



## Cultural Connection: Sweet Treats

Follow the recipe below to create a favourite Tongan sweet treat  
– banana dumplings (Faikakai Malimali)

### Faikakai Malimali



#### INGREDIENTS:

(to serve approximately 8 people)

*For the coconut syrup (lolo)*

1 cup sugar

1 cup coconut cream

*For dumplings (topais)*

2 cups plain flour

2 teaspoons baking powder

1½ cups shredded coconut

2 ripe bananas (mashed)

1 vanilla bean (grated)

2 tablespoons sugar

½ cup water

3 tablespoons butter

#### MAKING FAIKAKAI MALIMALI:

To make the coconut syrup (lolo) you firstly put the sugar in a small saucepan over a low heat and dissolve it slowly. Before it boils add in the coconut cream and stir until the mixture thickens. Set aside to let the mixture cool down.

Start boiling a large pot of water before making the dumplings (topais) and then lower the temperature to let it simmer. While this is happening mix the flour, baking powder, bananas, sugar, vanilla, and just a ½ cup of the shredded coconut in a bowl. After mixing the ingredients gradually add ½ cup of water and continue mixing to form a dry dough. Break this dough and roll into spheres about the size of golf balls and place these in the pot of simmering water. Boil the dumplings gently for about 15 minutes or until cooked right through. Once cooked let the dumplings drain and set aside to cool down.

Melt the butter in a large fry pan over medium heat. Add the remaining 1 cup of shredded coconut and stir this in the pan until the coconut turns golden. Now put the dumplings in the pan and coat with the coconut for a couple of minutes. Remove the dumplings carefully.

The final step is to serve the dumplings with the coconut syrup that was prepared earlier and enjoy!



Tongan children love sports like netball and rugby too – you could burn off some energy after eating the treats!