

Vipoopoo (Tanzanian Dessert)

<p>Equipment: Large saucepan 2 mixing bowls Measuring cups and spoons Wooden spoon</p>	<p>Ingredients: 1 cup rice flour ¼ tsp cardamom ground 1 cup coconut milk ½ cup sugar 1 cup water Food colour optional</p>
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What to do:

1. Boil water.
2. Add rice flour and ground cardamom; mix well with a wooden spoon until the mixture is very thick, almost hard.
3. Divide into equal parts depending on how many colors you are using.
4. Add colour (carefully – 1 drop each colour) to each bowl and continue to mix until the colours have blended well.
5. Wash your hands well.
6. Hand roll small balls using about ½ teaspoonful of mixture. Set aside. Your hands will be stained at the end of this process. Don't worry it comes off.

Coconut syrup

1. Mix sugar and coconut milk. Make sure the sugar is dissolved completely. Then boil the mixture.
2. Put a few rice balls in the boiling coconut milk for about 5 minutes or until soft. Remove from the pot and place into dessert bowl. Repeat until all rice balls are cooked.
3. When all balls are done. Increase the heat a little bit and let the coconut mixture boil until it turns to heavy syrup. Remove from stove and let it cool.
4. Pour the syrup over rice balls.
5. Serve at room temperature with a serving spoon in each bowl.