

Sago Melkkos (Sago Pudding)



This is called “Melkkos” (‘n regte boere resep) and it’s basically milk with some flour, butter, salt, eggs, cinnamon and sugar and its cheap to make. This recipe has sago added. You’ll just love this!

Ingredients:

- 250 ml Sago
- 2.5 litres milk
- 2 eggs
- 60 ml water
- 30ml custard powder
- 30ml flour
- 2 ml ($\frac{1}{2}$ tsp) salt
- 25g (30ml) butter
- Cinnamon sugar

Method:

1. Soak the sago 1 hour in the milk.

Heat the mixture in a large heavy-based saucepan and bring to a boil, stirring it all the time.

Separate the eggs. Beat the egg yolks, water, custard powder, flour and salt.

Stir the egg mixture into the sago and milk mixture, and cook until it thickens.

Stir in the butter.

Beat the egg whites until stiff and fold in the Melkkos mixture. Keep it light and fluffy.

Serve with cinnamon sugar.