

Stuffed Lotus Roots with Syrup Recipe

Ingredients: Serves 2

600g lotus root
½ cup glutinous rice
10 pieces toothpicks

Seasonings:

½ cup brown sugar
½ cup rock sugar
1 teaspoon cornstarch paste
1 teaspoon gui-hua jam (optional)

Method:

Choose two sections of lighter colored lotus roots. Wash clean, and then cut about 1.5cm off from the top, keep it as a cover. Rinse glutinous rice, drain and then stuff into lotus root holes. Tap lotus root to allow rice to go in easily. When holes are full, cover with the top of lotus roots, secure with toothpicks. Cook stuffed roots in boiling water for 2 hours. Remove to a bowl with the soup (it should cover the lotus roots). Add two kinds of sugar, and steam for 2-3 hours. Remove toothpicks, and then cut into thin slices; arrange on a plate. Add gui-hua jam to sweet soup, then thicken it with cornstarch paste, pour over the lotus roots. Serve.

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