



Mango Sago Pudding



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Introduction

Mango sago pudding is a delightful dessert that showcases the tropical flavor of mangoes combined with the chewy texture of sago pearls. It is a popular dish in many Asian cuisines and is loved for its refreshing taste, making it perfect for hot weather. The pudding is not only visually appealing with its vibrant color but also easy to make, offering a wonderful balance of sweetness and creaminess.

Ingredients with measures

Mango pulp - 1 cup
Sago pearls - 1/2 cup
Coconut milk - 1 cup
Sugar - 1/4 cup
Water - 2 cups
Salt - a pinch
Mango chunks - for garnish
Mint leaves - for garnish

Prep Time

The prep time for this delicious mango sago pudding is approximately 20 minutes, allowing you to gather all your ingredients and prepare the sago pearls before cooking.

Cook Time, Total Time, Yield

Cook time is about 30 minutes, which includes boiling the sago and combining it with the mango pulp and coconut milk. The total time required from start to finish is approximately 50 minutes. This recipe yields about 4 servings, perfect for sharing with family or friends.



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Detailed Directions and Instructions

Step 1: Prepare the Sago

Soak the sago pearls in water for about 30 minutes. Once soaked, drain them and set aside.

Step 2: Cook the Sago

In a saucepan, bring water to a boil. Add the soaked sago pearls and cook for 10-15 minutes until they turn translucent. Stir occasionally to prevent sticking. Once cooked, drain and rinse under cold water. Set aside.

Step 3: Prepare Mango Puree

In a blender, puree ripe mangoes until smooth. You can add a little sugar if the mangoes are not sweet enough. Set aside.

See also Lemon Curd Recipe for Perfect Desserts

Step 4: Make Coconut Mixture

In a separate bowl, mix coconut milk with sugar and a pinch of salt. Stir until the sugar dissolves completely.

Step 5: Combine Ingredients

In a large bowl, combine the cooked sago and mango puree. Mix well until fully incorporated.

Step 6: Layer the Pudding

Take serving glasses, and layer the sago and mango mixture with the

coconut mixture. You can alternate layers for a beautiful presentation.

Step 7: Chill

Refrigerate the assembled pudding for at least 2 hours or until set. This allows the flavors to meld together.

Step 8: Serve

Once chilled, serve the mango sago pudding cold, garnished with fresh mango pieces or shredded coconut if desired.

Notes

Note 1: Sago Pearls

Ensure you use the right type of sago pearls, as overcooking can lead to mushiness.

Note 2: Mango Selection

Choose ripe and sweet mangoes for the best flavor. Depending on the season, you can use different varieties of mango.

Note 3: Coconut Milk

Full-fat coconut milk will give a richer taste, while light coconut milk can be used for a lower-calorie option.

Note 4: Storage

The pudding can be stored in an airtight container in the refrigerator for up to 3 days.



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Cook techniques

Gathering Ingredients

Ensure you have all necessary ingredients measured and ready before starting the recipe, as it helps streamline the cooking process.

Soaking Sago Pearls

Soak sago pearls in water for several hours until they are translucent and soft; this is crucial for achieving the right texture in your pudding.

Cooking Sago Pearls

When cooking soaked sago pearls, simmer them gently in water until they become completely translucent, stirring occasionally to prevent sticking.

See also [Nacho Cheese Beef Wrap](#)

Preparing Coconut Milk

Heat coconut milk gently in a saucepan, adding sugar as desired, until it is warm and sweetened; avoid boiling to maintain its creamy texture.

Layering the Pudding

Once the sago and coconut mixtures are prepared, layer them in serving dishes, allowing the textures and flavors to combine beautifully.

Chilling the Pudding

Refrigerate the assembled pudding for a few hours to allow it to set properly, enhancing the flavors and making it refreshing when served.

FAQ

Can I use other fruits instead of mango?

Yes, you can substitute mango with other fruits such as lychee, passion fruit, or strawberries to create different flavors.

How long can I store the mango sago pudding?

The mango sago pudding can be stored in the refrigerator for up to 2-3 days, but it's best consumed fresh.

Is there a vegan option for this recipe?

Yes, this recipe is naturally vegan as it predominantly uses coconut milk, so it's suitable for a plant-based diet.

Can I make sago pudding in advance?

Absolutely! You can prepare the sago pudding a day in advance and let it chill overnight to enhance the flavors.

What should I do if my sago pearls are still hard after cooking?

If your sago pearls are still hard, you may need to cook them a bit longer, ensuring they are fully translucent and soft for the best texture.



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Conclusion

Mango sago pudding is a delightful dessert that combines the sweetness of ripe mangoes with the chewy texture of sago pearls. It's a refreshing treat that's perfect for warm weather and can be enjoyed after a meal or as a snack. With its vibrant color and luscious taste, this pudding is sure to impress anyone who tries it.

See also Greek Orzo Pasta Salad

More recipes suggestions and combination

Mango Coconut Rice Pudding

Pair the flavors of mango with creamy coconut milk for a comforting rice pudding that evokes tropical vibes.

Mango and Mint Salad

Create a refreshing salad by combining diced mangoes with fresh mint, lime juice, and a touch of honey for sweetness.

Sago and Fruit Salad

Mix sago pearls with a variety of fruits like kiwi, strawberries, and bananas for a colorful and healthy dessert.

Mango Cheesecake

Blend the flavors of mango into a creamy cheesecake for a rich dessert that balances sweetness and tanginess.

Coconut Sago Pudding

Make a classic sago pudding with coconut milk for a rich and indulgent dessert that's also dairy-free.

Mango Sorbet

Puree ripe mangoes and freeze them to create a refreshing sorbet, perfect for a hot summer day.



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