



Sago Pudding with Coconut Jam and Caramelized Pineapple

Ingredients

- mL CMP
- g Jaggery
- Leafs Pandan Leaves
- Mediums Cardamom
- tsp Butter
- 1/2 1/2 Medium Pineapple
- tbsp Brown sugar
- g Jaggery
- g Water
- g Grated coconut
- 1/2 1/2 tsp Salt
- mL Water
- g Sago
- tsp Vanilla essence

Instructions

1. To make the infused cream; pour the coconut milk in a saucepan, add the grated jaggery along with 3 pandan leaves and cardamon.
2. Mix and bring to boil on a medium heat then reduce the heat to low. Simmer for 5 minutes then remove the pan from the heat and set aside to cool.
3. To caramelize the pineapple; Place the butter in a large frying pan on a medium to high heat and add the pineapple cubes along with brown sugar.
4. Reduce the heat to medium and cook for 4-5minutes. Until the pineapple has turned golden brown and is beginning to caramelize.
5. To make the coconut jam; place the Jaggery in a medium saucepan with 150ml water, bring to the boil, then reduce the heat to medium and add the coconut along with ½ tsp salt. Stir well then cook for 15 minutes. Remove from the heat and set aside.
6. To make the sago; Place the sago in a saucepan and add 2 tsp vanilla essence. Pour 1 litre of water and bring to boil. Reduce the heat to medium and simmer for 12-15 minutes
7. Pour in the infused coconut cream, discarding the pandan leaves. Heat through the sago for 1 minute and set aside until ready to serve
8. Pour the sago into cups and top it up with caramelized pineapple and Coconut jam and enjoy!

Nutrition

Carbohydrates	44.8 g
Energy	700.81 kcal
Fats	32.32 g

61 Minutes

10 Portions

Fiber	2.84 g
Protein	3.16 g
Sodium	203.48 mg
Sugars	20.54 g