

INGREDIENTS

- 1 packet rice flour
 - 5 small pieces palm sugar (dissolved with a bit of water)
 - 10 shallots
 - 1 clove garlic
 - 1 inch ginger
 - 1 inch galangal
 - Pounded black pepper
- } grounded
- 2 bananas (mashed)
 - Juice of 1 young coconut (grate the soft coconut flesh - to be eaten with apam)
 - A few sweet potatoes
 - Salt and sugar (to taste)
 - 1 spoon yeast

METHOD

- Dissolve the palm sugar in water. Then set aside.
- Boil and mesh the sweet potatoes.
- Add the ground mixture, sweet potatoes, bananas, palm sugar and flour. Mix well and then add salt and sugar.
- Add in the yeast and leave the dough to rise for 4 hours or so.
- Bake.
- Serve apam with the grated coconut that is already mixed with a pinch of salt and sugar.

