

## **Bamboo Glutinous Rice Rolls Recipe**

**(Malaysian Recipes)**

### **Ingredients:**

4 kg glutinous rice  
5 coconuts, grated  
4 tablespoons coarse salt  
24-26 green bamboo segments, each about 50-cm long and 5 in diameter  
24-26 young banana leaves, long edges trimmed, cut into pieces 55 cm in length and wide enough to line the interiors of bamboo segments  
Firewood

### **Method:**

Wash glutinous rice thoroughly, then soak in water for 1 hour. Meanwhile, with sufficient water added, squeeze grated coconuts for enough coconut milk to cover rice for cooking. Drain rice and transfer to a large container. Add salt and enough coconut milk to cover rice completely. Mix well to dissolve salt. Line each segment of bamboo with a banana leaf, underside rolled in. This was traditionally done with a banana leaf stem that has been split along three-quarters of its length. Clip the long edge of banana leaf in between the split stem, then roll up tightly. Insert rolled leaf into hollow bamboo segment and carefully remove banana stem. Stamp bamboo segment on the ground to ensure that banana leaf goes right down to the bottom. Using a dessertspoon, fill four-fifths of lined bamboo segment with rice and just enough coconut milk to cover rice. Stamp filled bamboo segment on the ground twice to firmly pack rice. Fold and tuck in top end of banana leaf to seal in rice. Repeat until ingredients are used up. Start a fire. Arrange bamboo segments in a neat row, propped against a horizontally secured pole about 70 cm away from the fire. Cook for between 3 hours 30 minutes and 4 hours, turning segments frequently to prevent burning. While turning, stamp segments twice again to pack in rice. When rice is cooked, split the bamboo segments with a sharp knife. Cut glutinous rice rolls into 2.5-cm thick pieces. Serve with your favorite curry dish. Glutinous rice rolls will keep well for 3-4 days without refrigeration if the glutinous rice was thoroughly washed before cooking. In other words, the rice should have been washed in multiple changes of water, with the last of which emerging clear.

[asian\_free\_recipes\_download]/[asian\_free\_recipes\_download]