



Thai Red Ruby Dessert

Overview

Difficulty: Medium

Servings: 4

Preparation Time: 50 mins

Cooking Time: 120 mins

Ingredients

Red Ruby

2L Water

20 Fresh Water Chestnuts

220g Tapioca Flour

300g Medium-sized Beetroot

300g Ice Cubes

Toppings

350ml Coconut Cream

400ml Water

40g Pandan Leaves

300g Sugar

1.2kg Ice Cubes

1 Teaspoon Fine Salt

1. Methods for Red Ruby

Step 1

Peel water chestnuts and cut them into cubes of about 1cm size.



Step 2

Peel the beetroot, and cut into smaller pieces. Place the beetroot pieces into a VitaBoost High Performance Blender, and blend until smooth. Then, strain well to obtain the juice.



Step 3

Place the water chestnut cubes into the beetroot juice and soak for about an hour.



Step 4

Strain off the excess juice, and add the coloured water chestnut cubes to a tray of tapioca flour. Coat the cubes evenly and strain off any excess.



Step 5

Add the red rubies to a pot of boiling water, and cook for about 3 to 4 minutes. Remove the cooked red rubies and place them into an ice bath.



2. Methods for Toppings

Step 6

Split the pandan leaves into half, and tie each halves into a knot.



Step 7

Boil water in a medium sized pot, and add sugar. Stir well so that sugar dissolves.



Step 8

Pour the sugar syrup into a bowl and set aside to cool. When sugar syrup is cool, add one of the knots of pandan leaves.



Step 9

In a small pot, add coconut cream, pandan leaves and fine salt. Stir well to dissolve the salt.



Step 10

Blend ice cubes in a VitaBoost High Performance Blender, to get crushed ice.





Step 11

Layer with red rubies, then add the sugar syrup, coconut cream and blended ice according to your preference.



Step 12

Portion in small jars to share!

