduces food loss and stabilises seasonal fluctuations.
- Source of national and household incomes and food security

Conclusion

Bitter cassava is a safe and nourishing food as long as the processing methods are used. Children in particular should be strongly discouraged from eating bitter cassava roots which are not properly processed. Nobody should suffer ill health from eating bitter cassava if the roots are not fermented; a processing step is missed out and a large amount of poorly processed roots are eaten without foods such as meat, fish and vegetables over long periods.



Be wise - Stay Safe and Healthy

Processing equipment and further information can be obtained from:

National cassava Program,
Namulonge
P.O Box 7084 Kampala.
E-mail: naari@afsat.com

MAKE BITTER CASSAVA SAFE FOR CONSUMPTION



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Introduction

The National Agricultural Research Organisation (NARO) has produced 12 improved sweet varieties of cassava in Uganda. However, farmers continue to grow local bitter cassava varieties because;

- Bitter cassava varieties produce high quality flour with high contents of dry matter used for human and industrial consumption.
- Bitter cassava varieties repel animals and pests, locusts and grasshoppers.
- During hunger and scarcity periods, bitter cassava varieties are not prone to theft.

Cassava plant contains potentially harmful substances which are dangerous to humans and livestock. In humans, they cause headache, mental confusion, paralysis, breathing problems, vomiting, convulsions, goitre and death. Therefore farmers should adopt the processing methods as a way to manage the bitter cassava.

Stages in processing bitter cassava

There are a number of stages to be followed in succession in order to process the bitter cassava to make it safe for both human and livestock consumption. These

These stages are:

a) Peeling and washing



Peeling

Washing

This involves the removal of the outer peel and skin of the root. The effects of the poisonous substances are significantly reduced from 100 to 40 percent.

b) Grating and chipping



The breaking of roots into small pieces allows effective removal of harmful substances to 35 percent. Furthermore it makes it easier to carry out subsequent steps (squeezing and roasting). Grating greatly improves the removal of harmful substances and water during

fermentation.

c) Water removal and fermenting



An effective presser

Cassava fermenting

Ferment the grated cassava pulp in a cloth bag, jute sack or clean woven polypropylene bag. Press the sack between the boards tied together with ropes. Tighten the ropes to put pressure on the sack and squeeze water from the pulp. Fermentation and removal of water on a large scale for commercial purposes can be achieved in big troughs with perforated bottoms. It will take one day if mild tasting flour is required or 4 – 5 days for more acidic flours. Remove water from cassava pulp using pressure either by weighted bag or wooden press techniques. This removes the poisonous substance to 15 percent.

d) Sieving

This separates the crumbs, removes fibres and poorly grated pulp material.