

# Indulge in the Sweetness of Hawaii: Three Famous Dessert Recipes From Independent Author

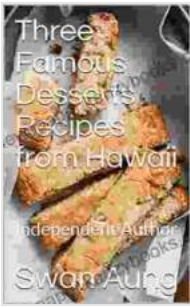
## Ingredients:

- 4 cups coconut milk
- 1/2 cup cornstarch
- 1/2 cup sugar
- 1/4 cup water

## Instructions:

1. In a medium saucepan, whisk together the coconut milk, cornstarch, sugar, and water until smooth.
2. Bring the mixture to a simmer over medium heat, stirring constantly.
3. Reduce heat to low and simmer for 10-15 minutes, or until the mixture has thickened to the desired consistency.
4. Pour the haupia into a 9x13 inch baking dish and let cool for at least 4 hours, or until set.
5. Serve chilled, topped with shredded coconut if desired.

## Ingredients:



## Three Famous Desserts Recipes from Hawaii:

**Independent Author** by Swan Aung

★★★★☆ 4 out of 5

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Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 7 pages  
Lending : Enabled



### For the Mochi Dough:

- 2 cups glutinous rice flour
- 1 1/2 cups water
- 1/4 cup sugar

### For the Poi Filling:

- 1 pound taro, peeled and cut into chunks
- 1/2 cup sugar
- 1/4 cup water
- 1 teaspoon salt

### Instructions:

### For the Mochi Dough:

1. In a large bowl, combine the glutinous rice flour, water, and sugar.
2. Knead the dough until it becomes smooth and elastic.
3. Cover the dough with plastic wrap and let rest for at least 30 minutes.

### **For the Poi Filling:**

1. Place the taro chunks in a large pot of water and bring to a boil.
2. Reduce heat to low and simmer for 1 hour, or until the taro is tender.
3. Drain the taro and mash it until smooth.
4. In a saucepan, combine the mashed taro, sugar, water, and salt.
5. Bring to a simmer over medium heat, stirring constantly.
6. Reduce heat to low and simmer for 10-15 minutes, or until the filling has thickened.

### **To Assemble the Poi Mochi:**

1. Divide the mochi dough into small balls.
2. Flatten each ball into a thin circle.
3. Place a spoonful of poi filling in the center of each circle.
4. Bring the edges of the mochi dough together to enclose the filling.
5. Pinch the edges to seal.
6. Steam the poi mochi for 10-15 minutes, or until the mochi dough is cooked through.
7. Serve warm or chilled.

## **Ingredients:**

### **For the Sweet Potato Layer:**

- 2 pounds sweet potatoes, peeled and cut into chunks
- 1/2 cup sugar
- 1/4 cup milk
- 1/4 cup butter, melted
- 1 teaspoon vanilla extract

### **For the Haupia Layer:**

- 2 cups coconut milk
- 1/2 cup sugar
- 1/2 cup cornstarch
- 1/4 cup water

## **Instructions:**

### **For the Sweet Potato Layer:**

1. Place the sweet potato chunks in a large pot of water and bring to a boil.
2. Reduce heat to low and simmer for 1 hour, or until the sweet potatoes are tender.
3. Drain the sweet potatoes and mash them until smooth.

4. In a large bowl, combine the mashed sweet potatoes, sugar, milk, melted butter, and vanilla extract.

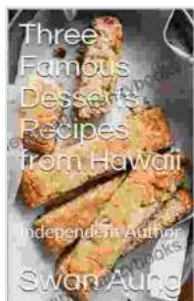
### **For the Haupia Layer:**

1. In a medium saucepan, whisk together the coconut milk, sugar, cornstarch, and water until smooth.
2. Bring the mixture to a simmer over medium heat, stirring constantly.
3. Reduce heat to low and simmer for 10-15 minutes, or until the mixture has thickened to the desired consistency.

### **To Assemble the Sweet Potato Haupia:**

1. Spread the sweet potato layer into a 9x13 inch baking dish.
2. Pour the haupia layer over the sweet potato layer.
3. Refrigerate for at least 4 hours, or until the haupia layer has set.
4. Serve chilled, cut into squares.

With these three iconic dessert recipes, you can embark on a culinary journey to the heart of Hawaii without ever leaving home. Whether you are a seasoned baker or a novice in the kitchen, these recipes will guide you through the vibrant flavors and textures of Hawaiian cuisine.



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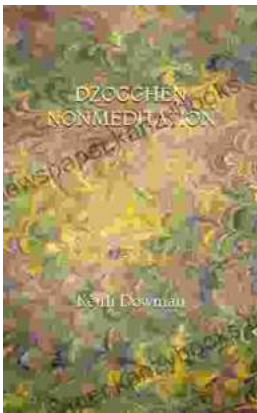
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