



National Agricultural Research Institute

Making Sago Pops



NARI TOKTOK
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How to Make Sago Pops

Materials

Measuring cup

Steamer

Mixing cup

Banana leaves or baking paper or plastic sheet

2mm size sieve mesh

Cooler or fridge

Knives

Cellophane bags

Ingredients

3 cups of sago starch

2 cups of mashed potato or sweet potato (kaukau)

Method

1. Peel, slice and steam potato until cooked using a steamer, and then mash.
2. Measure two cups of mashed potato.
3. Measure three cups of sago flour using the same cup.



4. Mix the sago and potato thoroughly and pass through the sieve gently.



5. Press a handful with fingers, then roll on the bench into rod shapes.



6. Steam the mixture for 45 minutes, and place on a rack in the cooler overnight.



7. Slice the sago thinly and uniformly.



8. Dry the slices under the sun until thoroughly dry.



9. Deep fry the slices in hot oil and after a few seconds they will pop.



10. Serve the sago pops immediately.



11. After cooling the sago pops can be stored in cellophane bags.

Copies of this leaflet can be obtained from:

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