

Supo Esi (Papaya Soup)

Serves: 10

Prep time: 10 minutes

Cook time: 30 minutes



1 serve per portion

Ingredients

1 cup pearl tapioca

2-3 ripe papayas or pawpaws, skin and seeds removed, chopped (1.5kg flesh)

4 cups water

400mL can light coconut milk

½ cup sugar

½ cup coconut flakes, toasted (optional)



Discretionary Food

Method

MEASURE pearl tapioca into a small bowl and cover with water.

PLACE chopped papaya into a large saucepan and cover with 4 cups of water.

COVER with a lid and bring to the boil, then remove lid and boil for 15 minutes, stirring occasionally.

MASH the papaya in the saucepan to turn it into a pulp.

ADD pearl tapioca to the papaya and stir. Stir continuously over the heat for 5-10 minutes until the mixture thickens and the tapioca is translucent.

STIR in the sugar and coconut milk and simmer for a few more minutes, stirring continuously.

SERVE hot or chilled, garnished with coconut flakes.

Recipe courtesy of the Country Kitchens 2026 Country of Study Collection – Samoa