

Gandum Recipe

(Sweet Wheat Porridge Dessert Recipe)

Ingredients:

200 g wheat pearls (gandum)
1 liter water
2 pandan (screwpine) leaves, knotted
200 ml thick coconut milk (from 1 grated coconut)
150 g sugar (or 200 g palm sugar)
¼ teaspoon salt

Method:

Wash wheat pearls in several changes of water until water runs clear. Soak for 30 minutes. In a pot, bring the water and pandan leaves to a boil. Add the wheat pearls and allow to boil for five minutes before lowering the heat to simmer for 30 minutes, or until the wheat pearls are soft. Add the thick coconut milk, sugar and salt and bring to a quick boil. For a thicker broth, stir in 2 teaspoons tapioca or cornflour mixed with 2 tablespoons water together with the coconut milk. Serve warm in bowls.

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