

How to make Ereba: Garifuna Cassava Bread

1 Ameinah (harvest) the gain (yuca) from the garden

2 Wash and peel the gain



3 Grate the gain with the egi (grater)

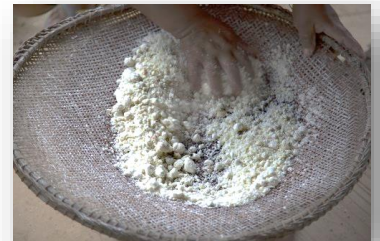


"I remember when...the women would come together and grate the yuca...in the process of doing that, in that communal work, you would hear jokes, laughter, you would definitely hear singing that's harmonized, along with the sound of the yuca being grated...now there's a machine grating the yuca and the work has become a little bit lonely..." (Isha Sumner, 2022).



4 Strain/press the flour with the ruguma, extracting the cyanogenic glycoside.

5 Let the siboa (meal) dry overnight and sibisibi (sift) the flour with the hibise (sifter).



6 Place the sifted sibba (cassava flour) on the budari (stovetop) or regigi (traditional clay stove) and use an aduguley (board) and gararu (spatula) to mold the ereba into a flat, round shape. Use the beisawa (broom) to sweep off excess flour.

7 Cook until golden. Place the ereba disc out in the sun to dry further. Your ereba is finished!

