

Boiled Yuca with Sizzling Garlic Citrus Mojo

Prep: 15m

Cook: 30m

Total: 45m

6 servings



Video ref: La Cocina De Dianelys

MISE EN PLACE / INGREDIENTS [7]

- ☐ 2.5 lbs Frozen or fresh peeled yuca (cassava) (Goya Frozen Yuca)
- ☐ 10 cloves Garlic cloves, crushed to paste with salt
- ☐ 0.5 cup Seville sour orange juice (Badia)
- ☐ 0.5 cup Spanish extra virgin olive oil (Goya)
- ☐ 1 whole White onion, sliced into rings
- ☐ 8 cups Water (for boiling yuca and cold-water shock)
- ☐ 2 tbsp + 1 tsp Kosher salt (2 tbsp for boiling water + 1 tsp for garlic mojo)

US SUPERMARKET BRAND GUIDE

Frozen Yuca: Goya Frozen Yuca
Pre-peeled and flashes boiled into fork-tender consistency without woody fibers. • Hispanic freezer section.

COOKING SEQUENCE & CHECKPOINTS

- 1

Boil Yuca

20 min

Simmer yuca chunks in salted water for 20 minutes until edges turn translucent.
✓ Checkpoint: Translucent tenderizing edges.
- 2

Cold Water Shock

10 min

Pour 1 cup ice-cold water into pot. Simmer 10 minutes more until yuca splits open.
✓ Checkpoint: Blossomed, butter-soft cassava.
- 3

Make Sizzling Mojo

5 min

Warm olive oil with onion rings. Add garlic paste for 30 seconds, then splash in sour orange juice.
✓ Checkpoint: Aromatic sizzling citrus mojo.
- 4

Drain & Drench

3 min

Drain yuca, pull out woody center veins, and drench in piping-hot garlic mojo.
✓ Checkpoint: Glistening yuca dripping with garlic.

FOOD SAFETY & INTERNAL TEMPERATURE: 212°F (100°C) FULL BOIL FOR RAW CASSAVA / ≥140°F (60°C) HOT-HOLDING
Cassava (Yuca) Food Safety: Raw cassava root contains naturally occurring cyanogenic glycosides concentrated in the brown bark and pink inner peel. Always peel away both layers completely, discard the woody central core, and boil in abundant water at 212°F (100°C) for 25–30 minutes until fork-tender before eating.

MASTER DONENESS CHECKPOINT:
Yuca split open into fluffy, fork-tender petals saturated with golden garlic citrus mojo.

WHY IT WORKS:
The Thermal Shock Trick: Pouring a cup of cold ice water into boiling yuca ruptures starch granules, causing the root to blossom into a velvety crumb.

TROUBLESHOOTING:
Glassy hard yuca: Apply cold water shock and simmer an additional 10 minutes over gentle heat.