



Pandan and Red Bean Roll

(Serves 15 rolls)

INGREDIENTS

10 slices	Bonjour Pandan Bread
200 g	Dried red beans
5	Pandan leaves
110g (½ cup)	White sugar
¼ tsp	Salt
1.2 L	Water
2 Tbsp	Heavy cream
1/4 tsp	White sugar
1/4 tsp	Pandan essence (optional)
4 tsp	Coconut Flakes
1	Egg, lightly beaten (optional)

METHOD

1. In a medium-sized pot, add in red beans and 500 ml water, making sure that all the red beans are covered by the water. Bring to the boil, and allow to boil for 2 minutes. Turn off the fire, cover the pot and let the red beans stand in the water for 1 hour. After 1 hour, drain the water away.
2. In the same pot, add another 700ml water and the pandan leaves. Bring to the boil before lowering the heat. Allow to simmer for about 45 minutes or until the beans turn soft.
3. Once the beans are soft, turn up to high heat and add sugar and salt gradually while stirring continuously with wooden spoon for about approximately 25 – 30 minutes. When the red beans have formed a smooth paste, turn off the heat. Transfer the red bean paste to a bowl to cool down, then cover with cling wrap and store in the fridge.
4. In another bowl, add the heavy cream and sugar, and beat until stiff peaks are formed. Cover and leave to chill in the fridge.
5. Preheat the oven to 160°C. Line a baking tray with baking paper and set aside.
6. Trim the crusts from the slices of Pandan Bread and flatten each slice using a rolling pin.
7. Spread 2 tablespoons of red bean paste onto one piece of Pandan Bread. Pipe about 1 teaspoon of chilled cream on one edge of the bread. Gently roll the bread. Repeat this step for remaining bread slices.
8. Sprinkle about ¼ tsp of coconut flakes on each roll. (For a crispier roll, lightly brush the top of the rolls with egg wash and place the bread rolls on the baking sheet. Then, bake in oven for about 5 minutes to lightly brown the rolls.)
9. Enjoy as a light tea snack!



Nutrition Information Panel
Approximate Nutritional Analysis Per Serving

Pandan & Red Bean Roll	
Servings per recipe: 15	
	Per serving
Energy	415 kcal
Carbohydrate	77.0 g
Protein	14.8 g
Total Fat	5.4 g
Saturated fat	2.5 g
Dietary Fibre	6.4 g
Cholesterol	44 mg
Sodium	145 mg