

HAPPY LANTERN FESTIVAL! 元宵节快乐!

SWEET RICE DUMPLINGS



Sweet rice dumplings (also called glutinous rice balls, mochi rice balls, 汤圆, or 元宵) are a great dish for any special occasion, however they're traditionally eaten during the Lantern Festival. Celebrate the end of the Lunar New Year by learning how to make this sweet treat and enjoying it with your friends and family!

Filling Ingredients

- Toasted black sesame seeds (5-6 tablespoons)
- Toasted pecans (or other nuts) (2 tablespoons)
- White sugar (5-6 tablespoons)
- Melted unsalted butter (4 tablespoons)
- Water (2 tablespoons)

Dough Ingredients

- Glutinous rice flour (1 cup)
- Boiling water (2/3 cup)
- Room temperature water (1/3 cup)

Filling

1. Blend the following together as finely as you can:
 - a. Toasted black sesame seeds
 - b. Toasted pecans (or other nuts)
 - c. White sugar
2. Pour into a bowl, add the following, and mix well:
 - a. Melted unsalted butter
3. Pour sesame paste into a plastic ziploc bag, forming it into a rectangle. Then, seal it and place it in the freezer to let it harden (~30 minutes)



Dough

1. To a bowl, add:
 - a. Glutinous rice flour
 - b. Boiling water
 - i. Add boiling water one tablespoon at a time, stirring as you add it
 - c. Room temperature water ($\frac{1}{2}$ cup).
Adjust the amount of water you add as necessary, but do not over-hydrate the dough
 - i. Before kneading, your dough should still have a lot of dry flour and feel very soft. Be careful not to add too much water! Start kneading the dough once large clumps begin to form
2. Add some rice flour to your hands as you knead if the dough feels too sticky
3. The finished dough should be supple and able to stretch without breaking easily.
Keeping the dough stretchy is important to ensure easy wrapping of the filling
4. Ball up the dough, cover, and let rest for 30 minutes



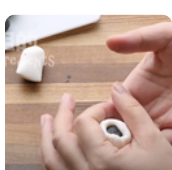
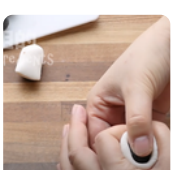
Filling (Cont'd)

1. Take the frozen sesame filling out of the freezer, remove it from the plastic bag, and cut it into $\sim\frac{3}{4}$ -inch cubes
2. Roll each of the cubes into a ball and then place in the freezer again



Dough (Cont'd)

1. Roll out dough and cut into three equal pieces
2. Roll each into a rope and cut uniformly into ~1-inch-long pieces
3. Press each piece inward and form into a shallow bowl/disc, pinching evenly along the sides
4. Place a ball of filling in the center of the dough disc and close the dough around the ball. Gently pinch and stretch the dough around the ball as evenly as you can. It's easiest to do this using your thumb and forefinger as guides
5. Once you've sealed the filling in the dough, roll the ball in your hands to even it out
6. Lightly dust the finished rice dumplings with rice flour to keep them from sticking to each other



Cooking

1. To a pot of boiling water (800 g or 3½ cups), add your sweet rice dumplings, stirring occasionally
2. To a bowl, add the following and mix well to make a slurry:
 - a. Lotus root starch (or arrowroot or cornstarch) (22g or 2 tbsp)
 - b. Water (125 g or ½ cup)
3. Once well-mixed, pour into pot with dumplings. This will stop the boil.
4. Once the water is boiling again, add:
 - a. Fermented glutinous rice (optional) (2-3 tbsp)
5. Turn off the heat and add:
 - a. Sweetened osmanthus jam (2 tbsp) (optional) and mix well
6. Serve and enjoy!



HAPPY LUNAR NEW YEAR!
新年快乐!