

Fish-shaped Coconut Yellow Pea Pudding 錦鯉椰汁馬豆糕



Ingredients 材料:

Yellow split pea 馬豆	30g 克
Coconut milk 椰漿	200ml 毫升
Fresh milk 鮮奶	140ml 毫升
Water 水	100ml 毫升
Sugar 糖	50g 克
Corn starch 粟粉	40g 克
Oil 菜油 (Don't use oil with a strong flavour such as peanut or olive oil. 不要用味濃的油如花生油或橄欖油)	1 tablespoon 湯匙

1. Boil the yellow split peas till they soften. Drain dry.

馬豆洗淨用水煲熟，隔水備用。

2. Melt a chocolate button in each of the eye sockets.

溶掉巧克力豆，塗於魚眼位置。



3. Add corn starch into coconut milk and milk and mix well. Put aside.

用椰漿及鮮奶開勻粟粉，置於一旁待用。

4. Dissolve sugar in water in a pot over medium heat.

將水加糖以中火煮溶。

5. Gradually add the corn starch and milk mixture into the pot. Keep stirring till boiling.

慢慢加入已開勻之粟粉,不停地攪拌直至煮滾。

6. Add oil and stir well.

加入油,拌勻。

7. Remove from heat.

熄火,放置一旁。

8. Apply orange colouring (in liquid form) onto the fish mould in areas like fins and mouth. I use a chopstick or tooth pick as applicator to obtain an uneven natural texture.

在魚模的魚尾、魚鰭及咀的位置塗上橙色液態顏料。我用筷子或牙籤作顏色筆,好讓魚的顏色更自然。



9. Apply the batter to the inside of the fish mould until the surface is all covered.

將魚模表面塗上粉漿,遮蓋整條魚身。



10. Add the yellow split peas into the remaining batter and mix well.

將馬豆倒進其餘的粉漿內,攪勻。



11. Pour the remaining batter to fill up the mould.

將馬豆粉漿慢慢倒入魚模中,至滿注。



12. Leave for 5 – 10 minutes until batter settles. This eliminates possibilities of air trapped between the mould and the batter, which affect the appearance of the final product.

靜置 5 – 10 分鐘,使魚模與粉漿之間的空氣能有時間排出,減低完成後魚身出現氣泡的機會。

13. Refrigerate for 3-4 hours. Served cold.

放入雪櫃,3-4 小時後可取出享用。

Note: As shown in the photos, I made a pudding with grapefruit and mango instead of yellow split peas. However, measurement of other ingredients and procedures are the same.

註: 如圖所示,我用了西柚及芒果替代了馬豆,其餘材料份量及製作程序不變。