

Chè Thái

BY SOY NGUYEN | @SOY

While cutting fruit can be considered a love language, it is taken to the next level in my household with Chè Thái. This is the go-to dessert of choice that is a staple our family gatherings. No matter what we ate, we'll all gather at the end of the meal and each have a bowl of this refreshing dessert. While everyone has their own take on it, mine is passed down from my cousin, who has always been in charge of making it. This recipe is easy and is mostly just a labor of love.

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SERVES: 4-6 **PREP TIME:** 10-15 minutes (plus chilling time)

INGREDIENTS

1 can (around 15oz) Longan (Drain, reserve the syrup)
1 can (around 15oz) Lychee (Drain, reserve the syrup)
1 can (around 15oz) Toddy Palms (Drain, reserve the syrup)
1 can Jackfruit (Drain, reserve the syrup)
1 jar Nata de Coco (Drain, discard the liquid)
1 cup (or more to taste) Hazelnut Coffee Creamer

INSTRUCTIONS

01 Prepare the fruits

1. Drain the cans of longan, lychee, toddy palm, and jackfruit. Pour all their syrups into a large mixing bowl. This combined syrup will be your sweet base.
2. Drain the nata de coco and rinse it briefly under cold water. Do not add its liquid to the syrup bowl.
3. Drain the green aiyu jelly. Do not add liquid to bowl.

02 Cut the fruits

1. Take the drained longan, lychee, toddy palm, and jackfruit. Try to match them to the same size so each bite has a bit of everything.
2. Cut the aiyu jelly into cubes and add to the bowl.

03 Combine & cream

1. Add the drained nata de coco to the bowl.
2. Start by pouring in 1 cup of the hazelnut coffee creamer. Stir everything gently to combine.

04 Taste & adjust

1. Taste the mixture. This is your chance to customize it!
2. If you want it less sweet, you can add a splash of milk or a little cold water to dilute it.

05 Chill & serve

1. Cover the bowl and refrigerate for at least 1-2 hours
2. This chilling time is crucial as it allows the flavors to meld together beautifully.
3. Serve cold, preferably in bowls or glasses. For an extra treat, you can add a scoop of vanilla ice cream on top!