

Halo Halo

BY IAN RIVERO | @IANKEWKS

I was born in the Philippines and left the country at the age of three. My parents started a new life out West, and amidst all the shocks of adjusting to a new environment, I found comfort in eating traditional food. There was a Filipino shop just down a busy street where we lived, and every Sunday my mom and I would and every Sunday my mom and I would visit to have our weekend brunches there. visit to have our weekend brunches there. Halo-halo was one of my favorites to order: icy, refreshing, and perfectly sweet to beat the Toronto heat. I'd often have to explain to friends (who aren't too familiar with Filipino cuisine) that you have to mix it first before eating so you get a bit of everything (the name quite literally translates to "mix-mix"!). In many ways, this dessert felt symbolic of my own identity; a blend of cultures, memories, and influences that, when mixed together, created something whole, colorful, and uniquely mine.

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SERVES: 1-2

INGREDIENTS

1 tbsp ube halaya
1 cup packed, freshly shaved ice (or finely crushed ice)
¼ cup evaporated milk (or fresh milk)

Mix-Ins

1 tbsp sweetened mung beans
1 tbsp sweetened jackfruit strips
1 tbsp sweetened saba banana
1 tbsp kaong (sugar palm fruit)
1 tbsp macapuno (coconut sport)
1 tbsp nata de coco (coconut gel)

Toppings

1 scoop ice cream (can use ube, cheese/keso, or vanilla)
1 tbsp Rice Krispies or Corn Flakes
1 slice leche flan (homemade or store-bought)
2 chocolate wafer sticks

Note

Most of these ingredients can be found in a Filipino grocery or some Asian supermarkets!

INSTRUCTIONS

01 Layer the ingredients

In a tall glass or large bowl, spread the ube halaya along the sides of the glass. Add in all the ingredients for the mix-ins to the bottom.

02 Add ice and evaporated milk

Fill the glass or bowl with the shaved ice. Pour in the evaporated milk.

03 Add toppings

Top with the ice cream, Rice Krispies/Corn Flakes, flan slice, and chocolate wafer sticks.

04 Serve

Serve immediately. Be sure to stir and mix everything together prior to eating.