

Banana and Sago in Coconut Milk Recipe

(Vietnamese - che chuo)

Ingredients:

3 tablespoons pearl sago, soaked in cold water 10 minutes, drained
1 liter coconut milk
4 tablespoons finely minced palm sugar, or more to taste
Pinch of salt
8 very small finger bananas, or 4 ripe but firm medium bananas,
cut diagonally in 3/4-in slices
2 tablespoons sesame seeds, toasted until golden brown

Method:

Put the sago in a sieve and shake over the sink to dislodge any loose starch. Put in a saucepan and add the coconut milk, sugar, and salt. Bring slowly to the boil, stirring occasionally, then lower the heat, and simmer uncovered until the sago balls are starting to turn transparent, about 10 minutes. Add the banana slices and simmer for 5 minutes. Transfer to four to six serving bowls and serve warm or at room temperature, sprinkling with sesame seeds just before serving.

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