

Vegan Filipino Desserts
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Recipe 1: Karioka (Filipino mochi donuts)

- 2 cups glutinous rice flour
- 1 cup coconut milk
- Oil for frying
- Sugar coating:
 - 3/4 cup brown sugar
 - 1/4 cup coconut milk

INSTRUCTIONS

1. In a mixing bowl, combine the glutinous rice flour and coconut milk. You should have a tacky dough similar to Play-Doh. If the dough is dry, add one tablespoon of water at a time.
2. Using your hands, form the dough into 2-inch balls (or if you want them bite-size, do 1-inch). Using a bamboo skewer or chopstick, poke a hole in the middle of each ball. This is important so the balls won't burst while frying.
3. Fill a small pot or wok with 2 inches of oil and heat over medium heat. Once hot enough, carefully place the balls one by one.
4. Using a slotted spoon, tong, or steel strainer, fry until the balls float on top and turn light golden, stirring occasionally.
5. Turn off the heat and place the balls on a drying rack, strainer, or paper towel to remove excess oil.
6. To make the sugar coating, you can either pour out the oil from the pot or use a different one and heat over low heat. Add the brown sugar and coconut milk and mix well. Cook until the brown sugar has fully melted. Turn off the heat.
7. Either dip the balls in the sugar coating or mix them all in the pot.
8. Serve as-is or skewered in bamboo sticks.

Recipe 2: Turon (Filipino Banana-Jackfruit Lumpia)

- 6 ripe saba bananas. You can also use plantains.
- 10-12 pieces of yellow jackfruit (you can use the ones in the can)
- 1 package spring roll wrappers
- 1 cup organic brown sugar
- Water, for sealing the Turon
- Oil for frying

Instructions:

1. Peel the saba bananas and cut them in half.
2. If using canned jackfruit, drain first, then slice it into strips.
3. To assemble, peel off one piece of the wrapper and place one piece of banana on the lower center of the wrapper.
4. Place several jackfruit strips on top of the bananas then sprinkle some brown sugar. The amount of sweetness is up to you.

5. If you want to try the street food-style presentation, roll up the wrapper and seal it with water. You do not need to seal the sides. You will end up with a long log shape.
6. If you would like a neater, daintier look, fold up the lower bottom of the wrapper to cover the filling, but before rolling up, fold the sides of the wrapper into the center, then roll up and seal the ends with water. You will end up with a shorter log shape. Repeat the process of wrapping the rest of the saba and jackfruit.
7. Heat a medium pot or wok over medium heat and pour about two inches of oil.
8. Once hot, fry the wrapped Turon until golden brown on all sides. Place the Turon on a drying rack, stainer, or paper towel to remove excess oil. Serve while still hot.

Recipe 3: Kalabasa Halaya (Squash Pudding)

- 2 cups cooked and mashed kabocha squash
- ¾ cup coconut nectar or preferred sweetener
- 5 tablespoons cornstarch
- 1 cup coconut cream
- Pinch of sea salt

INSTRUCTIONS:

1. In a medium pot, mix all the ingredients: mashed kalabasa, coconut nectar, cornstarch, coconut cream, and salt, until creamy and smooth.
2. Turn on the stove and cook over low heat, continuously mixing for about 20 minutes or until it's thick enough to cling to your ladle. Turn off the heat.
3. Transfer to a serving container. If you're going to invert the container upon serving, grease it with oil before pouring the halaya.
4. Let it cool down to set and solidify for about 30 minutes. Serve at room temperature.

Cooking lesson with Menlo Park Library

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