

ONLINE AT THE Y

Learn, create, do something new by learning with the Y from your home

Cooking at the Y - Mango Sago

Recommended for ages – All

Resources/Ingredients:

- 125 grams' pumpkin
- 1 egg (large) – 64g, at room temperature
- 85 grams castor sugar
- ½ teaspoon salt
- 100 grams thick coconut milk (canned or fresh)
- 30 grams salad oil (extra virgin olive oil)
- 200 grams cake flour (low protein flour)
- 1½ teaspoons double acting baking powder

Instructions:

- Mix cake flour and baking powder together. Sieve and set aside.
- De-skin pumpkin, cut into small cubes, steam and mash with a fork.
- Preheat steamer – Fill a cooking pot / wok with water, bring to the boil. Place a steaming rack on top.
- In a mixing bowl, beat egg until foamy with a hand whisk.
- Add sugar and salt and continue beating until combined
- Add coconut milk, oil and pumpkin in sequence. Mix until combined
- Make a well in the middle of the flour mixture from step (2). Pour the wet mixture from step (6) into it in 2-3 batches. Use a spatula to fold in the wet mixture until blended and no traces of flour.
- Spoon the batter into the lined pudding moulds until 80% full.
- Steam on high heat for about 15 minutes.
- Transfer to a cooling rack, serve warm

