



Fiesta Suman Recipe

Preparation Time	5
Cooking Time	60
Serving Size	32

Ingredients:

- - banana leaves
- 1 can DEL MONTE Fiesta Fruit Cocktail (836g), drained
- 2 pcs buko, meat shredded
- 1 1/2 cups sugar, brown
- 1 kg cassava, finely grated
- 1 tsp vanilla extract

Preparation:

1. Pass banana leaves over flame until slightly wilted. Cut into 7 x 10-inch pieces. Set aside.
2. Cook DEL MONTE Fiesta Fruit Cocktail selections and buko with 1/2 cup of brown sugar for 10 minutes. Remove from flame. Combine with cassava, vanilla and remaining brown sugar. Mix well.
3. Measure every 1/4 cup of cassava mixture and place on one end of cut out banana leaf. Roll then fold ends to seal. Steam for 35 minutes.

Chef's Tip

Heating the banana leaves makes them pliable and easy to work with so you can fold and roll the suman. It also gives a nice aroma to the dessert.

Lusog Notes

"This recipe provides vitamin C that not only helps resist infections and strengthen blood vessels, but also helps in the development of healthy gums and teeth.

Cooking Skills Needed

- Steaming
- Simmering

Cooking Tools

- Measuring Cups
- Measuring Spoon
- Pot
- Spatula