

Making Bread from Cassava

Cassava or tapioca in Pidgin is becoming a significant addition to the staple foods in PNG. Cassava is common in many areas of PNG because it yields reasonably well in poor soils and can tolerate dry weather.

More than two varieties occur with yellow and white-fleshed tubers being the main distinctions. Cassava harvested and left for more than 2-3 days can become moldy and rot.

Benefits from cassava bread

1. Increased bread consumption: Use of locally produced cassava flour for bread will improve utilization and efficient production and increase in cassava consumption.
2. Crop production: Use of c

contamination by dust, animal excrement, etc.) for approximately 2-3 days; or in an oven at 55°C for 24 hours. Grind the dried chips into flour using a local mill, or pound the chips by