

A STUDY ABOUT CASSAVA FLOUR- AMBALANTOTA AREA

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Abstract

Cassava is a root vegetable widely consumed in many countries arund the globe. It provides many important nutrients, such as proteins, fat, carbs, fiber, vitamin C, copper. Thiamine, folate, vitamin B6, potassium, magnisum, niacin. Cassava is a good source of resistant starch , which supports gut health and blood sugar management .It also contain vitamin C , a key micronutrient that can enhance immune function and collagen production.

The person who was interviewed for this study, Mr.Nimalsiri Galappaththi is a farmer in the ambalantota divisional sector of the Hambantota District. This innovative product can be used as substitute of American flour. This product can be promoted as Sri Lankan product as s solution to the dollar shortages in Sri Lanka.It is used dehydrating technologies to make cassava flour. Cyanide content in cassava can be reduced by cutting the roots into small pieces, soaking them in water, and then boiling, roasting, sun-drying, fermenting, or dehydrating processed cassava-based products such as tapioca flour have very low cyanide content.

Cassava can replace wheat flour. It can replace grain-based flour or a gluten-free flour mix. It doesn't have a strong taste, which makes it great for baking, thickening sauces, or making burger patties. Cassava flour is gluten-free. It is a great choice for gluten-free baking, ideal for people who have gluten sensitivities or disorders.

Key words ; Cassava ,Substitute , Nutrients