



Mashed Yucca

Recipe Yield (scale for 4-8 portions ideally)

Ingredients:

1 head garlic
1 to 2 teaspoons olive oil
2¼ pounds yuca (cassava)
1 to 2 teaspoons kosher salt, plus more to taste
1 cup half-and-half, warmed
4 tablespoons (1/2 stick) unsalted butter
Pinch grated nutmeg
Freshly ground black pepper, to taste

Procedure:

- 1) Heat the oven to 450°F. Peel off as much of the head of garlic's papery skin as you can and cut off about 1/2 inch from the top, exposing the cloves.
- 2) Place the garlic on a square of aluminum foil and drizzle it with olive oil.
- 3) Wrap the garlic tightly with the foil. Bake for 1 hour. Remove the garlic from the oven and allow it to cool before handling. Squeeze the garlic out of the papery husks into a bowl and reserve.
- 4) While the garlic is roasting, peel the yuca, using a sharp knife or potato peeler. Cut the yuca into cubes.
- 5) Place the yuca in a saucepan and cover with water. Add 1 to 2 teaspoons of salt, bring to a boil, and then reduce to medium heat.
- 6) Cover and simmer until the yuca is thoroughly cooked, about 20 minutes. The yuca should be fork tender and slightly translucent. Remove the yuca from the heat and drain off the water.
- 7) Place cooked yuca in a bowl along with the half-and-half, butter, and roasted garlic. Mash together with a potato masher or whip using an electric hand mixer.
- 8) Season with nutmeg, and salt and pepper to taste.

Chef Notes: include relevant kitchen hacks and suggestions here

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