

Chè Khoai Môn

BY TUE NGUYEN | @TWAYDABAE

My family and I eat chè khoai môn for Thanksgiving because being Asian American means we don't have to choose between identities, we get to celebrate both. While the turkey and mashed potatoes represent our gratitude for the country that welcomed us, the warm bowl of taro and coconut milk dessert represents where we came from and the traditions our parents fought to keep alive. Thanksgiving is about giving thanks and gathering with family, and for us, that means honoring both the American holiday and the Vietnamese flavors that make us who we are.

Chè Khoai Môn

BY TUE NGUYEN

SERVES: 4 **PREP TIME:** 5 minutes **COOK TIME:** 45 minutes

INGREDIENTS

Pudding

1 lb peeled taro root, cut into 1-inch cubes
2 ½ cups water, divided
1 cup coconut milk
½ tsp pandan extract
½ tsp salt
¾ cup sugar
½ teaspoon vanilla extract
⅔ cup glutinous rice, washed
2 tsp tapioca starch

Coconut Topping

1 cup coconut milk
⅔ cup water
1 tbsp sugar
1 tbsp tapioca starch
¼ tsp salt

Optional Garnishes

Grated coconut
Palm sugar or coconut sugar

INSTRUCTIONS

01 Cook the taro

Steam the taro cubes for 10–15 minutes, or until fork-tender but not mushy. Set aside.

02 Make the pandan rice base

1. In a medium pot, combine 2¼ cups of water, coconut milk, pandan extract, salt, sugar, vanilla extract, and glutinous rice.
2. Bring to a boil over medium-high heat. Reduce the heat, cover, and simmer for 20 minutes, stirring occasionally, until the rice is tender and the mixture thickens.

03 Make the pudding

1. Gently fold the steamed taro into the rice mixture, keeping the cubes intact.
2. In a small bowl, whisk the tapioca starch with the remaining ¼ cup of water to make a slurry. Stir it into the rice mixture.
3. Simmer for another 2–3 minutes, until the pudding is glossy and slightly thickened. Remove from the heat.

04 Make the coconut topping

1. In a separate saucepan, whisk together the coconut milk, water, sugar, tapioca starch, and salt.
2. In a separate saucepan, whisk together the coconut milk, water, sugar, tapioca starch, and salt.

05 Assemble

1. Spoon the taro pudding into bowls and top with the warm coconut sauce.
2. If desired, finish with freshly grated coconut and a drizzle of palm sugar or coconut sugar syrup.