



How to remove the poison from cassava flour

WHAT DOES THE POISON IN CASSAVA FLOUR DO?

When you eat flour made from bitter cassava that has not been properly processed, you can get :

- poisoning soon after you eat it, which causes dizziness, headache, stomach ache, diarrhoea, vomiting and sometimes even death
- *konzo*, which is permanent paralysis of the legs so the person cannot walk. It occurs after several weeks of eating too much bad cassava.

HOW TO REMOVE THE POISON?

1

It's very easy. Take the quantity of flour that you want to cook.



2

Put the flour in a pan or basin, smooth out the surface of the flour, and then mark the height of the flour with the point of a knife.



3

Add clean water little by little, stirring, until the flour is wet and the level is the same as that of the dry flour (already marked inside). The flour must be completely wet, but NOT like porridge and also NOT with balls of dry flour.



4

Spread the flour on a sieve, mat, or any clean flat surface using a spoon or your hand, so that the thickness of the flour is no higher than a fingernail. Afterwards, leave the flour in the shade for five hours.



5

Put water in the pan, boil it, and add the treated flour until you get the right consistency. It is important to use less water than usual because the water used to wet the flour also counts, because it has not dried out.



6

Now you can be sure that you are giving good food to your family, and that it won't cause poisoning or paralysis.

