

Suafa'i - Samoan Banana Tapioca Pudding

Season: Autumn - for Samoan Language Week

From the garden: Bananas, lemon leaves

Type: Dessert

Difficulty: Easy

Serves: 8 adult serves or 24 small tastes

Recipe source: Adapted from The Coconut.tv and SamoaFood.com

Equipment

- ☐ Saucepan
- ☐ Fork
- ☐ Wooden spoon
- ☐ Measuring cups

Ingredients

- ☐ 6 ripe bananas
- ☐ Approximately 3 cups water
- ☐ 6 tablespoons small tapioca pearls
- ☐ 1 cup coconut cream
- ☐ 2-3 lemon leaves (optional)

How to make it:

1. Peel the bananas and remove all of the stringy bits.
2. Put the bananas in a saucepan and cover with water until just submerged.
3. Bring to the boil and then turn down to a simmer for 15 minutes. Break up banana with a fork.
4. Add the tapioca, stirring constantly to stop the mix getting lumpy. Add the coconut cream and lemon leaves. Bring back to a simmer.
5. Simmer for 15-20 minutes stirring often, until the tapioca is completely cooked and see through. Remove the lemon leaves.
6. Leave to cool before serving. Serve warm or cold

skills: Peel, boil, simmer*

Key skill: simmer - this means cooking food in liquid, heating it to just below boiling point, so that it bubbles gently but does not cook too fast or too hard.



Notes:

- Use really ripe spotty or brown bananas. The riper the banana the sweeter the pudding will be.
- Tapioca pearls come in different sizes. The small ones are suitable for this recipe. Sago is similar to tapioca and can be used instead, but it will take longer to cook.
- Make sure the tapioca is properly cooked, making sure there is no white inside each pearl.
- If the pudding is too thick you can thin with water. You can add sugar if it needs more sweetness.

Gluten Free

Dairy free

Egg free

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TO TABLE**
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HARVEST.
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