

# Yuca (Cassava) Fries

<http://thedomesticman.com/2012/07/24/yuca-cassava-fries/>



*1 yuca/cassava  
3 tbsp coconut oil  
1/2 tsp sea salt*

Peel and slice the yuca up into large slices, discarding any soft spots. Place in a pot and fill it with cold water.

Bring the pot to a boil and gently boil for about ten minutes, until the fries are easily pierced with a fork. Be careful not to boil them too long; they start to take on a gelatin-like gooeyness if overcooked.

Let the yuca drain for a few minutes while you warm up the oil in a pan on med/high heat.

Pan-fry the yuca, rotating the fries every few minutes, until crispy and golden brown. Should take about 10 minutes altogether.

Place the fries on some paper towels, and sprinkle with a little salt.