



acc SENIOR SERVICES
a community of caring

WOO-TEE (TARO) CAKE

Aka WOO TAO GAO by “AUNTY ‘I’

LANA FONG CHONG: Our #1 sister, Yvonne (Gim Oy), was always called “Aunty I” and among so many reasons, she was beloved for her making Woo-tee (Taro Cake) for us kids. She’s been gone since 1995, but I can smile when the mid-August season or September 15 rolls around when this delectable cake is made and shared. Later on, we got together with our dear Elder Aunty Nancy (“Cheong Goo”) to make trays and trays of **woo-tee**, to eat, to share and to honor our connectedness.

1/3 cup chopped green onions
1/3 cup chopped cilantro
oil for pan frying
salt and white pepper
Three Chinese sausage, diced
2 tablespoon salted turnips, minced
3 dried mushrooms, finely diced

2 cups TARO (‘WOO’), 1/2 inch cubes
1-2 teaspoons finely minced ginger
White Pepper
Five Spice Powder
1 cup Softasilk cake flour
(do not substitute)
1-3/4 cup chicken broth (1 small can chicken broth)

Instructions:

1. Chop/slice green onions and cilantro; reserve one tablespoon each of the chopped green onions and cilantro
2. Heat oil to medium/high heat to brown LOP CHEONG, Chinese sausage, mushrooms, and salted turnips, lastly adding chopped green onions and cilantro and season.
3. Reserve meat and vegetable mixture
4. **CAREFUL: WEAR GLOVES TO PEEL AND PREP TARO**, for some may be allergic to it). Dice taro into 1/2 inch cubes.
5. Pan fry taro in oil, seasoning with white pepper, five spice powder, and finely grated ginger – this provides great ‘umami’
6. Mix cake flour with chicken broth in a mixing bowl. Add meat/ veggies and taro cubes. Stir well to assure taro and meat are dispersed evenly.
7. Pour all into a greased 9 inch round pan and set in steamer. Bring water to boil.
8. Turn heat to simmering and steam for 30-40 minutes: insert toothpick to center, and if clean when removed, it is done. Lastly, add reserved green onions and cilantro.
9. Cool. Cut into squares and serve at room temperature. For a few days later, pan fry in nonstick pan and enjoy again!

COOKED TARO SLICES MAY BE FROZEN, THEN REHEATED IN SCANT AMOUNT OF OIL FOR A NICELY BROWNE CRUST, TO ENJOY AGAIN!

This recipe, in the first printing of the ACC Community Cookbook, page 225.