



Ginger Taho

15-Aug-2024

Level: Easy

Prep Time: 30 minutes

Serves: 4

Cooking Time: 1 hour 15 minutes

$\frac{1}{2}$ cup large sago (tapioca) pearls (uncooked)
1 (19 oz.) block soft (silken) tofu



Ginger arnibal (simple syrup) ingredients:

4 pieces palm sugar (about 2 cups shaved)

$1\frac{1}{3}$ cups water

4 to 6 inches fresh ginger, peeled and crushed (see Notes)

To prepare sago: In a medium saucepan, bring 4 cups water to a boil. Add uncooked sago. Boil on medium heat for 25 minutes with cover slightly ajar. Stir periodically to prevent sago from sticking to each other and the bottom of the saucepan. Drain sago in a colander or sieve, discarding the water. Rinse and drain sago with water to remove excess starch. In the same saucepan, set a fresh pot of 4 cups of water to boil. Once boiling, add the rinsed and drained sago for second round of cooking. Boil for another 25 minutes with cover slightly ajar. Take off heat source and let stand for 30 minutes with lid on. Sago should be translucent. Drain sago in a colander or sieve, discarding the water. Rinse and drain sago again with water. Place drained sago in a small mixing bowl. Set aside.

To prepare ginger arnibal (simultaneously while sago is cooking): With a sharp knife, cut and shave palm sugar pieces (see photo on right).

Place shaved palm sugar, $1\frac{1}{3}$ cups water, and crushed ginger in a small saucepan. Cook over medium heat until sugar is dissolved. Stir frequently. Simmer for 2 minutes. Take saucepan off heat source. Steep for 5 to 15 minutes, tasting syrup until desired flavor is reached. The longer you steep the syrup, the more potent the ginger flavor will be. Strain syrup into a heatproof bowl or container.



Add $\frac{1}{4}$ cup of ginger arnibal to drained sago, making sure all the sago is covered with the syrup. Set aside.

To steam tofu (simultaneously while sago is cooking): Place a rectangular piece of parchment paper in a steamer basket (do not block all the steamer holes on the

bottom of the basket). Place the entire block of tofu on the parchment paper. Steam tofu for 8 to 10 minutes. Lift parchment paper with block of tofu out of steamer basket onto a cutting board. Be careful, tofu will be hot. Cut tofu into thin slices. Set aside.

To assemble taho: Place 4 medium glasses in a row, side by side. Add 1 to 2 Tbsp. sago mixed with syrup to each glass. Add $\frac{1}{4}$ of thin tofu slices to each glass. Add 1 to 2 Tbsp. ginger arnibal to each glass. Repeat layering until there is no tofu left. Top each glass with more sago and ginger arnibal. Serve taho warm.

Notes:

- Do not rinse uncooked (dry) sago (tapioca) pearls prior to cooking.
- Uncooked (dry) sago (tapioca) pearls must be added to boiling water. If the water is not boiling when added, the pearls will disintegrate or break apart while cooking.
- Large sago (tapioca) pearls must be cooked twice in order for the center to get soft and chewy. You do not want to serve undercooked sago.
- I used 4 inches of fresh ginger in my ginger arnibal (simple syrup). I steeped the syrup for a total of 10 minutes to reach the ginger flavor I desired. Use more ginger and steep for a longer period if a more potent ginger flavor is desired. Taste syrup as it is steeping.
- Taho is generally served warm. I've tried it cold, but to me the textures and flavors mesh better when it's served warm.
- I purchased the large sago (tapioca) pearls, palm sugar (8 pieces in one package), and soft (silken) tofu at Don Quijote - Honolulu.

