

Taro in coconut cream

Ingredients

1 taro

1 ½ cups coconut cream

2 tbsp water

1 small onion

½ tsp salt (plus more to taste)

Method

1. Peel the taro. To do this, have an adult cut the taro into slices, then cut the skin off by slicing downward toward the cutting board.
2. Cut the taro into small bite sized pieces
3. Place the taro in a medium saucepan and cover them with water. Cover the pan with a lid, bring to a boil, and boil the taro until it starts to become soft.
4. Drain the taro into a colander.
5. In the meantime, chop the onion finely and mix with the coconut cream and the salt in the saucepan.
6. Add taro to the saucepan with the coconut cream mixture, bring just to a boil, and turn the heat down to medium. With the lid off, simmer the taro in the coconut cream for about 5 minutes, or until the taro is tender.
7. Taste for salt, and divide into bowls for serving.

Note: This method can be used for most starchy vegetables and fruits such as green banana, kumara, breadfruit, yams, and potatoes. Just adjust cooking times as needed.