



Crispy Cassava Fries Recipe for Perfect Snacking

Introduction

Caribbean Yuca (Cassava) Fries are a delightful and crispy alternative to traditional potato fries. Made from yuca, a starchy root vegetable widely enjoyed in Caribbean cuisine, these fries offer a unique texture and flavor that is sure to impress. Whether enjoyed as a snack or a side dish, yuca fries can be paired with various dipping sauces, making them a versatile addition to any meal.

Ingredients

- 2 pounds yuca (cassava) - Kosher salt, to taste - Vegetable oil, or another neutral oil (e.g., canola), for deep-frying - Freshly ground black pepper, to taste

Prep Time

20 minutes

Cook Time

20 minutes

Total Time

40 minutes

Yield

Serves 4

Directions

1. Prepare the Yuca: - Peel the yuca and cut it lengthwise into 4-inch pieces.
2. Boil the Yuca: - Place the yuca pieces in a pot, cover with water, and bring to a boil. - Once boiling, season the water with salt to taste. - Cook until the yuca is fork-tender, approximately 20 minutes.
- 3.

Cool and Cut: - Drain the cooked yuca and let it cool until it's easy to handle. - Cut each piece in half and remove the hard spine in the middle. - Slice the yuca into 1/2-inch strips.

4. Fry the Yuca: - In a heavy pot or Dutch oven, heat about 2 to 3 inches of oil over high heat until it reaches 350°F (175°C). - Working in batches, fry the yuca pieces until they are gently browned.

5. Drain and Season: - Using a slotted spoon, remove the yuca fries from the oil and let them drain on paper towels. - Season with salt and freshly ground black pepper to taste.

6. Serve: - Serve the yuca fries hot, accompanied by your favorite dipping sauce such as ketchup, mojito garlic dipping sauce, or spicy homemade mayo.

See also [Creamy Marry Me Chicken](#)
Enjoy your homemade Caribbean Yuca Fries!

Detailed Directions and Instructions

Prepare the Yuca

- Peel the yuca and cut it lengthwise into 4-inch pieces.

Boil the Yuca

- Place the yuca pieces in a pot, cover with water, and bring to a boil. - Once boiling, season the water with salt to taste. - Cook until the yuca is fork-tender, approximately 20 minutes.

Cool and Cut

- Drain the cooked yuca and let it cool until it's easy to handle. - Cut each piece in half and remove the hard spine in the middle. - Slice the yuca into 1/2-inch strips.

Fry the Yuca

- In a heavy pot or Dutch oven, heat about 2 to 3 inches of oil over high heat until it reaches 350°F (175°C). - Working in batches, fry the yuca pieces until they are gently browned.

Drain and Season

- Using a slotted spoon, remove the yuca fries from the oil and let them drain on paper towels. - Season with salt and freshly ground black pepper to taste.

Serve

- Serve the yuca fries hot, accompanied by your favorite dipping sauce such as ketchup, mojito garlic dipping sauce, or spicy homemade mayo.

Notes

Oil Temperature

- Ensure the oil is at the correct temperature for frying to achieve a crispy texture.

Storage

- If you have leftovers, store them in an airtight container in the refrigerator. Reheat in an oven or air fryer for best results.

Serving Suggestions

- Try serving the yuca fries with different dips for a variety of flavors.

Cook techniques

Peeling Yuca

To peel yuca, use a sharp knife to trim off the tough, brown skin. Be cautious, as the root can be slippery.

See also [Creamed Corn with Cream Cheese](#)

Boiling Yuca

When boiling yuca, add salt to the water after it begins to boil for added flavor. Make sure to check for tenderness; it should be soft enough to pierce with a fork.

Cooling and Cutting Yuca

After boiling, let the yuca cool slightly before handling to prevent burns. Cut it in half and remove the fibrous spine, ensuring a pleasant texture for frying.

Deep-Frying Yuca

Heat the oil to the proper temperature by using a cooking thermometer. This ensures the fries cook evenly and achieve a crispy texture. Fry in batches to prevent overcrowding.

Draining and Seasoning

Use a slotted spoon to lift the yuca fries from the oil, allowing excess oil to drain off. Season immediately while they are hot for better adherence of salt and spices.

Serving Suggestions

Serve yuca fries hot for the best taste and texture. Pair them with various dipping sauces like ketchup, garlic sauce, or a spicy mayo for an enhanced flavor experience.

FAQ

Can I bake yuca fries instead of frying them?

Yes, you can bake yuca fries. Toss the boiled yuca pieces in oil, season them, and spread them in a single layer on a baking sheet before baking at a high temperature until crispy.

What is the best way to store leftover yuca fries?

Store leftover yuca fries in an airtight container in the refrigerator for up to 2 days. Reheat in an oven or air fryer to regain their crispiness.

What is yuca (cassava)?

Yuca, or cassava, is a starchy root vegetable native to South America, widely used in tropical cuisines around the world for its versatility and flavor.

See also Chocolate and Cheese Board for Perfect Entertaining

How do I know when yuca is cooked properly?

Yuca is properly cooked when it is fork-tender, meaning a fork can easily penetrate through the flesh.

Can I use frozen yuca for this recipe?

Yes, frozen yuca can be used. However, make sure to thaw it

completely before boiling and frying for best results.

Conclusion

Enjoying Caribbean Yuca Fries is a delightful experience that brings a taste of the islands right to your kitchen. With their crispy exterior and soft interior, these fries are a fantastic alternative to traditional potato fries. Perfect as a snack or a side dish, they pair well with a variety of dipping sauces and can be a hit at any gathering.

Yuca Fries with Chimichurri Sauce

Serve your yuca fries with a tangy chimichurri sauce made from fresh herbs, garlic, vinegar, and olive oil for a zesty kick.

Spiced Yuca Fries

Add a sprinkle of paprika, cayenne, or garlic powder to your yuca fries before frying for an extra burst of flavor.

Yuca Fries with Mojo Sauce

Pair yuca fries with a delicious Cuban-inspired mojo sauce, made with garlic, citrus, and olive oil for a refreshing dip.

Yuca and Avocado Tacos

Fill soft tortillas with crispy yuca fries, slices of avocado, and a drizzle of lime crema for a tasty taco twist.

Yuca Fries with Grated Cheese

Top your yuca fries with a generous sprinkle of crumbled feta or grated Parmesan cheese for a savory finish.

Yuca Fries with Sriracha Aioli

Mix mayonnaise with Sriracha sauce, lime juice, and garlic for a spicy aioli to complement the fries perfectly.

Latin-inspired Yuca Fries Bowls

Create a bowl with a base of yuca fries, topped with black beans, corn salsa, diced tomatoes, and avocado for a filling meal.

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