

# Old School Sweetness



Find relief on a hot day with *chendol*. This version uses ice-cream in place of shaved ice, and is easy enough for you and your little one to prepare together!



## CHENDOL

### WHAT YOU NEED

- 1 packet pandan jelly
- 1 can creamed sweet corn
- 4 scoops coconut ice cream
- 100 ml coconut milk

### For the palm sugar syrup:

- 200 g palm sugar (*gula Melaka*)
- 50 g coarse black sugar (available in the dried food section of most supermarkets)

- 1 tbsp molasses (also known as malt sugar and available at baking supply store)

- 5 pandan leaves
- 100 ml water
- a pinch of salt

### For the cooked red beans:

- 200 g red beans
- 100 g sugar
- 500 ml water
- 3 pandan leaves

## FOLLOW THESE STEPS



Put all the ingredients for the palm sugar syrup in a pot. Bring to a boil. Simmer for 1 hour. Strain through a fine sieve.



Wash the red beans and soak them in water for an hour. Add sugar and pandan leaves and bring to a boil. Cook until the red beans are soft. Leave to cool.



Scoop coconut ice cream into four bowls.



Add cooled, cooked red beans, creamed sweet corn and pandan jelly as toppings. Pour coconut milk and palm sugar syrup in your desired quantity. Serve immediately.

## TIME TESTED

*CHENDOL* IS BELIEVED TO ORIGINATE FROM INDONESIA. THE NAME IS DERIVED FROM THE WORD 'JENDOL' IN INDOONESIAN, WHICH MEANS BUMP OR BULGE, REFERRING TO A FULL STOMACH PRESUMABLY AFTER CONSUMING THE DESSERT! IN THE 1960S THROUGH TO THE 1980S, *CHENDOL* WAS SOLD FROM PUSHCARTS. THE DESSERT CONSISTS MOSTLY OF ICE, THEN SHAVED BY HAND BY THE HAWKERS USING A METAL ICE-SHAVING CONTRAPTION.



Recipe is courtesy of Chef Kristopher Cheng of Flavours At Zhongshan Park, at Ramada Singapore, at Zhongshan Park. The restaurant specialises in Straits Chinese cuisine.