

Favourite Dish

In Tonga there is a dish called Panikeke. Panikeke is a dish that is made out of flour, water and sugar. There is instruction to the process of the Panikeke you will have to get a big bowl then put in the flour, if you would like to have a whole tray of panikeke then you put 2 bags of flour but if you want a bowl of panikeke then you put 1 bag of flour but I personally think that if you put 2 bags of flour it will make the panikeke soft inside.

Panikeke is my favourite dish because it has a soft texture to it and you can put any toppings on the panikeke such as peanut butter, nutella and jam. Those toppings are one of my favorites because they make the panikeke very flavourful. I prefer putting ice cream when having panikeke because it melts in your mouth and that makes the panikeke even taste better !!

Panikeke is usually homemade but most panikeke with fillings such as Nutella and biscoff will mostly be made in stores. But I prefer having your panikeke made from home because it will be enjoyable to make and try ! Panikeke originally came from Tonga but for the past few years Samoa claimed Panikeke as its own but then Tonga took it back and nows it's popular in New Zealand, Australia and Tonga.