Payasum

Payasum is a very sweet dessert and an essential sweet at any Sri Lankan Tamil celebration. This dish can be served warm, straight from the stove top or served chilled in individual glasses or small bowls.

🕐 30 mins (warm)
2 hrs 30 mins (chilled)

👥 6–8 people

Ⓥ Vegan friendly

Ingredients

- 100g gula melaka (can substitute for other palm sugars or brown sugar)
- 150g of cashews (roughly chopped)
- 1 cup sago
- 10 cardamom pods
- 1 cup of sugar (brown, coconut or palm)
- 1 can of coconut milk (400ml)
- 5 cups of water

Method

1. Toast the cashews on medium heat in a pot and constantly stir till golden. Remove the cashews and in the same pot, toast the sago for 2 minutes whilst stirring constantly. Add the cashews back to the pot with 3 cups of water and slowly stir.

2. Using a mortar and pestle, crack open the cardamon pods and add them to the pot. Keep stirring till the sago mix goes clear and jelly like. Once it has thickened, add another cup of water. Stir and cook for a minute and then add 1 cup of the coconut milk. After one minute add the final cup of water with the sugar and cook for 10 minutes whilst constantly stirring. Turn off the heat then add the rest of the coconut milk and mix well, then leave to cool down.

3. Pour into individual cups or a serving bowl and garnish with chopped cashews, cardamon and sultanas. Serve warm or keep in the fridge for 1–2 hours and serve chilled.