

Jiggly DELIGHT

HURRAY! THE HOLIDAYS ARE HERE! TREAT YOUR CHILD TO THIS FRUITY WATERMELON JELLY AND HAVE FUN MAKING IT TOGETHER.



FOLLOW THESE STEPS

1 Taste the watermelon before using it to make the jelly. If it is bland, you may add a little sugar to the juice for that extra sweet kick.

2 Mix kanten powder with 5 tsp of watermelon juice.

3 Pour 100ml of watermelon juice in a saucepan and bring to a boil. Remove from heat. Stir in kanten mixture, followed by the remaining juice.

4 Pour mixture into a metal tray (about 17.5 x 8 x 6cm in size). Cover and refrigerate for about an hour or until jelly is set.

5 Cut the watermelon jelly into cubes and arrange on individual serving plates.

6 Garnish with a drop of condensed milk, or other ingredient as desired.

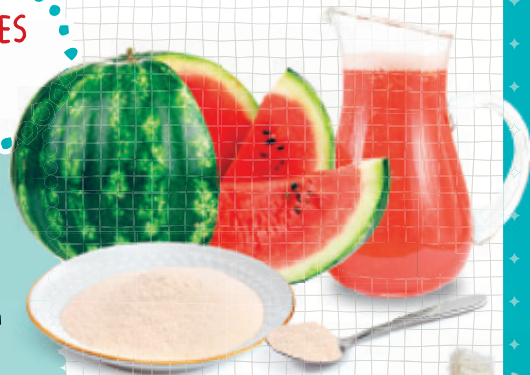
Adult supervision is needed when boiling the watermelon juice.

WATERMELON JELLY

WHAT YOU'LL NEED

- ▶ 3g kanten powder (or agar-agar powder as replacement)
- ▶ 300ml (or 1¼ cups) watermelon juice. You may also use other fruits, such as strawberry, apple or pear.

SERVES 4



WHAT IS KANTEN?

Kanten is a white and semi-translucent algae-based gelatinous substance that is similar to agar (or agar-agar), but they come from different seaweeds. Kanten powder is sold at supermarkets that stocks Japanese foodstuff.

For information on the benefits of eating fruits and vegetables, visit www.healthhub.sg/programmes/56/fruits-and-veggies and www.healthhub.sg/live-healthy/1291/fun-fruity-facts.



This recipe first appeared in **Shojin Ryori: The Art of Japanese Vegetarian Cuisine**, published by Marshall Cavendish.

