

INSIGHT

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WTC Community Weekly

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Dalgona

It should have been a familiar word by now.

But for those of you who were on social media detox, Dalgona coffee is a frothy South Korean whipped coffee made of four simple ingredients.

Instant coffee (or milk powder if you're not a fan of caffeine), hot water, sugar and milk. Whisk the first three ingredients together until it thickens and has a creamy texture, then place it on top of the milk. And *voila*, Dalgona.

Last week, every time I scrolled through social media, all I saw was pictures of Dalgona coffee. And videos of people stirring tirelessly to conjure up the perfect Dalgona foam.

Quoted off mykoreankitchen.com, the name "Dalgona" originated from an old fashioned Korean street snack, which has a similar taste to honeycomb toffee. The way Dalgona is made sort of resembles the whipped coffee, so a TV personality named the coffee after that.

I haven't tried it though. Have you?

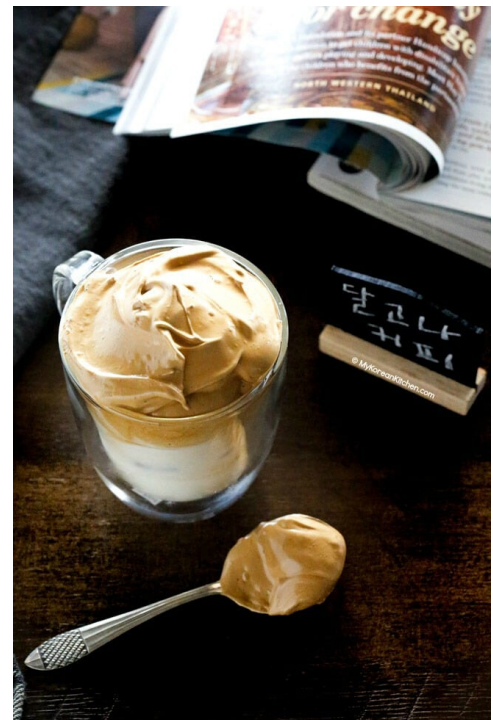
I suppose being on lockdown and at home somehow brings up your inner Gordon Ramsay to pass the time. And it's a good thing too now that we're more aware and cautious of what we consume. Homemade meals are healthier (and not too mention a money-saver!), don't you agree?

I myself have been cooking too. The other day I made sweet and sour chicken, but it was neither sweet nor sour. Thankfully it was still edible, so credits for trying, yay!

Anyway, if you have any food or beverage creations during this quarantine, do send us the photos to stara.pedro@jakland.co.id to be featured on the next issue.

Happy cooking!

Yours trully,
the community editor



Ingredients:

- 1 Tbsp instant coffee/milk
- 1 Tbsp sugar
- 1 Tbsp hot water
- 3/4 cups milk (chilled or heated)
- Ice cubes (optional)

Instructions:

- Combine instant coffee/milk, sugar and hot water in a mixing bowl
- Mix well, then manually by hand or using a handheld mixer (stand mixer or milk frother) whisk it on high speed until the coffee mixture forms a stiff peak (2-4 mins)
- Add the ice cubes in a mug then pour over the milk
- Scoop out the whipped coffee on top of the milk