

Garri-Making

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1 Garri

Garri refers to the creamy granular flour obtained by processing the starchy tuberous roots of freshly harvested cassava in West Africa.

1.1 Process

To make garri flour, cassava tubers are peeled, washed and grated or crushed to produce a mash.

The mash can be mixed with palm oil and placed in a porous bag, which is then placed in an adjustable press machine for 1–3 hours to remove excess water. Once dried it is then sieved and fried in a large clay frying pot with or without palm oil. The resulting dry granular garri can be stored for long periods. It may be pounded or ground to make a fine flour.

1.2 Variations

In West Africa, the two types are white and yellow. Yellow garri is prepared by adding palm oil just before the fermenting stage of the cassava mash. Alternatively, it can be made using the yellow-fleshed breed of cassava. White garri on the other hand is fried without addition of palm oil.

Variations of yellow and white garri are common across Nigeria and Cameroon. One variation of white garri is popularly known as garri-Ijebu. This is produced mainly by the Yoruba people of Ijebu origin (Nigeria).

In Ghana, garri is judged by its taste and grain size. The sweeter types with finer grains are more valued over sourer, large grain varieties. Commercial food vendors prefer coarser grains with high starch content, as this yields more quantity when soaked in water.

Buyers often look out for crisper grains when trying to determine freshness.

1.3 Nutritional Value

Garri is rich in fiber, copper and magnesium.

1.4 Health Benefits

1. Weight Loss

If you are trying to lose some weight, go for garri. Although garri is a starchy food, it is low in calories and with high fibre contents that will help you stay full for a longer period. Hence, reducing the urge to always eat in large quantities.

2. Great For Your Digestive System

Garri contains fibres that are not soluble in water. It helps in the absorption of toxins that enter your intestines. In that way, it improves your digestive health and keeps it chugging along nicely.

3. Prevents Cancer

Hard to believe right? Garri also helps in preventing life-threatening diseases such as cancer. The B17 content in cassava leaves helps in stimulating the content of red blood cells, the loss of which often leads to cancer.

4. Perfect For Diarrhoea

Those tales your mum told you about the healing power of garri are very true. It addresses conditions such as diarrhoea too. Just munch on it or drink with water twice a day to feel the difference.

5. Good For Eyesight

Garri is rich in Vitamin A and bakarotennya that improves the health of your eyes and prevents future blindness or poor eyesight.

6. Packed Full Of Folate

Pregnant women need lots of vitamin C and folate. A cup of garri contains 15 percent of your daily folate requirement and 47 percent of the daily calcium requirement. The two vitamins also help the body's immune system.

2 Directions On Making Garri

Ingredients:

- $\frac{1}{4}$ cup of Garri
- 3 cups of Water

Optional Ingredients Of Choice:

- 3 cubes of Sugar Or 4 tablespoons of Sugar
- a pinch of Salt

- Ice Cube

Procedures

1. Pour the garri into a small bowl or plate. Add water.
Note: Make sure to use far more water than garri, so that any dirt in with the garri will pour out with it. This first wash is very important, as you to have a clean garri before drinking it.
2. Pour the water out of the garri, removing the dirt. Then add a small amount of water to the garri and stir. Note: You can use cold water for this step. How much you use depends on the consistency you are looking for. But it is important not to make the garri too thick and heavy to drink.
3. Finally add your ingredients of choice and stir to combine well.
4. Enjoy your garri.

2.1 Things to Note

- You can prepare garri plain or with sugar or salt, or both together.
- Honey can also be used to sweeten the garri.
- Ijebu garri is the best garri for drinking.

2.2 What To Serve With Drinking Garri

A garri drink/soaking can be served with any of the following:

- Porridge beans
- Roasted groundnuts
- Fried ripe plantains
- Moi moi
- Akara
- Dried/smoked/fried fish
- Dried/smoked/fried meat
- Biscuits
- Banana
- Coconut

- Suya
- Kuli kuli
- Cashew nuts
- Tiger nuts
- Scotch bonnet (pepper)