

8 Treasures Dessert (八宝糖水)



This dessert is really cooling, and I don't mean just because it is served chilled. With a combination of white fungus, ginkgo nuts, lotus seeds, honey dates, red dates and sea coconut served in a chrysanthemum and sugar-based soup, you will clamour for bowl after bowls of this nutritious dessert. I would recommend that you cook a substantial portion to share because it saves you the effort and your guests are likely to ask for seconds. This is a dessert which is great for parties and hot days.

A point to note. The ginkgo nut and lotus seeds need to be prepared for cooking by removing its inner core. For the ginkgo nuts, you will see one end which may show a tiny shoot just about to sprout. Poke the other side using a pointed toothpick. Do not poke at the end which the shoot can be seen. As for the lotus seeds, the technique to remove the inner core is similar.

Ingredients

- 15g white fungus (pre-soaked and cut into smaller pieces)
- 15 to 20 pcs ginkgo nuts (remove inner core by using a pointed toothpick to poke at the one end)
- 30g fresh lotus seeds (remove inner core)
- 4 pcs honey dates
- 12 pcs red dates
- 1 can of sea coconut slices (remove syrup)
- 10g dried chrysanthemum flowers (rinsed)
- 100g rock sugar
- 1.5 litres water

Method

- ✚ Bring water to boil. Add chrysanthemum flowers and turn off the heat. Cover lid and allow to steep for 20 minutes. Strain to remove flowers.
- ✚ Add in the rest of the ingredients except the sea coconut. Bring the soup back to boil then reduce heat and simmer for at least 30 minutes. Thereafter, turn off the heat and allow to cool.
- ✚ If you prefer serving it hot, add the sea coconut slices after turning off the heat and serve immediately. Otherwise, allow to cool, then add the sea coconut slices and chill it in the fridge prior to servings.