

Yuca Fries

8 Servings

Ingredients

2 medium yuca roots, peeled
2 tablespoons extra-virgin olive oil
Sea salt
Ground black pepper
Dried or fresh thyme

Instructions

1. Preheat oven to 375°F. Peel the waxy brown skin from the yuca roots and chop each one in half, width-wise at the middle, to make 4 pieces.
2. Place yuca in a medium pot or saucepan, cover with water and bring to a boil with a pinch of sea salt. Cook the yuca until you can pierce it with a fork (about 20-25 minutes).
3. When cooked, drain the water and place the yuca on a paper towel. When cool enough, pat

- the yuca dry and chop the pieces into "French fry" sticks.
4. Place the fries on a baking sheet. Lightly drizzle with olive oil, and season with sea salt, pepper, and thyme to taste. Use as much thyme as needed to dust each fry.
5. Bake the fries in the oven for 20 minutes, until golden, turning once. Enjoy!



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