

Coconut Sago Cake

椰丝沙谷糕



Ingredients:

1. Pearl Sago (150g) - rinse twice and dry
2. Sea salt (½ teaspoon), Brown sugar (1 tablespoon), Pandan juice (4 tablespoons)
3. Coconut - unhusked and shredded (100g)
4. Melacca coconut sugar (150g) - cut into small cubes
5. Pandan leaves (5-6 pieces) - cut into circles of 18cm diameter

材料:

- (1) 珍珠沙谷粒 Pearl Sago 150g, 冲洗两次, 滤干几分钟
- (2) 海盐1/2茶匙, 蔗糖1汤匙, 班兰汁4汤匙
- (3) 去皮椰丝100g
- (4) 马六甲椰糖150g (切成细粒)
- (5) 班兰叶5-6片 (剪成直径18cm圆形)

Method:

1. Mix the dry pearl sago with (2) and (3).
2. Fold the round pandan leaf into funnel-shaped, fill to half with pearl sago, add 1 teaspoon of coconut sugar, add more pearl sago to cover before folding in the pandan leaf. Repeat until all ingredients are finished.
3. Steam the wrapped coconut sago cakes for 10-15 minutes. Cut and serve.

作法:

- 1) 将滤干的沙谷粒加上(2)和(3)拌均。
- 2) 将圆形班兰叶折成圆筒形, 加入沙谷粒至一半, 再加1茶匙椰糖和一些沙谷覆盖, 将班兰叶折盖住。重复做法直到材料用完为止。
- 3) 将包好的椰丝沙谷糕隔水蒸10-15分钟, 冷切后享用。

Ingredients:

Tapioca	1kg
Coconut sugar	120-150g
Salt	

Tapioca Cake

木薯糕



Method:

1. Remove tapioca peel, wash and cut into small cubes.
2. Steam the cubes for 30 min.
3. Melt coconut sugar in water (small quantity) with low heat.
4. Add pinch of salt to coconut shreds. Steam for 5 min before use.
5. Mash 2-thirds of the steamed tapioca, add in coconut sugar, mix well.
6. Pour the rest of steamed tapioca into mash, mix well. Put them in oiled steam containers, level them and steam for 5 min.
7. Leave to cool. Cut the tapioca into rectangles, sprinkle the coconut shreds on top. Ready to serve.

材料:

木薯	1 kg
椰糖	120 - 150g
盐	少许

作法:

- 1) 将木薯削皮, 洗净后切成小粒状。
- 2) 将切好的木薯放入蒸笼中蒸30分钟。
- 3) 将椰糖加入少许水用小火煮至溶化。
- 4) 将椰丝加入少许盐蒸5分钟待用。
- 5) 把蒸好的木薯, 取2/3份压成泥状加入椰糖搅拌均匀。
- 6) 将其余的木薯加入木薯泥中搅拌均匀, 放入已经抹好油的四方蒸盘中, 压平, 蒸5分钟, 取出待冷。
- 7) 将蒸好的木薯切成长方形, 上面沾上椰丝即可食用。