



TAPIOCA

COOKING DIRECTIONS

Soak Tapioca in cold milk for two hours, then simmer gently until grains are clear, approximately 50 minutes. Add sugar to taste. Can add fruit to suit your own taste

TAPIOCA COCONUT CUSTARD

80g Tapioca

800mls Milk

3 Eggs

30g Coconut

120g Sugar

Vanilla Essence

METHOD

1. Soak Tapioca 2-3 hours in water.
2. Drain and boil in the milk until soft.
3. Beat the sugar and the egg yolks together and add to the Tapioca after it has cooled a little.
4. Add coconut and mix well.
5. Simmer again but do not boil.
6. Pour into a pie dish, whip the egg whites with vanilla essence until stiff and spread on the custard.
7. Bake in a slow oven until golden brown, sprinkling coconut on top when half cooked

Serve chilled

THIS IS ONLY A GUIDE.

PANTRYMAN