

Longan (“luung ahn”) is known as the little brother to lychee. Longan means “dragon eye” in Cantonese because of its white eye-shaped mark on the pit or seed that looks like a pupil in the large eye. In Vietnam, the "eye" of the longan seed is pressed against a snake bite in the belief that it will absorb the venom. The Hong Kong lanternfly is also known as the “longan chicken” because it feeds on the longan tree sap by piercing the bark with its long proboscis. It is rich in Vitamin C which boosts your immunity.

**Did you see the Longan?**

*No.*

**Keep your eyes peeled.**



“Dragon eye”



Hong Kong Lanternfly  
“Longan Chicken”

# Longan Pudding

*If you are looking for the perfect ending to a Thai, Vietnamese or other Southeast Asian Meal, this traditional Khmer dessert will satisfy everyone. It goes well with just about any dish and even the kids will love it!*

## Ingredients:

- ½ cup small tapioca pearls
- 1 can coconut milk (13.5 oz.)
- ⅓ cup sugar
- 1 tsp vanilla
- ¼ tsp salt
- 1 cup longan fruit, fresh or canned
- 1 Tbsp toasted sesame seeds



## Directions:

1. Soak tapioca pearls in hot water for a minimum of 2 hours. Rinse with cool water and drain.
2. In a small saucepan combine coconut milk, tapioca pearls, sugar, vanilla and salt.
3. Bring mixture to a simmer over medium heat; continue cooking, stirring frequently, until tapioca pearls are tender.
4. Remove from heat and stir in the longan fruit pulp. If using fresh longan, the fruit will need to be peeled and pitted; canned longans should be drained.
5. Fill dessert dishes with the longan pudding and sprinkle with toasted sesame seeds before serving. Serve warm or chilled.



The longans add an interesting texture and flavor to this dessert; however, if you prefer, you can substitute lychee. The pudding is similar to a mild coconut flavored tapioca pudding.

# Longan Coconut Milk Pudding

*A smooth and silky Chinese dessert.*

## Ingredients:

- 1 cup fresh longan or 1 can longan
- 1 package agar agar
- 2 cups water + more for soaking
- 6 Tbsp. sugar
- 1 cup coconut milk
- 2 cups milk



## Directions:

1. Peel and remove seeds from fresh longan. Separate canned longan from syrup.
2. Place 1-2 longan in molds or small bowls.
3. Rinse and soak the agar agar in water for 1 minute to soften. Drain.
4. Boil 2 cups of water. Add softened agar agar and stir until dissolved.
5. Reduce the heat to low. Add sugar and stir until dissolved. Remove from heat.
6. Add remaining ingredients (longan syrup, coconut milk and milk) and stir well.
7. Pour the mixture into molds with longan.
8. Chill in the refrigerator for at least 4 hours.
9. Remove from molds and serve cold.

### Fresh longan fruit

Nutrients	Value (per 100g)
Water	83 g
Protein	1.3 g
Carbohydrate	15 g
Dietary fiber	1.3 g
B1 (Thiamine)	0.031 mg
B2 (Riboflavin)	0.14 mg
B3 (Niacin)	0.3 mg
Vitamin C	84 mg
Calcium	1 mg
Iron	0.13 mg
Potassium	266 mg
Magnesium	10 mg
Zinc	0.05 mg