

AHU

“This is absolutely comforting after a long, stressful day. Per my grandma Cabe, let ahu come to room temperature before placing it in the fridge. This will keep the ahu thick.”

INGREDIENTS / DIRECTIONS

Set 1

2 c. ahu meat, shredded or chopped
1 ½ - 2 c. tapioca starch

Set 2

12 c. water
1 ½ c. sugar

Set 3

1 T. cornstarch
1 T. water

Tools: medium bowl, large pot

1. Mix ahu meat with 1 ½ cup tapioca starch. If necessary, add a little bit of water to form an easy to stir paste.
2. Pour 12 cups water and 1 ½ cups sugar into a large pot. Bring to a gentle boil.
3. Taste water and add more sugar if desired.
4. Pinch manha mixture and drop a small “ball” into the boiling water. Wait for 2-3 minutes and look to see if a gel forms around the manha pieces. If not, add about ½ cup tapioca starch to the bowl of manha/tapioca and stir, adding a little more water if necessary.
5. Continue to drop balls of manha/tapioca into the gently boiling water.
6. Let boil till mixture thickens, about 10-12 minutes. Stir constantly.
7. Ahu may be thickened more if desired: mix 1 tablespoon cornstarch and 1 tablespoon water. Pour into boiling ahu. Boil for two more minutes.
8. Eat and enjoy.
9. Let cool to room temperature before covering and placing in the fridge.

I had made ahu during my early college years. It always thinned out the next day. My grandma told me not to cover it or put it in the fridge till it cooled down. Walla!! I made ahu and it lasted for five nights in the fridge. It was quite thick the first two days, and just a bit thinner subsequent days. However, it was not runny like it was years ago, and was soooo delicious!

Recipe from A TASTE OF GUAM by Paula Quinene of PaulaQ.com.