

Black sesame sweet soup, a popular dessert in Hoi An

Monday, 27 November 2017 16:00

Black sesame sweet soup, a sweet, commonly served after meals as a mid afternoon snack, is a smooth and luscious soup with a rich toasted sesame taste that's particularly popular in Hoi An ancient city.



The dish was imported to Hoi An from Fujian Province in China when Chinese traders came to this city long time ago.

For a dessert that's so elegant, black sesame soup is surprisingly easy to make, requiring only a handful of ingredients such as black sesame, coconut, rice flour, sugar, sinh a (*Radix Rehmanniae*) and thuc a (*Rehmannia glutinosa*).

The dish is cooked in a metal pot and is usually sold by street vendors. This sweet soup is the tastiest when it is served hot.

The dish is served hot in small portion; very mild, not too sweet and is claimed to be very good

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for health.

Source: Nhan Dan