WILL MEYRICK

SINGAPORE / SINGAPORE STREET FOOD

TAU HUAY, SOYA BEAN PUDDING WITH RED BEANS AND GINKGO

Tau huay is a silken soya bean pudding, set soft and served in spoonfuls with ginger syrup. This hawker centre version is topped with red beans, ginkgo nuts and lotus seeds.



SERVES	PREP	COOK	TOTAL	DIFFICULTY	SPICE
4	20 min	1 h	1 h 20 min	Medium	Mild

INGREDIENTS

FOR THE PUDDING

1 l unsweetened soy milk, fresh if you can

1 1/2 tsp agar-agar powder

FOR THE TOPPINGS

120 g red kidney beans or adzuki beans, soaked overnight

60 g lotus seeds, soaked

80 g cooked ginkgo nuts (tinned or vacuum-packed)

3 tbsp sugar

FOR THE GINGER SYRUP

100 g sugar

50 g palm sugar

300 ml water

50 g ginger, sliced and bruised

2 pandan leaves, knotted

METHOD

COOK THE BEANS

1. Simmer the beans in fresh water for 45 to 60 minutes, until soft, adding the lotus seeds for the last 25 minutes. Drain, stir in the sugar and cool in their own steam.

SET THE PUDDING

2. Whisk the agar-agar into 200 ml of the cold soy milk, bring to a simmer and cook for 2 minutes, stirring.
3. Warm the rest of the soy milk, stir in the mixture and strain into a bowl. Skim off the bubbles and leave to set, 2 to 3 hours in the fridge.

MAKE THE SYRUP

4 Simmer the sugars, water, ginger and pandan for 15 minutes. Strain.

SERVE

5 Warm the syrup. Spoon the pudding into bowls in thin slices, top with the beans, lotus seeds and ginkgo and pour over the syrup. Serve cold, or with hot syrup.

USEFUL SHORTCUTS FOR HOME COOKS

Fresh soy milk from a tofu shop makes the biggest difference.

Take the bitter green shoot out of the lotus seeds if they are whole.

Tinned red beans are fine here: rinse and warm them with the sugar.

The other dessert on the table at Albert Centre is one the locals love: silken soya bean pudding with red beans, ginkgo nuts and a sugar syrup with a hint of ginger.Will admits that it is his least favourite of the two, as he finds it a little plain next to some of the other desserts. Well known all the...