

## Thankyou for supporting Alola's MILK Campaign

Here are some Timorese dessert recipes and sample quiz questions if you are feeling creative!

### Pudim de coco



Preparation: 20 min

Cooking: 1 hr

Chilling: overnight

Serves: 8

#### Ingredients

1 cup sugar

2 tablespoons water

1 (395grams) can sweetened condensed milk

1 (400ml) can coconut milk

5 eggs

#### Directions

Oil a tube pan or souffle dish. Set aside.

In a small saucepan combine sugar and water. Heat over medium-high until sugar melts and turns golden brown. Pour the caramel into the oiled pan and let harden.

Heat oven to 350°F.

Whisk together eggs in a mixing bowl until completely broken up and add in the other ingredients, mix thoroughly. Pour into the caramel-lined pan. Cover with aluminum foil.

Fill a roasting pan halfway with hot water. Put the tube pan in the bain-marie and bake at 350 F for one hour, or until a knife inserted comes out clean.

With foil still on top, put the pudim into the refrigerator overnight.

Unmold onto a serving platter and serve. If you have trouble with this try putting the bottom of the pan in warm water to loosen the caramel.

## Pastel de Nata (Portuguese Tarts)



Preparation: 40min

Cooking: 20min

Chilling: 30min

Makes 14 tarts

### Ingredients

#### *Dough*

1 sheet 225 g puff pastry, thawed

15 ml (1 tbsp) unsalted butter, melted

#### *Filling*

125 ml (½ cup) sugar

45 ml (3 tbsp) cornstarch

4 egg yolks

1 egg

500 ml (2 cups) milk

30 ml (2 tbsp) corn syrup

2.5 ml (½ tsp) vanilla extract

1 stick cinnamon

Ground cinnamon, to taste

### Directions

#### *Dough*

On a lightly floured surface, roll out the dough into a 33 cm (13-inch) square. With a brush, cover the entire surface of the dough with the butter. Roll up tightly and cover in plastic wrap. Refrigerate for 30 minutes.

Cut the ends of the roll. Cut into 14 slices.

On a floured work surface, thinly roll out each slice with a rolling pin. With your hands, line Portuguese tart pans (see note). If the dough is too large, cut off the excess with scissors. Refrigerate while preparing the filling.

#### *Filling*

With the rack in the middle position, preheat the oven to 270 °C (525 °F) (see note).

In a saucepan off the heat, combine the sugar and cornstarch. Add the egg yolks and egg and whisk until smooth. Add the milk, corn syrup, vanilla and cinnamon stick. Mix thoroughly.

Bring to a boil over medium heat, whisking and scraping the bottom and sides of the pan. Simmer until the mixture has thickened. Remove from the heat. Strain through a sieve.

With a 45 ml (3 tbsp) ice cream scoop, spoon the filling into the tart pans. Smooth out the top of the filling with the back of a spoon.

Bake immediately for 13 to 15 minutes or until the top is caramelized and the crust is crispy. Let cool before unmoulding.

Generously dust with cinnamon before serving.

#### *Note*

You can make these tarts in muffin tins if you do not have portuguese tart pans. You can bake the tarts at 260 °C (500 °F) if your oven reaches that temperature, and finish under the broiler if you do not find that the custard is brown enough.

## **Bibingka**



### **Ingredients**

½ cup melted margarine

1 ½ cups sugar

4 eggs, beaten

1 can coconut milk (395 gm)

½ cup fresh milk

2 cups rice flour

Grated coconut

### **Directions**

In a large mixing bowl, beat egg until pale yellow. Gradually add sugar until well incorporated. Mix in melted margarine.

Alternately add in flour and milks until well blended

Pour mixture ¾ full into baking dish greased with margarine and lined with baking paper (makes about 12-15 servings on small individual brioche molds or you can use muffin tins).

Bake for 20 minutes on 300-350F preheated oven or until toothpick inserted in the center comes out clean.

Brush with margarine and sprinkle sugar and grated coconut if desired.

## QUIZ questions

1. What is the capital city of Timor Leste?
2. What are the official languages of Timor Leste
3. Who is the current President and who is the current Prime Minister?
4. What date did Timor-Leste become independent?
5. What is the currency used in Timor-Leste?
6. In what year was Fundasaun Alola established?
7. What is the motto of Fundasaun Alola?
8. What is the name of traditional timorese weaving?
9. When is World Breastfeeding Week celebrated?
10. In what year did Alola's MILK Campaign commence?

## QUIZ answers

1. Dili
2. Portuguese and Tetum
3. Francisco Guterres and Taur Matan Ruak
4. 20 May 2002
5. USD
6. 2001
7. Strong Women, Strong Nation (bonus points for tetum version Feto Forte, Nasaun Forte)
8. Tais
9. 1-7 August
10. 2011