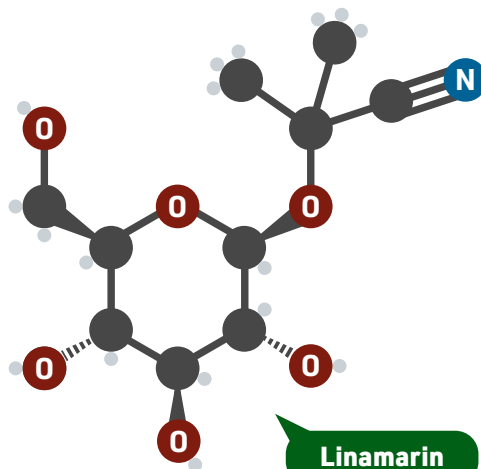




## Brazil: Farofa

Farofa is a Brazilian side dish also used as a stuffing for turkeys or chesters (chickens with more breast and thigh meat than a standard chicken). Farofa is made from cassava flour toasted with bacon, onion, garlic, and butter. Cassava roots contain cyanogenic glycosides, which are broken down by enzymes to produce poisonous cyanide. Soaking (or crushing) and sun-drying the roots removes almost all of these compounds.

KEY: ● Carbon ● Oxygen ● Nitrogen ● Hydrogen



Main cyanogenic glycoside in cassava root