

Filipino Purple Yam Pudding Recipe

(Haleyang Ube)

Ingredients:

2 kg fresh ube (purple yam)
375 ml evaporated milk
600 ml sweetened condensed milk
200 g white granulated sugar
Kaong (palm nut) - optional

Method:

Cover the yam with water and bring to the boil over medium heat to cook until tender. Peel then mash the yam finely with a potato masher. Put the mashed yam in a heavy pan or wok. Pour in the evaporated milk and condensed milk. Add the sugar. Simmer gently over low heat, stirring continuously with a wooden or chef's spoon, for 30 minutes. Make sure the bottom does not scorch. Cook until mixture becomes thick, and takes effort to stir. Spoon into clean containers and cool. Do not cover containers while yam is still hot as this can spoil it. Serve warm or cold as dessert. Top with kaong, if desired.

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