

Guinataan Filipino Dessert Recipe

(Mixed Fruits Cooked in Coconut Milk and Sugar)

Ingredients:

2 liters water
500 g sweet potatoes, peeled and cut into chunks
300 g yam (taro), peeled and cut into chunks
500 g purple yam (ube), peeled and cut into chunks
6 saba (plantain) bananas, sliced 2 cm (1 in) thick
250 g galapong (rice flour)
250 g sago (tapioca pearls)
200 g jackfruit strips
500 ml fresh or canned coconut cream
500 g white refined sugar

Method:

Boil the water in a stockpot. Add the sweet potatoes and yam and simmer for about 5 minutes. Add the purple yam and saba bananas and continue simmering for a few more minutes. Meanwhile roll the galapong into small balls. Drop the galapong balls, sago and jackfruit strips into the liquid and continue to simmer. Stir in coconut cream and sugar. Simmer until all the ingredients are tender, about 20 minutes. When cooked, do not cover the pot or the mixture will spoil. Serve warm.

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