

Bulan Dan Mek



The blue flour

Ingredients

rice flour	95 g (1 cup)
arrowroot flour (Tao Yai Mom flour)	5 g (1 tablespoon)
Tapioca starch	15 g (3 tablespoon)
sugar	180 g (1 cup)
water	225 g (1 cup)
water with fresh or dried blue butterfly pea flowers (1/2 cup of water: 30 blue butterfly pea flowers)	45 g (1/3 cup)
blue food color (optional)	

The Filling (Thai Egg Custard)

Ingredients

egg	105 g (2 eggs)
palm sugar	40 g (1/4 cup)
thick coconut milk	45 g (1/3 cup)
pandan leaf	5 leaves
yellow food color (optional)	

Instructions:

The Filling (Thai Egg Custard)

1. In a bowl, mix eggs, palm sugar and pandan leaves till the palm sugar is dissolved.
2. Add coconut milk and start mixing again till there seems to be a few bubbles.
3. Filter it with cheesecloth.
4. Set aside.

The blue flour

1. Put all kinds of the flour and sugar into a mixing bowl. Then pour the water and the water with fresh or dried blue butterfly pea flowers into the bowl. Mix until well combined.
2. Warm the cups in a steam pot.
3. Pour the mixed flour into the warm cups and steam for around 20 minutes over high heat.
4. Pour the custard into the center of the flour and steam around 7 minutes over medium heat.
5. Let cool by putting the cups into a water-filled tray before scooping it out.