

AIS POTONG KACANG HIJAU

Bahan-bahan:

150g kacang hijau, direndam ½ jam
100g gula 100g gula Melaka
1 cawan Santan Kelapa M&S
½ cawan susu segar
4 cawan air
1 sudu teh garam
2 daun pandan
Acuan ais potong

Cara Penyediaan:

1. Didih kacang hijau dalam air. Kemudian, rendahkan api dan masak kacang hijau sehingga lembut. Campur gula, gula Melaka dan garam.
2. Apabila mendidih, rendahkan api dan campur Santan Kelapa M&S, susu segar dan daun pandan. Setelah panas, padamkan api dan keluarkan daun pandan. Kemudian biarkan sejuk. Kisar campuran selama 1 minit dan tuang ke acuan ais potong.
3. Masukkan ke dalam pendingin beku. Biar sehingga beku.

COCONUT MUNG BEAN ICE LOLLIES

Ingredients:

150g mung beans, soaked for ½ hour
100g sugar
100g palm sugar
1 cup M&S Coconut Milk
½ cup fresh milk
4 cups water
1 tsp salt
2 screw pine leaves
Some ice lolly moulds

Method:

1. Boil mung beans in water. Then reduce fire and cook until mung beans are tender. Add in sugar, palm sugar and salt.
2. Bring to a boil. Reduce fire and add in M&S Coconut Milk, fresh milk and screw pine leaves. Once it is heated through, turn off fire. Remove screw pine leaves. Leave to cool. Blend mixture for 1 minute and pour into the ice lolly moulds.
3. Place in freezer until they set.

