

Stuffed Red Dates with Glutinous Rice Recipe

Ingredients: Serves 4

30 pieces red dates
½ cup rice powder
2 tablespoons wheat powder
a little of gui-hua jam
3 tablespoons yellow rock sugar

Method:

Soak red dates with cold water for about 15-20 minutes until expand. Make a cut to remove kernel from center. Add 1 tablespoon of boiling water to wheat powder, stir with a pair of chopsticks, then add rice powder and suitable amount of water to make a dough. Cover with a wet towel, stay for 10 minutes. Boil rock sugar with water to make syrup. Mix gui-hua jam in. Divide rice powder dough to small piece, then stuff the dough into red date. Put all red dates on a strainer. Deep-fry in 60-80°C oil until expand. Remove and put on a plate. Pour syrup over red dates, steam for 12-15 minutes until the rice dough is cooked. Remove and serve hot.

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