

Yema Balls Recipe

Ingredients:

3 egg yolks
180 g condensed milk
120 g mashed potato
1 tablespoon plain flour
1 teaspoon vanilla essence
1 tablespoon butter
⅓ teaspoon salt

Sugar Glaze:

100 g sugar
60 ml water
⅓ teaspoon cream of tartar

Method:

Combine all the ingredients and cook in a double boiler, stirring frequently, until the mixture thickens - about 15 minutes. Set aside to cool (may be refrigerated for 30 minutes to 1 hour) and roll into 2.5 cm diameter balls. For the sugar glaze, combine the ingredients in a saucepan and bring to a boil. Cook until syrup is lightly caramelized. Dip the Yema balls into the syrup and set aside to cool before wrapping in colored cellophane paper.

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