Nuegados

recipe by Jasmine Mora

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NUEGADOS INGREDIENTS
• 3 cups cassava, peeled and ground finely  • 2 eggs
(Note: You will need to grate the cassava after you peel it and then grind it in a blender or food processor to get it to a fine consistency and dough-like.)

• 1 teaspoon baking powder
• 1/2 cup vegetable oil (for frying)

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PANELA SYRUP INGREDIENTS
• 8 oz. panela whole, cut/broken into pieces  • 2 sticks cinnamon
OR 8 oz. brown sugar (if unable to find panela)  • 3 whole cloves

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INSTRUCTIONS
Panela syrup
1. Pour the chunks of panela into a large saucepan.
2. Add 1 cup of water, cloves and cinnamon sticks.
3. Simmer over medium heat until the panela is completely dissolved.
4. Mix and boil over low heat, stirring frequently until the syrup thickens. Mix about 10 to 15 minutes. Set aside.

Nuegados
1. Wash and dry the cassava.
2. Peel cassava using a potato peeler.
3. Grate the cassava into a bowl.
4. After grating the cassava, blend or grind it in a food processor or blender until it becomes fine and dough-like.
5. Add the dough back into a bowl and add two eggs. Fold into the dough.
6. Add 1 teaspoon of baking powder into the dough. Mix.
7. Shape the nuegados like a small patty. (note: The dough will be slightly wet.)
8. Add 1/2 cup of vegetable oil into a pan over low to medium heat. Drop the dough patty slowly into the pan.
9. Fry the nuegados and flip to cook evenly until they are golden brown on both sides.
10. Serve the nuegados drizzled with panela honey.