

Split Mung Bean Dessert (Tau Suan)



Ingredients:

250 gms split mung beans
150 gms sugar
Cornstarch for thickening
1 - 2 pandan leaves (optional)
3 cups of water
100 gms water chestnuts

Method:

1. Soak mung beans in lightly salted water for at least 4 hours.
2. Steam the beans for approximately half an hour until soft.
3. Add sugar and pandan leaves (if using) to 3 cups of water and bring to the boil.
4. Once the sugar water has boiled, taste for sweetness and add more sugar if desired.
5. Add the water chestnuts.
6. Mix a little cornstarch with a bit of water to make a paste.
7. Add the cornstarch mixture to the sweetened water.
8. Remove the pandan leaves.
9. Stir in the cooked beans and let the mixture boil for one minute before serving.

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