



National Agricultural Research Institute

## **Making Cassava (Tapiok) Noodles**



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# INTRODUCTION

A number of impacts will affect agricultural communities as a result of climate change. These include low rainfall or drought, high rainfall, frost, increasing salinity through rising sea level, decreasing soil fertility, and also crop damage through pests and diseases causing food shortages.

During periods of climate stresses agricultural crops can be processed, preserved, and stored to address the impact of food shortages.

Cassava (tapiok) can be processed into noodles which can either be eaten immediately or stored for times when food is scarce



## Materials

Large mixing bowl

Straight edge for cutting dough or noodle press

Cellophane bags

## Ingredients

2 cups of cassava flour

4 cups of wheat flour

$\frac{3}{4}$  cup water

## Method

1. Put 2 cups of cassava flour and 4 cups of plain wheat flour in a bowl.
2. Mix with  $\frac{3}{4}$  cup water to make a dough.



3. Roll the dough into a ball.
4. Place the dough into a noodle press to make dough strings, or cut the dough into string sizes.



5. Cook the dough strings in a pot of water.
6. Rinse the cooked noodle strings in cold water.
7. Cut noodles into good lengths.
8. Dry on an open tray for 5 days.
9. Package noodles for storage.



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