

Haupia (coconut pudding)

This is a popular dessert at luaus.

(from Vegetarian Times powered by Clean Eating)

¾ cup cornstarch
2 14-oz. cans light coconut milk
1 cup sugar
1 tsp. vanilla extract
pinch sea salt
½ cup coconut flakes, unsweetened if possible
1/2 cup finely chopped macadamia nuts (toasting optional) (The best price I've seen is at Trader Joe's but they're in a large bag and expensive.)
These nuts could be optional.



1. Preheat oven to 375. Coat 8-inch square baking dish with cooking spray.
2. Stir cornstarch into ¾ cup cold water in bowl until dissolved. Set aside.
3. Bring coconut milk, sugar, vanilla, and salt to a boil in saucepan over medium-high heat. Cook 5 minutes, whisking constantly. Add cornstarch mixture; reduce heat to medium low and cook 1 minute, whisking constantly. (Mixture has a tendency to bubble up.) Transfer to prepared baking dish and chill 1 hour or until cool enough to slice.
4. Meanwhile, spread coconut flakes on small baking sheet and toast 3 minutes or until just golden. (I prefer to toast coconut in a nonstick pan, stirring occasionally, until golden. This way I can keep a better eye on them than if they're in the oven. I actually use sweetened flakes.) Toast macadamia nuts if using. They will need to be chopped up. Add them to the coconut flakes and sprinkle this mixture on top of Haupia while cooling.
5. Slice into small squares to serve.