

SALVADORAN YUCCA AND SWEET POTATO FRITTERS WITH PANELA SYRUP



Recipe by Chef Yexenia Gomez

Instructions

1. Remove peel from the yucca, and cut in small chunks. Place in a bowl with cold water for 5 minutes.
2. Place chunks in a food processor or blender, and blend until it forms a paste. Add to a large bowl.
3. Peel sweet potato, and grate or blend in the food processor. Add to the bowl with the yucca.
4. Mix in the baking powder, cheese, and salt.
5. Form fritters (1-2 inches)
6. Heat coconut oil in a pan, and pan-fry until they're golden on both sides.
7. Place on a plate lined with paper towels to drain oil.
8. Remove from plate and place in a bowl, and drizzle fritters with the spiced panela syrup.

Supplies

- 1 saucepan
- 1 frying pan
- 1 pair of tongs
- 1 knife
- Cutting board
- Measuring cups and spoons
- Food processor or blender or grater
- Prep bowls
- Plate lined with paper towels
- Strainer

Ingredients

- 2 cups raw yucca root, peeled
- 1 small sweet potato
- 2 eggs
- ½ a teaspoon of baking powder
- Optional: ½ a cup of grated cotija cheese (or yucca flour)
- Pinch of salt
- ¼ cup coconut oil (or grapeseed oil)

SPICED PANELA SYRUP

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Ingredients

- 8 oz of Panela
- 1 cup water
- 2 sticks of cinnamon
- Orange peel
- 2 cloves
- 1 allspice

Instructions

1. Bring panela cone and cinnamon to a boil with 8 ounces water for 15 minutes, over medium-high heat. Break down any chunks of panela if necessary.
2. Remove from heat, add orange peel, and cover until completely cool.
3. Strain syrup through a fine-mesh sieve and discard cinnamon sticks and orange peel.

Note: This simple syrup keeps well in an airtight jar with a lid for at least two weeks