

ACM CELEBRATES

TRADITIONAL HAINANESE KAYA



Follow this recipe and make your own kaya spread, a Singaporean breakfast and teatime favourite.

EQUIPMENT

Digital scale
Hand blender or whisk
Strainer
Glass bowl
Pots
Rice cooker
(You may use the bain-marie method, if you do not have a rice cooker.)
Sterilised jars to store cooked kaya

METHOD

Makes four 200ml jars

INGREDIENTS

Eggs:

420g (6–7 eggs,
depending on size)

Coconut milk:

420g (Start with 500g,
and measure out 420g
after cooking with
pandan leaves)

Sugar:

340g

Pandan leaves:

6, knotted

PART A

1. Whisk eggs and sugar till smooth, then strain. The key is to break up the egg whites so the mixture is smooth and even. This will prevent streaks of white in the kaya.
2. Place this egg mixture in a bowl over boiling water and cook for 25 mins or until the batter reaches 80°C. Stir occasionally in the initial stages of cooking and more constantly when the eggs start to thicken. A glass bowl is recommended as it is harder to control with a metal bowl.
3. Place the pandan leaves in a separate pot and add the coconut milk. Bring to a simmer, then set aside while the eggs are cooking.
4. Strain the coconut milk and pandan mixture. Measure out 420g and add this to the egg batter and cook for another 35 mins or until the temperature reaches 80°C and the kaya reaches the consistency you want.

INGREDIENTS

Sugar:

80g

Butter:

20g

PART B

5. When the kaya is almost ready (around 45 mins), melt the remaining sugar and butter. Leave to cool a little, then add to the kaya slowly.
6. Stir continuously until the consistency is like pancake batter. (It should be runny not pasty!)
7. Fill the jars and cover each with a cap. (Don't tighten.)
8. Place in rice cooker with water up to 3/4 the height of each jar. Turn to "keep warm" mode and leave it for the 1 to 3 hours. Keeping the kaya for 1 hour brings out the fragrance, while keeping for 3 hours results in a deep, bold caramel flavour.

If you do not have a rice cooker, you may use the bain-marie method, the temperature should remain below 70 degrees.