



Sugared Taro

NIBBLEDISH CONTRIBUTOR

Ingredients

1 taro (Mine came to about 510 grams)

1 cup water

1/3 cup coconut milk

1 cup and 2 tablespoons of sugar

1 teaspoon pounded cilantro roots

1 teaspoon chopped scallions (use only white parts)

Pinch of salt

Instructions

Also known as Snow Taro in Thailand. I adapted this recipe based on a tip from a Thai cooking show. Visit my site for full story.

1. Wash and peel taro (wear gloves, please! Taro sap can cause hands to itch like crazy.) Cut them into 1x1 cm thick and 4 cm long sticks. Any thinner they will break easily when fried.

2. Fry the taros in medium heat. Do not let them turn yellow or brown. Granted I have never had this dish outside of Thailand, it's never fried golden here. It ain't called Snow

Taro for no reason! You will know the taros are done when they float to the surface. It will still be white with a thin crispy skin and soft inside. Set aside when done.

3. Set a frying pan (a wok is best) on medium heat. Pour in the water, sugar, salt, cilantro, and scallions. Mix well. Then comes the vigilant and tricky part. Keep close watch as the sugar turns a very thick syrup and starts to crystallize on the sides of the pan. This will take about 20-25 minutes. Add in the coconut milk when the sugar just about starts to crystallize on the sides of the pan. Stir and mix well. In less than a minute after adding in the coconut milk, the syrup will begin to crystallize fast. At this point, put in the taro sticks. Quickly stir and coat them well. Remove from heat and watch as the sugar magically crystallize on the taro. Remove and arrange on plate.

4. Scrap and mash the rest of the crystallized sugar. Pour on top of the taro and serve.