Costs for making a 300gm cassava loaf of bread
- 1kg fresh cassava will yield 300g flour
- 1kg of cassava flour costs KES 50
- 300g cassava will cost KES 15
- Labour fuel and other ingredients will cost KES 10
- Total cost for 300g loaf will be about KES 25

This cost will drastically reduce if large scale production is done.

How to make cassava bread
Making the Cassava Bread

• Mix all the flour, yeast, salt and sugar with margarine using a wooden spoon.
• Whisk the egg white until foamy and add it together with water to the other ingredients in the bowl and mix thoroughly for about 10 - 20 minutes.
• Sufficient amount of water should be added to produce a mixture (batter) which does not drop from a spoon rapidly.
• Pour the batter into greased baking pan (tin) and cover it with a moist cloth.
• Keep it warm for about 1 hour until its size/volume doubles during which time it will ferment.
• Place the batter without shaking it, in an oven and bake at 200°C for about 30 minutes (or until done).
• Remove the bread from the pan and store for consumption or sale.

Introduction

A loaf of bread consisting of 100% cassava flour can be baked using simple and affordable equipment and it fetches the same price as wheat bread. Cassava yields four times as much as wheat and hence cassava farmers have potential to earn more income.

Steps in Cassava Bread baking

Mature cassava roots are most suitable for bread making.

Step 1: Chipping and drying cassava
• Peel, wash and immerse mature cassava in water
• Add sodium metabisulphite 5% to make the flour whiter (optional)
• Cut the roots into thin chips using a knife chipper and soak in water
• Spread the chips on clean raised surface for 2-3 days to dry under the sun; or in an oven at 55°C for 24 hours.
This ensures that the flour is white and free from offensive flavours and odours.

Step 2: Milling the cassava

• Mill the dried cassava chips into flour using a hammer mill or a blender.
• This can also be done through mortar and pestle or a grinding stone.
• Sift the flour using a sieve.
• Store the flour in airtight polythene bags or containers until use.

Grade 1 sifted cassava flour is now ready for making a wide range of confectionery products.

Ingredients and Quantities

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Tablespoonfuls / others</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cassava flour</td>
<td>4 (heaped)</td>
<td>80g</td>
</tr>
<tr>
<td>Whisked eggwhite</td>
<td>Large sized</td>
<td>1 egg</td>
</tr>
<tr>
<td>Salt½ (level)</td>
<td>1.5g</td>
<td></td>
</tr>
<tr>
<td>Sugar½ (level)</td>
<td>6g</td>
<td></td>
</tr>
<tr>
<td>Margarine*</td>
<td>½ (level)</td>
<td>10g</td>
</tr>
<tr>
<td>Yeast (dry)</td>
<td>¼ (level)</td>
<td>1.5g</td>
</tr>
<tr>
<td>Water½ cup</td>
<td>70-90mls</td>
<td></td>
</tr>
</tbody>
</table>

Freshly baked cassava bread