



Enyucado

Description

The enyucado is a traditional dessert from the Caribbean region of Colombia. It consists of a cake made from cassava and coconut, which is a staple food of the Caribbean and tropical America.

Enyucado or Cassava Cake (English version below)

Ingredientes

- 1 tazas de queso campesino o queso tipo feta rallado
- 1 libras de yuca, pelada y rallada
- 1/2 taza de coco rallado
- 1 taza de leche de coco
- 2 cucharadas de mantequilla
- 1/2 taza de azucar
- 1 estrella de anis

Preparación

1. Macerar el el anís en un mortero hasta que quede bien triturado.
2. Pre-calentar el horno a 180° Celsius – 350° Fahrenheit de temperatura o gas marca 4
3. En un recipiente mezclar el queso, coco y la yuca.
4. Luego agregue la mantequilla, anis, leche de coco, el azucar revolviendo constantemente
5. Engrasar un molde y vertir la mezcla.
6. Poner al horno y hornear por 30 minutos o hasta que haya dorado un poco (hacer la prueba con el cuchillo este salga limpio).

Cassava Cake (English version)

Ingredients

- 1 cup grated feta cheese
- 1 pound cassava, peeled and grated
- 1/2 cup shredded coconut
- 1 cup coconut milk
- 2 tablespoons butter
- 1/2 cup sugar
- 1 star anise

Preparation

1. Macerate the anise in a mortar until well crushed.
2. Pre-heat the oven temperature at 180° Celsius – 350° Fahrenheit of temperature or gas mark 4.
3. In a bowl, combine the cheese, coconut and cassava.
4. Then add butter, anise, coconut milk, and sugar stirring constantly
5. Grease a mold and pour in the mixture.
6. Put in the oven and bake for 30 minutes or until slightly golden (do a test with the knife until it comes out clean).