

## Sweet potato leaf pakodas



Sweet potato leaves are rich in xanthophylls, lutein which has proven cataract preventing action and are widely used in Japan in the form of herbal tea. The tender leaves could be ideally converted to tea time snack food by chopping the leaves and mixing with ingredients like basan, onion, chillies and spices. The deep fried product has a crunchy texture and could be served hot with tea or coffee. Nutrition facts include protein - 22% and energy value - 542 kcal/100 g\*.

*\* Subject to slight variation depending on the variety and quality of other ingredients*

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## TEA TIME SNACK FOODS AND DESSERTS



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## Cassava cutlets



Tasty cutlets could be made from cooked and mashed cassava tubers by mixing with other ingredients like onion, ginger, green chillies, green peas (cooked), beet root, spice mix etc. and preparing cutlets in the conventional manner. The product has approximately 11.5% protein and 504 kcal/100 g energy\*.

*\* Subject to slight variation depending on the variety and quality of other ingredients*

## Cassava samosas and bondas



Cooked cassava tubers could be made into tasty samosas and bondas by mixing with onion, ginger, green chillies, green peas and spices and this is used as a filler to thin chapattis, shaping to the samosas by folding and fixing the edges. This is then deep fried in oil. Bondas are made by shaping the mix into balls and coating with thick batter of basan and deep frying.



The former product has Ca. 11.9% protein and 467 kcal/100 g energy, while the latter has 12.8% protein and 485 kcal/100g of energy\*

*\* Subject to slight variation depending on the variety and quality of other ingredients*

## Cassava sooji (semolina, rava) and Kesari



The process for making sooji is simple and cost-effective. The fine semolina can also be used for making sweet desserts like laddu or kesari. Grading through uniform sized sieves is essential for obtaining good quality product with a better finish. The gelatinized chips are washed with water to remove the stickiness, in order to get a less sticky cassava sooji, that results in excellent quality uppuma, kesari etc. Drying in bright sun light or electric ovens is another criterion for obtaining good quality product. Hard- to-cook yellow varieties of cassava are ideal for making sooji.

