

Chef Bob Burns, CEC AAC
Austin Country Club
Recipe from Aug/Sept 2010 *Fore*

Vigoron Salad
4 Servings

In July many members enjoyed our South American Food and Wine Buffet, and we appreciate all of the compliments we received. One salad on the buffet which was very popular was Vigoron, made from fresh yuca root (also called cassava.)

Ingredients

1 lb. fresh yuca, peeled, cored, and cut lengthwise into strips ¼” wide and 3” long;
soaked in water until ready to cook
8 ounces savoy cabbage, sliced very thin
2 large ripe tomatoes, cut into ½” dice
½ cup thinly sliced red onion
½ cup thinly sliced red bell pepper
Juice of 5 limes
1 clove garlic, minced
¼ cup virgin olive oil
Salt and pepper to taste
Optional: 4 ounces chicharrones (fried pork rinds)

Method

Drain yuca. Bring salted water to boil in a saucepan, add yuca, lower the temperature to medium and simmer until tender (root will be translucent but not mushy.) Drain and dry with paper towels. Combine cabbage with all ingredients except chicharrones and mix well. Combine the yuca and cabbage mixture and place on a platter. Serve salad at room temperature. If desired, garnish with chicharrones which have been freshly toasted in a 400° oven until popping and crispy.