

## How-To Make Halo Halo

by Azalea Ebbay

**Halo Halo**, which means “mix mix” in Tagalog, is a frozen and colorful dessert from the Philippines. Culinary historians believe it is a descendent of either mitsumame or kakigori, which was brought by Japanese immigrants to the Philippines before World War II. Comprised of layers of popping flavors and textures, halo halo’s typical ingredients include from bottom to top: sweet red beans, jackfruit, plantains, tapioca pearls, gulaman (plant-based gelatin), macapuno (coconut) strings, coconut gel, shaved or crushed ice, ube halaya, ube ice cream, leche flan, toasted rice, and a drizzle of evaporated milk. People who enjoy similar Asian desserts like patbingsu will be automatic fans. Feel free to customize this recipe to your preferences.

You can find these ingredients at well-stocked Asian supermarkets such as 99 Ranch or Filipino supermarkets like Seafood City. You will need a blender to create crushed ice or an ice shaver to create shaved ice. You can choose to use fresh ingredients or prepared ingredients. You can even buy a jar of pre-combined Halo Halo ingredients. Serve the halo halo in a tall, clear, wide glass or a wide bowl with a spoon.

### INGREDIENTS (serves 1-2 people)

- 1 heaping tablespoon of munggo (sweet red beans) from a jar
- 1 heaping of coconut gel from a jar
- 2 tablespoons of jackfruit from a can, sliced
- 2 tablespoons of gulaman (if preparing the gulaman from a box, follow the box instructions)
- 3 cups of crushed ice or shaved ice
- Evaporated/fresh/condensed milk for drizzling
- 2 scoops of ube ice cream
- 3 tablespoons of leche flan
- Pinipig (toasted rice), Rice Krispies, or cornflakes for sprinkling on top

### INSTRUCTIONS

- Add sweet red beans, coconut gel, jackfruit, and gulaman to the bowl.
- Add enough shaved ice to pack the bowl.
- Drizzle the ice with evaporated milk.
- Add a scoop of ube ice cream and leche flan on top of the office.
- Sprinkle the top of the dessert with pinipig.
- Using a spoon, mix your halo halo and enjoy.

<https://www.youtube.com/watch?v=al5ByJB6FIA>

### Recommended videos

Halo Halo Filipino Shaved Ice Dessert by CHawjCreations: Cindy Her of CHawjCreations impressively makes her many of her own Halo Halo ingredients, including: leche flan, sweet red beans, ube halaya (jam), and ube ice cream.

<https://www.youtube.com/watch?v=Lsixn-QjWGk>

HALO HALO (REMIX (feat. Guapdad 4000 and Chevy)) by Shawn Wasabi: This is a cute song using a Halo Halo theme.

<https://www.youtube.com/watch?v=aI5ByJB6FIA>

