

Brown Rice Gingko Sweet Soup Recipe

Ingredients: Makes 5 portions

¼ cup brown rice (soak in water overnight)
3 cobs sweet corn
1.8 liters water
160g rock sugar
250g ginkoes (shelled and skinned)
pandan (screwpine) leaves

Method:

Halve and core ginkoes. Bring water to the boil. Add ginkoes. Cook for 15 minutes then add in rock sugar and boil until the syrup reduces significantly. In a blender, blend brown rice with ½ cup of water into rice milk. Cut the corn kernels from the cobs. Blend corn kernels with 1½ cups of water in a blender. Boil water in a pot. Put all ingredients in (except ginkoes and rock sugar). Keep stirring to avoid ingredients from getting burnt. Bring to the boil and add rock sugar. Turn to low heat and cook for 5 to 10 minutes. Add cooked ginko at last. Serve hot. Cook rice milk with cold water for a smoother texture. Cook ginkoes with shell on for 5 minutes before shelling them. It helps keep the ginkoes in good shape.

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