

## Soy milk Custard with Fruit

April

Makes 4 servings

¼ cup	packed light brown sugar
¾ cup	water
3	American ginseng tea bags
2	kiwi fruits
1	dragon fruit
1	Asian pear
½ cup	strawberries, halved
1 pint	soft soymilk custard 豆腐花 or silken tofu

### Garnish (optional)

1 tbsp	American ginseng slices
--------	-------------------------

1. Bring brown sugar and water to a boil over medium heat in a small saucepan. Add ginseng tea bags and simmer over low heat for 2 minutes. Remove from heat and let tea steep and cool.
2. Peel and dice fruits into bite-sized pieces. Place in a bowl and pour ginseng syrup over fruits. Let fruits macerate for about 10-15 minutes.
3. In individual serving bowls, ladle about ½ cup soymilk custard in the bottom. Top with some fruit along with some ginseng syrup. Garnish with ginseng slices, if desired.