

Mashed Yucca Root

Unit: Food Cutter, 4 qt and Steamer insert

1 medium yucca root
(sold at Mexican grocery or united market street)

Pour 2" of water into your 4qt saucepan and turn on medium high heat. While the water is heating, peel & rinse yucca root and slice in half vertically with a sharp knife.

Next, cut on the #3 blade with your food cutter machine and place it into the steamer insert. Place the steamer into the 4qt and leave on medium-high for 10 minutes and then reduce reduce to medium heat and cook for 20 minutes or until done.

Yucca is very dense so it is done when it mashes with a spoon. You can stir it up a few times during cooking if you want. Add some butter and salt to taste if you want.

****Be careful that your 4qt doesn't boil dry. If it gets low, add water to it.****